

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

The Mental Health Foundation can help by providing free information and advice to support you, and your whānau, after a suicide.

Visit www.aftersuicide.nz for practical information, including guidance around official processes, telling others and accessing support.

Our free suicide loss resources are designed to support and help whānau, friends and communities around Aotearoa.

These include:

- *Funerals in Aotearoa after a death by suicide* – guidance for bereaved whānau and those supporting them.
- *Comment or no comment* – advice for those considering sharing their story of suicide loss with media.
- *Grief after a sudden or unexpected bereavement* – support for navigating the many emotions and reactions that come with grief and bereavement.
- *Helplines and local mental health services* – an online directory.

Order or download these free resources at www.mentalhealth.org.nz/download

Help and support services

For more information or to find a local counsellor or support group, visit www.mentalhealth.org.nz/suicide-loss or email info@mentalhealth.org.nz.

Visit aooketera.org.nz to access a free support service for those bereaved by suicide.

The following services offer free support 24/7:

- Call or text 1737 any time to talk to a trained counsellor
- Lifeline – call 0800 543 354 or text 4357 (HELP)
- Youthline – call 0800 376 633 or text 234
- Samaritans – call 0800 726 666

Self-care is essential.

Looking after yourself and your loved ones is important. Take the time you need to grieve in your own way. It's okay to ask for help and support if you need it.

- **We all grieve in our own way.** Shock, loss and grief can affect us physically, mentally and spiritually.
- **Give yourself time to grieve.** Be kind to yourself, something big has happened. It may take some time to find a way forward.
- **Let others give you a hand if it feels right.** Accept help from loved ones. Let them know what's most helpful for you.
- **Stay connected.** Make time to be with people you feel comforted by. Sharing how you're feeling with trusted friends or whānau can help.
- **Make time for yourself.** This is particularly important if you're also supporting others.
- **Take care of your health.** Eat well, do gentle exercise, get regular sleep, and avoid heavy use of alcohol. Spend time in the fresh air. See your GP when you need to.
- **Keep a notebook handy.** It may be hard to focus and remember things. Write down important and helpful information.
- **Find some quiet space.** Slow down, relax and breathe deeply. You may not want to do anything at all, which is okay.
- **Do things you find comforting.** Kōrero, listen to music, be creative, read, write. Whatever works for you.
- **Stay active.** Physical activity, like playing sport or going for a walk with a friend, or working on a project, can help channel and express grief and provide distraction and time for healing.
- **Talk to people who understand.** When you're ready, be open to talking with others who understand the grief that follows a suicide. You might like to join a support group. Visit [mentalhealth.org.nz/suicide-loss](https://www.mentalhealth.org.nz/suicide-loss) to find a group near you.
- **Find supportive relationships.** Don't do this alone. Connect with others who can be there for you, like whānau, friends, a spiritual leader, a counsellor or kaumātua.
- **Help is available.** Reach out to someone you trust, such as a counsellor, GP, Victim Support worker, Aoake te Rā or another support service.

For a list of free helplines or support services visit [mentalhealth.org.nz/helplines](https://www.mentalhealth.org.nz/helplines).

Be gentle with yourself – there is no “normal” time period for grief.