

# CYPRESS

## Children & Young People Responsive Suicide Support

CYPRESS is a long term postvention support service for children and young people between the ages of 6 and 18 who have been bereaved by suicide.

CYPRESS operates across the entire metro area and offers outreach and office based support as needed.

**Counselling** – Individual, group or family counselling is provided by professional bereavement counsellors who are also specialised in working with children and young people.

**Home visits/outreach** – Counsellors can visit the family home, school, youth centre, community centre, park or nominated place to provide support where people feel most comfortable.

**Support groups** – Therapeutic and psychoeducational groups for children, young people and their families.

**Community capacity building** – Provide information or support sessions to other professionals on suicide postvention.

**Peer support** – Increase connectedness and reduce feelings of isolation by linking in with others who have a lived experience of suicide.

CYPRESS recognises that the grieving process following a suicide can be complex and long lasting.

Children and young people are particularly vulnerable and can benefit from individualised support to meet them where they are at.

### How CYPRESS operates

Referrals to CYPRESS are open to agencies and schools. Individuals and families can also refer themselves and/or a family member or friend. Contact CYPRESS during business hours on 1300 11 44 46 or email [cypress@anglicarewa.org.au](mailto:cypress@anglicarewa.org.au)

**CYPRESS is a free service.**



Government of Western Australia  
Mental Health Commission