



**Surunauha ry**

Peer support after a loved one's suicide







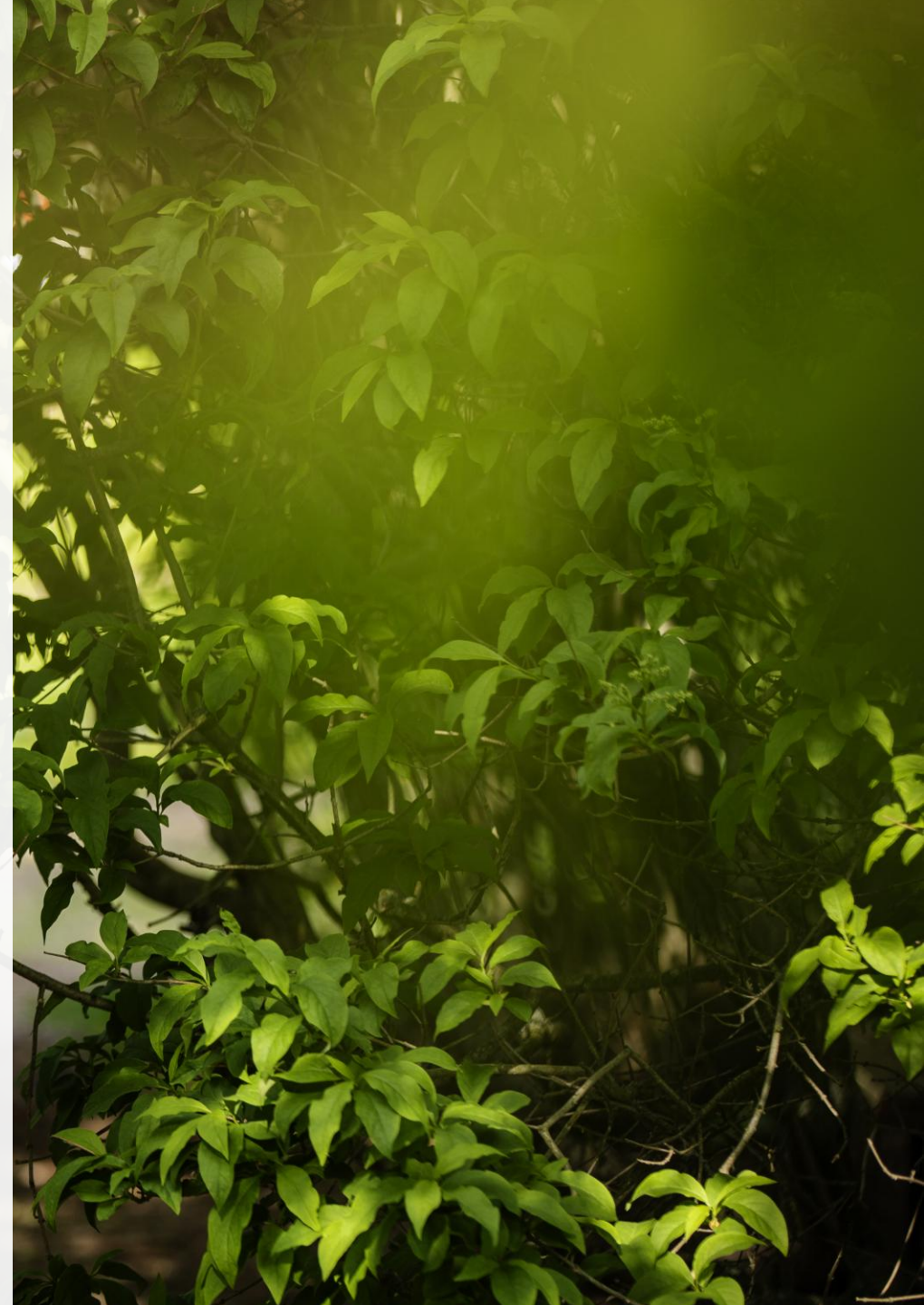
# Surunauha ry

- 'Grief Ribbon'
- Peer support organisation founded in 1997
- Activities in over 20 different cities in Finland
- Office in the capital city Helsinki
- 5 employees + 101 volunteers, over 1000 members
- Our mission is to support those who have lost loved ones to suicide, promote open discussion about the matter and to reduce prejudice and stigma related to suicide.
- Suicide prevention
- The *Nuori Suru* ('Young Grief') project, which coordinates peer support for 16-23-year olds who have lost someone to suicide or homicide.
- Most of our funding comes from Ministry of Social Affairs and Health, STEA (Funding Centre for Social Welfare and Health Organisations), but also from cities, donations and membership payments



# Overview of our members

- Overall 1057 members
- Members are from all over Finland, but 26% are from the capital region. Amount of members has steadily increased each year and most members commit for several years.
- 85% are women, but different ages are represented (born between 1937 and 2009).
- Member fees: Ordinary and supporting members (25e/year), Youth (10e/year), Members for life (150e one time payment), Organisation members (50e/year)
- Benefits include members' magazine, news letter, conference and support weekend discounts and peer supporter training free of charge
- You don't have to be our member to be able to participate in our events or get support so in reality several thousand people participate in our activities yearly.





# Main cooperation partners

- Other grief organisations
  - Huoma ry (Homicide)
  - Käpy ry (Loss of a child)
  - Nuoret lesket ry (Young widows)
- Surevan kohtaaminen program backed by all four grief organisations
  - Support and information for those working with people who have lost a loved one
  - Experts by Experience (volunteers with personal experience of losing a loved one)
  - <https://www.surevankohtaaminen.fi/en>
- MIELI Mental Health Finland
- Surukonferenssi (Annual Grief Conference)



# Peer support

Our activities support well-being, reduce feelings of loneliness and increase hopefulness.



**Events**



**Phone Support**



**One-on-One Support**



**Support Weekends**



**Peer Support Groups**



**Chat Support**





# Our peer supporters

- Our activities support well-being, reduce feelings of loneliness and increase hopefulness.
- Most of our activities are provided by our trained volunteers who have personal experience of losing a loved one to suicide

Our three main forms of volunteering are:

- **Chat Volunteers**
  - Leading the discussion in our Discord chat every Tuesday evening.
- **Group Leaders**
  - Leading peer support groups ("closed" or "open"), usually in pairs of two, either in their hometown or somewhere closeby. We also have nationwide online groups.
- **One-on-One Supporters**
  - Providing One-on-One peer support either by phone or by meeting face-to-face. People requesting support are usually matched with a volunteer who has a very similar loss background.



# Nuori Suru (young grief)- project

- 3-year co-operation project between Surunauha and Huoma
- Target group: 16-23-year-olds who have lost a loved one to suicide or homicide
- Discord chats
- One-on-One support
- Writing groups
- Online support groups
- “Grief Evenings” (usually in co-op with other organisations)
- And more!



- The project is coordinated by one employee
- The aim is to create hope for the future with peer support, information, exercises and workshops.
- The aim is also to reduce traumatic grief and prevent mental health problems.



# Suicide Statistics in Finland

- Suicides have been recorded in Finland since 1751
  - Mortality has been decreasing since 1990
  - 751 suicides in 2023
  - 75% out of the suicides were committed by men
  - BUT: the amount of suicides among young women has been increasing
  - Most suicides occurred in the age group of 18-29
  - Average age: 40 women, 47 men
  - Suicide prevention programs 1986-1996 and 2020-2030
  - 5 development projects in six wellbeing services counties 2021-2023
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- [https://www.psykiatriantutkimussaatio.fi/wp-content/uploads/2024/10/Psychiatria\\_Fennica\\_2024\\_Partonen\\_et\\_al.pdf](https://www.psykiatriantutkimussaatio.fi/wp-content/uploads/2024/10/Psychiatria_Fennica_2024_Partonen_et_al.pdf)
  - <https://www.theguardian.com/world/2024/feb/22/the-finnish-miracle-how-the-country-halved-its-suicide-rate-and-saved-countless-lives>

Source: The Finnish Institute for Health and Welfare





# Our materials

- Guidebook for Suicide Loss Survivors, providing easy-to-follow information on where to get help, FAQs regarding suicide and suicide loss and practical information to aid in coping with what has happened. The guidebook exists in Finnish and Swedish:
  - Läheisen opas <https://surunauha.net/opas>
  - På svenska: [Handbok för närstående](#)
- Recommendations and materials for professionals coming in contact with suicide loss survivors. We offer brochures (in Finnish and Swedish) through our website for free.
- Supporting reading/listening materials. Our website includes personal stories, podcasts, blog posts and the members' magazine in online form.  
<https://surunauha.net>





Kiitos! Tack! Thank you!

Surunauha ry

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