

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

Counsellors

Sarah Edwards	:	027 2864945
Rachel Upston	:	027 3131403
Leah Whiu	:	021 0694094
Paula Clements	:	07 8258142
Maree Haworth	:	027 3053807
Sherry Coulson	:	021 1138887

Local Agencies

Family Works (Social Worker in Schools)	:	0272494197
Maori Wardens	:	07 825 8034
District Nurses	:	07 825 8216
Raglan Community House	:	07 825 8142
Age Concern	:	07 839 6716

Churches

Raglan Christian Fellowship	:	07 825 8028
Raglan Union Church	:	07 825 8330
St Peters Anglican Church	:	07 825 5122
Surfside Church	:	07 825 5199
Holy Name of Jesus Catholic Parish	:	07 847 5688

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

Contact numbers for 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.

Raglan Community

Suicide Prevention and Awareness

Emergency Contacts

CRISIS NUMBERS

Emergency Services 111

CATT	0800 505050
Victim Support	0800 842846
Lifeline	0800 543354
Lifelink	0800 726666
Youthline	0800 376633
CYFS	0508 326459
Suicide Helpline	0508 8288656
	0508 TAUTOKO

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

Service Provider Contact Details

Alcohol Drug Helpline 0800 787 797

The Alcohol Drug Helpline is an information, referral and intervention service. **10am to 10pm daily.**

They offer free confidential information, insight and support on any problem, issue or query about 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

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 **8am to midnight**

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

Gambling Helpline 0800 654655

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

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

HAIP—07 834 3148

(Hamilton Abuse Intervention Project) **8.30am—5pm**

Committed to working with families affected by family violence.

Hamilton Christian Nightshelter Trust

Men's Shelter 07 9397480

Women's Shelter 021 243 3640 / 0800 211 211

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

Kidslines 0800 543 754

Kids up to 14 years can talk to a trained Buddy

4—6pm weekdays

Lifeline 0800 543 354

Free, professional and confidential helpline counselling services

24 hours, 365 days a year

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

Nga Ringa Awhina—Infant, Child and Adolescent Mental Health 07 839 5146

A free, community oriented, specialist psychiatric outpatient service for children and adolescents up to 17 years of age. Referral must be made by primary clinician or agency

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: Raglan Tuesday and Thursday.

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

Suicide Prevention Helpline 0508 828 8656

Midday to midnight, seven days a week. Calls are answered by qualified mental health professionals

Supporting Families in Mental Health

Waikato 07 8397069

Provide Information, Family Support, Advocacy and Education to the family/whanau/caregivers of people with a mental illness. **8.30—5pm**

Te Whakaruruhau Maori Women's Refuge

07 855 1569

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

24 hour / 7 day

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**

Victim Support 0800 842 846 (0800 VICTIM)

Support for Crisis and Trauma

24 hours / 7 days

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

Waahi Whaanui Health and Wellness Service

Ph: 07 828 6986

Alcohol and Drug Counselling—appointments available at West Coast Health Clinic, Wallis St, Raglan.

What's Up 0800 9428787

Free, national phone counselling service for 5—18 yr olds

Midday to Midnight, 7 days a week

Youthline 0800 376 633 Free Txt 234

Help for young people; 24/7

Email talk@youthline.co.nz

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