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## Newsletter 2021

This year has been an unusually tough year for many with lock downs all over the country, people working from home, some losing their jobs, losing loved ones and not being able to attend funerals or unable to visit family, just to name a few taxing events. Despite all of this, most in the community have still been able to come together and support each other. SabrinasReach4Life has remained focussed on its objectives to support those in need in our community, be a voice and advocate in suicide prevention and postvention, and once again managed to hold a successful World Suicide Prevention Day event.

With the support of many dedicated volunteers, we have been able to achieve a lot, which is outlined in this newsletter.

I trust that 2022 will be less challenging and more tranquil. Also, I know this time of year is bittersweet for many in our community. It is a time to spend with loved ones and have a break, but for others it can also be a painful time of year, as it is a constant reminder a loved one is absent. If you do feel sad or isolated, try to connect with family, friends or reach out to a helpline, as there are many who are more than willing to lend an ear. We can also be contacted on 0491 311 211. For those who are not quite sure what to say or do if someone in their family or social circle is bereaved, just letting the bereaved person know you are available for a chat, coffee or a walk is often enough. It is important to really listen, hear what they have to say and provide non-judgemental support in a safe and supportive environment.

Wishing everyone a safe and peaceful holiday.

*L DiLembo*

Chairperson

SabrinasReach4Life

*Instil Hope ~ Promote Healing ~ Engender Compassion*

# Achievements ...

- ❖ Our Chairperson continues to be a Co-Chair of Postvention Australia; a member of Suicide Prevention Australia QLD/NT Lived Experience Panel; on the TeamHealth Way Back Advisory Group and StandBy Support Advisory Committee; participated in Neami Adult "Head to Health" governance meetings; received a bursary to participate in the International Association for Suicide Prevention (IASP) Conference and the Roses in the Ocean Lived Experience virtual Summit
- ❖ We have been contracted and trained by StandBy Support after Suicide to support the local Coordinator, to provide support to those bereaved by suicide in the Darwin region
- ❖ Led the World Suicide Prevention Day Breakfast Forum with in kind support from CDU; sponsorship from NT PHN, NT Department of Health, TeamHealth, StandBy, Thirrili & Neami; attended by over 200 participants. This was livestreamed across Australia and uploaded on YouTube
- ❖ Continued the BBSSGNT monthly bereavement support meetings and held public mental health and wellbeing information sessions at Harry's Place
- ❖ Launched the SR4L website with the support of Brainium Labs Pty
- ❖ Provided volunteer 'peer support' to at least 40 community members seeking support which included parents caring for children experiencing mental distress, post suicide attempts, individuals bereaved by suicide and seeking referral pathways
- ❖ Participated in the annual Walk off the War Within walk and Come Walk with Me event in Palmerston for WSPD



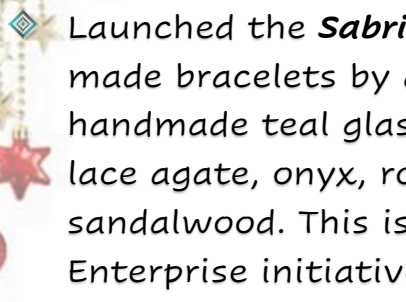


- ◆ Referred customers to a range of local services including to the TeamHealth WayBack Support Service and StandBY
- ◆ Nominated and Semi Finalist in the Awards Australia NT Community Health & Well Being Award



- ◆ Met with key stakeholders to advocate and explore the establishment of a Territory Suicide Prevention Alliance (WSPD 2020 outcome)
- ◆ Became the Darwin Suicide Prevention Network, affiliated with Wesley Lifeforce
- ◆ Commenced discussions with staff at Darwin Botanical Gardens and a local architect on a proposed *Garden of Hope* project.
- ◆ Awarded the Sabrina J Memorial Scholarship to a young student studying a Masters in Clinical Psychology. First scholarship recipient graduated and now working as a Clinical Psychologist at a local practice
- ◆ Awarded a \$5,000 federal government Volunteer Community grant with the endorsement of Federal MP Luke Gosling to set up a peer led "warmline"
- ◆ We were gifted a purpose made chair made by Mission Australia rehabilitation group that will hopefully be placed in a public place
- ◆ Held a successful Trivia fundraising event on 30 October 2021 which raised \$32,900. This will allow us to continue our CDU Scholarship commitment with CIASS, suicide prevention advocacy and volunteer community support





◆ Launched the **Sabrina J Collection**, custom made bracelets by a local artist, with handmade teal glass bead, pearls, black lace agate, onyx, rose quartz and sandalwood. This is a small Social Enterprise initiative with all profits going to SR4L. In less than two months we have sold more than 50 bracelets. Thank you to all those who have purchased them. Ordering is very easy.

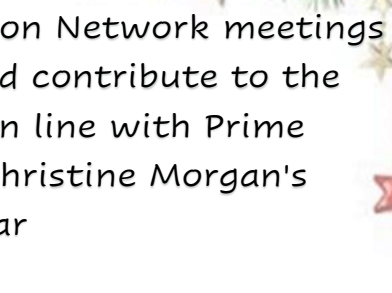
[Sabrina J Collection](#)



## *The year ahead in 2022 .....*

- ◆ Find a small office to set up a base for SR4L
- ◆ Secure some ongoing funds to enable us to employ a casual/part time project officer to assist with delivery of key projects including:
  - the **Garden of Hope** Project
  - the peer led **Hear4U Warmline** to provide support to those impacted by suicide
  - develop a **Young Health Minds Award** – to be co designed with young people for young people, to help promote conversations and reduce stigma of mental illness and suicide



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- ◆ Start quarterly Darwin Suicide Prevention Network meetings
  - ◆ Identify opportunities to participate and contribute to the national agenda in suicide prevention, in line with Prime Minister's Suicide Prevention Advisor, Christine Morgan's reports to government released this year
  - ◆ Annual Fundraising event

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Hoping that we will continue to have the energy, drive and passion to consolidate what we have already started, build our capacity and the capability of others to continue supporting our community, and advocate for much needed change in suicide prevention and postvention, making sure that the NT *is not left behind*. We are privileged to speak on behalf of those at the grassroots level, who cannot speak for themselves. This will continue to be a key pillar of what we do to help reduce suicide in our community and soften the impact for those who have been bereaved by suicide.

We would like to acknowledge and thank all those who have directly or indirectly generously supported SR4L in 2021.

**Special thanks to Harry's Place for providing in kind support with a venue for our BBSSGNT sessions and MLA Michael Gunner's Electorate Office for facilitating a meeting room for us.**

We wish everyone a safe festive season and safe start to the  
New Year 2022

**"keeping health in mind – its everyone's business"**

