

- Staying well
- Get help



# New resources for suicide loss support groups

News / New resources for suicide loss support groups

## New resources for suicide loss support groups

27 JUL, 2016

### MEDIA RELEASE

The Mental Health Foundation (MHF) is pleased to share its suicide bereavement resources in honour of Loss and Grief Week: **Support Groups for Suicide Loss: video series and handbook**.

The [video series](#) is designed to sit alongside the recently published [Support Groups for Suicide Loss handbook](#), providing individuals with practical steps to set up and run a suicide bereavement peer support group in their area.

“Every death by suicide is a tragedy,” MHF chief executive Shaun Robinson says. “Suicide bereavement can be especially hard to cope with. Loved ones often feel heartbroken, angry, confused and hopeless.

“Suicide bereavement support groups give people the opportunity to share their experience of grief and loss. They’re safe spaces to share stories of loved ones, and give recently bereaved people the chance to talk to others who have learned to live with their loss and develop strategies to cope.”

The videos feature experienced peer support facilitators, Rose Allan, Warren Brown, Michele Elliott and Mark Wilson sharing their advice and experience helping others establish their own groups, especially in areas of New Zealand that don’t already have one.

“One of the differences of a suicide death to other deaths is, the conversation tends to stop very early on,” Mark Wilson says. “People don’t want to talk about your loved one. And the great thing about a support group is you can talk about them.”

There are practical steps on how to get started, how to practise self-care, as well as beautiful moments of reflection.

In the videos, Michelle Elliot reflects that the success of these support groups is measured by the connections bereaved people make with each other. “That means so much to me, that we’re making a difference,” she says.

The video resources are available to watch for free on YouTube, along with a downloadable version of the handbook. If you’re running a support group, or interested in setting one up, you can [contact us](#) for more information, resources and advice.

### For further information or comment, contact:

Kate Cherven  
Programme Engagement Specialist  
Mental Health Foundation of New Zealand  
Ph: 021 676 322  
[Kate.cherven@mentalhealth.org.nz](mailto:Kate.cherven@mentalhealth.org.nz)

### CATEGORIES

- All news
- Media releases 2020
- Mindfulness
- MHF news
- Media releases 2014
- Media releases 2016
- Media releases 2017
- Media releases 2018
- Media releases 2019

### MONTH

- June 2020
- May 2020
- March 2020
- February 2020
- January 2020
- December 2019
- November 2019
- September 2019
- August 2019
- May 2019
- April 2019
- March 2019
- February 2019
- January 2019
- December 2018
- November 2018
- October 2018
- September 2018
- August 2018
- July 2018
- June 2018
- May 2018
- February 2018

January 2018  
December 2017  
November 2017  
October 2017  
September 2017  
August 2017  
July 2017  
June 2017  
May 2017  
April 2017  
March 2017  
February 2017  
January 2017  
December 2016  
November 2016  
October 2016  
September 2016  
August 2016  
July 2016  
June 2016  
May 2016  
April 2016  
March 2016  
February 2016  
January 2016  
December 2015  
November 2015  
October 2015  
September 2015  
August 2015  
July 2015  
June 2015  
May 2015  
April 2015  
March 2015  
February 2015  
January 2015  
December 2014  
November 2014  
October 2014  
September 2014  
August 2014  
July 2014  
June 2014

[May 2014](#)  
[April 2014](#)  
[March 2014](#)  
[February 2014](#)  
[View archive](#)

---

Copyright © 2020 Mental Health Foundation of New Zealand. Web Editor: [Healthy Communications](#). Website by [Black Sheep Creative](#).