



SUPPORT SERVICES

After Suicide Support

No. 12 November 2010

**Group Facilitator/
Counsellor**
Janet Baird

**Centre
Coordinator**
Donna La Fauci

Ph: 578 4480

griefsupport@xtra.co.nz
www.griefsupport.org.nz

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

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

We will be closed for the Christmas/New Year Break.

Our last day for the year is Thursday 23 December, We re-open on Monday 10 January. Following are some numbers and websites that can be accessed over this period.

Lifeline 0800 54 33 54
Crisis Team 0800 800 508 (Tauranga)

www.thelowdown.co.nz
www.lifeline.co.nz

Welcome to this newsletter.

We hope that in receiving it you will feel the link between people who share the loss of someone they love to suicide and will know that you are part of a caring group. While this newsletter is only sent out three or four times per year, our support is on offer throughout the year. We provide counselling, telephone and coffee 'chats', a library and an After Suicide Support Group. Please know you are welcome to get in touch and 'suss out' how we might be of support to you.

After Suicide Support Group

We run the group 3 – 4 times per year. It is run for six weeks, once a week for 1 1/2 hours. The group usually goes from 5:30pm – 7pm however our first group in 2011 will be a daytime group, 6 Wednesdays starting:

9 February, 2011

11am – 12:30pm

Grief Support Services, 147 Chadwick Road,

Please phone 578 4480 to register. The group is for 5 – 10 people.

We also plan on holding one of these groups in Katikati. Please phone/email if you are interested in attending this group.

If you have been before and want to come along again and be part of this supportive group, you are most welcome to do this. People who attend are all at different places along the way and there is no expectation for you to participate in certain ways. Sometimes people find it is just enough to just be there.

If you have any questions or suggestions about this group please feel free to get in touch, we would love to hear from you. Likewise if you have a contribution you would like to make to this newsletter.

If you have a work place, or know of a community notice board where we could put information about this group, can you please let us know? Thanks.

End of year catch up:

Wednesday 15th December 5 - 6.30pm

at

Grief Support Services,
147 Chadwick Rd, Greerton

As we are holding this at 'wine o'clock' feel free to BYO.
Tea, coffee and nibbles supplied.

World Suicide Prevention Day—Memorial Service.

September 10, 2010

Once again this was a very special time where people gathered to remember and honour those who have died by suicide. We appreciated having Aubrey Quinn and Judge Josephine Bouchier share how their lives have been impacted by depression and by suicide.

Releasing the balloons had its own individual significance and one person described it as a moment of feeling connected to strangers who know, and who share; being together and alone at the same time.

**"There is a sacredness in tears.
They are not the mark of
weakness, but of power.
They speak more eloquently than
ten thousand tongues.
They are messengers of
overwhelming grief.....and
unspeakable love."**

Washington Irving

In anticipation of Christmas

The holidays can be difficult for those who have lost a loved one to suicide, and especially poignant for those who are newly bereaved. We may remember happier holidays spent with all family members present. As the years go by, the sadness becomes less overwhelming but it lingers. Usually, there is joy to be found but one must make a conscious effort to find it. Most survivors have found it helps to have a holiday plan and to change some of the family traditions. Here are some suggestions from experienced survivors who found them helpful.

- 1 Take care of yourself; eat right; schedule some time for exercise and get plenty of sleep.
- 2 Do your holiday shopping early to eliminate unnecessary stress.
- 3 Decide what you can handle comfortably and let those needs be known to family, friends and relatives.
- 4 If you find things aren't going well, set limitations and do only the things that are most important to you.
- 5 Plan your holidays ahead of time. Having a schedule of known activities relieves some of the tension.
- 6 Don't hesitate to make changes to your holiday tradition; it can make things less painful.
- 7 Start a new tradition—one as simple as discarding an old recipe and trying a new one, the time you open your presents, time of the holiday meal, etc.
- 8 Plan to be with people you enjoy.
- 9 Buy yourself something special.
- 10 If you feel the need to cry, remember tears are an honest expression of love and emotion.
- 11 Some have found comfort in spending the holidays away from home.
- 12 If the thought of sending holiday cards is too painful, give yourself permission to not send them.
- 13 Many have found comfort in doing something for others; give a gift in memory of your loved one to your favourite charity, invite a senior citizen, foreign student or guest to share your festivities, etc.
- 14 Include the deceased in your conversations with family and friends when you discuss past holidays. Some survivors have experienced disappointment when their loved one was excluded from holiday conversations. Having a discussion with your family beforehand helps to avoid this situation and additional grief.

Adapted from <http://www.survivingsuicide.com/holiday.htm>

Books new to our library:

Healing an Adult Sibling's Grieving Heart—Alan D Wofelt
I Can't Get Over It—Aphrodite Matsakis
The Dance of Anger Harriet Lerner
Surviving the Death of a Sibling—T J Wray
I Wasn't Ready to Say Goodbye—Brook Noel & Pamela D Blair
How to Survive the Loss of a Parent—Lois F Akner
Healing After the Suicide of a Loved One—Ann Smolin, C.S.W & John Guinan
Touched by Suicide—Michael F Myers & Carla Fine