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| **Graphics** | **Script** |
| Acknowledgement | The following video has been filmed on Kaurna Land. We acknowledge this is the traditional country of the Kaurna people of the Adelaide Plains and pay respect to Elders past and present. We recognise their cultural heritage, beliefs and relationship with the land and respect that they are of continuing importance to the Kaurna people living today. |
| Words on screen | Your right to services and support**Homicide Victims Support Group** |
| Sharon McKell | My name is Sharon McKell i'm from the homicide victim support group here in South Australia and I joined the group back in 2006 after my daughter was murdered in 2005. |
| Words on screen | **Tell us about what you do** |
| Filmed interview |  The homicide support group was formed about 27 years ago by a lady called lynette nietzsche whose daughter had been murdered a couple years earlier and at that stage she had met a couple of other families and who the same thing had happened to and they had no support and they sort of got together and started meeting and it sort of basically formed from there. It's a non-profit organization it's basically run by volunteers and we come together to support each other we're all families or loved ones of someone that has lost their life to homicide and we're just there to support each other. |
| Words on screen | **How do you support victims?** |
| Filmed interview | I think people come to our group just to feel listened and understood because they might have best friends and other people but unless you've been through that experience it's really hard to explain your emotions I found like I had so many friends just being there for me initially but as things people have to go back to normal they can't give you their time all the time so people's lives might go back to normal but you're not feeling normal you're just feeling really destroyed inside and you just need to offload sometimes and coming to our group and talking to people who they might be strangers but they've been through the experience they understand what you're going through and they can just offer that support sometimes knowledge of their experiences. It's a confidential safe environment where we meet and we just we let people just offload we have guest speakers every few months someone from a department with that deals with homicide that might come and talk to us about how things are run processes and we have a yearly memorial service at Christmas time where we all meet and just remembered our loved one in a beautiful church service and we find a lot more people come to that they might only come to that once a year but they get a lot out of it.  |
| Words on screen | **What do victims need when they come to you?** |
| Filmed interview | A lot of people come straight away and I probably contacted the group not two months after Emma died because I felt I just needed to talk to somebody that wasn't maybe a police officer or someone that didn't know what it feels like to go through that experience. So it really is a time thing some people only come to one meeting and may not come back again, it's not for everybody and we're always getting new members quite regularly so on a on a regular basis i'd say we'd have about 20 to 30 people at our normal monthly meeting. I think the group's valuable to victims because it's it's just everyday people coming together there's no government bureaucracy about it it's just people feeling their emotions and i mean a lot of people get help from counseling i know i did you know my counselor i had for the first two or three years was a great help to me so we're not councillors at the group but we're there just to supportpeople can contact the group through our facebook page which is called victims of homicide support group of south australia or they can contact the commissioner's office if somebody's feeling very overwhelmed and sad or grieving i would just say to them give yourself time don't be too hard on yourself it's a real time thing you can't put a time on it i reach out and try and get some support somewhere whether it's counselling come to our group talk to your best friend there's there are ways but don't hold it all in just let it out because it's probably better for you to let the grief out i think after the event you're in shock for quite a while and your body goes into shock mode and protects you a little bit but when things go back to normal things start settling down again that's when the grief can really hit you and that's when i find a lot of people reach out to us as well because everyone else has gone back to normal life and they just like they're not feeling like that at all |
| Words on screen | Why is this helpful for victims? |
| Filmed interview | I think the group's valuable to victims because it's just everyday people coming together there's no government bureaucracy about it it's just people feeling their emotions and I mean a lot of people get help from counselling I know I did you know my counsellor I had for the first two or three years was a great help to me so we're not councillors at the group but we're there just to support.  |
| Words on screen | How do victims access your service? |
| Filmed interview | People can contact the group through our facebook page which is called victims of homicide support group of South Australia or they can contact the commissioner's office.  |
| Words on screen | What’s your advice to victims of crime? |
| Filmed interview | If somebody's feeling very overwhelmed and sad or grieving I would just say to them give yourself time don't be too hard on yourself it's a real time thing you can't put a time on it. Reach out and try and get some support somewhere whether it's counselling come to our group talk to your best friend there's there are ways but don't hold it all in just let it out because it's probably better for you to let the grief out. I think after the event you're in shock for quite a while and your body goes into shock mode and protects you a little bit but when things go back to normal things start settling down again that's when the grief can really hit you and that's when I find a lot of people reach out to us as well because everyone else has gone back to normal life and they just like they're not feeling like that at all. |
| Closing card  | Have you been the victim of a crime?You have rights Find out more at Victims of Crime SAwww.voc.sa.gov.au |