You don't have to go through suicide loss alone.

He tāngata kei konei mōu – there are people here for you.

In this time of loss we stand alongside you.

Visit **afterasuicide.nz** for gentle support and practical information – in your own time, at your own pace.

Whether you're navigating your own loss or supporting someone else through theirs, **afterasuicide.nz** offers clear and compassionate guidance on:

- Letting other people know about the loss, including tamariki and rangatahi
- Dealing with practical matters
- Managing questions from the news media
- Understanding official processes around a death by suicide
- Looking after yourself and others
- Accessing ongoing help and support, and more.

We also have a range of free suicide loss resources designed to support whānau and communities across Aotearoa.

View, order or download these free resources at **mentalhealth.org.nz/resources**

Support services and helplines

For more information, or to find a suicide bereavement support group, visit **mentalhealth.org.nz/suicide-loss**

To access a free, therapeutic support service for anyone impacted by suicide loss, visit **aoaketera.org.nz**. Aoake te Rā providers are located nationwide, and sessions are available face to face, online or over the phone.

The following helplines offer free support and can connect you with others who can help:

- Call or text 1737 anytime to talk to a trained counsellor
- Lifeline – Call 0800 543 354 or text 4357 (7am – midnight)
- Youthline – Call 0800 376 633 or text 234
- Samaritans – Call 0800 726 666

A few gentle tips to look after yourself and your whānau

After losing someone to suicide, your world can feel like it has changed beyond recognition. Grief might feel particularly taumaha/heavy, confusing or impossible to put into words. It can also touch every part of you – your tinana/body, hinengaro/mind and wairua/spirit.

There's no map for this kind of grief. But here are some small, simple ways to support yourself and your loved ones as you navigate this difficult time:

- **Be with people who make you feel safe.** You don't need to talk if you don't feel like it. Just being near someone who cares can be enough.
- **Get outside.** Sunlight, fresh air, and spending time in te taiao/nature can gently lift your mood.
- **Move your tinana/body.** A short walk, a few stretches, or any light movement can help release tension and emotion.
- **Express how you're feeling.** If it helps, kōrero/talk with someone you trust, or write down your thoughts in a journal or phone notes app.
- **Rest when you can, even if sleep is hard.** If all you manage today is simply getting through, that is enough.
- **Remember there is no "wrong" or "right" way to grieve.** Everybody grieves in a different way, and that is okay.
- **Reach out for help if you need to.** You don't have to carry this mamae/pain all on your own. Talk to your GP, a kaumātua, or a trained counsellor.

Grief can show up in different ways. Some days might feel overwhelming. Other days might feel strangely light. You might feel numb, angry, helpless, or something else entirely. However it shows up, it's valid. It's okay to acknowledge that you might need support.

For more support options, visit **afterasuicide.nz/help**

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Mental Health Foundation OF NEW ZEALAND
mauri tū, mauri ora