

Suicide Postvention – a Pacific Perspective

Presenter and panel discussants: Manu Fotu, Dr Gary Cheung, Patrick Au

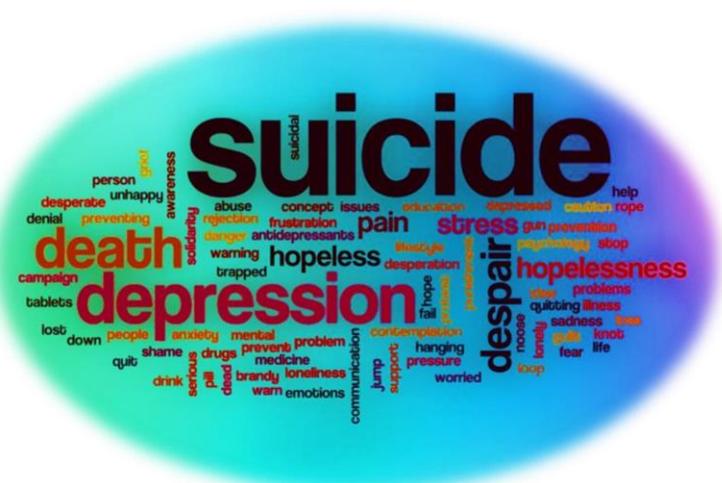
Dear members

This is a brief report about the meeting we had on 25th September 2018. The Cross Cultural Interest Group workshop on 25 September 2018 was well attended. More than 50 colleagues from various health disciplines attended the evening workshop. Thank you to those who stayed behind, at the end of the workshop, to help tidy up the meeting room and rearrange the furniture.

Manu Fotu, our presenter, is the programme manager of the Waitemata DHB and Auckland DHB Suicide Prevention Programme. This workshop was about Suicide Postvention in Pacific Communities. The panel discussants also included Dr Gary Cheung and Patrick Au.

Manu gave a brief introduction to:

- (1) The **historical journey** Pacific ancestors had travelled before they settled in the Pacific Islands.
- (2) About **his own whanau**: Manu highlighted the fact that instead of following in their father's footsteps as rugby players, all his children are promising basketball players!
- (3) The **demographics of the Pacific Peoples** in New Zealand. Pacific Peoples are the fourth largest major ethnic groups in the 2013 Census and approximately 93 percent of Pacific Peoples live in the North Island.



Manu Fotu



Dr Gary Cheung



Patrick Au

When talking about suicide, instead of referring to a person as having “committed suicide”, Manu prefers to use the term “loss to suicide” or “death by suicide”. It appears that hanging is the most frequently used method of suicide. Concerning suicide deaths in the Auckland DHB and Waitemata DHB areas, Manu reported that, nationally, there has been a small increase in the rate of suicides between 2016/2017 and 2017/2018. By comparison with Asian and Maori ethnic groups which show an increase in suicide numbers during this period, Pacific group suicides have shown a drop in the suicide rate between these two financial years. The male to female ratio is about 3 to 1.



Manu highlighted that “the causes of suicidal behaviour is complex and multifactorial” but in general, “suicide is preventable” and “Postvention is suicide prevention”. His presentation included the literature review relating to “Suicide Postvention”. He talked about the initiatives that have been established which include setting up reach out grief counselling services as well as “Train the Trainers” programmes. In conclusion regarding Postvention within the Pacific group he stated “currently [there are] gaps in existing evidence-based Pacific worldviews around suicide bereavement”.

A number of thought provoking questions were asked and positive comments were made regarding the audiences’ view on suicide intervention and prevention in Pacific communities.



For more detail about the session, you can view the recording via the **Vimeo link:**

<https://vimeo.com/292701086>

Password: WongConsultationGroup1234

Next meeting:

The next meeting will be:

Topic: Mental Health of Asian LGBTI population in Auckland

Tuesday: 27th November 2018 (6pm to 8.30pm)

Venue: Conference Room, Independent Living Service, 14 Erson Avenue, Royal Oak, Auckland



A flyer will be sent to you a month prior to next meeting in September

Thank you again for your interest and support and we look forward to seeing you at our next meeting.

Yours sincerely

Patrick Au
On behalf of the
Cross Cultural Interest Advisory Group

For more information about the advisory group, newsletters, membership application, previous topics, please go to www.ecald.com/cross-cultural-interest-group/.