



# Preventing Suicide for Pasifika - top 5 tactics



**LeVa**

# Get help

## In an emergency call 111

Contact your nearest hospital emergency department, local general practice or local mental health crisis service.

## Free health advice when you need it

Call Healthline on 0800 611 116 (24 hours, 7 days a week)  
or visit [www.healthline.govt.nz](http://www.healthline.govt.nz)

## If you need to talk or help someone else...

### Lifeline

0800 543 354

[www.lifeline.org.nz](http://www.lifeline.org.nz)

### Suicide Prevention Helpline (TAUTOKO)

0508 828 865

(12 noon to 12 midnight,  
7 days a week)

### Kidsline

0800 54 37 54 (up to age  
14, 4pm-6pm weekdays)

[www.kidsline.org.nz](http://www.kidsline.org.nz)

### Depression Helpline

0800 111 757

[www.depression.org.nz](http://www.depression.org.nz)

### The Lowdown

Free txt 5626

[www.thelowdown.co.nz](http://www.thelowdown.co.nz)

### Netsafe (txt/cyber bullying)

0508 638 723

[queries@netsafe.org.nz](mailto:queries@netsafe.org.nz)

[www.netsafe.org.nz](http://www.netsafe.org.nz)

### What's Up Helpline

0800 942 8787

(5-18 year olds, 1pm-11pm)

[www.whatsup.co.nz](http://www.whatsup.co.nz)

### LGBTIQ - OUTlineNZ

Confidential telephone  
support for sexuality or  
gender identity issues.

0800 688 5463

[www.outline.org.nz](http://www.outline.org.nz)

### Youthline

Free txt 234

0800 376 633

[talk@youthline.co.nz](mailto:talk@youthline.co.nz) or  
[parentalk@youthline.co.nz](mailto:parentalk@youthline.co.nz)

[www.youthline.co.nz](http://www.youthline.co.nz)

## Waka Hourua

Le Va and Te Rau Matatini collectively deliver Waka Hourua, a joint programme for suicide prevention in Maori and Pasifika communities. Le Va is honoured to deliver New Zealand's first Pasifika suicide prevention programme. For more information, visit [www.leva.co.nz](http://www.leva.co.nz)

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# 1. TALK

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# Myth #1

**Talking about suicide  
increases the risk**

It's okay to talk.

If we do it the right way,  
it can actually reduce risk.

Talk means less stigma.  
It encourages us to seek help.





## 2. CULTURE

**Use your culture -  
don't lose your culture.**

*For young Pacific people  
in New Zealand, the stronger  
their cultural identity,  
the stronger their  
mental wellbeing.*





# ***What is culture?***

It includes our own internal library of diverse experiences and stories. Our own library, and that of our family.

We must embrace and strengthen our cultural identity in order to strengthen wellbeing and have a happy life.



# 3. CONNECT

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**Pull together -  
this will make us stronger.**

**Be social.**

**It takes a village to raise a child.**

Healthy relationships are vital for wellbeing and sense of purpose. Relationships help us during tough times.

Connect with your  
emotions through

**MUSIC,  
ART,**

and those with diverse

**EXPERIENCES**

*It's okay to ask for  
professional help!  
Just do it if you  
need to.*



*Pay it forward – share a **smile**, a **hug**, hang out*



**Meaningful  
contributions**

**+**  
**growth**

**=**  
**a sense of  
purpose**

Find a purpose through the contributions you can make and seek opportunities for growth – personally, professionally, and socially





# **4. STRENGTHEN FAMILY**

**(including extended family)**

# Communication

**is the heartbeat to nurturing  
healthy family relationships.**

Find ways to have open, meaningful,  
supportive, non-judgmental  
conversations within your family.

This will provide a safe space for  
children to reveal what stressors  
and pressures they have - such  
as peer pressure or bullying.

**Research shows  
the first three  
years of a child's  
development is  
critical to his or  
her wellbeing.**

*What will truly  
help children  
thrive?*

Along with food, warmth,  
shelter and clothing:  
feeling safe and  
secure; love and hugs;  
praise; smiles; positive  
encouragement; feeling  
heard; time & attention;  
learning new things.





*Effective parenting programmes can be*  
**life changing** *for all involved.*

*Recognise, allow and accept  
experiences from all the  
generations in your family.*



# 5. SPIRITUALITY

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Spirituality is a personal journey of *transformation, hope and courage.*



Church elders and spiritual leaders are well placed to play an important role in preventing Pacific suicide. They can provide support, information and create new initiatives within the church.



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