

Support for Families, Whānau and Significant Others After a Suicide

A Resource Identification Report

submitted to the Ministry of Youth Development: Te Tari Taiohi

by



Suicide Prevention Information New Zealand

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Executive Summary

This report reviews a series of resources which are available internationally and which cover a range of issues concerned with providing support to those bereaved by suicide. The report was commissioned to provide relevant information for the development of support services for those bereaved by suicide.

Eighty-three media resources were identified and a further fifty resources were also identified but were unable to be accessed or reviewed within the time limitations of the research.

The key features of the media resources were recorded and reported in a separate report. These features included: the target group(s); the author(s), date and title of the resource; the format (e.g., article, book, film/video, guide, information/fact sheet, website); the focus of the material (e.g., an explanation of suicide, information for the bereaved, information on identifying risk of suicide and warning signs, information for those supporting the bereaved, information for the bereaved around long-term recovery and self-care, information and links to support services and further resources); evidence and support for the information content, and accessibility (including cultural appropriateness, ease of access).

The highest quality and most easily accessible resources available in New Zealand and internationally were identified using the review of the above features. The key features of these “top” resources were summarised in this report and these related to the following:

- Type of media resource (format)
- Content
- Target group(s)
- Accessibility
- Strengths
- Weaknesses

New Zealand Resources

- New Zealand resources were few in number and not widely available.
- Most of the resources developed and available in New Zealand for those bereaved by suicide were printed material and internet sites with downloadable material.
- The resources developed and available in New Zealand contain grief, loss and general bereavement or crisis information following a sudden or traumatic death. Few resources were specifically for those bereaved by suicide.
- No resources were found (within the research period) that specifically target Māori, Pacific Peoples or other ethnic and cultural groups in relation to supporting those who have been bereaved by suicide.

International Resources

- Most of the higher quality resources identified have been developed in countries other than New Zealand. However many of these resources are accessible to some extent in New Zealand through the internet.

- Most international resources identified are of higher quality (e.g., better designed, more accessible, bereaved by suicide specific in content and of higher production quality) as well as having content that is both specific and comprehensive in terms of the issues and topics they cover.
- While international resources offer helpful information, advice and strategies they often fail to take into account unique cultural contexts and cultural differences in relation to the meaning of suicide, the grief process and provision of support to those bereaved by suicide.

Providing and developing suicide bereavement resources.

Common features shared by the highest quality resources identified in this report suggest the following considerations for inclusion:

- Information that increases the bereaved person/s understanding of suicide and the events leading up to it, and the bereavement process. This information included a list of 'warning signs' and some explanation of how the bereaved and others can identify 'risk' of suicide in others.
- Practical strategies, suggestions and tips for those bereaved by suicide that can assist them in coping after suicide (both in the initial and longer-term) and re-establishing their lives.
- Practical strategies, suggestions and tips for those supporting those bereaved by suicide that can assist them to understand what the bereaved are going through, the needs of the bereaved, and how to offer support in an appropriate and sensitive way.
- Discussion of the impact that strategies and support can have on outcomes for those bereaved by suicide in ways that demonstrate their importance.
- Detailed information about support services, organisations and other resources that are local, relevant and accessible to those bereaved by suicide. Contacts for those people identified as being able to support the bereaved included GP's, counsellors, therapists, bereaved by suicide support groups and the resources often provided contact details for services and agencies within specific geographic areas.
- Information about other resources, websites and links to further material on bereavement by suicide.
- Some form of evidential base (i.e., references to academic and empirical research) as well as other types of 'grey material' and expert and subjective personal opinion (from a bereaved person's perspective). Those resources identified as being of better design and quality (as far as content and potential for usefulness) had most often been developed with the backing of various institutions (e.g., Government Departments, Ministerial Councils and professional bodies).

The adaptation of resources, using existing high quality resources and including information pertinent to the local environment and populations, presents as the most logical process in order to produce the most useful resources for those bereaved by suicide.

Chapter One

Introduction

Suicide is a human tragedy that causes devastation among families, whānau, relatives, friends, peers, work colleagues and whole communities. Families, whānau, and significant others require care and support after bereavement by suicide. Immediate reactions to suicide include shock and grief and these are often accompanied by longer-term feelings of sadness, loss, guilt, anger and fear. Some people are unable to come to terms with the painful reality of the event and remain unable to move on with life. In some situations the bereaved can also become 'at-risk' of suicide. Effective bereavement support can help minimise the risk of suicidal thinking and behaviour after any bereavement by suicide.

Understanding reactions and suicide bereavement and getting the right support from others is vital if people are going to recover from and cope with the effects of suicide.

The provision of quality information and support for those bereaved by suicide is critically important following death through suicide.

This report provides a snapshot of some of the key media resources that families, whānau, significant others and support providers can use to help those bereaved by suicide.

Aim and Scope of the Report

The project involved a search, synthesis and initial assessment of the national and international media resources that target families, whānau and significant others who have been bereaved by a suicide. Media resources were the focus of this report as they are static. Community projects, resource people and non-text based resources were not selected due to their dynamic nature and subjectivity to quality and accessibility variance. Whilst some videos were identified in the search, none were available for review within the time frame of this search period. The search and collection time period was one week, from 29th September 2003 until Friday 3rd October 2003. SPINZ utilized this time frame as a measure of accessibility.

Key Definitions

➤ Bereavement, Bereaved and Suicide Survivors

The term 'bereaved by suicide' is used in this report to refer to family and whānau members (adults, children, young people, older persons), significant others, or acquaintances who have experienced the loss of a loved one, peer or colleague due to suicide.

➤ Family

A family group, including an extended family (or whānau), in which there is at least one adult member with whom a child or another adult member has a biological or legal relationship; or to whom the child or the other adult member has a significant psychological attachment; or that is the child's or other adult member's whānau or other culturally recognized family group. (New Zealand Government, 1989, p.12)

➤ **Whānau**

The term 'whānau' in this report refers to immediate family, kinships and extended family and others (including non-kinship) who self-select, or are selected as whānau, based on locality, common interests or other criteria (Durie, 1994; Meade, 1996; Smith, 1995). This is sometimes referred to as kaupapa whānau.

➤ **Significant Others**

In this report significant others include any person or group of people who self-identify as having had a direct or indirect relationship with the bereaved or his or her family and whānau. This includes friends, peers, acquaintances, employers, employees, work colleagues and members of their local community.

➤ **Support Providers**

"Support providers" was a term used to encompass both professionals and lay people who may offer health, mental health, treatment, social services or general support to those affected by suicide. Support providers could include family and whānau members, significant others, counsellors, therapists, and social workers, as well as 'first responders' such as police, GP's, medical and emergency services, victim support, coroner's & funeral directors and others who offer post-suicide support within a community (i.e., members of bereaved by suicide support groups).

SPINZ would like to acknowledge the Ministry of Youth Development for funding this important project, the guidance of the SPINZ reference group (The SPINZ Reference Group), and the input of those bereaved by suicide and other information providers in terms of sharing their resources and views.

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New Zealand
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Chapter Two

Research Design And Methods

The report took a systematic approach to identifying resources that target those bereaved by suicide.

Search Strategies

The search for resources included information held within the SPINZ database and resource and information collection. It also drew on information from international sources including information clearinghouses and suicide prevention sites and organisations (e.g., Suicide Information Centre, Auseinet, American Foundation for Suicide Prevention). Resources were also identified from recommended reading and resource lists within key resources and posted on reputable websites. Professionals and researchers working in the area of suicide and suicide prevention also identified additional resources.

The search involved the following types of resources:

- National and International resources
- Physical and published resources
 - Print material
 - Pamphlets
 - Booklets
 - Information/fact sheets
 - Manuals (for GP's, and other professionals)
 - Guidelines
 - Reports
- Videos
- Computer Media (CD's, DVD's, Websites)

The GOOGLE search engine was used to identify media and virtual resources (see Appendix C for details of the search strategy) on the internet. The search using GOOGLE led to thousands of sites being identified but was not particularly useful because many of the sites identified related to suicide prevention rather than postvention, did not contain practical information for the bereaved or those who support people bereaved by suicide and related to suicide prevention programmes. Media resources related to bereavement by suicide are not well-distinguished on this major search engine and this would suggest that there is a significant challenge for the bereaved and professionals who support them in finding relevant information using this search format.

The resources located in the SPINZ internet collection provided more useful and quality resources reflecting the time spent searching, accessing and storing these types of resources. The collection includes links to media resources and to key information and support websites such as the American Association of Suicidology, American Foundation of Suicide Prevention, Auseinet website Australian Network for Promotion, Prevention and Early Intervention for Mental Health, CDC Centers for Disease Control and Prevention, International Association for Suicide Prevention, SAVE Suicide Awareness Voices of Education. SPINZ acknowledge the assistance of Annette Beautrais who made her personal collection available for this report.

Searches were not limited to material written in English but also included resources written in Te Reo (Māori), Pacific Island languages and other languages in the last 13 years (1990-2003). Searches included a wide range of resources that focus on suicide, postvention and related topics such as support for survivors, bereavement, coping and the development of resilience. Resources accessed drew on a wide range of disciplines (health, education and welfare) and included some material that was written for professionals and support providers who work with those who are bereaved by suicide.

Selection of Resources

National and international resources were selected and evaluated by SPINZ (under guidance by the SPINZ Reference Group) to be reliable, reputable and easily accessible.

- Reliable: those resources that utilized well referenced information, based on evidence from peer-reviewed research.
- Reputable: those resources that were sourced from and produced by professional bodies and government departments that utilize evidence based information.
- Easily accessible: those resources that available to the researcher within the search and collection period.

From these criteria, the list of desirable features for resources was developed and used for the selection of those resources described in Chapter 3. See description in Data Analysis section (p9)

There is the possibility that some significant resources have not been included in this review because of the time limitations of the research study and search time frame. It is not intended to be a comprehensive report of every resource currently available to New Zealand or the best examples for future resource development.

The review also included some resources that did not directly deal with the topic of “supporting those bereaved by suicide”. These resources were included because they contained information relating to bereavement by suicide-related topics such as bereavement and supporting individuals following a traumatic death or someone “at risk” of suicide and mentioned the word “suicide” within the context of discussing support for bereaved.

A total of 83 media resources were identified and reviewed in the report as targeting those bereaved by suicide or included information that could inform the support of those bereaved by suicide.

A further 50 media resources were also identified in the search but these resources were not reviewed because they were not accessible within the time constraints of the research, had costs involved and/or needed to be purchased and sent from international sources (see Appendix E, p. 42)

Data Analysis

There are many different types of resources that provide information and target those who have been bereaved by suicide. Some of these resources are well designed and comprehensive in the type and quality of information they provide. Some focus on a specific aspect of suicide and bereavement by suicide while others cover a range of

issues that may impact on the bereaved. Each of the 83 available resources was reviewed in order to identify:

- The **target group(s)** of the material (adults, children, community groups, employers/employees, family and whānau units, first responders, older adults, peers, support providers and youth)
- The **author, date and title** of the resource
- The **format** (e.g., article, book, book chapter, booklet, film/video, guide, information/fact sheet, pamphlet, website)
- The **focus of the material** and any desired outcomes. Resources were reviewed in order to determine if they contained the following:
 - **An explanation of suicide** (e.g., myths and facts about suicide, statistics, or a theoretical explanation or perspective on why suicide occurs).
 - **Information for those bereaved by suicide** (including information about self-care).
 - **Information on identifying risk of suicide** in those who have been bereaved by suicide **and warning signs for suicide**.
 - **Information on how to respond to those bereaved by suicide, and how to manage any subsequent risk of suicide** in the bereaved.
 - **Information** for those bereaved by suicide and those supporting them **on long-term recovery, coping and self-care** in those bereaved by suicide.
 - **Links to support services and sources of further support** for those bereaved by suicide (e.g., lists of support agencies, further reading etc.).
- **Evidence and support for the content of the resources** (e.g., research, theory, endorsement for the approach/strategies recommended, any evaluation undertaken, source of funding)
- **Information about the accessibility** of the resource (e.g., appropriate type of language, presentation, ease of access, cultural appropriateness).

The resources summarised in chapter 3 were deemed to be of high quality and would be most useful to those bereaved by suicide and those supporting them because they:

- Appear to be based on best practice
- Are accessible
- Are written for a specific audience (but may cover many different relationships)
- Provide practical tips for the bereaved and those supporting them
- Have been informed by research and expert opinion, including those who have personal experience of bereavement by suicide
- Have up-to-date links to community resources, further reading and material they may support those who have been bereaved by suicide

The following key features were recorded for the highest quality and most easily accessible resources:

- Type of resource
- Content
- Target group(s)
- Accessibility
- Strengths
- Weaknesses

Chapter Three

Resources For Those Who Have Been Bereaved By Suicide

This section of the report outlines some of the key resources available to people living within New Zealand who have been bereaved by suicide that can be accessed without too much effort and cost. It also describes some of the key components and qualities of these resources.

The following resources stand out from others identified because they meet some or most of the criteria described below:

- An appropriate explanation of suicide
- A description of the reactions and responses following bereavement by suicide (with particular note of how these can vary between individuals and across families of different backgrounds and cultures)
- Practical advice on how the bereaved can cope immediately following a suicide
- Practical advice on how others can support those who have been bereaved by suicide
- Information that takes into account that bereaved may have specific relationships (e.g., child, parent, sibling etc.) with the deceased that may complicate their bereavement, coping and recovery following a suicide.
- Suggestions for those bereaved by suicide that focus on recovery and mental health promotion
- Discussion of the impact and importance that accessing support can have for those bereaved by suicide – demonstrating their relevance
- Detailed information about support services and agencies
- Information about other quality information and support resources

7 New Zealand resources:

(the following are not ranked in any order and include resources developed in and currently available in New Zealand)

Canterbury Bereaved By Suicide Support Group
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http://www.supportfind.com/cbssg/support.htm

Type of resource: internet website – suicide specific

Contents: Information that may assist individuals and families to cope with bereavement by suicide; bi-monthly newsletter and information and links to local support services, the support group and its members' library. Includes a "parents of suicide" discussion board where parents can post comments for others to discuss.

Information provided is broken down into sub categories that include: information for newly bereaved (initial support), general support (for those in all stages of bereavement). Information targets specific age groups - there is information for family members, support people, children, and young people. Content is safe and could be used without advice from professionals. Does, however include a small section that discussed the need for others to recognise the uniqueness of suicide grief. Currently no available rigorous evidence for the perspective that suicide grief is different from others forms of grief.

Target group(s): Those bereaved by suicide and people who support those who have been bereaved by suicide.

Accessibility: easy to navigate, simple menus, accessible language that is accessible to the general public, website includes user instructions.

Strengths: Contains a good balance of material from referenced research, books written for the bereaved and personal stories (and tributes, poems etc) and tips that come from the bereaved. Information includes both inspirational as well as practical information that may aid the grieving and recovery process. Contains information on local support for the Canterbury region and up-to-date links to national and international websites and resources. Content is safe to use without professional assistance.

Weaknesses: Favours information for families, little information by comparison for professionals working with the bereaved. Content somewhat difficult to print from the webpages (no print friendly page).

New Zealand Police & Victim Support (date unknown). *Information guide for bereaved families.*

Type of resource: A5 Booklet, 12 pages. – suicide specific

Contents: Explains the legal requirements when the police and a coroner may be involved in a death. Also explains the role of the police, the coroner and the role of Victim Support and the volunteers in providing immediate and ongoing support to families following particular kinds of deaths. Includes a section on the role of funeral directors when deaths have to be investigated, legal and medical procedures (e.g., post mortem examinations, cultural considerations and inquests, death certificates) and lists people that can be contacted for further information.

Target group(s): Those bereaved by suicide and people who support those who have been bereaved by suicide.

Accessibility: The booklet states it is available free from a District Court in New Zealand or via free fax number 0800 266 627. Copies are often distributed by the New Zealand Police and Victim Support (although currently very few in stock nationwide). Apparently, also available in Te Reo and Tongan/Samoan. An edited copy in English is also available from

<http://www.seddonpark.co.nz/resources/police.htm>

The booklet is written in language accessible to the public and is set out with clear headings.

Strengths: Clearly explains the process that needs to be followed when a person appears to have taken his/her life and provides answers to common questions and concerns that the bereaved may have. Provides insight into those authorities the bereaved need to contact, what the bereaved can expect in relation to legal, medical processes and who the people are that are there to support them. Content is safe but the bereaved may require access to professionals who can answer any questions they may have about the material.

Weaknesses: Copies could not be found on the internet under either the New Zealand Police or Victim Support Websites, and did not appear under any of the resource searches on the internet. Does not contain any information about grief or reactions that families might expect to experience personally following the suicide or sudden death of a loved one.

Department for Courts Te Tari Kooti (1998). *When someone dies: A guide to the work of coroners and the operation of the coroners' court.* July 1998. Free to download from <http://www.courts.govt.nz/coroners/>

Type of resource: A5 Booklet, 12 pages. - generic

Contents: Covers information about the legalities of burying or cremating a body, circumstances when a death needs to be reported to the coroner, the roles of

coroners, what is involved in post-mortem examinations and inquests, the releasing of the body after examination and challenging decisions by a coroner.

Target group(s): Those bereaved by suicide and people who support those who have been bereaved by suicide.

Accessibility: The booklet is available free from a District Court in New Zealand or via free fax number 0800 266 627. It is written in an accessible format and presents information in question and answer style.

Strengths: Copies could be found easily on the Department of Courts website. Information makes the responsibilities of the bereaved clear following a death where a person appears to have taken his/her own life and the process involved. Content is safe but the bereaved may require access to professionals who can answer any questions they may have about the material.

Weaknesses: The resource does not make mention of the word 'suicide' and so did not turn up in internet based searches for media resources.

Irving, T. & Hirsh, L. (2003). *After the suicide of someone you know: Information and support for young people*. Wellington, New Zealand: Skylight, 2003.

Type of resource: Book, 34 pages,

Contents: Explains the process of grief, the reactions the bereaved are likely to experience and how to cope with grief after a suicide. Includes a discussion of factors that have been reported to be helpful and unhelpful in assisting grieving in young people. Describes the types of people that can help young people process their grief, and the roles of the police, victim support and other agencies in assisting people after a suicide.

Target group(s): Young people who have been bereaved by suicide, adults who may be supporting young people.

Accessibility: The book is available from SPINZ or from Skylight Trust, cost \$10 per copy. It comes with a 2 page guide for adults who intend to use the book with a young person to assist them with their bereavement.

Strengths: It is accessible to young people, attractive to target group in design, layout, language, A5 size. Contains information that increases understanding and includes practical advice for both young people and adults. Recommends young people seek professional help with grief after suicide. Informed by external expert reference group and young people who had been bereaved. Content is safe but the resource recommends that adults support young people in using the resource to explore their grief. Addresses generic needs. Does acknowledge Maori and Pakeha cultural differences in customs and rituals after death and suicide.

Weaknesses: Does not include specific information on grief or bereavement by suicide in young Asian or Pacific Islanders.

The New Zealand Council of Victim Support Groups Inc (date unknown). *Crisis and Trauma: Helping you cope with crisis and trauma*. Wellington, New Zealand: The New Zealand Council of Victim Support Groups Inc.

Type of resource: Trifold pamphlet 8 pages, and internet media resource

Contents: Includes information about how trauma affects health and behaviour (e.g., physical and emotional reactions), self-help information and practical advice on how to cope with a crisis and assist others to "get back to normal". Information about Victim Support and the practical support they offer victims of trauma and crisis. Content is safe and could be used without further explanation from professionals or support people.

Target group(s): Victims of crime, accident and emergency including those bereaved by suicide.

Accessibility: It is written in language accessible to the general public. Copies are free and can be requested from local offices of Victim Support, email victim@xtra.co.nz or downloaded free from:

http://www.victimsupport.org.nz/files/publications/Crisis_and_Trauma.pdf

Victim Support are often called upon to support families following a suicide and the availability of this resource to the bereaved would depend on their being notified by the Police or by the bereaved and support people.

Strengths: Practical information that has a focus on alleviating the pain of the traumatic event and assisting the person to recover as quickly as possible. It also explains the importance of the people obtaining professional help if they do not cope with the crisis or trauma and includes specific sections on how to help family members and older people. Content is safe.

Weaknesses: The resource does not make mention of the word 'suicide' and so did not turn up in internet based searches for media resources. This resource contains only basic information and would need to be backed up with support from Victim Support Volunteers and other professionals.

SPINZ (Suicide Prevention Information New Zealand)

<http://www.spinz.org.nz>

SPINZ (2003). Support After a Suicide. Information Sheet Series No.4.

<http://www.spinz.org.nz/content.asp?id=40>

SPINZ (2000). *SPINZ Youth suicide prevention community information kit*. Suicide Prevention Information New Zealand.

<http://www.spinz.org.nz/print.asp?id=15>

http://www.spinz.org.nz/downloads/Community_guidemay2000.doc

Type of resource: Internet website, Information sheet and community information kit.

Contents: Information sheet includes description of reactions and difficulties often faced by those bereaved by suicide, key aspects of providing support and postvention, where bereaved can find additional support and how to identify those bereaved who could be at increased risk of suicide. Community Information Kit includes section on suicide bereavement, young people's grief and suicide bereavement, how to help young people who have been bereaved by suicide, the role of support groups and the objectives and key aspects of postvention. Resources also include lists of further reading and national contacts for further support.

Target group(s): Those bereaved by suicide and people who support those who have been bereaved by suicide.

Accessibility: Easy to navigate website, clear menus for publications and resources, accessible language for the general public and professionals. Resources are free to download and print from the website.

Strengths: Information and resources are informed by best evidence and expert opinion as well as those who have been affected by suicide. Website has research and service database as well as information sheet, practical handouts and FAQ's (Frequently Asked Questions). Content is safe but the bereaved may require access to professionals who can answer any questions they may have about the material.

Weaknesses: Website lacks culturally relevant information on bereavement by suicide for Māori and Pacific Island People. Focus of site and media resources is more on suicide prevention than bereavement by suicide or postvention.

Skylight Trust <http://www.skylight.org.nz/>

Type of resource: internet website

Contents: Information on specialist resources relating to issues of change, loss and grief especially as they impact on children, young people and families. Includes contacts for their Resource Centre where people can loan or purchase resources that

include books, articles, information sheets (e.g., “When a friend suicides...”, “Helping survivors of suicide”, videos and skylight counseling and support services. Resources include those developed by Skylight and NALAG (National Association For Loss and Grief). Resources include articles on strategies for support grieving families, grief for different age groups, information leaflets, books, workbooks for children and young people to use when processing grief, reference journals and academic research and information tools for support people.

Target group(s): Those bereaved by suicide and people who support those who have been bereaved by suicide.

Accessibility: Website is accessible and easy to navigate. Easy to print resource lists and information pages.

Strengths: Has a large selection of different types of media resources that target grief and loss. Resources specifically written for children and young people and those supporting them. Resources can be loaned and borrowed. Excellent first-stop for someone looking for targeted resources to purchase. Content is safe and the site clearly notes contacts where the bereaved may access professionals who can answer any questions they may have about the material.

Weaknesses: Most of the media resources have to be purchased, but are a reasonable price (e.g., \$2 -\$32) and some bulk discounts are offered. Mostly general grief and loss resources available. Few suicide-specific resources available and some under development.

7 International Resources

Centre for Mental Health, New South Wales Health Department (1999). *Care and support pack for families and friends bereaved by suicide*. Gladesville, NSW: Better Health Centre: Publications Warehouse.
<http://www.health.nsw.gov.au/health-public-affairs/publications/suicide/foldercontents.pdf>

Type of resource: Information pack, two pamphlets, two A4 booklets, 56 pages.

Contents: Pack includes a pamphlet describing the roles of the police, coroner and funeral director after a suicide; a booklet that describes the immediate and ongoing needs of people after a suicide, common reactions people have following a suicide and the grief process, practical issues and self-care.

Includes national and local contacts for support agencies and groups.

Target group(s): Those bereaved by suicide and people who support those who have been bereaved by suicide.

Accessibility: Free to download from the website. Educational institutions are permitted to copy the whole or part of the work without cost or liability. Written in accessible language for the general public, colourful and easy to navigate layout with clear table of contents. A lot of the information is written in Q & A format that addresses many of the common concerns the bereaved may have.

Strengths: Highlights opportunities for counseling and support for the bereaved, covers generic information but also addresses some of the issues for specific age groups and people who might have had specific relationships with the deceased. Good balance between information that increases understanding and practical advice on how to cope and support others. Content is safe but the bereaved may require access to professionals who can answer any questions they may have about the material.

Weaknesses: Australian resource with Australian contacts. May be difficult for some people within New Zealand to access this resource from Australia if they do not have access to the internet. No recognition of cultural differences in the meaning of suicide or the process of grieving, coping and recovery.

Clark, S.J., Hillman, S.D. & Ministerial Council for Suicide Prevention (2001). *Information and support pack for those bereaved by suicide or other sudden death*. Perth, Australia: Ministerial Council for Suicide Prevention and TVW Telethon Institute for Child Health Research.

<http://www.mcsp.org.au/pdf/bereavement.pdf>

Type of resource: Information pack, A4 size, 41 pages.

Contents: Explains the immediate and ongoing reactions people have following bereavement by suicide, including section on grief in young people and how to support children who have been affected by suicide. Includes a list of websites, Australian support services (urban and rural) and information about legal and coronial processes.

Target group(s): Those bereaved by suicide and people who support those who have been bereaved by suicide.

Accessibility: Free to download from the website. Clear headings, appropriate and informative diagrams and illustrations. Language is accessible to the general public.

Strengths: Developed by a reference group, a group of people bereaved by suicide. Includes a section on the Aboriginal grieving process. Includes a good balance of information that increases understanding and practical advice. Content is safe but the bereaved may require access to professionals who can answer any questions they may have about the material.

Weaknesses: Australian resource with Australian contacts. May be difficult for some people within New Zealand to access this resource from Australia if they do not have access to the internet.

Community Care Network (2000). *Suicide Prevention Handbook: Awareness, Prevention Support. FNQ Edition*. Sunshine Coast. It has also been adapted for use in North Queensland, with the assistance of the Far North Queensland Taskforce for the Prevention of Youth Suicide, Queensland Health & the Youth Suicide Prevention Strategy – University of Queensland, Cairns. Chapter 6 “Survivors of suicide” pp, 34-38
<http://www.cairnscity.com/suicide/iaboutus.htm>

Type of resource: Handbook, A5 size, 40 pages

Contents: Includes facts and statistics on the extent of the problem of suicide in Australia, contributing factors,(e.g., the role of depression). Outlines common grief responses and reactions to suicide and provides practical tips for bereaved (e.g., self-care) and how to support those who have been affected by suicide. Includes a list of crisis and ongoing support contacts in Australia.

Target group(s): Those bereaved by suicide and people who support those who have been bereaved by suicide.

Accessibility: Copies can be obtained from PO Box 324, Buderim, Queensland 4556, ph. 07 5479 4399. Clearly organized into chapters and bullet points help highlight key points. Language is accessible to the general public.

Strengths: Includes references to suicide research and suicidologists and list of practical strategies for parents, friends and for the bereaved. Content is safe but the bereaved may require access to professionals who can answer any questions they may have about the material.

Weaknesses: Australian resource with Australian contacts. May be difficult for some people within New Zealand to access this resource. Focus is more on suicide prevention (recognizing warning signs, assessing risk, management of suicide).

Hill, K., Hawton, K., Malmberg, A., Simkin, S. (1997). *Bereavement Information Pack for those bereaved by suicide or other sudden death*. The Royal College of Psychiatrists. Free to download and reproduce from:

<http://www.rcpsych.ac.uk/publications/gaskell/bereav/index.htm>

separate section on Bereavement through suicide

<http://www.rcpsych.ac.uk/publications/gaskell/bereav/bereav3.htm>

Type of resource: Information Pack, A4 size, ≈16 pages of fact sheets.

Contents: Outlines the common grief responses following a suicide, links to national and local bereavement and support organisations and groups in the UK. Outlines the role and benefits that GP's, counselors can have for the bereaved and when the bereaved may need to access additional help and support. Includes links to additional reading and resources.

Target group(s): Those bereaved by suicide and those supporting people who have been bereaved by suicide.

Accessibility: Free to download from the website, fact sheets can be photocopies and distributed free of charge (not for profit and with permission, and reference). Language is accessible to the general public. Fact sheets are set out with clear headings.

Strengths: Written by an author who has worked with prominent suicide researcher/suicidologist, supported by Samaritans. Good balance of evidence-based information and practical information for the bereaved that may assist them in early and ongoing stages of bereavement. Includes quotes and examples from experiences of those bereaved by suicide. Content is safe but the bereaved may require access to professionals who can answer any questions they may have about the material.

Weaknesses: UK resource with UK contacts. No specific information for those assisting children and young people who have been bereaved by suicide. Cannot print as complete file from the internet, each fact sheet has to be printed separately.

Noonan, K & Douglas, A. (2002). *Supporting children after suicide...Information for parents and other caregivers*. North Sydney, NSW Health Department.

http://nalag.org.au:8091/pubs/Supporting_Children_After_Suicide_Booklet.pdf

Type of resource: Booklet, A5 size, 23 pages.

Contents: Includes practical information for supporting children after suicide and their expression of healthy forms of grief. Includes tips on how to talk to children about suicide and explains why it is important to tell children about suicide. Discusses issues such as the funeral and provides contact numbers for local and national grief, counseling and suicide support groups, further reading and internet resources.

Target group(s): People supporting children who have been affected by suicide.

Accessibility: Free to download from the internet. Print copies can be requested from the Intake Counsellor Liverpool Community Health Service, ph. 02 98284844. Colourful, appropriate and appealing children's artwork. Language is accessible to the general public.

Strengths: Content based on evidence-based research and material, and reviewed by reference group. Specifically written for people (e.g., parents and caregivers) supporting children after suicide. Content is safe but the bereaved may require access to professionals who can answer any questions they may have about the material and using the resource while supporting children.

Weaknesses: UK resource with UK contacts.

Calgary Health Region (2003). *Hope and healing: A practical guide for survivors of suicide*. Calgary Health Region Mental health Promotion and Illness Prevention.

http://www.calgaryhealthregion.ca/hecomm/mental/Hope_and_%20Healing_%20Booklet.pdf

Type of resource: Practical guide, A4 size, 40 pages.

Contents: Includes practical checklist for things to do when arranging the funeral, dealing with financial and legal issues. Includes section on how to work through grief, helping children grieve, immediate and long-term issues, the role of support in assisting bereaved to heal and recover. Includes lists of support organisations, other resources.

Target group(s): Those bereaved by suicide and those supporting people who have been bereaved by suicide.

Accessibility: Free to download from the internet. Colourful layout with clear contents page, and key issues and messages bolded in headings. Language accessible to the general public.

Strengths: Content informed by key suicide bereavement resources and material from well-known bereavement authors. Includes a comprehensive bibliography, list of books for further reading. Content is safe but the bereaved may require access to professionals who can answer any questions they may have about the material.

Weaknesses: Canadian resource with Canadian contacts.

Lord, J. & Buchanan, L. (1999). *When a person dies: The coroner's process. Information for family and friends*. Victoria, Australian: Victoria Law Foundation.

<http://www.victorialaw.org.au>

Type of resource: Booklet, A4 size, 22 pages.

Contents: Information for family and friends about the coronial process in Victoria, Australia. Includes information about legal and practical issues around inquests, coroner's roles, autopsies, death certificates, the role of the police and others.

Target group(s): Those Individuals, families, and those supporting people who have been bereaved by suicide.

Accessibility: Free to download from internet. Written in accessible language for the general public.

Strengths: Explains some of the complicated legal and practical processes that families and friends must follow following the death of a loved one. Content is safe but the bereaved may require access to professionals who can answer any questions they may have about the material.

Weaknesses: Australian resource with Australian contacts. Does not include information specifically about suicide and where families and friends can get further support following bereavement by suicide and does not acknowledge or provide any practical advice about how people can cope with this difficult process when dealing with the suicide of a loved one.

6 Small Print Resources Aimed at People Bereaved by Suicide

The following are resources that include pamphlets, booklets, and fact/information sheets less than 25 pages.

Better Health Channel (2000). *Suicide – The Family and friends*. Article published 14-8-2001, last reviewed Aug 2003.

http://www.betterhealth.vic.gov.au/bhcv2/bharticles.nsf/pages/Suicide_the_family_and_friends?OpenDocument

Type of resource: article, A4 size, 3 pages

Contents: Describes common grief responses in those bereaved by suicide, examines the stages of grief, and describes coping strategies, identifies people who can help (including professionals) and provides links to related articles on suicide and mental illness, depression, and suicide prevention.

Target group(s): Those bereaved by suicide and those supporting people who have been bereaved by suicide.

Accessibility: Written in accessible language for the general public. Set out clearly with key headings and bullet points. Free to print from the internet.

Strengths: Content is safe and based on research undertaken in 1998 by Lifeline Melbourne and the Victorian State Coroner's Office.

Weaknesses: Australian resource with Australian contact numbers for support organisations. Uses the term 'Survivors' of suicide but clearly defines this as referring to friends and family of a person who suicides. Bereaved may require access to professionals who can answer any questions they may have about the material.

Wolfelt, A. (1992). *Survivors of Suicide: Helping a survivor heal*. Toronto: Batesville Management Services.
http://www.survivorsofsuicide.com/help_heal.shtml

Type of resource: article, A4 size, 3 pages

Contents: Includes 10 practical strategies for those supporting the bereaved.

Target group(s): Those bereaved by suicide and professionals providing support to those bereaved by suicide.

Accessibility: Written in accessible language for the general public. Set out clearly with key headings and bullet points. Free to print from the internet.

Strengths: Raises awareness and understanding of the stigma that often faces those bereaved by suicide (e.g., guilt, blame and negative reactions of others) as well as providing practical advice. Content is safe and based on best practice and evidence - the author has a PhD and is the Director of the Center for Loss and Life Transition in Fort Collins, Colorado, US, and is on the faculty at the University of Colorado Medical School in the Department of Family Medicine.

Weaknesses: Does not include links to support organisations, or agencies and does not provide links to further recommended reading and media resources.

Canadian Association for Suicide Prevention (date unknown) *"Healing ...in the aftermath of a suicide"*. Canadian Association for Suicide Prevention.
<http://wwwthesupportnetwork.com/CASP/healing.html>

Type of resource: Brochure, A4 size, 2 pages.

Contents: Practical strategies for supporting those bereaved by suicide and tips for the bereaved on how to cope with the loss of a loved one by suicide.

Target group(s): Those supporting people who have been bereaved by suicide.

Accessibility: Written in accessible language for the public. Free to print, download and distribute from the internet.

Strengths: Content is safe and based on excerpts from a well-known book (Bolton, I. 1996. *My Son, My Son*).

Weaknesses: Does not contain any information on support organisations or provide a list of recommended readings and/or resources.

<http://www.reachout.com.au>
 Reach Out (2003). *When someone takes their own life*.
<http://www.reachout.com.au/default.asp?ti=269>
 Reach Out (2003). *Suggestions for managing grief*.
http://wwwreachout.asn.au/print_article.asp?ti=266

Type of resource: fact sheets, A4 size, 2 pages each.

Contents: Includes common reactions to bereavement by suicide, and practical information on what to tell others and children, how to handle reactions of others, and how to manage grief. Includes support contacts for national organisations.

Target group(s): Those bereaved by suicide and professionals providing support to those bereaved by suicide.

Accessibility: Free to download and print friendly pages.

Strengths: Information and content has been adapted from Shelia Clark's (1995) "After suicide, help for the bereaved" book. Generic information and content is safe for general public to use. Website includes links to other fact sheets on general grief and loss, managing difficult times (e.g., anniversaries and holidays) and recovery information.

Weaknesses: Australian resource and Australian contact numbers.

Masecar, D. (date unknown). After tragedy strikes, how can we help?
<http://www3.sympatico.ca/masecard/generic.html>

Type of resource: Pamphlet, A4 size, 3 pages.

Contents: General information on how to cope with the impact of trauma and disasters (including suicides). Includes information on common reactions and responses in those affected by the event, and practical advice on how to assist and support others. Includes links to the Canadian Association for Suicide Prevention and other organisations, and further media including brochures, directories of support agencies, websites and bereaved by suicide support groups.

Target group(s): Those bereaved by suicide and professionals providing support to those bereaved by suicide.

Accessibility: Written in accessible language for the public. Free to print, download and distribute from the internet.

Strengths: Includes information on ensuring the ongoing safety of those affected and meeting their holistic needs (emotional, physical etc.). Safe content.

Weaknesses: Links and contact numbers provided tend to be for Canadian services and organisations.

SIEC Alert (2001) "*Bereavement in the workplace*". Calgary, Alberta Canada: Suicide Information & Education Centre. April, No.44.
<http://www.suicideinfo.sa/csp/assets/alert44.pdf>

Type of resource: Fact sheet, A4 size, 2 pages.

Contents: Includes general information on bereavement in the workplace, and practical strategies for helping bereaved workers. Includes section on how people may react to a work colleague's suicide and how to assist with bereavement by suicide in the workplace context. Includes links to additional reading, academic research (e.g., journal articles) and other internet media resources (e.g., websites and electronic brochures).

Target group(s): Employers and employees who have been bereaved by suicide.

Accessibility: Written in accessible language for the public. Free to print and download from the internet.

Strengths: Content is safe and based on and refers to academic research. Good balance of information that increases understanding of bereavement processes and practical information that people can use to support those bereaved by suicide.

Weaknesses: Photocopies of the articles are available at a cost of \$8 plus postage and handling.

10 Books Aimed at People Bereaved by Suicide

These books while directed primarily at those people who have been bereaved by suicide also provide useful insights, information and perspectives for those supporting the bereaved.

Wroblewski, A. (1994). *Suicide: Survivors – A guide for those left behind*. Minneapolis, MN: Afterwords.

Type of resource: Book, 152 pages.

Contents: Provides insight into why or what may have contributed to a death by suicide, what the bereaved can expect to think and feel, reactions and responses to bereavement by suicide, the process of grief and coping, some of the barriers to recovery, how to talk about suicide to children and others and how to handle reactions and responses to others. Includes age-appropriate information that is relationship specific (e.g., information for parents, children, widows etc). Includes practical strategies that may aid recovery and reconstruction of life following a suicide.

Target group(s): Those bereaved by suicide and professionals providing support to those bereaved by suicide.

Accessibility: Available through Amazon.com new at a cost of \$22.95 US. Clearly written, sensitive to those bereaved by suicide. Content is safe and supported with references to academic research and reliable resources. Language is accessible to general public.

Strengths: Written by someone who has been bereaved by suicide and an internationally recognised author on bereavement by suicide. Include

Weaknesses: Does not contain a list of recommended reading or links to further support.

Grollman, E.A. & Malikow, M. (1999). *Living when a young friend commits suicide – or even starts talking about it*. Boston: Beacon Press.

Type of resource: Book, 109 pages.

Contents: Includes a list of places where the bereaved can seek support and counselling (including crisis supports), mental health and depression resources, and other helpful reading material.

Target group(s): Those bereaved by suicide and professionals providing support to those bereaved by suicide.

Accessibility: Available through Amazon.com new at a cost of \$9.60 US or used at \$1.95 US. Clearly written, each chapter deals with different issues. Clearly set out table of contents and key points are bullet-pointed and highlighted in text. Written in language that is accessible to the general public.

Strengths: Content is safe and covers both factual information (e.g., popular misconceptions about suicide) and provides clear concrete strategies that can assist the bereaved at different stages of their grief. Focuses on rebuilding one's life (self-help) and also on recognising times when the bereaved may need help and how to access it.

Weaknesses: Canadian resource and links to support groups and organisations also tend to be Canadian.

Bolton, I. (1996). *My son...my son..A guide to healing after death, loss or suicide*. Atlanta: Bolton Press.

Type of resource: Book, 112 pages.

Contents: Includes information on the grief and mourning process, and practical strategies (Do's and Don'ts) for those supporting the bereaved. Includes suggestions for funeral addresses and a list of suicide information resources and organisations in the US and in Canada.

Target group(s): Those bereaved by suicide and professionals providing support to those bereaved by suicide.

Accessibility: Comes in book form and in audio cassette. Available through Amazon.com new at a cost of \$10.95 US. Written in accessible language for the general public.

Strengths: Content is safe and very well informed including both subjective experience and informed expert opinion. The author is an internationally recognised counsellor and lecturer and founder of the Atlanta based Survivors of Suicide

Support Groups and Survivors of Suicide Support Team which assists the bereaved. She is also a member of the Board of Directors of the American Association of Suicidology and the Southeastern Board of Directors of the American Suicide Foundation.

Weaknesses: Written as a personal story but includes examples of strategies and experiences that demonstrate helpful and unhelpful approaches to coping with suicide and assisting the bereaved. Key points are listed in Appendix and not highlighted in main body of the text.

Clark, S. (1995). *After suicide: help for the bereaved*. Melbourne, Australia: Hill of Content Publishing Company Pty Ltd.

Type of resource: Book, 105 pages.

Contents: Includes information on initial reactions and grief responses to suicide, how to work through grief, practical tips for self-care, financial and legal issues. Includes list of international bereaved by suicide support groups and suicide-related organisations, information on where to find counselling services, associations (e.g., National Association for Loss and Grief) agencies (e.g., coroner's offices in Australia) and a cut out section of practical strategies (things that will help and not help the bereaved)

Target group(s): Those bereaved by suicide and professionals providing support to those bereaved by suicide.

Accessibility: Available through Suicide-Prevention.au.com new at a cost of \$18.20 US. Written in clear and accessible language suited to the general public. Deals with issues sensitively.

Strengths: Content is safe and the general public could use the resource without assistance from others. Key points and diagrams are highlighted throughout the body of the text. Includes information relating to physical, mental health and wellbeing in terms of their importance for recovery and moving forward after bereavement by suicide. Information is set out in sections that cover the different stages of bereavement. Author is internationally recognised for her work as a counsellor and as an advisor for councils associated with the support of people bereaved by suicide.

Weaknesses: Statistics and factual information provided are based on the Australian context.

Appleby, M. & McLean, G. (Eds.) (2002). *Bereavement after suicide: Survivors share their experiences*. NSW, Australia: Rose Education Pty.

Type of resource: Book, 148 pages.

Contents: Personal stories of those bereaved by suicide that focus on different parts of the grieving process and highlight the different reactions that people have following suicide. Includes information on the time immediately following a suicide, the quest to understand why? the anger, guilt and blame the bereaved often feel, their attempts to pick up the pieces and cope with difficult times (e.g., anniversaries), maintaining relationships with and memories of the deceased and moving on from survival to recovery. Includes poetry and tributes to those who have died.

Target group(s): Those bereaved by suicide and professionals providing support to those bereaved by suicide.

Accessibility: Available through Suicide-Prevention.au.com new at a cost of \$19.80 US. Content is written in language accessible to the general public, some key points are highlighted as bullet points.

Strengths: A collection of personal stories written by people who have been bereaved by suicide. Content shows how different people grieve and the different stages of the grieving process. May assist those providing support to identify the

needs of individuals and families and provide practical assistance. Authors have written a number of resources on loss and grief and manuals on suicide prevention.

Weaknesses: Content mostly suited to those with personal experience of bereavement by suicide.

Robinson, R. (2001). *Survivors of suicide*. New Jersey: New Page Books.

Type of resource: Book, 203 pages.

Contents: Includes common reactions and responses to suicide in the bereaved, describes how different children grieve (e.g., children, parents) and their needs, personal perspectives of the bereaved, common myths about suicide, discusses risk factors and conditions that may contribute to suicide, the link between suicide and mental illness (e.g., depression), historical and religious perspectives on suicide, and how suicide may be prevented. Includes a list of suicide-related organisations and associations and support agencies (e.g., where counseling and therapy may be sought).

Target group(s): Those bereaved by suicide and professionals providing support to those bereaved by suicide.

Accessibility: Available through Amazon.com new at a cost of \$10.39 US new, and \$4 US used. Written in language that is accessible to the public. Chapters are clearly set out and a wide range of topics are discussed.

Strengths: Author is an award winning journalist who specialises in health and psychology and conducts workshops for professional groups. Acknowledges and discusses the conditions that may lead the bereaved to become at-risk of suicide themselves and how they can cope with and overcome those suicidal thoughts and feelings. Presents a comprehensive picture of the factors that contribute to suicide, the effects it has on the bereaved as well as how suicide may be prevented. Content is safe and supported by reference to both case studies and subjective experiences as well as academic references to research and theory.

Weaknesses: Focus is on suicide in young people and may not appeal to those who have lost a loved one of a different age group and relationship.

Smolin, A. & Guinan, J. (1993). *Healing after the suicide of a loved one*. New York: Simon & Shuster.

Type of resource: Book, 224 pages.

Contents: Discusses the experience of those bereaved by suicide and covers the different stages of the grief and bereavement process. Discusses the guilt, shame and stigma that is often experienced by those bereaved by suicide, and outlines some of the processes and factors that can help the bereaved heal and move ahead with their lives. Includes a world-wide directory of support groups for those bereaved by suicide and list of recommended reading.

Target group(s): Those bereaved by suicide and professionals providing support to those bereaved by suicide.

Accessibility: Available through Amazon.com new at a cost of \$13.00 US new, and \$3.54 US used. Written in language that is accessible to the public. Chapters are clearly set out and a wide range of topics are discussed.

Strengths: The author has a background as a clinical social worker and has run the longest-established suicide survivor support group in the New York metropolitan area. The content is safe and informed by both informed opinion and clinical practice. Includes chapters that cover the issues for those with different relationships to the deceased (e.g., when a parent, child, spouse and sibling dies by suicide) and also discusses how the bereaved may be prone to depression and other negative outcomes.

Weaknesses: Key points and issues could be better highlighted by bullet points or at the end of each chapter.

Fine, C. (1997). *No time to say goodbye: Surviving the suicide of a loved one*. New York: Broadway Books.

Type of resource: Book, 252 pages.

Contents: Discusses the stages of bereavement by suicide, and the reactions and responses that the bereaved can expect to go through. Describes the initial impact on the bereaved and the stigma, blame and guilt that those left behind often experience, the process of mourning, short and long-term effects of suicide on the bereaved, the quest for understanding why and ways of moving forward and healing. Includes a list of suicide related organisations and associations and support groups within the US and Canada, and a bibliography of recommended reading.

Target group(s): Those bereaved by suicide and professionals providing support to those bereaved by suicide.

Accessibility: Available through Amazon.com new at a cost of \$11.16 US new, and \$9.55 US used. Written in language that is accessible to the public.

Strengths: Content is safe and informed by the authors own personal experience of bereavement by suicide and her work with those bereaved by suicide.

Weaknesses: Is written from the perspective of her personal story and experience and some may find it difficult to relate to her personal subjective experience, lacks references to research and evidence-based practice.

Appleby, M. (1992). *Surviving the pain: After suicide*. NSW, Australia: ROSE Education Training & Consultancy.

Type of resource: Book, 72 pages.

Contents: Discusses the experiences of the bereaved and the effects of suicide on those who are left behind. Provides practical advice on how the bereaved can cope and support themselves and children, and concrete strategies for others that may assist them to support the bereaved. Includes a list of support groups in Australia and further reading and resources.

Target group(s): Those bereaved by suicide and professionals providing support to those bereaved by suicide.

Accessibility: Available through contacting R.O.S.E. Education and Training & Consultancy, 20 Northern Road, Narellan, NSW. 2567 Australia. Free phone 008606685, fax: (02)6065552. Written in language that is accessible to the public. Key points are listed and highlighted throughout the main body of the text. Clearly set out into major topics.

Strengths: Discusses appropriate and inappropriate forms of support. Increases understanding of what the bereaved experience and how to assist them. Includes contributions from those who have been bereaved by suicide. Includes information for family and friends, employers, support groups, police and coroners, funeral directors and clergy on how best to support those who are bereaved. Content is safe and supported with reference to academic research and informed opinion.

Weaknesses: Difficult to find where this resource can be purchased.

Crossley, D. & Stokes, J. (2001). *Beyond the rough rock: Supporting a child who has been bereaved through suicide*. The Clara Burgess Centre, Gloucestershire Royal Hospital, Gloucester: Winston's Wish Publication.

Type of resource: Booklet, 34 pages.

Contents: Discusses how suicide is different from other forms of bereavement, the common reactions to suicide and the grieving process, provides practical advice for parents including how to talk about and support children after a suicide (e.g., how to handle difficult questions, memories and how to help children move forward). Includes a list of support groups and organisations, and recommended reading and resources.

Target group(s): Those bereaved by suicide and professionals who are supporting children bereaved by suicide.

Accessibility: Available through Skylight.org.nz for \$24 NZ

Strengths: Includes appropriate photographs, contributions from bereaved parents. Clearly set out into sections that cover different topics

Weaknesses: UK resource, and many of the organisations referred to are UK based. No links to internet based sites or international associations linked with suicide and suicide prevention.

6 Resources Aimed at Professionals (including first responders) who support those bereaved by suicide

Martin, G., Clark, S., Beckinsale, P., Stacey, K. & Skene, C. (1997). "After suicide: picking up the pieces" Chapter 3 in *Keep yourself alive: Prevention of Suicide in Young People: A Manual for Health Professionals*, Adelaide, South Australia: Foundation Studios.

http://auseinet.flinders.edu.au/suiprev/resources/kya_chap3.pdf

Type of resource: Chapter from Training Manual

Contents: Provides advice on how to manage bereavement and provide postvention for the community, information for GP's, and practical strategies for providing immediate assistance to families and the bereaved. Includes information that professionals can give to the bereaved on how to talk to and support children after a suicide, information about funeral and coronial issues, common grief reactions in those affected and information on ongoing care, support and counseling. Includes references to further reading, media resources and national support organisations and groups.

Target group(s): Professionals and those supporting people bereaved by suicide.

Accessibility: Written in accessible language for professionals. The whole training manual can be viewed and printed from the internet

<http://auseinet.flinders.edu.au/suiprev/resources/kya.php>

Strengths: Content is safe and based on research. Generic content could be used by many different types of professional support people. Practical advice is supported with concrete examples and strategies for handling difficult questions and issues that may arise when supporting the bereaved.

Weaknesses: Australian resource with Australian contacts. Resource is part of a larger training manual that comes with videos and audio and computer disks.

Masecar, D. (1999). *In the aftermath of an intentional violent traumatic death: Information and suggestions for understanding and responding*. Community Lifelines. <http://www3.sympatico.ca/masecard/ITVD.htm>

Type of resource: Booklet, A4 size, 14 pages.

Contents: Includes information about common responses to loss, death and grief, the impact associated with traumatic death, suggestions for responding on an individual and community level. Includes lists of recommended readings.

Target group(s): Professionals and those supporting people bereaved by suicide.

Accessibility: Written in accessible language for both the public and professionals. Free to print and download from the internet with reference to the source.

Strengths: Content is safe and supported by reference to key documents. Provides practical strategies for assisting children and adults, as well as raising awareness of factors that can complicate grieving and the provision of support.

Weaknesses: The resource does not focus specifically on suicide and bereavement by suicide but the content remains relevant. May not come up in a search on 'suicide' related resources.

Goldman, L. (2001). *Breaking the silence. A guide to help children with complicated grief – suicide, homicide, AIDS, violence, and abuse*. 2nd edition. New York: Brunner-Routledge.

Type of resource: Book, 284 pages.

Contents: Chapter 2, is on “Breaking the Silence on suicide”. Includes facts and statistics about suicide, issues relating to suicide grief in children and parents, practical strategies for talking to children about suicide. Includes lists of recommended reading and contacts for suicide-related associations and organisations.

Target group(s): Educators and mental health professionals and others supporting those who have been bereaved by suicide.

Accessibility: Cost \$25.95 US new through amazon.com. Approximately \$13.75 used.

Strengths: Content is safe and is supported by reference to research and informed expert opinion. The book covers general grief and suicide-related grief and discusses normal and complicated grief. Includes pictures, photos and children’s artwork.

Weaknesses: American resource but people would still be able to relate to the content and the people photographed and stories depicted in the contents.

Speidel, R. (date unknown). *Loss and grief resource guide: Bendigo and surrounding areas*. Funded by Victorian Health promotion Foundation, VICHealth and supported by The Centre for grief Education and the National Association for Loss and Grief (Vic). 56 pages.
<http://www.grief.org.au/does/resourcedirectory.doc>

Type of resource: Resource directory, internet based MSWord document.

Contents: Describes grief and loss and the grieving process and common reactions people have. Discusses the factors that may contribute to suicide including mental illness and the effects it may have on the bereaved (e.g., anger, guilt the development of PTSD). Includes practical strategies for assisting people affected by grief and loss at the end of each section (what helps and what does not help). Includes links to local and statewide services, and a list of libraries, books, videos and internet resources that focus on grief and loss.

Target group(s): Professionals and people supporting those affected by grief and loss.

Accessibility: Free to download from the website. Clearly set out with defined topics and clear table of contents.

Strengths: Supported by the Centre for Grief Education and the National Association for Loss and Grief (Vic) and was part of a larger research project that identified gaps and issues in the current approach to supporting people affected by loss and grief in rural areas in Australia. Includes grief reactions associated with particular types of losses including suicide and in particular age groups (e.g., children, young people, men and indigenous people) and specific strategies for assisting those groups.

Weaknesses: General grief and loss resource with a section on suicide. Australian resource with links to Australian organisations and resources.

Riches, G. & Dawson, P. (2000). *An intimate loneliness: Supporting bereaved parents and siblings*. Philadelphia: Open University Press.

Type of resource: Book, 220 pages.

Contents: Discusses the impact the bereavement can have on individuals and family systems and relationships. Includes discussion of some of the problems faced by families and individuals after a bereavement (e.g., difficulties in communicating), some theoretical models of grief (including systems models), social and cultural meanings of death, problems of adjustment and coping in siblings and parents. Includes discussion of strategies, processes, and conditions for supporting people to

move back to a sense of normal life and the roles of supporters (e.g., guides, companions). Includes a list of recommended reading for professionals that includes books on suicide.

Target group(s): Professionals and those supporting people who have been bereaved.

Accessibility: Can be purchased through Allbookstores.com for \$29.95 US paperback. Content is supported with diagrams, case studies and key points are highlighted at the end of different sections. Covers both principles and strategies for providing support for those who have been bereaved.

Strengths: Content is safe and draws on relevant research as well as the authors' own experience of working with bereaved parents and siblings. Content is based on and supported by reference to relevant academic and empirical research.

Weaknesses: General grief, loss and bereavement resource that does not discuss suicide in particular.

Bright, R. (1996). "The grief, anger and powerlessness of suicide". Chapter 9 (pp.105-118) In *Grief and powerlessness: helping people regain control of their lives*. London: Jessica Kingsley Publishers.

Type of resource: Book, 220 pages.

Contents: Discusses grief reactions in different groups including children, adults, and cultural aspects of loss in migrants and refugees. Discusses community attitudes to suicide, contributing factors to suicide, potential risk of suicide in the bereaved, and suicide prevention. The book also includes practical strategies on counseling techniques, therapy, how to facilitate change within clients and help them regain control of their lives after bereavement. Includes techniques for self-care in professionals who work in the area of grief and loss. Includes list of recommended reading for different groups (parents, professionals etc).

Target group(s): Professionals and those supporting people who have been bereaved by suicide.

Accessibility: Available from www.jkp.com for 15.95 pounds (paperback), UK. Content is clearly set out into topics, key points are bulleted and summaries are at the end of each chapter.

Strengths: Content is supported with reference to academic research, best-practice research and informed expert opinion.

Weaknesses: General grief and loss resource with only a small section that deals directly with suicide.

6 Websites

American Foundation for Suicide Prevention
<http://www.afsp.org>

Type of resource: Internet website.

Contents: A4 2 page information sheet on "coping with the loss of a loved one" as a result of suicide. A bibliography on suicide and bereavement by suicide. A number of resources can be found under "survivor" including information sheets and articles from prominent authors on "grief and mourning after suicide" "Suicide survivors" as well as personal stories, video resources, and links to support groups.

Target group(s): Those bereaved by suicide and professionals providing support to those bereaved by suicide.

Accessibility: The language used on the website is accessible to the general public but the content is more aimed at professionals, researchers and those involved in suicide prevention.

Strengths: The content is safe and supported by best-evidence research and informed expert opinion. The quality of the information provided is high and there is a

good balance between information that would appeal to the bereaved as well as professionals who support them.

Weaknesses: Information relating to suicide bereavement is contained under multiple sections and so one must search under different headings and sections for relevant information.

Grieflink.asn (2003).

<http://www.grieflink.asn.au/aboutgrief.html>

<http://www.grieflink.asn.au/adolescents.html>

<http://www.grieflink.asn.au/children.html>

<http://www.grieflink.asn.au/copingwith.html>

<http://www.grieflink.asn.au/helpingberd.html>

<http://www.grieflink.asn.au/parent.html>

<http://www.grieflink.asn.au/suicide.html>

Type of resource: Internet website

Contents: General resources on grief and loss and also suicide-specific grief resources and links to support agencies within Australia. Includes information and practical advice for those bereaved and people supporting them (e.g., what bereaved people find helpful and unhelpful) and on grief reactions in children, and young people.

Target group(s): Those bereaved by suicide and professionals providing support to those bereaved by suicide.

Accessibility: Written in accessible language for the public. Free to print and download from the internet.

Strengths: Content is safe and site was developed on the behalf of the National Association for Loss & Grief (SA) Inc at the Dept of General Practice at the University of Adelaide. Includes information on grief in Aboriginal people, people of different age groups and cultures. Also includes information on grief under "relationship loss" (e.g., partner, child, parent etc).

Weaknesses: Australian website with links to Australian support agencies and organisations.

Australian Network for Promotion, Prevention and Early Intervention for Mental Health.

<http://auseinet.flinders.edu.au/index.php>

Type of resource: Internet website.

Contents: Suicide prevention and mental health information, fact sheets, articles, occasional papers and other publications. Under "suicide prevention" and "fact sheets" the site provides you to internet based fact sheets from reputable internet sites. Includes links to national and international websites and in particular suicide prevention associations and organisations.

Target group(s): Those bereaved by suicide and professionals providing support to those bereaved by suicide.

Accessibility: Need to search under specific types of resources search resources database by topic and key word.

Strengths: Provides links to high quality resources and documents has a searchable database of resources.

Weaknesses: Focus of material resources is more on suicide prevention than on practical advice and information for those who have been bereaved by suicide. More likely to appeal to professionals than the general public.

Surviving Suicide website <http://www.survivingsuicide.com>

Type of resource: Internet website.

Contents: Includes subjective reflections on suicide, bereavement by suicide from the author and other bereaved. Describes the phases, symptoms of grief and how grief changes a person's life. Self-care strategies, practical strategies for coping and recovery, lists of things that help and that do not help recovery, suggestions for those supporting the bereaved (including children), links to further reading, upcoming events.

Target group(s): Those bereaved by suicide and professionals providing support to those bereaved by suicide.

Accessibility: Written in accessible language that may appeal to the general public and the bereaved. Includes views on suicide bereavement from different perspectives (e.g., daughter, wife, widow etc).

Strengths: Author of website was involved in founding a chapter of the American Foundation of Suicide Prevention. Site has received a number of awards. Suggestions and strategies have been informed by Bereaved by Suicide Support Groups, and some parts of website are adapted from key books, articles and resources in the area of suicide and bereavement.

Weaknesses: Focus of information tends to be on subjective experiences experienced by those who have been bereaved by suicide, mostly self-help information. Could include more information for those supporting the bereaved.

SAVE Suicide Awareness Voices of Education

<http://www.save.org/>

Type of resource: Internet website with information sheets

Contents: Includes fact and statistics on suicide and depression in the United States, suicide prevention information and under "coping with loss" includes information sheets on general grief, grief after suicide, practical advice on how to talk to children about suicide, and how to support those who have been bereaved by suicide, the role of support groups and some personal stories from bereaved. The site also includes lists of recommended further reading on suicide and contacts for support agencies and organisations throughout the US.

Target group(s): Those bereaved by suicide and professionals providing support to those bereaved by suicide.

Accessibility: Easy to navigate internet site, well designed menu bars, language is accessible to the public

Strengths: Content is supported with extracts from well-known bereavement and suicide bereavement books.

Weaknesses: US based site with links to US contacts.

Suicide-Prevention Information Center

<http://www.suicide-prevention.au.com/default.asp>

Type of resource: Internet website, with information sheets.

Contents: Includes coping strategies for bereaved, appropriate and inappropriate forms of support. Includes lists of further reading and media resources that relate to general grief and bereavement after suicide.

Target group(s): Those bereaved by suicide and professionals providing support to those bereaved by suicide.

Accessibility: Easy to navigate internet site, well designed menu bars, language is accessible to the public also includes examples and excerpts from cases and scenarios that help illustrate key points. Information sheets can be printed off and graphics are informative.

Strengths: Content is safe and supported with extracts from well-known bereavement and suicide bereavement books and references to research articles. Sections are broken down into information about suicide prevention, age-specific information, information for bereaved, for first responders, special groups.

Weaknesses: Cannot print off information sheets as one file, pages have to be printed individually.

A list of these resources is contained in Appendix E (p.43).

Chapter Four

Conclusions and Recommendations

While the focus of this report was on identifying and reviewing some of the media resources available to those people bereaved by suicide, the synthesis and presentation of some of the key aspects of that information does allow one to draw some conclusions about the resources available to people living within New Zealand and about the design and development of existing and future resources.

What bereavement by suicide media resources have been developed in and are currently available in New Zealand?

- Printed media resources
- Several key websites
- General grief, loss and bereavement resources, some that focus on crises and traumatic incidents (sudden and unexpected deaths), but few that focus specifically on bereavement by suicide
- No resources that target Māori, Pacific Island People, Asian or other ethnic and cultural groups. However, some resources aimed at the general population acknowledge and outline cultural differences.

Some national and international resources do, however, recognise that different ethnic and cultural groups may have different understandings of suicide. These resources also acknowledged that there are often different risk factors and circumstances that contribute to suicide in different cultural groups and that the bereavement process and support needs for people of different backgrounds.

How do New Zealand bereavement by suicide media resources compare with international resources?

- The few bereavement by suicide-specific media resources developed in and available within New Zealand are good quality and compare favourably with those available in other countries, however, they tend to be:
 - less accessible (difficult to find and access)
 - fewer in number and variety of media format
 - of lower quality in relation to production standard (international resources may have had large budgets and better resourcing in terms of their development and dissemination)

Pros and cons of adapting existing resources that have been developed in and are available within New Zealand?

- Existing media resources within New Zealand would need new content included to ensure the bereavement considerations of different cultures are incorporated.
- Existing media resources in New Zealand do not target specific populations (children, parents, young people, professionals) or people of different cultural

backgrounds. However, some resources include and make reference to specific population groups.

- Existing New Zealand media resources could inform the development of new resources but do not contain enough specific and significant content for them to provide a basis for developing new resources.

Pros and cons of adapting existing media resources that have been developed outside of New Zealand and are available internationally?

- Existing international resources focus specifically on bereavement by suicide and providing support for those bereaved by suicide.
- The content of the top international media resources is of high quality.
- The format of the media resources are appropriate and contributes to their accessibility (e.g., Information and Care and Support Packs for families bereaved by suicide).
- The strategies and practical information provided is based on best-evidence and informed opinion.
- May involve additional costs in terms of copyright and collaboration
- Would need to be adapted to take into account cultural differences and specific needs of populations living within New Zealand
- Support contacts would need to be relevant to New Zealand and include both urban and rural contacts for bereaved by suicide support groups (few exist within New Zealand) and links to New Zealand associations and organizations (e.g., NALAG – National Association of Grief and Loss).

Many of the media resources identified in this report focus on increasing understanding about suicide and the effects of suicide on those bereaved by suicide.

Those media resources that also include practical advice on how to cope with suicide and its aftermath and provide advice for those supporting the bereaved stand out and above from those that merely focus on explaining suicide and the grief responses and help available to the bereaved. These resources include examples of practical strategies ‘do’s and don’ts’ and take into account perspectives of support that include both those who have been bereaved by suicide and informed experts/professionals.

This report has identified a number of high quality media resources and these tended to provide information for multiple target groups (e.g., bereaved parents, family members who may be supporting them, professionals). They also include specific sections that cover issues for different people that recognises that different people will need different forms of support because of the unique relationships they held with the deceased.

Considerations for Information Providers and Developers

The following represent a list of factors that might inform the provision and development of media resources for those people who have been bereaved by suicide.

- **Target audience** – is the resource intended for those bereaved by suicide, specific individuals in particular roles, support providers or more than one target group?
- **Language** – accessibility and appropriateness of terms used to describe the people affected by suicide (e.g., “survivors” “victims”) and their reactions

- **Accessibility** – how accessible is the information and the resource to those who have been bereaved and those who support them? Can the resource be made available in print and other media formats? Can it be made available and easily found on the internet and other search tools (e.g., directories)?
- **Safety** - can the information and the resource be used safely by those who have been bereaved and those who support them? Are there issues which professionals would be better working through with the bereaved?
- **Cultural Appropriateness** – does the resource take into consideration the different cultural backgrounds and needs of those affected by suicide?
- **Practicality** – does the resource include strategies and skills that will assist the bereaved to cope, recover from and protect their future wellbeing? Does the information include information about legal, coronial, and financial issues related to suicide?
- **Links to Support** – does the resource include a section that will encourage those who have been bereaved to use their local and available support services (e.g., crisis lines, counseling services, support groups)?
- **Self-care** – does the resource include suggestions for the bereaved that encourage self-care and the care and support for others?
- **Focus** – does the resource focus on the individual and/or how suicide affects the whole family/whānau unit? Does the resource take into account a family systems approach to supporting those bereaved by suicide?
- **Immediate and long-term consequences of suicide** – does the resource provide information and strategies that will assist the bereaved in the time immediately following the suicide as well as later on?
- **Expert opinion and the voices of the bereaved** – does the resource have an evidence base and is it something that bereaved are going to be able to connect with on some level?
- **Desired outcomes** – does the resource clearly state the desired outcome of the information provided? (e.g., is it about increasing understanding, preventing further suicides, facilitating grieving and recovery)
- **Theory, philosophy, kaupapa** – does the resource state the approach and theory behind the strategies and it recommends?
- **Level and type of evaluation** – has the resource been evaluated? If so how and with whom? Do we know the information and advice contained within the resource will have a positive rather than negative impact on recovery, resiliency, future suicidal behaviour, mental health promotion and capacity building?
- **Consumer input** – Has the resource included people who have been bereaved by suicide in the development process?

Conclusion

Resources written for those bereaved by suicide vary in their quality and the amount and type of evidence and support they are based on. Those that stand out tend to be those that are based on and informed by the opinions and experience of those who work with, research and support those who have been bereaved in clinical and non-clinical settings *and* those people who have been bereaved by suicide and have come through the experience to continue their life journey in a healthy and adaptive way.

Resources that are written for and are to be used by those who have been bereaved by suicide need to be of the highest quality. Information resources need to reinforce

the concepts and understandings of those most informed and experienced in the area and promote practices and activities that are based on best-evidence in suicide prevention. Information resources for those who have been bereaved by suicide and those who support them also need to be current, relevant and reputable. The information they contain should be relevant to the cultural environment, be current or have lasting value. Quality resources contain advice and information that is academically sound and from a reputable source, and most importantly the information should meet the needs of user or target groups.

Adaptation of high quality resources to meet local and regional needs in New Zealand, including culturally appropriate content, presents as a pragmatic solution to the gaps identified by this report.

It is important that those in a position to assist and support individuals, families and whānau who have been bereaved by suicide have a basic understanding of suicide, the effects it has on those left behind and how best to support those who have been bereaved by suicide.

The information provided to the bereaved and the efforts made to steer them towards appropriate support and professional help could save a life. Postvention support plays an important part in the prevention of further deaths and suicides. Knowing where to find honest, accurate and accessible quality information about suicide, its effects on people, and how to support families, whānau and significant others could play a vital role in the prevention of further suicides in those who are left to live the painful legacy that suicide leaves behind.

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Appendices

Appendix A – The SPINZ Team

Chris Bowden	– SPINZ Information Officer (Principal researcher)
Merryn Statham	– SPINZ Manager
Leora Hirsh	– SPINZ Resource & Information Co-ordinator
Freedom Preston-Clark	- SPINZ South Island Liaison and Coordinator

Appendix B – The SPINZ Reference Group

Stephen Bell	– Director, Youthline
Brian Craig	– Clinical Director, Youth Specialty Services, Canterbury District health Board
Carolyn Coggan	– Director, Injury Prevention Research Centre, University of Auckland
Gary Hermansson	– Professor, Health and Human Development Department, Massey University, Palmerston North
Materoa Mar	- Director, Yesterday Today Tomorrow
Jim Mayo	– Rotary New Zealand
Kerry Price	– Community Education Manager, New Zealand AIDS Foundation
Miriam Saphira	– Psychologist, Children’s Agenda
Alison Taylor	– Chief Executive, Mental Health Foundation
Jemaima Taitia	- Researcher, Pacific focus
Peter Watson	– Director, Centre for Youth Health, Counties Manukau District Health Board
Rawiri Wharemate	– Kaumatua, Counties Manukau District Health Board

Appendix C – Search Terms and Strategy

The GOOGLE search engine (<http://www.google.com>) was used to search for resources on the internet. The search revealed that there are a large number of virtual resources available that contain the key words. These resources varied in both quality and relevance to bereaved and it took considerable time to search for those that offer information and advice around practical support for those bereaved by suicide.

The results of the searches that were made at the time the report was written are available, but it should be noted that these may change over time as the sites are updated on GOOGLE and with their ranking of top sites.

Key Words	Results (number of sites identified)	
	“New Zealand” and	
key words		
Suicide and postvention	3,130	343
Suicide and self-care	14,900	1,810
Suicide and significant others	333,000	35,300
Suicide and support	1,890,000	120,000
Suicide and support for families	478,000	62,400

Suicide and support for whanau	1,170	1,580
Bereavement after suicide and family	26,900	2,470
Bereavement after suicide and friends	15,300	1,500
Bereavement after suicide and significant others	7,570	1,260
Bereavement after suicide and postvention	421	108
Bereavement after suicide and survivors	8,610	724
After a suicide and information	1,870,000	102,000
After a suicide and information for children	976,000	66,900
After a suicide and information for adolescents	156,000	14,000
After a suicide and information for youth	401,000	31,000
After a suicide and information for adults	343,000	21,000
After a suicide and information for elderly	180,000	13,800
After a suicide and information for families	814,000	55,400
After a suicide and information and practical	263,000	24,400
Suicide and children	2,650,000	145,000
Suicide and adolescents	231,000	23,600
Suicide and youth	1,070,000	93,600
Suicide and adults	737,000	59,600
Suicide and elderly	342,000	20,900
Suicide and families	1,150,000	90,500
Suicide and support for	2,640,000	120,000
Suicide and support for adolescents	132,000	10,100
Suicide and support for children	1,090,000	80,400
Suicide and support for youth	543,000	38,500
Suicide and support for adults	403,000	25,400
Suicide and support for elderly	204,000	15,100
Suicide and support for family	1,260,00	75,300
Suicide and support for friends	749,000	50,600
Suicide and after care	1,310,000	74,700
Suicide and self-help	1,420,000	50,500
Suicide and self-care	930,000	1,810
Suicide and family support	1,270,000	81,600
Suicide and friends	1,920,000	66,200
Suicide and information for families and friends	534,000	43,500
Suicide and parental loss	68,500	26,400
Suicide and spousal loss	10,800	6,010
Suicide and widowhood	5,560	468
Suicide bereavement	96,200	4,650
Suicide grief	361,000	13,200
Suicide loss	1,280,000	52,900
Support after a suicide and employees	218,000	14,800
Support after a suicide and employers	92,500	8,470
Support after a suicide and family	930,000	65,000
Support after a suicide and friends	599,000	33,700
Support after a suicide and work	1,040,000	78,100
Support after a suicide and significant others	333,000	26,900

Support after a suicide and postvention	1,790	236
Support after a suicide and survivors	120,000	8,070

Appendix D – Post-Suicide Media Resource List

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48. Lord, J. & Buchanan, L. (1999). *When a person dies: The coroner's process. Information for family and friends*. Victoria, Australian: Victoria Law Foundation. (free to download) <http://www.victorialaw.org.au>
49. McKissock, M. (1993). *Coping with grief*. (New Zealand edition). Auckland, New Zealand: Hodder & Stroughton. 64 pages. Booklet.
50. Masecar, D. (date unknown). *After tragedy strikes, how can we help?*
<http://www3.sympatico.ca/masecard/generic.html>
51. Masecar, D. (1999). *In the aftermath of an intentional violent traumatic death: Information and suggestions for understanding and responding*. Community Lifelines.
<http://www3.sympatico.ca/masecard/ITVD.htm>
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http://auseinet.flinders.edu.au/suiprev/resources/kya_chap3.pdf
53. New Zealand Police & Victim Support (date unknown). *Information guide for bereaved families*. The booklet is available from a District Court in New Zealand or via free fax number 0800 266 627. An edited copy is also available from <http://www.seddonpark.co.nz/resources/police.htm>
54. Noonan, K & Douglas, A. (2002). *Supporting children after suicide...Information for parents and other caregivers*. North Sydney, NSW Health Department.
Available from the Better Health Centre Publications Warehouse: LOCKED BAG 5003 GLADESVILLE NSW 2111, PH(02) 9816 0452, FX(02) 9816 0492
http://nalag.org.au:8091/pubs/Supporting_Children_After_Suicide_Booklet.pdf
55. Reach Out (2003). *When someone takes their own life*.
<http://www.reachout.com.au/default.asp?ti=269>
56. Reach Out (2003). Suggestions for managing grief.
http://wwwreachout.asn.au/print_article.asp?ti=266
57. Riches, G. & Dawson, P. (2000). *An intimate loneliness: Supporting bereaved parents and siblings*. Philadelphia: Open University Press. 220 pages.
58. Robinson, R. (2001). *Survivors of suicide*. New Jersey: New Page Books.
59. Rubel, B. (1999). *But I didn't get to say goodbye: For parents and professionals helping child suicide survivors*. New Jersey: Griefwork Center Inc.

60. SAVE Suicide Awareness Voices of Education. www.save.org
<http://www.save.org/coping/children.html>
<http://www.save.org/coping/grief.html>
http://www.save.org/coping/grieve_differently.html
<http://www.save.org/coping/groups.html>
<http://www.save.org/responding.html>
61. Shuurman, D. (2002). "Reflections on death in the workplace". Calgary, Alberta Canada: Suicide Information & Education Centre. Feature of the month No.7, May, 2002.
<http://www.suicideinfo.ca/csp/assets/feature7.pdf>
62. SIEC Alert (2001) "*Bereavement in the workplace*". Calgary, Alberta Canada: Suicide Information & Education Centre. April, No.44.
<http://www.suicideinfo.ca/csp/assets/alert44.pdf>
63. Skylight Trust (2000). Series of 2 page information sheets. Wellington South, New Zealand.
<http://www.skylight.org.nz>
 "Helping survivors of suicide"
 "How can we help ourselves in times of grief?"
 "Helping a friend who is grieving"
 "Making a memory book"
 "When a friend dies"
 "When a friend suicides"
64. Smolin, A. & Guinan, J. (1993). *Healing after the suicide of a loved one*. New York: Simon & Shuster.
65. SOLOS (1999) *First aid kit for suicide survivors*. Dumfries, VA: Survivors of Loved Ones' Suicides.
<http://www.solos.org/trifolds/solos1.pdf>
66. South Eastern Health Board (date unknown) *Suicide Information Pack*. Ireland.
http://www.sehb.ie/publications/suicide_info_pack
67. Speidel, R. (date unknown). *Loss and grief resource guide: Bendigo and surrounding areas*. Funded by Victorian Health promotion Foundation, VICHealth and supported by The Centre for grief Education and the National Association for Loss and Grief (Vic). 56 pages.
<http://www.grief.org.au/does/resourcedirectory.doc>
68. SPINZ (2003). FAQ's Frequently asked questions.
<http://www.spinz.org.nz/content.asp?id=12>
69. SPINZ (2003). Support After a Suicide. Information Series No.4.
<http://www.spinz.org.nz/content.asp?id=40>
70. SPINZ (2000). *SPINZ Youth suicide prevention community information kit*. Suicide Prevention Information New Zealand.
<http://www.spinz.org.nz/print.asp?id=15>
http://www.spinz.org.nz/downloads/Community_guidemay2000.doc
71. Skylight Trust <http://www.skylight.org.nz/>
72. Suicide-Prevention Information Center
<http://www.suicide-prevention.au.com/default.asp>
73. Surviving Suicide website <http://www.survivingsuicide.com>

74. The Compassionate Friends, Victoria Australia (2002). Surviving the suicide of your brother or sister.
http://www.compassionatefriendsvictoria.org.au/brochure_surviving_suicide.htm
75. The Compassionate Friends, Victoria Australia (2002). Surviving the suicide of your son or daughter.
http://www.compassionatefriendsvictoria.org.au/brochure_suicide.htm
76. The Dougy Center for Grieving Children (1998). *Helping the grieving student: A guide for teachers*. Portland, Oregon: The Dougy Center, The National Center for Grieving Children & Families.
77. The Dougy Center for Grieving Children (2000). *When death impacts your school: A guide for school administrators*. Portland, Oregon: The Dougy Center, The National Center for Grieving Children & Families.
78. The New Zealand Council of Victim Support Groups Inc () *Crisis and Trauma: Helping you cope with crisis and trauma*. Wellington, New Zealand: The New Zealand Council of Victim Support Groups Inc. Copies can be requested free from local offices of Victim Support or downloaded free from:
http://www.victimsupport.org.nz/files/publications/Crisis_and_Traumam.pdf
79. Tonkin, L. (1999). *Riding the storms: A book about loss and grief for older people*. Christchurch, New Zealand: Age Concern Canterbury Inc. 16 pages.
80. Urge/Whakamanawa
<http://www.whakamanawa.co.nz/stress/grief.html>
81. Wolfelt, A. (1992). *Survivors of Suicide: Helping a survivor heal*. Toronto: Batesville Management Services. 3 pages.
http://www.survivorsofsuicide.com/help_heal.shtml
82. Wroblewski, A. (1989). *Suicide: Why? 85 questions and answers about suicide*. Minneapolis, MN: Afterwords.
83. Wroblewski, A. (1994). *Suicide: Survivors – A guide for those left behind*. Minneapolis, MN: Afterwords.

Appendix E – Additional Post-Suicide Media Resources

The following are a list of 50 resources identified in the search but not reviewed under the criteria outlined in this report because they were not accessible within the research time period.

Books

1. Aarons, L. (1995). *Prayers for Bobby: a Mother's Coming to Terms With the Suicide of her gay son*. San Francisco, CA: Harper Collins.
2. Alexander, V. (1991). *Words I Never Thought to Speak: Stories of Life in the Wake of Suicide*. New York: Lexington Books.
3. American Foundation of Suicide Prevention (date unknown) *Surviving a suicide loss: A resource and healing guide*. American Foundation of Suicide Prevention. <http://www.afsp.org/survivor/bluebook.htm>
4. Australian Institute for Suicide Research and Prevention (date unknown) *Information for Those Bereaved by Suicide*. Carina, Queensland: Australian Institute for Suicide Research and Prevention. 2p.
5. Carlson, T. (1995). *The suicide of my son: A story of childhood depression*. Duluth, MN: Benline Press
6. Chance, S. (1992). *Stronger than death: When suicide touches your life*. Avon Books.
7. Chilstrom, C. (1993). *Andrew, you died too soon*. Augsburg Fortress.
8. Colt, G.H. (1991). *The Enigma of Suicide*, Summit Books, NY.
9. Dykstra, R. (1989). *She Never Said Good-Bye: One Man's Journey Through*
10. Goldman, L. (1996). *Bart Speaks out! Breaking the Silence on Suicide: an Interactive Story for Children* Kensington, MD: The Center for Loss and Grief Therapy, 1996. 52p.
11. Harness-Overley, P. (1992). *A Message of Hope for Surviving the Tragedy of Suicide*. Upland, CA: Bradley Press, 137p.
12. Hartley, M. (1991). *Breaking the silence*. NY: Mass Market.
13. Heavilin, M.W. (1993). *Roses in December*. Thomas Nelson.
14. Hewett, J.H. (1980). *After suicide*. Philadelphia, PA: Westminster Press
15. Hollar, J. (1990). *Once Upon a... Suicide*. Source: San Diego, California: Libra Publishers, Inc., 96p.
16. Junck M (2001). *When a Parent Suicides: how to Talk to the Children*. Red Deer, AB: Suicide Prevention Services, (2001). 10p.
17. Linn-Gust, M. (2001). *Do they have bad days in Heaven? Surviving the loss of a sibling*. Atlanta, GA: Bolton Press.
18. Lucas, C. & Seiden, H. (1989). *Silent Grief: Living in the Wake of Suicide*, Bantam Books, NY.
19. Manning, D. (1979). *Don't take my grief away from me*. In-Sight Books.

20. Marcus, E. (1996). *Why Suicide?* Harper Collins.
21. Miller, S.S. (2000). *An Empty Chair: Living in the Wake of a Sibling's Suicide*. San Jose, CA: Writers Club Press.
22. Rando, T.A. (1988). *How to go on living when someone you love dies*. Lexington Books.
23. Rosenfeld, L. & Prupas, M. (1984). *Left Alive: After a Suicide Death in the Family*. Springfield, Ill.: Charles C Thomas, 1984. 100p.
24. Ross, E. (1986). *After suicide: A ray of hope*. Iowa City, IA: Lynn Publications.
25. Sandefer, K. (1990). *Mom, I'm All Right*. Coushatta, Louisiana: Jackson Enterprises, (1990). 132p.
26. Sarnoff Schiff, H. (1977). *The bereaved parent*. Penguin Books.
27. Smedes, L.B. (1984). *Forgive & Forget: healing the Hurts We Don't Deserve*. Pocket books.
28. Steel, Danielle (1998). *His Bright Light, The Story of Nick Traina*, Delacorte, NY 1998.
29. Sterns, A.K. (1985). *Living through personal crisis*. Ballantine Books.
30. Stimming, M. & Stimming, M. (1999). *Before Their Time*, Temple University Press,
31. Swanenberg, A. (2001). *She is With Angels. My Mother's Suicide, a Child's Journey*.
32. Vanderbilt, G. (1996). *A Mother's Story*. Random House, NY.
33. Wertheimer, A. (1991) *A Special Scar: the Experiences of People Bereaved by Suicide*. London: Routledge.
34. White-Bowden, S. (1985). *Everything to Live For*. New York: Pocket Books. 269p.
35. Wolfelt, A. (1983). *Helping children cope with grief*. Accelerated Development, Inc.

Pamphlets/Booklets

36. American Foundation for Suicide Prevention (date unknown) *Surviving After Suicide*. New York, NY: AFSP. American Foundation for Suicide prevention. 2 Pages
37. Freed, S & the Suicide Prevention Center, Inc (1986). *The Care of the Suicide Survivor: Children & Adolescents*. Dayton, Ohio: Suicide Prevention Center, Inc., (November 1986), 11p.
38. Parkin, R. & Dunne-Maxim, K. (1995). *Child Survivors of Suicide: a Guidebook for Those who Care for Them*. New York, NY: American Suicide Foundation.
39. Provincial Suicide Prevention Committee (2001). *Let's Talk About Grief: Your Guide When Someone Close to you Dies by Suicide*. Fredericton, NB: Provincial Suicide Prevention Committee.
40. Sexton-Jones, S. (1996). *This is Survivable: When Someone you Love Completes Suicide*. Source: Omaha, NE: Centering Corporation, 1996. 23p.
41. Victoria Hospice Society (no date). *Bereavement Package...Suicide Grief*. Victoria, BC: Victoria Hospice Society. [6p.]

42. Wagner, L. & Sassenberg, S. et al. (1990). *Helping Children After a Suicide*. Dayton, Ohio: Suicide Prevention Center, Inc.
43. Wrobleski, A. (1984) *Suicide: Your Child Has Died: For All Parents*. Minneapolis, Minn.: Adina Wrobleski, 29p.

Videos

The following are some videos that SIEC (Suicide Information & Education Center) have identified in their library concerning suicide bereavement. These are titles that are suitable for family and/or friends - it certainly will not be a comprehensive list; we know there are many more videos out there but these are titles that have been screened by researchers, practitioners, and other experts and found to be appropriate, non-harmful, sensitive, etc.

44. *A Journey Back*
Kinetic Inc. (I am not sure if this video is still being produced)
45. *Aftermath: the Legacy of Suicide* (in French, with English subtitles)
National Film Board of Canada
46. *Journey Through the Shadows: Hope for Healing After Someone You Love Has Committed Suicide*
Paraclete Press
47. *Light Amongst the Shadows: How to Help Those you Care for When Suicide Occurs*
Paraclete Press
48. *No Easy Way: Coping With a Loved One's Suicide*
Aquarius Productions, Inc.
49. *Remembering Tom*
National Film Board of Canada
50. *Shattered Dreams*
National Film Board of Canada