

**INDIVIDUAL
BEFRIENDING**

GROUP BEFRIENDING

**IN PERSON, PHONE &
ONLINE ASSISTANCE**

WEEKEND RETREATS

**EDUCATION &
INFORMATION**

**VIRTUAL AND PHYSICAL
RESOURCE LIBRARY**

REFERRAL SERVICES

**ANGELHANDS,
PROMOTING
HOPE AND HEALING
TO VICTIMS OF
CRIME**

angelhands

*Strength Community & Learning
to overcome violent experiences*

ANGELHANDS SUPPORT

Phone 08 9272 2242
Mobile 0416 580 090
Fax 08 9272 4443
Email admin@angelhands.org.au

www.angelhands.org.au
PO Box 1348, South Perth,
Western Australia 6951

WHO ELSE CAN HELP?

24 HOUR COUNSELLING

CRISIS CARE

Metro 08 9223 1111
Country 1800 199 008

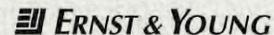
SALVO CARE LINE

WA 08 9442 5777
National 1300 363 622
VICTIM SUPPORT SERVICE 08 9425 2850

SUPPORT SERVICES

Lifeline 13 11 14
The Samaritans Crisis line 13 52 47
Parents of Children in Trauma 0417 180 819

If you are in crisis and live in a State other than Western Australia, your phone book will contain local contacts for services that may be able to help you. The angelhands website also provides link and references that may be of assistance.



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**HAVE YOU, OR HAS SOMEONE YOU KNOW,
BEEN AFFECTED BY CRIME, HOMICIDE
OR SERIOUS PERSONAL VIOLENCE?**

**WE MAY BE ABLE TO ASSIST
YOU OR SOMEONE YOU KNOW**

ANGELHANDS INC PROVIDES:

Support services for groups and individuals
Information and resources
Professional and Community education
Referral to other services

WHO IS ANGELHANDS?

Dr Ann O'Neill founded angelhands Inc over ten years ago as a way of effecting helpful changes to how people affected by homicide and serious personal violence experience their trauma recovery.

Throughout Dr O'Neill's research she documented that: speaking to people who understood the experience; having non-formalised opportunities to speak about their challenges; and experiencing 'random acts of kindness' accelerated recovery among secondary victims of homicide by promoting trust, hope and a sense of social justice.

angelhands believe that much of the community and government are unaware of, and therefore often overlook, the needs of people affected by murder and serious personal violence. We assist in reducing any sense of confusion, isolation, shame, embarrassment and alienation that victims of crime often experience.

angelhands promotes hope and healing to victims of crime. We befriend those in need and help them regain some sense of normalcy, safety and belonging. We work in conjunction with other support services, the West Australian Police, legal departments and government agencies to raise awareness and advocate a voice for victims of crime.

ANGELHANDS L.O.V.E PROGRAM

The Learning to Overcome Violent Experiences (LOVE) program is designed to provide people with a variety of services and programs to assist them in their journey of recovery. The L.O.V.E program assists secondary victims of homicide, and people affected by serious personal violence by incorporating a holistic peer support approach to trauma recovery, mentioned previously.

angelhands L.O.V.E program consists of:



H.O.P.E PROGRAM

angelhands' HOPE program consists of two main supportive components, befriending and Random Acts of Kindness (RAK).

One of the ways angelhands offers support is through befriending. Befriending is a supportive relationship to assist with the understanding and processing of trauma as well as promoting recovery. This is done through individual face-to-face contact; group mentoring, telephone support, email contact and through the angelhands facebook page.

After years of researching the effects of trauma to secondary victims of homicide, Dr Ann O'Neill has developed unique methods of support and education. Dr O'Neill's findings denote that support which goes above and beyond the call of duty (or people's expectations) is profoundly healing, acting as a buffer against trauma, by countering the shattering effect trauma has on people's belief in the world as a good, safe and benevolent place. This is why angelhands provides personalised holistic support via the HOPE program.

"It matters not what happens to you in life, but rather what you do with what happens to you."

BEFRIENDING TRAINING

To date, Dr Ann O'Neill has been the main 'befriender' at angelhands and with a growing demand for this support, a befriending training program, based on her award winning research has been developed.

This training has been designed and implemented to ensure angelhands continues assisting people affected by violence to the best of its ability and that professionals and members of the public can develop the skills necessary to befriend and provide hope to those experiencing trauma.

For more information & registration please visit our website:
<http://www.angelhands.org.au/events>

RETREATS

From Surviving to Thriving: weekend retreats are innovative, taking a group of people affected by violence away and delivering a program designed to help them rest, reflect, regroup and reconnect.

Additionally people experience:

- Interaction with others in a similar situation in order to facilitate a reduced sense of isolation, shame & bewilderment
- Form short term and on-going friendships
- A greater understanding of their trauma, feelings & experiences
- Be aware that hope and healing are possible
- Access information about services and supports available to them

Below is a quote from a retreat participant:

"It's impossible to thank you enough for all you have done. From the small gestures... to the huge acts of kindness and caring, I have felt safe and cared for in the most touching way. I am very moved by the "kindness of strangers" and it has restored my faith in humanity. Thank you from the bottom of my heart for this opportunity to move towards healing. It has been invaluable. You are truly righteous angels and you deserve to be blessed with love and success in all your worthy endeavours. In gratitude."

HOPE & HEALING

Hope and Healing sessions are typically held monthly and incorporate holistic healing therapies in a group environment. These evenings are informed by peer based support methods. In relaxed group situations, non-traditional forms of support and healing therapies are all offered. All are aimed at aligning of the body and mind to promote trauma recovery.

Past sessions have included:

- Trauma Education
- Grief Education
- Art Therapy
- African Drumming
- Reiki
- Spiritual Healing
- Laughter Yoga