

## Our Vision

In Australia we have to come to terms with the trauma of thousands of our fellow citizens (men, women and children) suiciding every year. For those left behind by these tragedies the hurt is no less traumatic and yet society's response to these surviving families and friends is vastly different from the help offered in other kinds of medical and social tragedies. It seems that no one cares or understands that the families and friends of suicide victims are in as much need of help and support as other members of our Australian society and are just as deserving of our understanding and respect.

We have been creating, in the wider community, awareness of the misunderstandings relating to mental illness and providing community education concerning the lack of appropriate treatment.

## Some myths and stigmas associated with suicide

**Fallacy** - People who talk about suicide don't take their own lives.

**Fact** - Many studies indicate that as many as 60-80% of those who suicide had communicated their intentions before they died.

**Fallacy** - All people who suicide are crazy.

**Fact** - 'Crazy' and 'insane' are words we all use, applied mostly to people who behave in ways that seem strange to us. They are also used to label those who are suffering from serious emotional illnesses that affect their behaviour. Some people who are suffering from psychotic disorders may take their lives because their perceptions are severely distorted.

**Fallacy** - "Nothing can be done about suicide. If they really want to do it they will".

**Fact** - Rapid early admission to hospital saves lives. U.S. Airforce was able to reduce suicide by 50% through early intervention.

**Fallacy** - Chances of suicide can be reduced by not talking about it.

**Fact** - Actually, one can reduce the chances of suicide by bringing the subject into the open.

**Fallacy** - Suicide attempts are seldom repeated.

**Fact** - The truth is that once a person tries death by suicide he or she is very likely to make another attempt.

Sources Incl: The Hidden Epidemic Margaret O Hyde/Elizabeth Held Forsyth MD Avery D Weisman Massachusetts Gen. Hospital.



**White Wreath Association Ltd<sup>®</sup>**  
"Action Against Suicide"



## National White Wreath Day 29<sup>th</sup> May

Founder Fanita Clark's son laid himself on a train track on 29th May 1999 in Australia. Following many letters written to MP's and mental health organisations Aust/wide regarding the lack of assistance and help available to people suffering mental illness and their families, a public meeting was advertised and held on 24 February 2000, at which time a Committee was formed and the White Wreath Association Ltd<sup>®</sup> Action Against Suicide established.

### Head Office

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## Aims & Goals

We are a non-denominational, non-political and anti-discriminatory group. We support people who have been directly affected by suicide and those affected by mental illness seeking help.

We approach governments on the urgent need to make changes to the Confidentiality laws in acknowledgment that carers and families of people with mental illness must be informed of their loved one's treatment at the time these people are least able to care for themselves.

Removing the unfounded myths and stigmas often associated with suicide/mental illness. The establishment of SAFEHAVEN/S where no one will be denied treatment.

And to remind the whole of Australia that every life is precious, that these people are not just statistics, but dearly loved human beings who were loved by their families and carers through National White Wreath Day – In Remembrance of All Victims of Suicide.

Did you know in Australia intentional self-harm mental & behavioural disorders, organic, including symptomatic, mental disorders (suicide) ranks in the top 10 deaths in Australia.

Suicide/Mental illness is like a modern day cancer, everybody knows someone either directly or indirectly affected by suicide.

Suicide/Mental illness affects all walks of life, all cultures and all ages regardless of whether we are rich famous or poor.

We are contactable 8am to 8pm Monday to Friday for anyone who is in need. We have a website with all our information. We have established National White Wreath Day held annually on May 29<sup>th</sup> in Remembrance of All Victims of Suicide.



We have established Sock It To Suicide Fundraiser held annually during October so we can achieve our objectives to raise sufficient funds to establish Safehaven Centre/s for those who want a 'place of safety' at times when suicide threatens.



With your help we will achieve our goal and together reduce the frightening suicide figures that are growing at a staggering rate.

Donations are tax deductible and kindly accepted at any Westpac Bank or with internet transfer. White Wreath Assoc Ltd (BSB) 034-109 (Account No) 210509 OR Go to our website [www.whitewreath.org.au](http://www.whitewreath.org.au) and follow the instructions to donate by Visa

We will be very grateful if you can help us to help our fellow Australians through donations or support of our fundraising ventures to raise the much needed funds required.

## Application for Membership

\$25 Membership Fee

Apply at [www.whitewreath.org.au](http://www.whitewreath.org.au) or post this form to PO Box 1078, Brown Plains. QLD 4118

Given Name/s: .....

Family Name: .....

D.O.B (optional): .....

Occupation: .....

Gender Identity: .....

Address: .....

Telephone: .....

Email Address: .....

I would like to become a member of White Wreath

Association because: .....

I would like to be involved in an active way with the

White Wreath Association: ☐ yes ☐ no

My skills: (eg. clerical, delivery of notices)

### Office use only

Surname: .....

Paid: .....

Receipt No. Issued: ☐ yes ☐ no

Verified: .....