

CASA is a group of health professionals experienced in providing support to family/whanau and significant others who are bereaved by suicide.

The loss of someone close to you from any cause can bring about intense grief and mourning.

The emotions experienced by the bereaved following a suicide, while normal and expected, can be particularly painful.

Family/whanau and friends may provide all the support you need. However, after the death of a loved one by suicide you may find the need for additional support that is different from what your family can offer.

Counselling can provide support for both you and your relatives and friends who are experiencing their own grief. For many the stress and trauma of grief means that additional help is needed.

The Specialist Counselling Service can be contacted on freephone 0800 448 353 or via email at [scs@casa.org.nz](mailto:scs@casa.org.nz)



Clinical Advisory Services Aotearoa

Clinical Advisory Services  
Aotearoa Limited  
PO Box 32599 Devonport  
North Shore 0744  
phone +64 9 448 3800  
fax +64 9 448 3850  
email [mailbox@casa.org.nz](mailto:mailbox@casa.org.nz)  
web [www.casa.org.nz](http://www.casa.org.nz)

© 38671 CASA THOSE AFFECTED BY SUICIDE / V02

Specialist  
Counselling  
Service.  
For those affected  
by Suicide



Clinical Advisory Services Aotearoa

## The Service.

CASA Specialist Counselling Service is funded by the Ministry of Health and is free and confidential.

This service offers the following support:

- Up to six one-hour sessions of free counselling
- First session provided in your home if you prefer
- Information on bereavement and grief after a suicide
- Counselling for anyone affected by a death by suicide: family/whanau including children, friends and associates
- Counselling for those who have witnessed a death by suicide
- 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 lost someone they care for by suicide.

Counselling can offer brief, practical support and guidance to help you handle the emotions and life changes associated with the death of a friend or loved one.

Counselling can provide help and support to:

- talk about the suicide
- 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 suicide
- get advice on practical/social concerns
- assist you to adjust to your loss

## When is it time to get help?

Grieving is natural when someone you love dies. Grief can also be painful and exhausting, particularly when the death is by suicide. 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 bereavement are when you:

- have no-one with whom you feel you can share your grief and feel the need to do so
- have questions and feel confused about the death
- feel overwhelmed by the thoughts and feelings brought about by a loved one's death e.g. guilt, anger, rejection
- 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