



Lara Giddings, MHA

Minister for Health and Human Services

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MORE HELP FOR TASMANIANS COPING WITH SUDDEN LOSS

Tasmanians who have experienced the sudden and traumatic loss of a loved one can now access a new source of support, Health and Human Services Minister Lara Giddings announced today.

Ms Giddings said the Sudden Loss Support Kit was the first of its kind in Tasmania to cater specifically for people coping with the unexpected death of someone close.

The kit – developed by the Tasmanian Suicide Prevention Steering Committee – includes a booklet which provides practical, step by step information on what to expect after the sudden loss of a loved one.

“The kit aims to provide support for both Tasmanians experiencing grief and family and friends trying to help their loved ones through a traumatic, confusing and stressful time,” Ms Giddings said.

During the launch of the Kit in Hobart today, Ms Giddings invited Robyn Davies to tell her personal story of dealing with loss and grief.

Ms Davies lost her husband Paul, a popular ABC broadcaster, and both of her children in a car accident 14 years ago.

Ms Giddings said she hoped Robyn Davies’ story would encourage others in the community experiencing similar loss to access the kit and seek further help if needed.

“While there are already grief support programs available in the community, the new resource is specifically designed to help people who have experienced a sudden and unexpected loss,” Ms Giddings said.

“It points out that while grief is common to everyone, no two people grieve in the same way, with the same intensity or for the same length of time.

“The kit documents the journey through shock, confusion, anger and grief, but also the road towards recovery - outlining the stages of survival, healing and growth.

“It also covers ways to support children during such a difficult time, along with how to cope with any suicidal thoughts, and where to turn for help.”

Copies of the booklet will be distributed around Tasmania through grief counsellors at the State’s major hospitals and social workers at Community Health Centres.

The kit was funded by a grant from the Tasmanian Risk Mitigation Program through

the Department of Police and Emergency Management and funding from DHHS.

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