SURUNAUHA ry

Surunauha ry (”grief ribbon”) is a nationwide peer support organisation, which aims to support people who have lost a loved one to suicide, to promote open discussion about the matter, and to reduce stigma related to suicide.
The association works to ensure that everyone who has experienced the suicide of a loved one receives the support offered by society after their loss.

The trained peer supporters have personal experience of the suicide of a loved one. You can participate regardless of who you have lost or how long it has been since you lost someone.

Activities and Information

- peer support groups and events
- peer support weekends
- chats and chat forum
- individual support
- counselling and support materials
- experts by experience
- advocacy
- newsletters and members' magazine

Phone 040 545 8954
toimisto@surunauha.net
www.surunauha.net

Grief ORGANISATIONS

The four national peer support organisations are collectively known as Grief Organisations. The organisations organise peer support and other kind of support for people who have experienced the death of a loved one across Finland.

Peer activities provide a safe and confidential environment to meet others who are facing the same situation. You’re warmly welcome to join our peer support activities – just as you are.

The Grief Organisations actively collaborate, and all four associations are involved each year in organising, among other events, the Grief Conference. One important form of collaboration is the Surevan kohtaaminen programme (”supporting the bereaved”), which is a joint activity in all the associations.

The programme supports professionals, students and volunteers to meet those who have lost a loved one and informs them about the support available for the bereaved. The activities are aimed at anyone who, in their work or activities, comes into contact with people who have lost a loved one. The website provides information concerning grief, interacting with the bereaved and support for the bereaved.

In the programme, we train experts by experience from among the members of the Grief Organisations and coordinate and provide experience-based talks. You can find out more about the activities of experts by experience and request a visit on the website.

www.surevankohtaaminen.fi

Suru~ JÄRJESTÖT

GRIEF ORGANISATIONS

Peer Support for Bereaved

HUOMA

Henkirikoksen uhrien läheiset ry

Huoma – Henkirikoksen uhrien läheiset ry provides counselling, service guidance and peer support for those who have lost a loved one to homicide. National support and guidance are available to family members of all ages and anyone who has lost a loved one to homicide. In addition, Huoma participates in various expert and advocacy activities aimed at promoting the rights and status of the loved ones of homicide victims in society.

Activities and Information

- peer support weekends and events
- peer support groups
- telephone peer support
- support, guidance and counselling
- advocacy
- private Facebook group
- experts by experience
- newsletters and members' magazine

Phone 050 401 2230
toimisto@huoma.fi
www.huoma.fi

KÄPY

Lapsikuolemaperheet ry

Child Death Families Finland Käpy ry (Käpy Lapsikuolemaperheet ry) is a peer support association devoted to supporting families who have experienced the death of a child. Peer support is primarily available for parents and families who have lost a child late in pregnancy, in infancy, childhood, adolescence, or early adulthood. Support is also available for grandparents and siblings. Käpy ry works to improve the social position of families who have lost a child and to raise awareness so that they can receive better support.

Activities and Information

- peer support weekends and events
- peer support groups
- online peer support
- support people
- helpline
- support materials
- experts by experience
- advocacy
- newsletters and peer support magazine

Phone 045 326 0980
toimisto@kapy.fi
www.kapy.fi

NUORET LESKET RY

Nuoret Lesket ry (Young Widows and Widowers) is a peer support association for working-age widows, widowers and widowed families which organises peer support activities and offers counselling. Nuoret Lesket ry is an expert organisation on matters related to widowhood and seeks to influence the social position of widows, widowers and widowed families.
The activities are open to everyone who has been widowed during their working years, regardless of the relationship type, family situation, or the cause of their partner's death.

Activities and Information

- peer support groups and events
- peer support weekends
- online peer support
- peer support helpline
- counselling and support materials
- experts by experience
- advocacy
- newsletters and members' magazine

Phone 044 751 3179
toimisto@nuoretlesket.fi
www.nuoretlesket.fi