

As well as facilitating an 'After Suicide Support Group' we offer Individual and Family Counselling.

We also provide telephone contact if you would appreciate an occasional call. Our services are free of charge.

Contact us:
Ph: 578 4480
griefsupport@xtra.co.nz
www.griefsupport.org.nz

Group Facilitator
Janet Baird

**Centre
Co-ordinator**
Donna La Fauci

If you no longer wish to receive this newsletter please let Donna know.

Kia ora and welcome to this newsletter.

We hope you will experience this newsletter as a link to a community which cares about you and acknowledges the pain and changes the loss of your loved one has brought. You are welcome to get in touch if you would like to use our free counselling service or attend our After Suicide Support Group. If you have read or experienced something that has been helpful we encourage you to let us know about it so you have an opportunity to share it with others via this newsletter. Please also let us know if there are other ways you feel you could be supported.

After Suicide Support Group

The next After Suicide Support Group starts on **Wednesday, June 8, 2011** and runs for 6 consecutive Wednesdays.

Venue: Grief Support Services, 147 Chadwick Rd, Greerton

Time: 5.30pm - 7pm

Please phone 578 4480 to register. Group size: 5 - 10 people

Here is what some people have said about coming to the group:

- This group is part of helping us adjust to life without our loved ones and making sure we look after ourselves.
- I appreciated being able to share my life experiences with others that truly know the feelings, thoughts, moods and behaviours.
- It was informal, non-threatening and helpful. I gained a tremendous release and relief from being able to listen and share.
- To know that you are not alone. I found the group to be very caring and sharing which was helpful to me.
- Freedom to express long held thoughts in a safe and friendly environment.
- Coming to the group helped me realise the progress I have made.
- This group gave me the opportunity to express my grief and talk about my loved one freely, without judgement.

Be a lamp unto yourself

Don't search for light anywhere else:

The light is already there, the fire is already there....

Just probe a little deeper into your being, enquire.

Maybe much ash has gathered around the fire....

Just probe deep inside and you will find the spark again.

And once you have found a single spark inside you,

You will become a flame, soon you will be a fire...

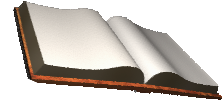
A fire that purifies, a fire that transforms,

A fire that gives you a new birth and a new being.

Be a lamp unto yourself.

Gautama, the Buddah

<http://elizacarroll.com/Buddah.html>



Let the sun rise in the morning
Let the clouds take on a silver sheen
And I'll remember you with each dawning
As you rest in angel wings
Rest your weary head now,
Lay the troubles of this world down to sleep,
For the journey through this land is over,
Though the memory of you I'll always keep.
Author unknown

Memory Book.

A quiet room will be available for you if you would like to create a page dedicated to your loved one.

We have a small library which you are welcome to borrow from. One of our most borrowed books is "*Healing After the Suicide of a Loved One*" by Ann Smolin and John Guinan.

Following is an excerpt taken from this book:

"Grieving is not loving" pg. 165

Grieving is not equivalent to loving is not an original idea nor does it pertain uniquely to survivors of suicide. Many survivors believe that while they are grieving for the lost one, they are proving how much love they felt for him. You may believe if you give up being in pain, if you have a comfortable moment, if you laugh or find some enjoyment, that this behaviour is a betrayal of your loved one. You may believe that all your memories of him must be accompanied by sadness. Nothing is further from the truth. You have many memories of your loved one. The time you had with him can be remembered with joy as well as with sadness. Of course, you feel sad that he is no longer with you, but you can also remember with gladness the times you did have together.

Andrew loved his young wife passionately. He recalled that they had shared moments of great happiness as well as those of intense pain during the years they spent together. After her suicide, which he never came to understand, Andrew felt he had to devote his life to mourning her death. He believed that only by remaining depressed could he be true to her memory. He believed that to feel any other way was a betrayal of the love he had for her. Even memories of the happy times they shared had to be experienced with pain because she was no longer with him.

Whenever Andrew began to feel 'better', he would remind himself that he had no right to feel relief and he would dredge up some more bad feelings. Whenever he realised that he had not thought about his wife for a while, he made himself do so. He came to see that he was operating as if the depth of his depression was proof that he loved his wife and could not be blamed for her death, by himself or anyone else.

Once he realised that this was his assumption, he recognised what we have been saying, that grieving is not tantamount to loving. He was still alive. He was not the one who had made the choice to abandon life and loved ones. Andrew was able to make the choice of being alive. He knew that it was now his choice to give up constant pain. Sometimes pain still comes. Andrew accepts it when it hits him. Sometimes he even welcomes it because it reminds him of his wife, but he no longer actively seeks it. When he laughs or smiles or takes pleasure in something that happens in his life, he no longer feels ashamed. There are times when pain comes and he makes an active choice to fight it rather than to succumb to it. He feels that he is entitled to create a new life for himself. Accepting that grieving is not the same as loving, Andrew has begun to heal.

When we are no longer able to change a situation, we are challenged to change ourselves.

Victor Frankl, Man's search for meaning.

Helplines and websites:

www.depression.org.nz

www.thelowdown.co.nz

www.lifeline.co.nz

Depression helpline: 0800 111 757

Lifeline: 0800 543 354