

Resources:

Aoake te Rā

A free service for those bereaved by suicide
aoaketera.org.nz

After A Suicide

Mental Health Foundation resources and links to support including free support when you text 1737
afterasuicide.nz

Cancer Society

Some free counselling is available
cancer.org.nz/how-we-can-help/support-we-offer/psychology-and-counselling/

Family Works

Individual and family counselling
familyworkscentral.org.nz/counselling

Mary Potter

Mary Potter staff offer free, confidential grief and bereavement support
marypotter.org.nz/for-patients-families-carers/our-support/bereavement-support

Sands Wellington

Links to support for parents and whānau after the loss of a baby or infant
sandswellingtonhutt.org.nz/counselling

Skylight resources and counselling

Helping with all grief and loss, particularly following a suicide and counselling for children
skylight.org.nz/get-support/counselling

Talking Works

A directory of counsellors in Te Whanganui a Tara Wellington
talkingworks.co.nz

The Grief Centre

National resources and online counselling
griefcentre.org.nz/counselling



Resources when you are grieving



306 Willis Street, Wellington City

Phone: 04 385 0745

Fax: 04 801 7203

Email: staff@lychgate.co.nz

www.lychgate.co.nz

7 Johnsonville Road, Johnsonville

Phone: 04 477 6855

89 Karori Road, Karori

Phone: 04 476 6472

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Everybody grieves differently.

You don't need to be at breaking point before you talk to someone.

A death in any circumstance is an upheaval, both emotionally and practically, and often we have to make decisions and adjustments that are unfamiliar and uncomfortable.

It can be a huge help to have someone who is trained to listen and support us nonjudgmentally.

Talking it out can help alleviate some of the feelings associated with grief and help us to understand our own grief journey.

