

The Butterfly Diaries Resources for Writers

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.

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 of the kinds of things you might like to emphasise in your writing.

The most important two to watch as a writer, in terms of safety and destigmatisation, are Suicide Myths and Suicide in Communities. These will help you understand what the sensitive issues are and the different groups of people affected by them, even though it may not seem directly relevant to the writing task at first glance.

The other videos will help you to get a good understanding of suicide, what your subject may have been dealing with and what your readers might be going through.

- **Suicide Myths:** The truth behind some of the most common and dangerous assumptions about suicide and suicide attempts and what you can do to make a difference.
- **Suicide in Communities:** How clinical and social services can work together to support communities in preventing suicide contagion or copycat suicides
- **Warning Signs:** How to recognise visible warning signs that someone may be at immediate or imminent risk of killing themselves.
- **Risk Factors:** Looking at the bigger picture: how negative aspects of mental unwellness, relationships, society, culture and life events can combine to put a person at increased risk of suicide.
- **Suicide Bereavement:** Coping with grief, answering difficult questions and caring for yourself following the suicide of a loved one.
- **Caring For Someone Who Is Suicidal:** Ways that family members and friends can cope when people come home after treatment for a suicide attempt.

We also encourage you to check out the videos from previous conferences for inspiration – the different cultural models in particular.

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 positive perspective of mental unwellness.

The [Engage Aotearoa information sheets](#) will also be of use to you in making sure the messages you share are destigmatising ones.

Support Yourself Throughout

It could get distressing to delve into someone's story of recovery from being suicidal. For example, you might find yourself relating so much to the story that you experience some of the same emotions or you might find yourself worrying about whether you are treating the story well.

Please contact Miriam at Engage Aotearoa if you find yourself having any kind of unwanted 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 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 empathetic distress in undertaking such a task as writing a recovery story. The important thing is having the supports around you to help you comfort those feelings if they arise. Your friends and family will be useful resources during this time as well.

We hope that the positive aims of the project will help to protect you from undue distress.