



BEREAVED BY SUICIDE: COVID 19

An Online Response Service

Information Sheet

What is the new service?

A free national online service to provide brief specialised therapeutic support for people bereaved by suicide in the context of COVID-19. This service is for individuals and/or family/whānau using telehealth methods (videoconferencing or phone). This service sits alongside bereaved by suicide peer support groups and specialist mental health services. This service will expand into a planned national service for people bereaved by suicide.

How has the service been developed?

The need for this service was originally identified by those with lived experience of bereavement by suicide and backed up by consultation in the 2018 Government Mental Health Inquiry and Tapu te Oranga o ia tangata: Every Life Matters: Suicide Prevention Strategy 2019–2029. In 2019 CASA implemented a co-design process with key stakeholders, bereaved by suicide lived experience groups and those with clinical expertise in suicide prevention and postvention. The information gathered in these co-design workshops informed how the service looks and will continue to evolve over a phased national implementation plan.

How will the service meet the needs of Māori ?

The providers are experienced in working alongside Māori communities will complete pre-requisite requirements for working with whānau pani. Please see their intro videos and bios on the CASA website.

Who is the service for?

This service has been set up to respond specifically to those bereaved by suicide within the complex context of COVID 19 and any associated restrictions. This includes:

- Individuals or family/whānau bereaved by suicide since March 1st 2020
- Individuals or family/whānau bereaved by suicide prior to March 1st 2020 and currently experiencing issues, concerns or distress due to the complex context of COVID 19

How do I refer to the service?

Referrals can be made using the BSRS COVID 19 Online Response referral form by:

- Suicide Prevention Coordinator's
- Victim Support Specialists
- Kia Piki Te Ora contacts
- Bereavement Support Specialist (Virginia Brooks at the Mental Health Foundation)

Send your email referral form to BSRSreferrals@casa.org.nz

What other things need to be considered to use the service?

Young people under 16 years need a parent/caregiver to support them to participate. Individuals and families will need access to internet with either a laptop/phone/tablet.