

We're here to support you.

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

The Mental Health Foundation of New Zealand (MHF) provides information and advice to help people support themselves and each other after a suicide.

We provide:



Useful websites

- The After a Suicide *website* provides practical information for the days and weeks following a suicide loss: www.aftersuicide.nz
- The MHF *website* provides a range of information to help people through their grief: www.mentalhealth.org.nz/suicide-bereavement



Helpful resources

- After a suicide loss: a *postcard* with self-care tips
- Comment or no comment: a *resource* for those who may be considering sharing their story of suicide loss with media
- Helplines and local mental health services: a *brochure*

These resources are free to download and print.

Visit: www.shop.mentalhealth.org.nz

- A *list* of suicide bereavement support groups around NZ: www.mentalhealth.org.nz/suicide-bereavement



Information on support services

- Our *Information Service* helps link people in with local support services. To connect with our information team phone 09 623 4812, or email info@mentalhealth.org.nz

Considering setting up a suicide loss support group? We provide:

- A *self-assessment checklist* for anyone considering setting up a peer support group for suicide loss
- *Information* on how to set up a peer support group, including a handbook and videos
- A *closed Facebook page* to connect group leaders