

ARE YOU WORRIED ABOUT SOMEONE?

If you're concerned about someone and concerned they might be thinking about suicide,

CHECK IN WITH THEM

Often people thinking of suicide give out lots of signals that they are not okay.

One of the best things we can do is ask how they are and be prepared to listen.

LISTEN WITHOUT JUDGEMENT

When someone tells you they feel suicidal, or feel like "ending it all" - **LISTEN WITHOUT JUDGEMENT**. Often having someone to talk to can help keep someone safe.

If someone tells you they have attempted suicide in the past and/or they have been in contact with a mental health professional then their risk of suicide is increased.

TAKE THEM SERIOUSLY

When someone tells you they feel suicidal, or feel like "ending it all" - **TAKE THEM SERIOUSLY**.

Every attempt to reach out for help is an opportunity to help keep someone safe.

ASK IF THEY HAVE A PLAN

When someone tells you they feel suicidal, or feel like ending it all - **DO THEY HAVE A PLAN?**

If someone has a plan then you may need some help to keep them safe.

Connecting in with a professional or someone who knows suicide first aid is the best thing to do.

CONNECT IN WITH PROFESSIONALS

When someone tells you they feel suicidal, or feel like 'ending it all', and/or they have a plan **CONNECT IN WITH PROFESSIONALS**.

*Unless you are trained in **suicide first aid** it is best to connect in with someone with the tools to help keep them safe.*

Raglan Community Contact Phone Numbers

NA Support Group — Raglan Community House Monday 7pm
AA Support Group — Raglan Community House Thursday 7pm
Contact: Mihaka Houhua—027 271 3039

Counsellors

Sarah Edwards : 027 2864945
Rachel Upston (Raglan Community House /
other contracts / private) : 027 3131403
Leah Whiu : 021 0694094
Paula Clements (Raglan Community House) : 07 8258142
Maree Haworth : 027 3053807
Sherry Coulson : 021 1138887

Local Agencies

Family Works (Social Worker in Schools) : 0272494197
Māori Wardens : 07 825 8034
District Nurses : 021 2761102
Raglan Community House : 07 825 8142
Te Kōhao Health : 07 825 0197
Age Concern : 07 8382266

Churches

Raglan Community Church : 07 825 6562
Raglan Union Church : 07 825 8330
St Peters Anglican Church : 07 825 5122
Surfside Church : 07 825 5199
Holy Name of Jesus Catholic Parish : 07 825 8135

There are a wide range of Social Service Providers who cover the Raglan area.

Contact numbers for some of these agencies are detailed in this pamphlet along with their hours of operation and, where applicable, their websites.

If you are uncertain who you need to talk to, contact Raglan Community House or one of the Counsellors listed above.

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Raglan /Whāingaroa Community

Suicide Prevention and Awareness

Kia mataara ki te mahi whakamomori

Emergency Contacts Whakapānga Ohore

CRISIS NUMBERS

Emergency Services 111

Crisis Team (CATT) 0800 505050
Ngā Ringa Āwhina 0800 999903
Victim Support 0800 842846
Lifeline 0800 543354
Youthline 0800 376633
CYFS 0508 326459
Suicide Helpline 0508 828865
0508 TAUTOKO

Raglan Police 07 825 8200
West Coast Health 07 8250114
Te Kōhao Health 07 8250197 or
07 8561211

Service Provider Contact Details

Age Concern 07 8382266

Support Services, Information, Advice and Personal Advocacy and Elder Abuse and Neglect Prevention Service. Provides confidential support, advocacy and information.

Mon to Fri 8.30—3.30pm

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

Alcohol Drug Helpline 0800 787 797

Information, referral and intervention service. **10am to 10pm daily.**

Free confidential information and support on an individual's or someone else's drinking or drug taking

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

Adult Mental Health Services 07 834 6902

Service available to adults 18 years and older with some flexibility based on clinical need.

<http://www.waikatodhb.govt.nz/>

Community Alcohol and Drug Service

07 834 6902 8.30—5pm 17 years and over

Crisis Assessment and Treatment Team (CATT)

0800 505050 24 hr, 7 day access to crisis service. Main point of access to the Adult Mental Health Service. Triage, short term crisis management and can organise respite for situational crises.

CYFS 0508 326 459

Family or individual can contact Child Youth and Family Services to talk to a social worker with any family difficulties or problems.

<http://www.cyf.govt.nz/>

Depression Helpline 0800 111757

Trained counsellor available who can discuss situation and find the right support for individual.

Available **24 hours**

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

Gambling Helpline 0800 654655 Free Txt: 8006

24hr freephone service for immediate support, referral and information services for gambling problems.

<http://www.gamblinghelpline.co.nz>

HAIP—07 834 3148

(Hamilton Abuse Intervention Project) **9.00—5pm**

Committed to working with families affected by family violence.

Hamilton Christian Nightshelter Trust

Men's Shelter 07 8397480

Women's Shelter 021 243 3640 / 0800 211 211

Emergency Accommodation 18+ - children allowed with mother. Open entry/self referral

Kidsline 0800 543 754—4—6pm weekdays

Kids up to 14 years can talk to a trained Buddy

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

Lifeline 0800 543 354

Free, professional and confidential helpline counselling services

24 hours, 365 days a year

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

Ngā Ringa Āwhina – Needs Assessment Service Mental Health A

Kaupapa based service covering children and adolescents open to all cultures. **Free phone 0800 999903 or (07) 8395146.**

A free, confidential mental health assessment service for Tamariki/Rangatahi (Child/adolescents) for Mental Health and Drug & Alcohol assessment. Providing assessments for adults and crisis cover for child and adolescents. Anyone can refer or phone for consult/questions.

Parenting Through Separation 0800 211 211

Programme funded by Ministry of Justice—helps families when parents have separated.

Plunketline 0800 933 922

24 hour help with anything to do with parenting and children under five years of age <http://www.plunket.org.nz/>

Relationships Aotearoa 0800 735 283 (08-00 RELATE)

Affordable counselling for individuals, couples and families. **Hamilton Monday to - Friday—<http://www.relationships.org.nz>**

SHINE Confidential Domestic Abuse Helpline: 0508 744 633

Call free from anywhere in NZ—9am –11am 7 days a week

A helpline to talk about ways to plan to be safe, or about how you might be able to help your friend or family member become safe.

<http://www.2shine.org.nz>

Sudden Infant Death Syndrome (SIDS) 0800 1644 55

Provide services for families and communities who have had children of any age die suddenly and/or unexpectedly of any cause including SIDS.

24hour information and support

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

Suicide Prevention Helpline 0508 828 865

24 hours. Calls are answered by qualified mental health professionals.

Supporting Families in Mental Illness

Waikato 07 8397069

Provide Information, Family Support, Advocacy and Education to the family/whānau/caregivers of people with a mental illness. **8.30—4.30pm**

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

Women's Refuge

07 855 1569

Provide services including safe housing and advocacy to women, families and children resulting from domestic/family violence and abusive relationships. Small cost associated with the safe accommodation

24 hour / 7 day <http://www.womensrefuge.org.nz>

True Colours Charitable Trust 07 839 4800

Charitable Trust supporting children and young people living with chronic, serious or life threatening illness; and their families. **Free 24 hrs 7 days**

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

Victim Support 0800 842 846 (0800 VICTIM)

Support for Crisis and Trauma

24 hours / 7 days

<http://www.victimsupport.org.nz/get-help>

Local V. S. Counsellor—Rachel Upston 0273131403

Waahi Whaanui Health and Wellness Service

Ph: 07 828 6986

Alcohol and Drug Counselling— appointments available at Te Kōhao Health, Raglan Community Clinic, Poihākena Marae, Raglan.

What's Up 0800 9428787

Free, national phone counselling service for 5—18 yr olds **1pm-11pm, 7 days a week**

<http://www.whatsup.co.nz>

Youthline 0800 376 633 Free Txt 234

Help for young people; 24/7

Email talk@youthline.co.nz

<http://www.youthline.co.nz>