

ARBOR
Active Response Bereavement Outreach
Support Service



For every death by suicide it is estimated that between five and 10 people are intimately affected by the loss and many more by what has been known as the 'ripple effect' (Lukas & Seiden; 1987; McIntosh, 1993). Most commonly if people bereaved by suicide try to seek help they find it difficult to navigate through both their grief and the lack of appropriate resources and services. Changing the ways in which we help people bereaved by suicide has become a paramount issue.

A new pro-active service (ARBOR), where the resources are provided to, and services seek out those bereaved, is being developed. ARBOR will be based in the Southern suburbs of Perth and will begin operating on October 22nd 2007.

ARBOR is a pilot project that aims to provide timely and helpful support to people bereaved by suicide. It will offer home visits, counselling and peer support for those newly bereaved. It will also provide referral information. The unique focus of ARBOR is that it will be an outreach service where ARBOR workers will reach out to those bereaved by suicide.

ARBOR is staffed by counsellors and trained volunteers, people bereaved by suicide, who conduct home visits to offer assistance, counselling, peer support and group work. It will develop a whole of community response to Aboriginal suicide within the metropolitan Perth area as well as providing support for non-Aboriginal people bereaved by suicide.

People interested in volunteering with the program should contact ARBOR on the number below.

ARBOR will also provide training for agency staff in postvention, suicide bereavement and suicide prevention.

The goal of ARBOR is to link in people bereaved by suicide with support services earlier thereby providing opportunities for support and healing that may not have otherwise been known.

ARBOR is an initiative of the Ministerial Council for Suicide Prevention and Curtin University's Centre for Developmental Health and funded by the Commonwealth Department of Health and Ageing.

For more information contact ARBOR on (08) 9266 1920 or arbor@curtin.edu.au

References

- Lukas, C., & Seiden, H. (1987). *Silent grief: Living in the wake of suicide*. New York: Charles Scribner's.
McIntosh, J.L. (1993). Control group studies of suicide survivors: A review and critique. *Suicide and Life Threatening Behaviour*, 23, 146-161.

Please note: ARBOR is not operational until October 22nd 2007, please do not use the Duty Counsellor number before then

T – Administration – (08) 9266 1920 T – Duty Counsellor – (08) 9266 1029 F – (08) 9266 1955 E – arbor@curtin.edu.au

Curtin University, Bentley Campus, Building 108, PO Box U1987, Perth WA, 6845