

*here*  
for  
*you*

**After a  
suicide**



***The sudden death of someone by a suspected suicide can be especially painful. The sense of loss, trauma, and grief that follow can be intense.***

For most, the news will come as a shock. You may have found the person or witnessed what happened. The person could have been someone close to you, or you might not have known the person. It also might be unclear for some time if the death was a suicide or by another cause.

Our trained Support Workers can provide families, whānau, and friends bereaved by suicide – as well as witnesses – with personal and practical support for as long as you need it. You can call us 24/7 on **0800 842 846** to be connected with a Support Worker.

**We are here for you 24/7. Our support is completely free and confidential, and available throughout Aotearoa New Zealand.**

You can also see our helpful **Suicide** information at [www.victimsupport.org.nz](http://www.victimsupport.org.nz) – look under GET SUPPORT.

  
**Victim Support**  
Manaaki Tāngata



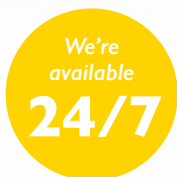
# How we can help

## *Our Support Workers can support you with:*

- someone to listen, talk with, and support you to cope through trauma and loss
- help to understand your rights and make informed choices
- information and help to answer your questions
- help to access local services to suit your situation
- practical support and assistance to deal with things like funeral or coronial processes
- someone to assist and support you when dealing with police and other government agencies

### *If English is your second language*

If you require support in your first language, Victim Support can use Ezispeak to connect with an interpreter over the phone. Call us on **0800 842 846** and let us know. We will try to match you to a Support Worker who speaks your language.



*Our service is*  
**free, personal,  
and confidential**

CONTACT

**0800 VICTIM (0800 842 846)**  
**victimsupport.org.nz**