

Monday 7<sup>th</sup> May 2012

MEDIA RELEASE

## **'Nothing prepared me for this' performance and book launch**

**A collection of written pieces on the experience of suicide bereavement**

Suicide is devastating to those left behind.

Support After Suicide has, since July 2004, worked with people bereaved by suicide as they try to work out how to live with this tragic, traumatic and stigmatising experience. This has been done through counselling individuals and families, facilitating groups and community education.

One of the outcomes of the silence that still surrounds suicide is that there is often great difficulty in finding words for the experience. For some, writing about the experience of grief and the person who died is a helpful and therapeutic experience. With the skilled and compassionate facilitation of Artistic Director Rebecca Lister, the '*Nothing prepared me for this*' project was developed.

"This project sought to find words and give expression to the often confusing, complex, contradictory, deeply painful feelings and the relentless and troubling thoughts that accompany this experience," explained Support After Suicide program coordinator, Louise Flynn. "As the title of this book suggests, even those with earlier experiences of loss feel unprepared for the complex and overwhelming range of thoughts, feelings and reactions to the loss of someone through suicide."

Meeting weekly for many months, the workshops stimulated the participants to begin, or continue, to write about their experiences in various forms from short stories, poetry and performance pieces through to creative non-fiction. This work has now culminated in the publication of a book and a performance. "The aim of this project is that more people gain a greater understanding about suicide grief from a group of people who are learning how to live with their experience" said Louise.

The project was funded by Arts Victoria and also had the support of funds from the Department of Health and Ageing under the National Suicide Prevention Program.

Support After Suicide is a program of Jesuit Social Services.

### **MEDIA OPPORTUNITY**

**A performance of works from the 'Nothing prepared me for this' project and book launch**

**Time/date:** 7:30pm start, Monday 7<sup>th</sup> May 2012

**Location:** La Mama Theatre – 349 Drummond Street, Carlton

**MEDIA ENQUIRIES:** Erin Bright, Communications – 0425 715 727

**Jesuit Social Services is a not-for-profit organisation which works to build a just society by advocating for social change and promoting the health and wellbeing of disadvantaged young people, families and communities.**