

# Public Health South

## Free Health Education Resources

### Suicide Prevention Resources

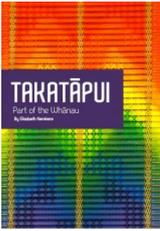
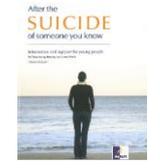
*To order resources please contact:*

**Judy Sibbe - Resource Coordinator**  
**Private Bag 1921, DUNEDIN 9054**  
**Main Block, Level 2, Wakari Hospital, Taieri Road, DUNEDIN**  
**Email: [judy.sibbe@southernhdb.govt.nz](mailto:judy.sibbe@southernhdb.govt.nz)**  
**Phone: ddi 476 9870**

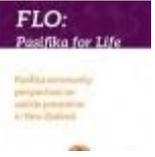
**\* Please note that some resources can only be ordered from Skylight as indicated**

	RESOURCE	
	<p><b>Having Suicidal Thoughts - DLE booklet</b>  <b>Ministry of Health</b>                      Information for you, and for family, whānau, friends and support network.</p>	
	<p><b>Having Suicidal Thoughts and Finding a Way Back - A5 booklet</b>  <b>Mental Health Foundation</b>                      Offers advice for those thinking about taking their own lives from people who have lived through it themselves. All copies come with a Personal Safety Plan.</p>	
	<p><b>Personal Safety Plan</b>  <b>Mental Health Foundation</b>                      This personal safety plan allows you to keep a record of the things you can do and the people you can contact to keep yourself safe if you are feeling really bad.</p>	
	<p><b>Finding Your Way Back: A Resource for People who Have Attempted Suicide</b>  <b>Beyond Blue</b>                      This resource is for people who have attempted suicide. It has been written to help you begin to answer some important questions about your future wellbeing.</p> <p><b>Please note: As this is an Australian resource the contact details are not relevant to New Zealand.</b></p> <p><a href="http://resources.beyondblue.org.au/prism/file?token=BL/1160">http://resources.beyondblue.org.au/prism/file?token=BL/1160</a></p> <p><b>Limited photocopies available on request</b></p>	<p><b>Photocopies available.</b></p>

	<p><b>Guiding Their Way Back: A resource for people who are supporting someone after a suicide attempt</b> <i>Beyond Blue</i></p> <p>This resource is for people who are supporting someone who has attempted suicide.</p> <p><b>Please note: As this is an Australian resource the contact details are not relevant to New Zealand.</b></p> <p><a href="http://resources.beyondblue.org.au/prism/file?token=BL/1161">http://resources.beyondblue.org.au/prism/file?token=BL/1161</a></p> <p><b>Limited photocopies available on request</b></p>	<p><b>Photocopies available.</b></p>
	<p><b>Are You Worried Someone is Thinking of Suicide? - A5 booklet</b> <i>Mental Health Foundation</i></p> <p>Advice for families, whānau and friends who are worried about the suicide risk of someone close to them.</p>	
	<p><b>Don't Give Up postcard</b> <i>Mental Health Foundation</i></p> <p>Don't give up - there are people who care about you. If life's getting too much or you're thinking about hurting yourself, help is available. This card provides contact details of support services.</p>	
	<p><b>Tihei Mauri Ora - Supporting Whānau through Suicidal Distress booklet</b> <i>Mental Health Foundation</i></p> <p>This booklet is aimed at helping whānau and friends to support someone who is in crisis or distress. This resource gives you information about what to look for and how to help someone who may be feeling suicidal.</p>	
	<p><b>Tihei Mauri Ora postcard</b> <i>Mental Health Foundation</i></p> <p>Don't give up - there are people who care about you. If life's getting too much or you're thinking about hurting yourself, help is available. This card provides contact details of support services.</p>	

	<p style="text-align: center;"><b>Takatāpui: Part of the Whanau - A5 booklet</b> <b>Mental Health Foundation</b></p> <p>Takatāpui is a traditional Maori Term meaning 'intimate companion of the same sex.' It has been reclaimed to embrace all Maori who identify with diverse genders and sexualities such as whakawahine, tangata, ira tane, lesbian, gay, bisexual, trans, intersex and queer. This resource is for takatapui, their whanau and communities, sharing stories and information about identity, wellbeing and suicide prevention.</p>	
	<p style="text-align: center;"><b>After a Suicide</b> <b>Ministry of Youth Development</b></p> <p>This booklet gives practical information that can be needed after a suicide. The contents include caring for yourself, answering difficult questions, details on who may be involved or need to be involved and information for getting ongoing help and support.</p> <p style="text-align: center;"><a href="http://skylight.org.nz/uploads/files/after_a_suicide_2_opt.pdf">http://skylight.org.nz/uploads/files/after_a_suicide_2_opt.pdf</a></p>	<b>PDF only</b>
	<p style="text-align: center;"><b>After the Suicide of Someone You Know</b> <b>Skylight</b></p> <p style="text-align: center;">Information and support for young people.</p> <p style="text-align: center;"><b>*</b> <b>Order this resource from Skylight <a href="http://www.skylight.org.nz">www.skylight.org.nz</a> Phone 0800 299 100</b></p>	<b>\$13.40</b>
	<p style="text-align: center;"><b>Explaining Suicide to Children and Young People Fact Sheet</b> <b>Skylight</b></p> <p style="text-align: center;"><a href="http://skylight.org.nz/uploads/files/explaining_suicide_to_children_and_young_people.pdf">http://skylight.org.nz/uploads/files/explaining_suicide_to_children_and_young_people.pdf</a></p>	<b>PDF only</b>
	<p style="text-align: center;"><b>Supporting Someone Bereaved by Suicide</b> <b>Skylight</b></p> <p>This leaflet for adults provides guidance and suggestions for those wanting to support anyone bereaved by suicide. It uses a matter of fact but friendly tone, and is practical and down to earth.</p> <p style="text-align: center;"><b>Order this resource from Skylight <a href="http://www.skylight.org.nz">www.skylight.org.nz</a> Phone 0800 299 100</b></p>	<b>\$1.90</b>
	<p style="text-align: center;"><b>Answering a Child's Questions about Death or Dying</b> <b>Skylight</b></p> <p>This leaflet for parents and carers provides guidance and suggestions about responding well to children's questions about death and dying. This offers practical and down to earth responses to frequently asked questions, and also encourages adults to take time to think through their own perspectives and beliefs around this topic. Children can ask really tough questions around this sensitive topic, so this leaflet can offer more confidence to adults who aren't really sure when to begin to answer such questions.</p> <p style="text-align: center;"><b>Order this resource from Skylight <a href="http://www.skylight.org.nz">www.skylight.org.nz</a> Phone 0800 299 100</b></p>	<b>\$1.90</b>

	<p style="text-align: center;"><b>Scared, Hurting, In Trouble Wallet Card</b>  <b>Suicide Post-vention Group</b></p> <p style="text-align: center;">This wallet card provides young people with advice about seeking help and supporting others in distress. It includes contact details of local providers.</p> <p style="text-align: center;"><b>Versions available for Dunedin, Southland, Central Otago, Waitaki</b></p>	
	<p style="text-align: center;"><b>Get Help, Pick Up the Phone Wallet Card</b></p> <p style="text-align: center;">Provides support contact details for all ages.</p>	
	<p style="text-align: center;"><b>It's Time to Talk about Suicide poster</b></p> <p>He waka eke noa. We are all in this together, no exceptions.  He tiitii rere ao ka kitea, he tiitii rere po ekore e kitea. The petrel which flies by day is seen; the petrel which flies by night is not seen. (a reference to the mind of man).  Mauria te pono. Believe in yourself  He moana pupuke, e ekengia e te waka. a choppy sea can be navigated He ora te Whakapiri. There is strength in unity.  Kāhore taku toa i te toa takitahi, he toa takitini. We cannot succeed without the support of those around us</p> <p>Poster developed by David Cairns, Suicide Prevention Coordinator at Pegasus Health in Christchurch.</p>	<p><b>Limited free copies available</b></p>
	<p style="text-align: center;"><b>When Someone Dies Suddenly</b>  <b>Ministry of Justice</b></p> <p style="text-align: center;">A guide to coronial services in New Zealand.</p>	
	<p style="text-align: center;"><b>Skylight Support Information packs</b></p> <p style="text-align: center;"><a href="http://skylight.org.nz/Request+a+Support+Information+Pack">http://skylight.org.nz/Request+a+Support+Information+Pack</a></p>	<p><b>Contact SKYLIGHT</b></p>
	<p style="text-align: center;"><b>Conversations Matter factsheets</b></p> <p style="text-align: center;"><b>Group Discussions about Suicide Prevention</b>  <b>When Someone is Thinking About Suicide</b>  <b>When Communities are Affected by Suicide</b>  <b>Those Bereaved by Suicide</b>  <b>Telling a Child about Suicide</b></p> <p style="text-align: center;"><a href="http://www.conversationsmatter.com.au/community-resources">http://www.conversationsmatter.com.au/community-resources</a></p> <p style="text-align: center;"><b>Please note: As this is an Australian resource the contact details are not relevant to New Zealand</b></p>	<p><b>PDF only</b></p>

	<p><b>FLO: Pasifika for Life – Pasifika community perspectives on suicide prevention in New Zealand</b> <i>Le Va</i></p> <p>Le Va’s programme FLO: Pasifika for Life is New Zealand’s first national Pasifika suicide prevention programme. It aims to build strong, resilient Pasifika families and communities, address at-risk groups within Pasifika communities and assist Pasifika families who have been impacted by suicide.</p> <p><a href="http://www.leva.co.nz/library/leva/flo-pasifika-for-life---pasifika-community-perspectives-on-suicide-prevention-in-new-zealand">http://www.leva.co.nz/library/leva/flo-pasifika-for-life---pasifika-community-perspectives-on-suicide-prevention-in-new-zealand</a></p>	<p><b>PDF only</b></p>
	<p><b>Help Give Hope wallet card and poster</b> <i>Le Va</i></p> <p>Download this information sheet and poster to find out more about risk and protective factors, warning signs, ways to have conversations and steps to helping. There is also a list of contact details for organisations who can help you or someone you know. Print this information, fold it and keep in your wallet or purse - you never know when you might need it.</p> <p><a href="http://www.leva.co.nz/library/leva/help-give-hope">http://www.leva.co.nz/library/leva/help-give-hope</a></p>	<p><b>PDF only</b></p>
	<p><b>After a Suicide website</b> <a href="http://www.afterasuicide.nz">www.afterasuicide.nz</a></p> <p>The After a Suicide website is run by the Mental Health Foundation of New Zealand on behalf of the Ministry of Health. It offers practical information and guidance if you have lost a loved one to suicide: a friend, a member of your family or whanau, a colleague at work or someone else you were close to.</p> <p>The site covers topics like:</p> <ul style="list-style-type: none"> <li>• When you hear about a suicide</li> <li>• Letting other know</li> <li>• Dealing with the practical</li> <li>• Official processes and people who may be involved</li> <li>• Looking after yourself and others</li> <li>• Getting ongoing help and support</li> </ul>	
	<p><b>Mental Health Helplines</b></p> <ul style="list-style-type: none"> <li>• Need to talk? (1737 – free call or text)</li> <li>• The Depression Helpline (0800 111 757)</li> <li>• Healthline (0800 611 116)</li> <li>• Lifeline (0800 543 354)</li> <li>• Samaritans (0800 726 666)</li> <li>• Youthline (0800 376 633)</li> <li>• Alcohol Drug Helpline (0800 787 797)</li> </ul>	