



What do we do?

The Lakes District Health Board (DHB) has developed an organised response in the aftermath of a suicide. The aim is to accomplish any one or more of the following:

- To facilitate the healing of the grief, trauma and distress resulting from a suicide death;
- To lessen other negative effects of exposure to suicide;
- To prevent suicide among people who are at high risk after exposure to the suicide;
- To help organisations (workplace settings, schools and other community groups) respond more effectively after a suicide has occurred

Who do we see?

- People of any age impacted by an identified suspected suicide of a loved one (family member or friend)
- People who are feeling low, sad and struggling to cope after suicide loss
- People who cannot understand why a suicide has occurred
- People who may not be related to the person who has taken their life but have been involved as a result of the death (eg. found the deceased person).

Where can we see you?

We can see you:

- In your home
- In a community setting
- In a clinic at one of our premises

Is there additional support?

- 1737: Free phone or text 1737 for online counselling
- Lifeline 0800 543 352
- Youth line 0800 376 633
- Health line 0800 611 116 to talk to a nurse
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What areas do we cover?

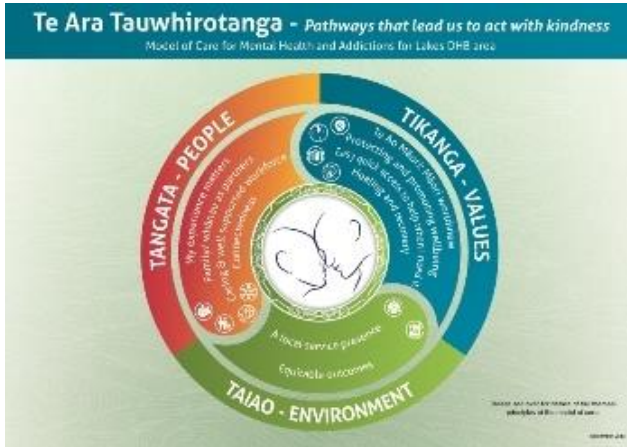
Lakes DHB serves a population of just over 110,000 and covers 9,570 square kilometres. The DHB boundaries take in the two main iwi groups of Te Arawa and Ngāti Tūwharetoa.



After a suicide in the workplace

- Breaking the Silence in the Workplace

<http://www.sprc.org/resources-programs/breaking-silence-workplace-guide-employers-responding-suicide-workplace>



We work alongside multiple agencies in the Lakes district to give the best support possible.

We also have a range of skilled and experienced whānau to work alongside you. Below is the range of Bereaved by Suicide Support for our community:

- Lived Experience/Peer Support
- Psychiatric Support
- Psychological Support
- Counselling
- Rongoa (Kaupapa Māori Healing)
- Wānanga (Kaupapa Māori Workshops)
- Fortnightly informal drop-in groups, “Kapu Tī Korero” (Rotorua) & “No Words Needed” (Taupō).
- Growing through Grief Programme for children aged 6 - 16 years.
- WAVES Bereavement Support Programme for adults (coming soon).
- Online testimonials of Hope (coming soon)

Resources for the suicide bereaved:

- Comment or no comment
<http://shop.mentalhealth.org.nz/product/888-comment-or-no-comment>
- Support groups for Suicide Loss – A handbook for Aotearoa New Zealand
<https://www.mentalhealth.org.nz/assets/Suicide/Bereavement-Handbook-Online-Sept.pdf>
- WAVES Bereaved by Suicide Support groups
<https://skylight.org.nz>

Contact Person:

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In case of an emergency:

- Lakes Acute Response Team (ART) – Rotorua & Taupo 0800 166 167 open 24 hours, 7 days a week
- Dial 111 for Police, Ambulance or Fire Services



HOPE AND HEALING After a Suicide

INFORMATION FOR WHĀNAU (FAMILY AND FRIENDS)



www.lakesdhb.co.nz

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