

CASA is a group of health professionals who have experience providing support to family/whanau and significant others who are affected by a suicide attempt.

When a family/whanau member or friend attempts suicide it can be a confusing and frightening time for everyone involved. Families often struggle to understand what happened. There may be feelings of anxiety and the fear of a repeat attempt. In addition to your concerns for your loved one, it is vital that you recognize and attend to your own needs.

Family/whanau and friends may provide all the support you need. However, after a suicide attempt, you may find the need for additional support that is different from what your family can offer. Counselling can provide important information, guidance and support as you care for your loved one and yourself.

The Specialist Counselling Service can be contacted on freephone 0800 448 353 or via email at scs@casa.org.nz



Clinical Advisory Services Aotearoa

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Specialist
Counselling
Service.
For those affected
by a Suicide
Attempt



Clinical Advisory Services Aotearoa

The Service.

CASA's Specialist Counselling Service is funded by the Ministry of Health and is free and confidential. This service offers the following support:

- Up to six sessions of free counselling
- Counselling provided in your home if you prefer
- Information on what to do after a suicide attempt
- Counselling for anyone affected by a suicide attempt: family/whanau including children, friends and associates
- Maori Cultural Service available including support by a Kaumatua

What is Counselling?

Counselling provides an opportunity to talk, in confidence, to someone experienced in listening to people who have been affected by a loved one's suicide attempt. Counselling can offer brief, practical support and guidance to help you handle the emotions and life changes associated with a suicide attempt by a friend or loved one. Counselling can provide help and support to:

- talk about the suicide attempt
- have a safe place to express your feelings
- obtain factual information about suicide and its effects
- understand and deal with other people's reactions to a suicide attempt
- get advice on practical/social concerns
- feel better about yourself

When is it time to get help?

When a family member or friend attempts suicide, it can be a confusing and frightening time. It is not always easy to decide at what point it would be helpful to receive some outside support. Some reasons you might decide to seek extra help during this time are when you:

- have no-one with whom to share your concerns and feel the need to do so
- have questions and feel confused about the suicide attempt
- feel overwhelmed by the thoughts and feelings brought about by a loved one's attempt e.g. guilt, anger, anxiety
- feel numb and empty and have difficulty coping
- cannot sleep or suffer nightmares
- feel you cannot handle intense feelings or physical sensations such as exhaustion, confusion, anxiety or panic, chronic tension
- find you are worrying and thinking about suicide yourself

This FREE Confidential Service is available to those residing in the following DHB areas: Waitemata, Auckland, Counties Manukau, Tairāwhiti, Hawkes Bay, Nelson Marlborough, Canterbury