

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

Suicide Bereavement Support Coordinators

Amy Colonna

amy@griefsupport.org.nz

Jeanette Jones

jeanette@griefsupport.org.nz

WAVES Facilitators

Janet Baird

Michelle Burling

Jeanette Jones

Administrator

Denise Carroll

Contact us:

07 578 4480

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

Counsellors:

Ruth Barber

Janet Baird

Dave Beattie

Jeanette Jones



To stay up to date with us, please follow the 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

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

Tena koe. We would like to give a quick update on what we have been doing. We are pleased to see our suicide bereavement support options and awareness of how we can support others is becoming more visible and accessed within our community. Our bereavement coordinators Jeanette Jones and Amy Colonna are both working passionately and engaging in community presentations, discussion evenings and networking with other agencies and services. Our Volunteer Suicide Loss Support Peers are beginning to become more active in our community, offering their valuable lived experience and connecting to individuals bereaved by suicide. We are focusing on meeting people where they are, in any way that works for them to get them the support they need.

The team at Grief Support Services

Suicide Bereavement Support Options

Horizons - Information & Coffee - Please join us for a guided conversation about grief after a suicide: ways to support ourselves and others by understanding different grief styles, common reactions and responses. Held in Tauranga 6:00pm to 7:30pm. Upcoming dates: Monday 29th March, Monday 19th April, Tuesday 25th May. RSVP required.

Horizons After Suicide Support Groups – A safe place to share, support and explore new ways to heal after your loss, either recent or past. Held in Papamoa 1pm to 2:30pm. Upcoming dates: Monday 12th April, Monday 3rd May, Monday 5th July

8-Week WAVES Grief Education and Support Programme - We are taking registrations for the WAVES programme being run in Term 2 2021, starting Monday 10th May.

Suicide Loss Support Peers – Trained peers with lived experience offering informal support, mutual understanding & information.

For details about Horizons please contact Amy at amy@griefsupport.org.nz and for details about WAVES and Suicide Loss Support Peers contact Jeanette at Jeanette@griefsupport.org.nz or phone us on 07 578 4480.

Support from our Wider Community:

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 in Bowentown on the first Saturday of each month, hosted by Karin Verryt. Contact Karin for more information about the group or to get the address: riverlight62@gmail.com or phone 021 103 7404

LifeKeepers National Suicide Prevention Training:

Become a LifeKeeper today and support those who may be at risk of suicide to get the help they need. For course information and dates go to: www.lifekeepers.nz

A few helpful links:

After a suicide: information for family, friends and whanau: www.terasuicide.nz

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

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

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