



Mental Health Foundation

OF NEW ZEALAND

mauri tū, mauri ora



ZERO SUICIDE:
A New Zealand Response

Adopt the mindset.

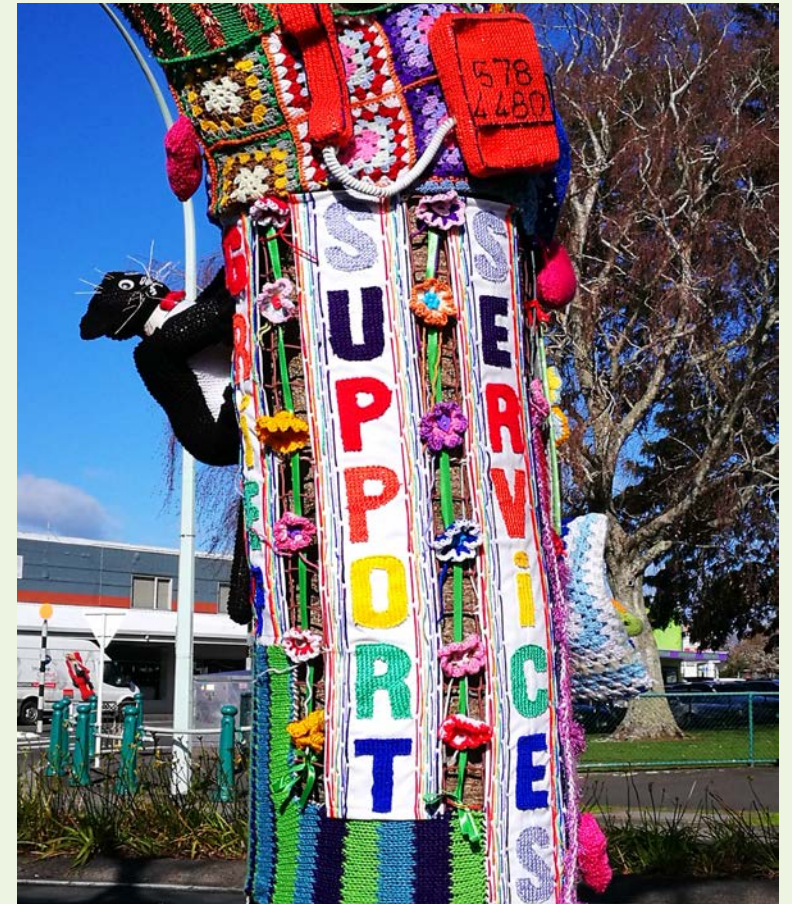
We all have our own stories around suicide

Thank you for providing support after suicide

- Victim Support
- Clinical Advisory Services Aotearoa (CASA)
- Coronial Services of New Zealand
- DHB suicide prevention & postvention coordinators
- DHB Family and Whānau Advisors and DHB staff
- Ambulance and hospital services
- Police
- Fire and Emergency services
- Mortuary services, pathologists and mortuary staff
- Funeral Directors

Thank you

- Skylight – information, counselling and the Waves program
- Peer support groups for suicide loss
- Support agencies including Lifeline, Samaritans, Supporting Families, the Grief Centre, Mental Health Foundation
- Counsellors
- Health Services
- GP's and GP nurses
- Budgeting services
- ACC
- Work and Income
- Community organisations



Thank you

- Schools & tertiary education providers
- Work colleagues
- Workplaces & work colleagues
- Churches
- Sports clubs, hobby clubs
- Places where people meet up for social support
- Whānau and friends



Any action plan for Zero Suicide starts with a commitment from leadership to change organisational culture

- Include **lived experience** – survivors of suicide attempts and suicide loss in leadership and planning roles.
- Address **postvention**, the support of those left behind after a suicide.
- **Connection is key** - reducing isolation of 'survivors' – emotional stress, feeling alone.
- Any Q's?
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- Sharing stories of how lived experience can be included to support people affected by suicide loss...

Amanda Christian

Tala Leiasamaivao

