



SUICIDE BEREAVEMENT SUPPORT SERVICES

Supporting the Western Bay of Plenty

NO COST SUPPORT OPTIONS

Counselling

Individual and family/whanau counselling for anyone affected by a loss to suicide or impacted by someone's suicidal behaviour.

Contact Denise or Elizabeth

Suicide Loss Support Peers

People with lived experience of suicide bereavement who volunteer to provide one-to-one support to others bereaved by suicide. **Contact Jeanette**

WAVES After Suicide Support

An 8-week information & support programme for ages 18+, offered 3 times per year within school terms.

Contact Jeanette

Training & Information

Community, workplace and organisation training and information regarding loss to suicide.

Contact Jeanette, Denise or Elizabeth

Horizons Suicide Loss Support Groups

A safe space to find and offer hope, create meaning, and build connections with others who understand grief after loss to suicide. **Horizons Papamoa** - 2nd Tuesday of the month, 10am to 11:30am. **Horizons Tauranga** - 3rd Tuesday of the month, 6pm to 7:30pm. **Contact admin Riverlight Katikati** - First Saturday of the month 9:30 - 11:30. **Contact Karin 021 103 7404**

SUICIDE BEREAVEMENT SUPPORT COORDINATOR

Jeanette: 021 754 480, jeanette@griefsupport.org.nz

GRIEF SUPPORT SERVICES ADMINISTRATORS

Denise & Elizabeth: 07 578 4480, support@griefsupport.org.nz

FOR DETAILS & DATES: WWW.GRIEFSUPPORT.ORG.NZ

