



LIVING Beyond Suicide

“Is Volunteering with LBS
for Me, Now?”



*Please take a few minutes to consider the questions below: Part A relates to everyone and Part B to those who intend to apply.
Your answers to these questions may help you to answer the question "Is volunteering with Living Beyond Suicide for me now?" (at this time in my life).
This is a private task. Only if you are invited to an interview after you have applied, will we talk about your responses, so please be honest with yourself.
These reflective questions form a central part of self-selection and is also part of the LBS Volunteer Training in self care.*

Part A

1. Where did my interest in supporting those bereaved through suicide come from?

2. Would my friends say that I am a good listener?

3. Have I had a bereavement in the last 5 years? Yes ___ No ___

If so ...

- how have I reached out to others for support?

- do I feel 'alone' in my journey?

- would I like some help in coping with this?

- do I need some time to work through this grief before I start volunteering?

4. Am I ready to be 'others-centred' or are my own grief needs uppermost in my mind?

5. Do I feel in control of my life at the present time?

6. Do I	YES	NO
have supportive family or friends?		
have transport available?		
have good physical health?		
manage my stress levels?		
have interests and hobbies?		
have enough time for rest and recreation?		
ask for help when I need it?		
say no sometimes and feel OK about it?		
enjoy life in general?		
feel able express my emotions, or contain them if needed?		

Part B—*to be considered if you are intending to apply.*

7. What will be the most challenging aspect of Volunteering for me?

8. What do I need to help me meet this challenge?

9. Do I really have the time to volunteer?

If so, how much?

10. What am I prepared to give up to make time and energy available if necessary?