

WAVES

A grief education programme
for adults bereaved by suicide

Are you bereaved by suicide?

If you have been affected by the suicide of someone you know and are 17 years or older, you might be interested in joining an 8-week WAVES suicide bereavement group programme this year.

The programme is provided by trained health professionals and educators from Yellow Brick Road in Nelson and Supporting Families Marlborough in Blenheim. There is one group session each week, over eight weeks, where members are able to:

- share their thoughts and feelings about what's happened
- discuss the nature of suicide and grief from losing someone to suicide.
- gain information and ideas about how to care for themselves and others, including children and young people, after a suicide

Funded by the Care Foundation, the WAVES programme is free, but participants will be asked to contribute a koha or donation towards future programmes.

How to register for a group:

Contact Paul Martin, Nelson Marlborough Health Suicide Prevention Coordinator:

Email: everylifematters@nmdhb.govt.nz or phone 03 548 2798 ext 5

For more information:

Talk to Paul (contact details above) or read about the programme here:

<https://www.skylight.org.nz/build-resilience/waves>

Looking for information about suicide prevention?

It can be distressing if you, or someone you care about, has thoughts of suicide.

If you or someone you know is in immediate danger call **111** and ask for the police.

If there is no immediate danger, free txt/phone 1737, or take a look at some of the suicide prevention help and resources available to you: www.nmdhb.govt.nz/suicide-prevention/

Because grief happens and support matters...

