

Yellow
Brick
Road



After suicide support

Support services for whānau

After suicide support services

At Yellow Brick Road, we realise that the death of a loved one is one of life's most difficult experiences and that losing someone to suicide is particularly traumatic, with its own set of unique challenges.

Our whānau support workers have had the experience of losing a loved one to suicide. This enables us to navigate the complex journey that whānau find themselves in.

We provide a safe and confidential service, which is open to anyone who has lost someone they care about to suicide.

We're here to help you

If you're reading this because you've lost someone you care about, we'd like to acknowledge your loss, the emotions and other effects which you may be experiencing.

Grief as we are taught to understand it, is intensely distorted when suicide is the cause of death.

You may question whether your feelings are normal. Most likely they are, and you are experiencing normal emotional reactions to an abnormal occurrence... suicide.

“Just knowing that those big waves will come and that I can handle them. They're a normal response...”



We provide two suicide bereavement services

We can provide two suicide bereavement services and other support to help you. Both of our suicide bereavement services are free and you can use either one or both services, at a timeframe which suits you.

The first service is a wraparound support service led by a whānau support worker, which can be provided to an individual, couple or group. The second is an eight-week suicide survivor group education programme.

1. Wraparound support service

Our qualified and experienced support workers can provide:

→ One-to-one support

We can meet you, individually or with your family members, either in your home or at our office.

We will discuss your situation and make a plan for supporting you through this time.

→ Advocacy

This may be with the Coroner's Office, Police, Mental Health Services or any other agencies involved in your situation.

→ Education

We aim to assist you in understanding all that you need to know on your grief journey.

→ Information

We have current, well-researched resources to support you and your family.

→ Support for children and teenagers

We can provide specific support for tamariki and rangatahi experiencing grief, and information to assist parents.

Young people can be supported by their own support workers.

→ Referral to appropriate services

We have a wide range of knowledge about current services available.

Contact us to find out what services would best suit you and your whānau.

2. Bereavement group education programme

Waves is an eight-week group programme for adults and is designed to support people who have lost a loved one to suicide.

This is a research and evidence-based programme designed for Skylight for the New Zealand context.

We have highly skilled facilitators who have a broad range of experience. We believe the small group process provides healing support and promotes a healthier grief process.

Our services are:

- Free of charge
- Confidential
- Mobile
- Independent
- Able to work with all ages



“I’m starting to see a future. I was living just day by day. There was no horizon. Now I see a speck. That there are good things in the future...”



Where to get help

Don't hesitate to get professional help if you need it or if you are concerned about your loved one's safety. You can talk to your local doctor, contact your community mental health team or reach out to a support service, such as:

Lifeline NZ

24/7 Helpline: 0800 LIFELINE (0800 54 33 54) or free text HELP (4357)

Suicide Crisis Helpline: 0508 TAUTOKO (0508 82 88 65)

Kidsline: 0800 54 37 54

Website: www.lifeline.org.nz

Ministry of Health

24/7 Need to Talk: 1737 (free call or text anytime)



**It takes each of us to make
a difference for all of us.**

**It's whānau ora, and it is the
foundation that inspires every
aspect of our work.**

Yellow Brick Road is a national organisation that specialises in providing support for whānau who have a loved one experiencing mental health challenges.

After 40 years of experience working with people around New Zealand, we know that if the family of a loved one experiencing mental distress are correctly supported and empowered, the path they walk leads to increased wellbeing for the whole whānau.

Positive change is our singular focus. By working together, we can help you thrive.



Supporting families
towards mental wellbeing

Northern Region
0800 732 825

Central North Island
0800 555 434

South Island
0800 876 682

yellowbrickroad.org.nz