

WAVES

A grief education programme
for adults bereaved by suicide

Are you bereaved by suicide?
If you've been affected by suicide and are over 17,
you might be interested in joining a 'WAVES' grief education group.

Each group has 6-8 members led by a trained health professional. There's 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 the grief of losing someone to suicide.
- Learn how to care for themselves and others, including children and young people, after suicide

The WAVES programme is free, but participants can contribute a koha or donation towards the programme.

To register for a group contact: Paul Martin (NMDHB Suicide Prevention Coordinator)

Email: everylifematters@nmdhb.govt.nz

Phone 03 548 2798 ext 5

Because grief happens and support matters...

