

**Free Online Support  
for Veteran Families  
and Carers**



# Stronger we Stand

**Empowering veteran families and carers to support loved ones through suicide distress and bereavement.**

## **Helping You Support Your Loved Ones and Yourself**

- Connect with services, support, and a caring community.
- Gain tools to support a family member experiencing suicidal distress or those bereaved by suicide.
- Learn strategies to care for your own mental health.

### **Led by:**

Compassionate facilitators consisting of experienced Peer Workers who draw from their own lived experience, alongside qualified Mental Health Clinicians (e.g. psychologists).

### **Foundational Series:**

Series of 3 x 90-minute sessions on supporting veterans experiencing suicidal distress or those bereaved by suicide.

### **Parent-Focused Workshops:**

1 x 3-hour sessions tailored for parents.

### **One-Off Sessions:**

2-hour workshops on topics like stigma, advocacy, and PTSD.



### **Contact Us**

**1800 929 101**

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