



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 Charnnel

WAVES After Suicide Support

An 8-week information & support programme for ages 18+, offered throughout the year within school terms.

Contact Denise or Elizabeth

Training & Information

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

Contact Charnnel, 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** - last Tuesday of the month, 5:30pm to 7pm.

Contact Denise or Elizabeth

SUICIDE BEREAVEMENT SUPPORT COORDINATOR

Charnnel: 07 578 4480, charnnel@griefsupport.org.nz

GRIEF SUPPORT SERVICES ADMINISTRATORS

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

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

