

About us

SPINZ stands for Suicide Prevention Information New Zealand. Founded in 1999, it is a non-government, national information service providing high quality information and resources to promote safe and effective suicide prevention activities.

Part of the Mental Health Foundation of New Zealand, SPINZ is contracted by the Ministry of Health to provide its services, in alignment with the New Zealand Suicide Prevention Strategy and Action Plan. SPINZ has staff based in Auckland and Wellington, as well as an external advisory group with clinical, research and communications expertise.



Contact us

SPINZ Information Service
Phone: **09 300 7035**
Email: info@spinz.org.nz
Website: www.spinz.org.nz

SPINZ is part of the Mental Health Foundation

Mental Health Foundation
PO Box 10051, Dominion Rd
81 New North Road, Eden Terrace
Auckland 1446
Phone: **09 300 7010**
Fax: **09 300 7020**
www.mentalhealth.org.nz



For help in a crisis

- In an emergency, call **111**
- Contact a doctor or your local mental health crisis service (see the medical section at the front of the phone book, or phone Healthline on **0800 611 116**)
- Call Lifeline on **0800 543 354**
- Call Youthline on **0800 376 633**

spinz  **SUICIDE PREVENTION
INFORMATION NEW ZEALAND**

**Working to
reduce suicide
by providing
high quality
information**

www.spinz.org.nz

SUICIDE PREVENTION INFORMATION NEW ZEALAND

What we do

Our activities include an information and enquiry service, targeted resource development, sector engagement, events, tailored presentations at conferences, and a website - www.spinz.org.nz

We provide information and resources on a range of topics, including bereavement, coping after a suicide attempt, observable warning signs, prevention, risk factors, and self-harm.

Audience groups we provide information for include professional services; community groups; media; government; researchers; individuals at risk and their family, whānau and friends.

We are not a crisis or counselling service, but we can point you in the right direction. See the crisis contact information on the back of this brochure, or use our resource finder at www.spinz.org.nz

Finding the information you need

Resource & Information Service

Over the years we have built an extensive collection of books, articles, documents, reports and pamphlets, which are available through the Mental Health Foundation's Resource & Information Service and library in Auckland.

People seeking information to support their work or their understanding of suicide prevention can access this material by telephone request, ordering through the Foundation's online shop, or visiting the library in person. Most information is provided free of charge, with the exception of inter-loans, which can be requested through your local library.

Resources

We develop resources including pamphlets and booklets which condense detailed research about specific areas of suicide prevention into language accessible to a range of audiences.

We also work with other organisations and services to support joint resource development.



Website

We make information available and accessible through our website, where you can subscribe to our newsletter, receive electronic alerts about new information, view webcasts and access the Resource & Information Service.

We also have a comprehensive database of online resources that are searchable and, in many cases, available to download from the resource finder at www.spinz.org.nz.

