

**Our service is a
collaboration between**



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Recommended websites

www.mind.org.uk
www.childbereavementuk.org
www.thecalmzone.net

Recommended reading

A Special Scar: The Experiences of People Bereaved by Suicide
by Alison Wertheimer

Grief after Suicide – Understanding the Consequences and Caring for Survivors
by John R Jordan and John L McIntosh

Silent Grief – Living in the Wake of Suicide
by Christopher Lukas and Henry M Seiden

Real Men Do Cry
by former NFL quarterback Eric Hipple
Eric shares his journey following the suicide of his 15 year old Son.

Luna's Red Hat
by Emmi Smid
A beautifully illustrated book for children aged 6+

Lucky
by Professor Green

In his autobiography, Professor Green aka Stephen Manderson reflects on his life and how the suicide of his father has shaped him.

Kindly supported by Somerset Public Health and Somerset County Council. The Suicide Bereavement Support Service is provided by collaboration between MIND TWS, Cruse and Samaritans.
2018

Additional Local Support Services

Rosie Crane Trust
01460 55120
Supporting bereaved parents
contact@rosiecranetrust.co.uk

Farming Community Network
03000 111 999
Providing pastoral and practical support
mail@fcn.org.uk chris@fcn.org.uk

Campaign Against Living Miserably CALM
0800 58 58 58
Offering support to males of any age
info@thecalmzone.net

Papyrus
0800 068 4141
Concerned about a young person
pat@papyrus-uk.org

Silverline
0800 470 8090
24 hour support for older people
info@thesilverline.org.uk

In Charley's Memory
07927 017 683
Helping children with mental health
help@incharleymemory.org.uk

Winston's Wish
08088 020 021
Offers support to children and families after a suicide
ask@winstonswish.org

Somerset Suicide Bereavement Support Service

24 hour service
Someone will always be there
for you to talk to.

Bereavement by suicide is usually
shocking and unexpected.

This can increase the level of distress and
trauma experienced by the bereaved.

The grieving process is often more
complicated than other types
of bereavement.

We are a specialised project to help
you and your loved ones through
this difficult time.

0300 330 5463

bereaved@mindtws.org.uk
www.suicidebereavement.wixsite.com/somerset

Need for Support

It can be particularly hard to deal with death by suicide.

As well as the difficult feelings of bereavement, you may have increased feelings of shock and trauma due to the suddenness and nature of the death.

You may feel:

- Guilty
- Rejected
- Confused
- Mentally, physically and emotionally unable to cope
- Angry
- Distressed/Panic
- Reluctant to talk
- Searching for something or someone to blame
- Worried about thoughts of suicide for yourself or for others
- That you encounter stigma
- Numb
- Despair
- The need for answers
- Frustrated

We offer support and advice for anyone supporting an adult or young person bereaved by suicide.

Somerset Suicide Bereavement Support Service can offer support and advice to individuals and their families and friends. Please talk to us if you feel it would be helpful to offer some community wide support.

Services Offered

The service is there to support young people and adults bereaved by suicide as well as professionals supporting someone through these difficult times.

- 24 hour helpline
- Emotional support, including specialised Cruse bereavement care for adults and children
- Monthly peer support for adults and young people who have experienced a death by suicide
- Liaison with the Coroners office including help or support needed at the time of an inquest
- Co-ordination with emergency services, schools, hospitals or other agencies.
- Guidance on personal affairs after a suicide
- Support and information for professionals
- Large resource of information and additional sources of support.

Help is at Hand

A national guide for support after someone may have died by suicide

Visit www.mindtws.org.uk
Somerset Suicide Bereavement Support Service
"Help is at Hand"

Call 999 if you need any emergency response
NHS 111 if you need non-emergency assistance
0300 330 5463
bereaved@mindtws.org.uk

Words from people bereaved by suicide

- Try not to be too busy and exhaust yourself
- Try to be with people who you can talk to honestly and openly
- Try to express what you need from others
- A listener who is not a friend or family can sometimes help
- Connect with others who have been bereaved by suicide for support
- Try to look after yourself as best you can
- Read "Help is at Hand" booklet

Supporting Children

Children grieve differently to adults. It is important to let children and young people know that grief is normal.

- Let children talk
- Abrupt changing from tears to play is not unusual
- Don't be afraid to show your real emotions with them, if you can grieve they will be able to also
- Any out of character behaviour such as anger, sleep disturbance and increased attachment can all be normal reactions
- Express support and affection appropriate to the age of the child
- It is important to try and continue activities that they enjoy