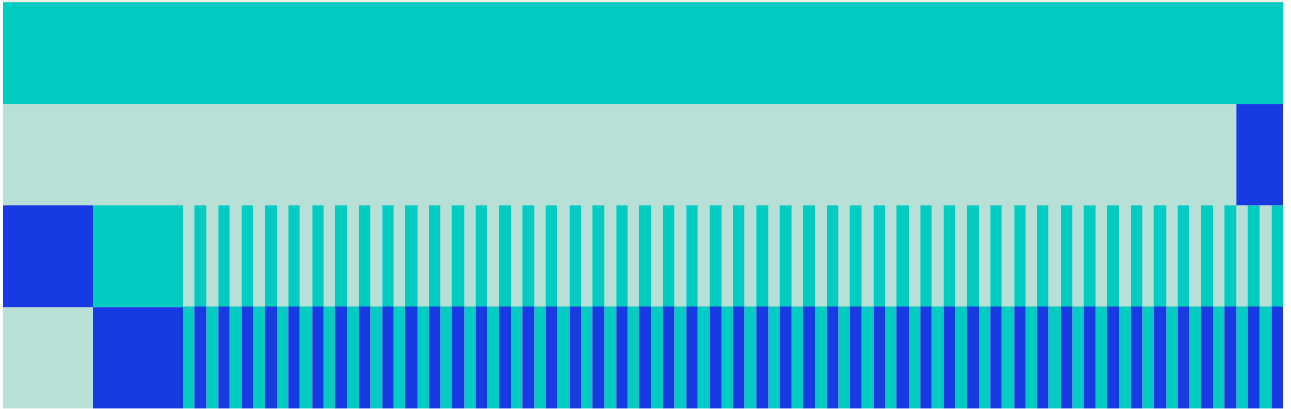


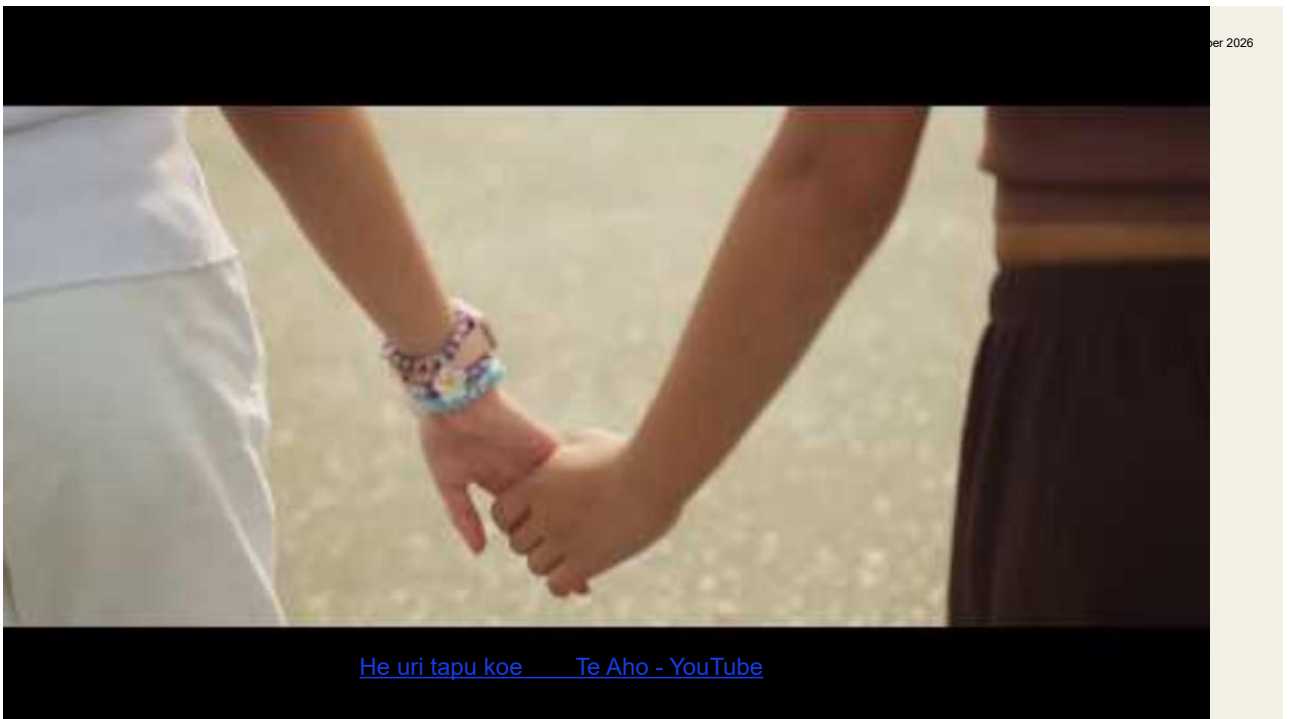
TeAho

Suicide postvention support within
communities – what can we all do?
He uri tapu tātou

Whakamanawa 2026



1



2

Te Aho – Our services

Tō te Rā

Postvention Community Support

Aoake te Rā

Bereaved by Suicide Service

Ngā Kohi Rau

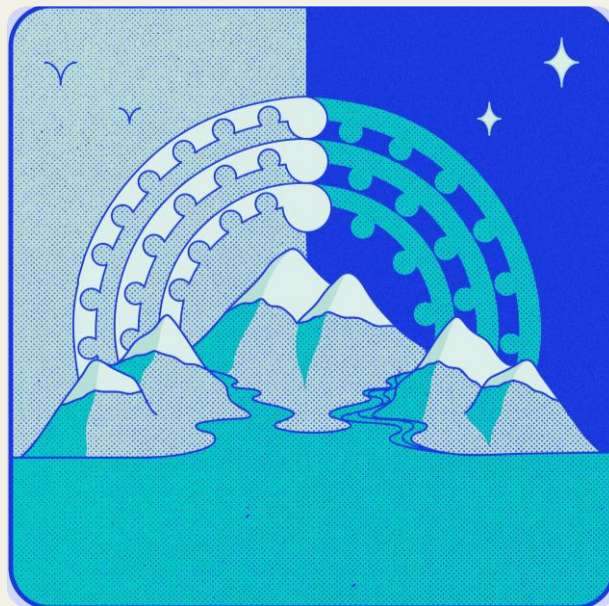
National SSID Information Service

Te Oranga Tonutanga

Towards Wellbeing

Te Pūwaha

Solutions for Wellbeing



3

How to talk about suicide

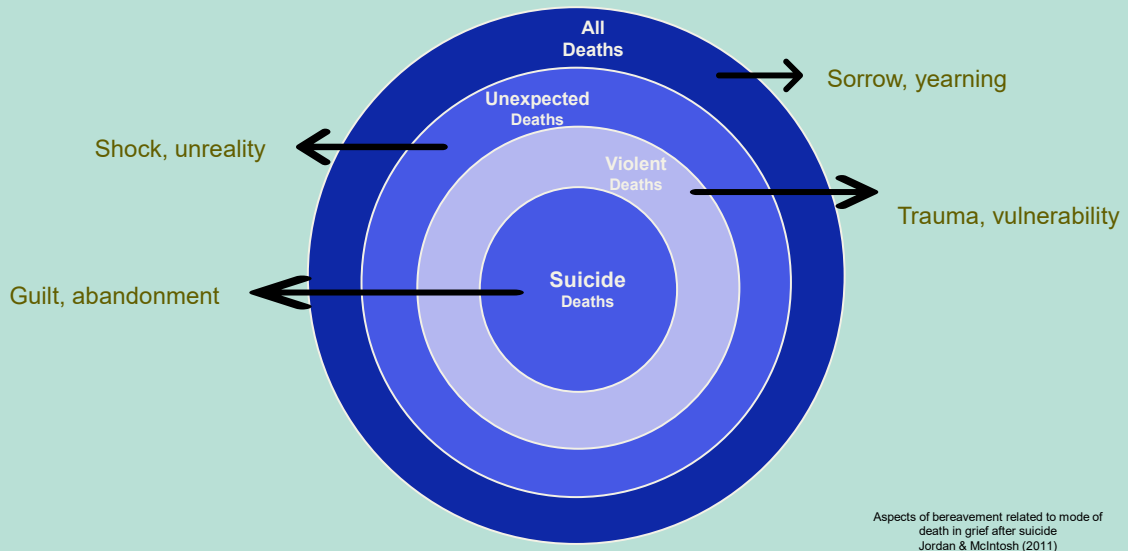


Do	Don't	Why
'Died by suicide' 'Took their own life' 'Suicide attempt' Made an attempt	'Successful suicide' 'Completed suicide' 'Unsuccessful suicide' 'Failed suicide'	So we don't present suicide as a desired outcome
'Died by suicide' 'Took their own life'	'Committed suicide'	So we avoid phrases that associate suicide with a crime. Suicide was historically a crime in Aotearoa hence the term committed was used.
'Increasing rates' 'Concerning rates'	'Suicide epidemic'	So we are not overstating the frequency of suicide and hence sensationalising suicide and potentially creating a sense of panic.

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Te Aho

Bereavement by suicide



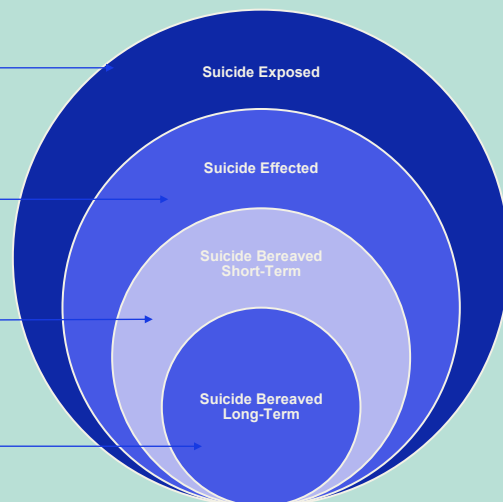
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Te Aho

Suicide postvention support within communities – what can we all do?

Bereavement by suicide

- Everyone who has any connection to the deceased or the death itself including witnesses
- Those for whom the exposure causes a reaction, which may be mild, moderate, severe, self-limiting or ongoing
- People who have an attachment bond with the deceased and gradually adapt to loss over time
- Those for whom grieving becomes a protracted struggle that includes diminished functioning in an important aspect of their life

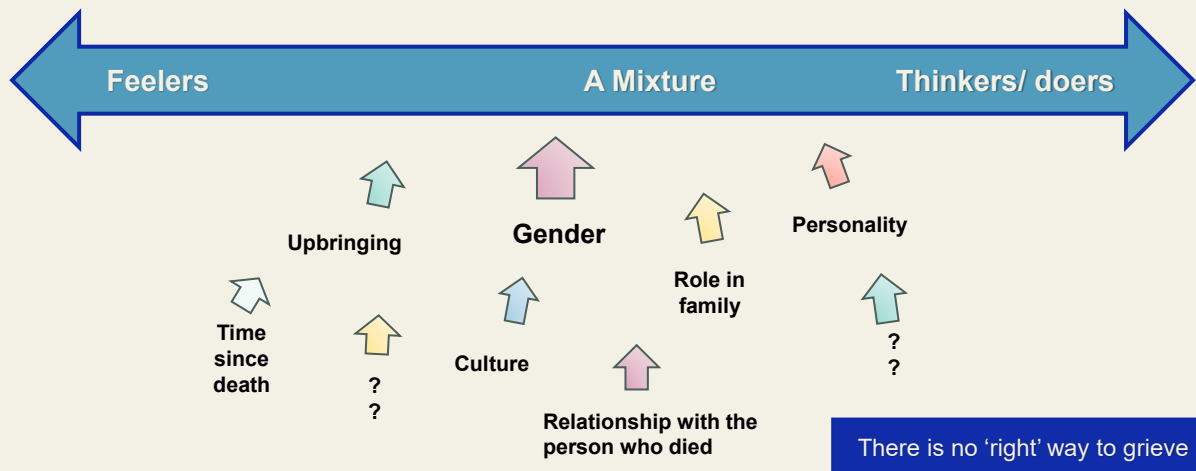


Continuum Model, Cerei (2013)

6

Te Aho

Ways we express our grief



Doka, K.J., & Martin, T.L. (2010). Grief Beyond Gender: Understanding the ways men and women grieve.

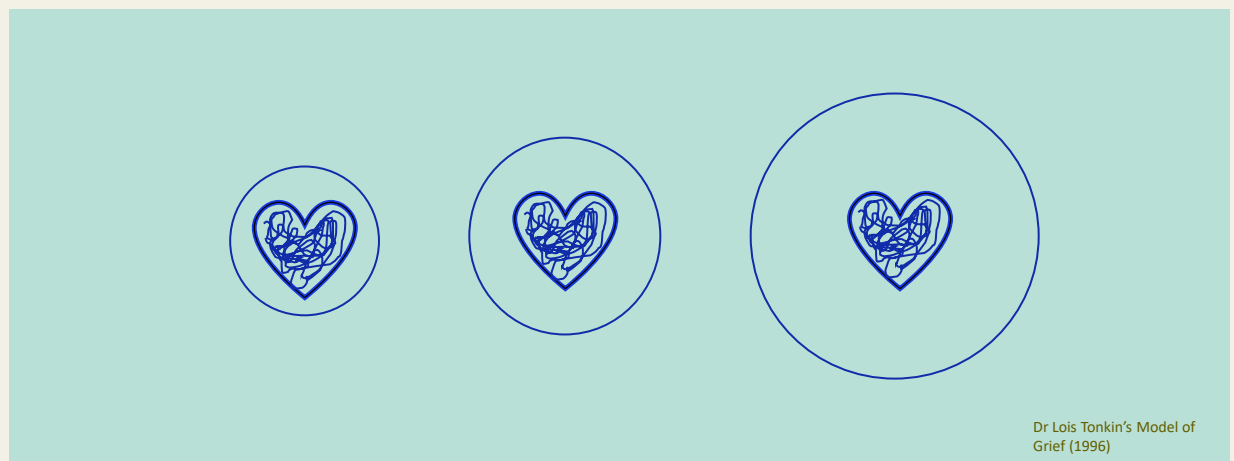
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7

Te Aho

Suicide postvention support within communities – what can we all do?

Growing around grief



8

Te Aho

Retelling the Story

What not to Say

- "You're Strong" / "Doing Well"
- Advice giving
- "Time will Heal"
- "I know how you feel"
- Consolations "There is a reason for this."
- Hurry along the Bereaved e.g. get rid of possessions

Starting the Conversation

In addition to the referral information:

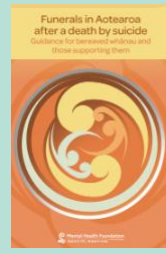
- How close were you to them? e.g. how often did you see them?
- Check for other significant dates or triggers e.g. birthday coming up
- What support have you been having?
- Any other losses? How did you cope? Who was there for you? What worked?
- Any suicidal ideation?
- Are you worried about someone else?
- Who is in the household? (who would I contact if I was worried about you? Are there any children/ young people to communicate to about the death?)
- Listen to the Painful Story – e.g. The Funeral, allow 1.5 hours

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Te Aho

Suicide postvention support within communities – what can we all do?

(Amazing) Mental Health Foundation Resources



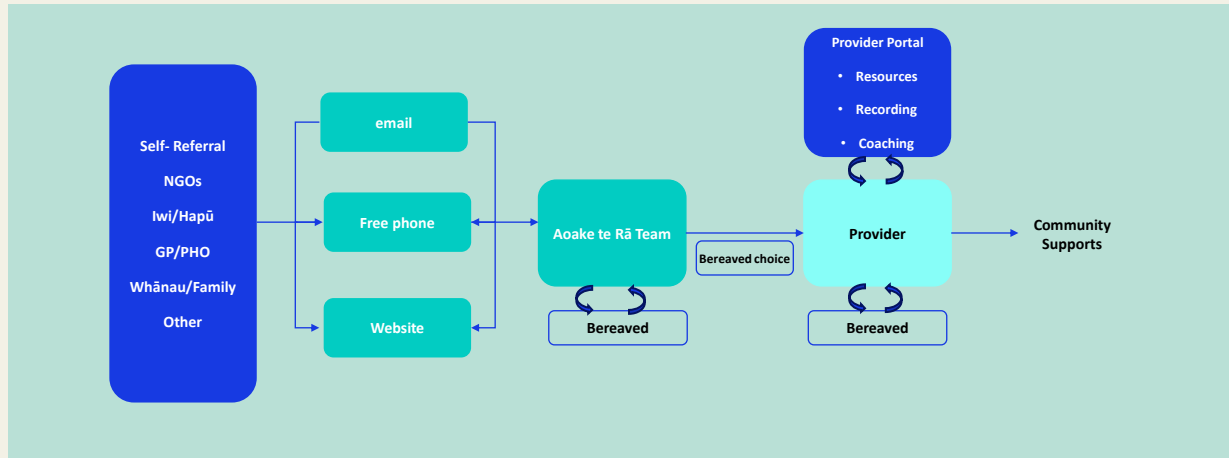
www.afterasuicide.nz & www.mentalhealth.org.nz

10

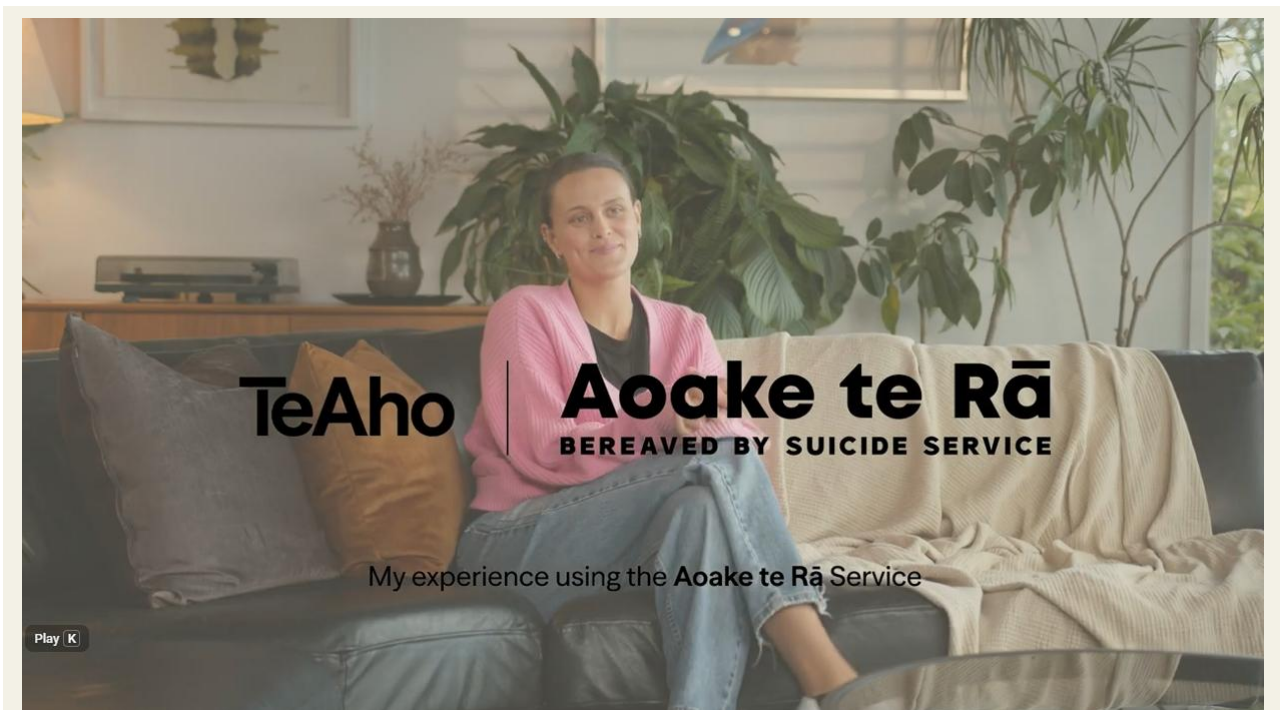
Te Aho



Choice Safety Skill

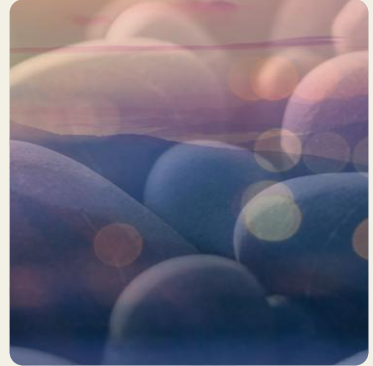


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Te Aho

www.teaho.org.nzwww.aoketera.org.nzcontact@teaho.org.nz

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Ngā mihi
Thank you

TeAho
An Aotearoa without suicide

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