

✿ Regular contact and follow-up with bereaved families is key
"Having family and friends being there for us, that was a help, how people just pop in and see how we are doing and that"

✿ Providing a space to talanoa is essential in order to vent and discuss issues

"It's okay to grieve, it's natural, it's normal and it's acceptable... It's okay to seek help, there is no shame in it. It's okay to talk to other people whether, that be a family member, a stranger, or a professional"

✿ Promoting messages that affirm young people is vital
"It's better to hear your children out than for them to be hurting themselves"

✿ Identifying family stressors need to be worked through as a family
"I believe the main weakness of many families is communication, especially communication between parents and their children... there should be some activities so the youth can talk about..."

✿ Allowing yourself to feel vulnerable and to be affirmed
"A concept of a family, I think, is the ability to be vulnerable and know that you can admit that 'I didn't do well' and the ability of the family to pull together and give praise to that person"

✿ Youth inclusion and connectedness
"At kava we hear stories and there are good stories, funny stories and there is your history of Tonga. When they talk about it and you hear a little bit, you want to hear more and then the story will continue in the next faikava session and...speaking Tongan too"

SUPPORT SERVICES AND KEY CONTACTS

If you or someone you know is depressed, feeling hopeless and isolated or talking about suicide, you can also contact the following numbers:

- ✿ Tautoko Suicide Crisis Helpline: 0508 828 865 (0508 tautoko)
- ✿ Lifeline: 0800 543 354 (available 24/7)
- ✿ Depression Helpline: 0800 111 757 - txt 4202
- ✿ Youthline: 0800 376 633 - free txt 234

- ✿ Kidsline: 0800 543 754 - available from 4pm to 6pm workdays
- ✿ What's up: 0800 942 8787 (1pm to 11pm)
- ✿ Outline NZ: 0800 688 5463
- ✿ Samaritans: 0800 726 666
- ✿ LeVa: 09 261 3490 | www.leva.co.nz

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TONGAN TRANSLATION 'Ofa Palu Toki | GRAPHIC DESIGNER Henele Tautalanoa Tuita

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Tongan Youth SUICIDE PREVENTION IN AOTEAROA, NEW ZEALAND.



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