

Coping after suicide

Losing someone to suicide is incredibly difficult, and it's important to remember that however you're feeling is a normal reaction to a very tough situation.

Grief looks different for everyone and can affect us physically, mentally and spiritually. You might feel sad, angry, numb, or even disconnected. That's okay and it's okay to ask for help and support when you need it.

- **Give yourself time to grieve:**
Be patient with yourself. Something big has happened, and it might take time to find your way forward.
- **Talk to people who understand:**
Share your feelings with close friends, whānau (family), or colleagues. Talking can remind you that you're not alone. OnTrack and other helplines on the reverse are also here 24/7 for support (0800 667 224).
- **Let others help you when it feels right:** Try to accept support from loved ones. Let them know what kind of help is most useful for you.
- **Take care of your health:** Eat well, do some gentle exercise, and get regular sleep. Try to limit alcohol, as it can make things harder to cope with. Spend time outside in the fresh air when you can.
- **Stay connected:** Try to be with people who comfort you. Sometimes, just being around someone who listens can make a big difference.
- **Make time for yourself:** It's important to take care of your own needs, especially if you're supporting others too. Find quiet space to relax, breathe, and process your thoughts.
- **Do what brings you comfort:**
Whether it's talking to someone, listening to music, being creative, or just spending time with your animals—do what feels comforting to you.
- **Stay active:** Physical activity, like walking or working on a project, can help channel your grief and provide a healthy distraction.
- **Find a supportive relationship:**
Talk to people who understand grief, you may like to join a support group, or seek professional support from a counsellor, GP, or other trusted sources.
- **Be gentle with yourself** – there is no “normal” time for grief.
- **Take things at your own pace and be kind to yourself during this challenging time.**



Need to talk?
Call 0800 667 224

Helplines and support services available 24/7

In the event of a life-threatening emergency please phone 111 or go to your nearest hospital emergency department (ED)

- **OnTrack: 0800 667 224**
No problem is too big or too small – OnTrack are here to listen and support you.
- **National Helpline text or call 1737**
Free service for New Zealanders feeling down, anxious, a bit overwhelmed or just need to chat to someone. You can call or text us for free 24/7.
- **Tautoko Suicide Crisis line: 0508 828 865**
A free, nationwide service.
- **Victim Support / Manaaki Tāngata 0800 842 846**
Free, nationwide for people directly affected by crime, suicide and traumatic events, including their family and witnesses.
- **Vitae (for racing): 0508 664 981**
Our racing industry workplace well-being support.
- **Lifeline: 0800 543 354 or text 4357**
Mental health support and counselling service.
- **Samaritans: 0800 726 666**
Mental health support and counselling service.



- **Youthline: 0800 376 633 or text 234**
Support for any young person or anyone supporting a young person.
- **What's Up: 0800 942 8787 (Monday to Sunday 11am-11pm)**
Free, nationally-available counselling helpline and webchat service for children and teenagers.
- **Rural Support Trust: 0800 787 254 (during business hours)**
Working with local rural communities to provide support during challenging times.
- **Depression Helpline: 0800 111 757**
Free support service and practical support for those navigating depression and anxiety.
- **Aoake te Rā – Bereaved by suicide service 0800 000 053**
Free services that provides support and Manaaki to individual and family who have lost someone to suicide.
This is not a crisis service.



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ontrack.org.nz