

## The Butterfly Diaries Resources for Personal Story Tellers



To help you get a good understanding of suicide prevention and the special issues involved, we encourage you spend some time checking out each of the following resources.

Your writer will use these resources to guide them in handling your story well and it will help you to know where they are coming from when they decide to include some details over others.

### Watch Suicide Prevention Videos Online

<http://www.spinz.org.nz/videos/view/listing/>

This series of short videos from Suicide Prevention NZ are presented by Judi Bailey and cover a range of topics that will inform you writers of the kinds of things that are most helpful to emphasise in their writing.

### Read About Positive Perspectives of Mental Unwellness

The Rethink Madness page of the [Out of Their Minds](#) website by Mind and Body Consultants Ltd gives a fantastic breakdown of a positive perspective of mental health and unwellness. The [Engage Aotearoa Information Packs](#) also contain some useful understandings. Writers have been asked to work from these perspectives of mental unwellness.

### Support Yourself Throughout

It can get distressing to share your story of recovery from being suicidal. For example, you might find yourself worrying about what the writer or the project workers think of your experiences or you might find old feelings coming back up.

Please contact Miriam at Engage Aotearoa if you find yourself having a reaction to your involvement in this project. Often all we need is an understanding ear. But we can also work to resolve any concerns you have as well. Call Engage Aotearoa on (09) 963 9455 Monday – Friday 10 – 5 pm. Please leave a message if there is no answer so we can call you back.

There are a number of help-lines available if you feel triggered: Suicide Helpline 0508 TAUTOKO | Lifeline 0800 543 354 or (09) 522 2999 | Youthline 0800 376 633 | Samaritans 0800 726 666

The Coping Kete is an online resource at [www.engagenz.co.nz](http://www.engagenz.co.nz) that is full of positive ways of coping with negative emotion. You might find it helpful to experiment with some of these if you find yourself distressed.

Please keep in mind that it is normal to experience some resurfaced feelings or sense of vulnerability when opening up about difficult things such as this. The important thing is having the supports around you to help you comfort those feelings once more. Your friends and family will be an important resource during this time as well.