



Young people living beyond suicide

A program developed by young people for young people.

Head High offers care and support to young people who have lost a loved one, friend or work colleague through suicide.

Three young people initiated the program in 2003 after losing a family member to suicide and discovering that there was no support specifically for young people who have been affected by suicide.

Support groups are run once a month, where young people can get together, share experiences and engage with others who are going through similar stuff, or just to have some fun.

What will it cost? ... it's Free!

How will it help me? ... most young people who have experienced a loss through suicide need other young people to talk to ... it just makes sense to want to be with and talk with others around the same age ... there's a connection. Head High is an opportunity for you to do this in a fun and safe environment.

When is it? ... the first Friday of each month at 5:30 pm.

Where will it be held? ... at Maroochydore Neighbourhood Centre, Fifth Avenue, Cotton Tree ... but we're also planning groups in other locations ... so let us know where they're needed.

What can I expect at the groups? ... they're run by trained facilitators from CYMHS ... so you can be confident that you'll be well looked after ... there'll also be other young people there who have been helped by the program and are back to support. And others as you are right now ... with similar challenges and needs ... there's no pressure ... it's a chance to get together just to talk for a while ... have some fun ... and forget for a while.

What else? ... Free Food! We usually put on a barbeque ... or something just as good.

In the future we're planning camps and other outside stuff ... but it'll all be entirely up to you as to whether you're interested in taking part ... **no pressure!**

How do I inquire about attending? ... you can just 'turn up' for the meeting. Or if you want to know more, check out the website at www.headhigh.org.au or contact us at **SunnyKids** on **(07) 5479 0394** ... but don't leave it too long ... we'd love to help if we can.



Head High is an initiative of SunnyKids

This is not a Crisis Service

If you need urgent assistance please call

Kids Helpline on 1800 55 1800 or Lifeline on 13 11 14



Gambling Community Benefit Fund
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