



## After Suicide Support

Individual and family/whanau counselling  
**WAVES** 8 week support group  
 Riverlight monthly support group

**Kia ora and welcome to this newsletter and the link it provides to a caring community.**

### WAVES Facilitators

Janet Baird  
 Michelle Burling

### Administrator

Denise Carroll

### Contact us:

578 4480

[support@griefsupport.org.nz](mailto:support@griefsupport.org.nz)

As well as facilitating the **WAVES** group, we offer individual and family/whanau counselling.

### Counsellors:

Ruth Barber  
 Janet Baird  
 Dave Beattie  
 Glenda Light  
 Helen Boardman



Click [here](#) to  
 'like' or 'follow'  
 Grief Support Services'  
 Facebook page

### Alternative support numbers:

Free call or text 1737 to speak  
 with a trained counsellor.  
 Lifeline: 0800 54 33 54  
 MH Crisis Line: 0800 800 508

[www.griefsupport.org.nz](http://www.griefsupport.org.nz)

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

## We are taking registrations for our next WAVES support group which starts on Tuesday July 21st

### Bereaved by suicide 8 week support group

Check out <http://www.griefsupport.org.nz/waves-program>

**WAVES** is an informative support group for adults 17+ to:

- share thoughts and feelings around what has happened in a safe supportive space
- discuss the nature of suicide
- develop resilience
- gain information and ideas about how to care for oneself and for others

The group of 4—8 people is facilitated by Janet and Michelle

**Contact:** Denise [support@griefsupport.org.nz](mailto:support@griefsupport.org.nz) or phone 578 4480 for more information or to register

## Riverlight Suicide Support Group:

*“providing hope and inspiration to those coping with the suicide of a loved one, bringing people together in a warm and caring environment”*

Held on the first Saturday of each month in Bowentown, hosted by Karin Verryt. Please feel free to contact Karin for more information about the group or to get the address. **Karin:** [riverlight62@gmail.com](mailto:riverlight62@gmail.com) or phone 021 103 7404

We are extending our services to include **peer led support groups** in the community and an **individual peer support programme**.

We are currently inviting people with lived experience of loss to suicide to join a volunteer team called 'Suicide Loss Support'. The members which will be trained and supported to provide support to the newly bereaved. **Glenda Light** has joined the Grief Support Team to lead the development of this service.

[Glenda@griefsupport.org.nz](mailto:Glenda@griefsupport.org.nz)

**Amy Colonna** has joined the Grief Support Team to lead the development of peer led community support groups in the WBOP. We will have more news about the development of these groups in the near future.

[Amy@griefsupport.org.nz](mailto:Amy@griefsupport.org.nz)

## A few helpful links:

**After a suicide: information for family, friends and whanau** [www.afterasuicide.nz](http://www.afterasuicide.nz)

**Grief after suicide:** <https://www.skylight.org.nz/resources/suicide/lost-someone-close-to-suicide/grief-after-suicide>

**Supporting whanau through suicidal distress:** <https://www.mentalhealth.org.nz/assets/Suicide-pdf/updates-dec-2019/Tihei-Mauri-Ora-2019-1.pdf>

**Are you worried someone is thinking of suicide:** <https://indd.adobe.com/embed/227e6061-3b55-4bf5-8d52-6aceff7cb51d?startpage=1&allowFullscreen=true>

**Having suicidal thoughts and finding a way back:** <https://indd.adobe.com/embed/b8c927aa-86cc-41e6-aa5a-be09187df426?startpage=1&allowFullscreen=true>

**Relaxed breathing practice:** <https://www.youtube.com/watch?v=gLbK0o9Bk7Q>