



Directory of National Bereavement Services and Organisations

amparo.org.uk



AMPARO
support following suicide

Amparo means ‘shelter’ or ‘safe haven’ in Spanish and provides support for anyone affected by suicide.

Support can be provided one-to-one, to family groups, groups of colleagues or peers – whatever is preferred by you and is most appropriate to your situation. The service can be delivered in your home or wherever you are most comfortable. Our service is completely confidential and can provide short-term or longer-term support, depending on what you feel it is you need.

Amparo provides emotional and practical support. Our experienced Liaison Workers can listen to your needs and assist you in accessing the support you need, whilst helping with a range of practical matters such as: liaising with police and coroners; helping with media inquiries; preparing for and attending inquest and helping you to access other, appropriate, local support services.

For people affected by suicide in Cheshire & Merseyside, Coventry & Warwickshire, Kent & Medway, Lancashire, Lincolnshire, Mid and South Essex, North Central London, South Yorkshire, Staffordshire and Stoke-on-Trent, Thames Valley, and serving personnel within the British Armed Forces.

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National Organisations for Bereavement Support

Railway Mission is a Christian faith-based charity offering independent, confidential, impartial pastoral care to the railway community and members of the public affected by rail operations. Each of our regionally based chaplains aims to be an impartial 'friend' for those who work on the railways. Regardless of faith, gender, sexual orientation, our chaplains offer face-to-face year around support, especially during an individual's time of loneliness, stress, depression, bereavement or illness.

Tel:
0203 887 7000

Email:
Support@railwaymission.org

Website:
<https://www.railwaymission.org/>

Samaritans volunteers respond to around 10,000 calls for help. We're here, day or night, for anyone who's struggling to cope, who needs someone to listen without judgement or pressure. Samaritans is not only for the moment of crisis, we're taking action to prevent the crisis. We give people ways to cope and the skills to be there for others. And we encourage, promote and celebrate those moments of connection between people that can save lives. We offer listening and support to people and communities in times of need.

Tel:
116 123

Email:
jo@samaritans.org

Website:
<https://www.samaritans.org>

Cruse Bereavement Care is the leading national charity for bereaved people in England, Wales and Northern Ireland. Our vision is that all bereaved people have somewhere to turn when someone dies. Our mission is to offer support, advice and information to children, young people and adults when someone dies and to enhance society's care of bereaved people.

Tel:
0808 808 1677

Email:
helpline@cruse.org.uk

Website:
<https://www.cruse.org.uk>



Survivors of Bereavement by Suicide help those bereaved by suicide to support each other, at the time of their loss and in the months and years that follow. We are a self-help organisation and we provide a safe, confidential environment in which bereaved people can share their experiences and feelings, so giving and gaining support from each other. We also strive to improve public awareness and maintain contacts with many other statutory and voluntary organisations.

Tel:
0300 111 5065

Website:
<https://uksobs.org/>

Muslim Bereavement Support Service offers a free and confidential support service for women who have lost loved one. The service is also able to signpost appropriately for support for men and children. The nationwide service predominantly works remotely with women, offering 6-8 sessions of support, however face-to-face sessions are available in Hainault, Essex and Glasgow. The service is able to provide support in multiple languages including Arabic, English, German and French. How to refer:

The service predominantly supports females when they are 3-6 months into their bereavement, however they are happy to support at any time. Self-referrals are encouraged but the organisation will also accept third party referrals via email. The bereaved will be contacted within 48 hours of the organisation being notified to arrange a session which will be held within a week.

Tel:
020 34787333

Email:
info@mbss.org.uk

Website:
www.mbss.org.uk

Hope Again is the youth website of Cruse Bereavement Care. It has been created for young people, by young people. We offer support, advice and a type of signposting service, solely online to children and young people who have lost a loved one/s.

Tel:
0808 808 1677

Email:
hopeagain@cruse.org.uk

Website:
<https://www.hopeagain.org.uk/>

Child Death Helpline is a freephone service for all those affected by the death of a child. Our confidential helpline is open every day of the year.

Tel:
0800 02 888 40

Email:
support@childbereavementuk.org

Website:
<https://www.childdeathhelpline.org.uk/>

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Grief Encounter work closely with individuals, families, schools and professionals to offer a way through the anxiety, fear and isolation so often caused by grief. Our mission is to give every child and young person access to the best possible support following the death of someone close.

Tel:
0808 802 0111

Email:
griefftalk@griefencounter.org.uk

Website:
<http://www.griefencounter.org.uk>

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Searching Local Help Organisations By Area

The Hub of Hope is the UK's leading mental health support database. It is free and provides links to local, peer, community, charity, private and NHS support and services that may be useful or of help to you or someone you care at this distressing time. The database can be accessed via their website or by downloading the app on mobile devices by searching "Hub of Hope" on the app store or scanning the QR code.

Email:
hubofhope@chasingthestigma.co.uk

Website:
www.hubofhope.co.uk



Resources

Help is at Hand

A [PDF resource](#) for people bereaved through suicide or other unexplained death, and for those helping them.

Yorkshire and Humberside

Humberside, Hull, East Riding of Yorkshire, North East Lincolnshire and North Lincolnshire

Hull and East Yorkshire Mind – The Together Bereaved by Suicide Service

If someone has experienced bereavement by suicide and are struggling to manage or come to terms with their loss, then our team can help by providing a listening ear and one to one emotional support.

We're here to provide compassionate listening support from individuals with lived experience who understand the challenges they face.

You can receive regular calls—weekly or monthly—offering a safe space to share your feelings and talk about their experiences and feelings.

Free emotional and practical support to individuals who have lost someone to suicide.

Tel:
01482 240133

Text:
07520633447

Email: communitybasedservices@heywind.org.uk

Website:
<https://www.heywind.org.uk/how-we-can-help/one-to-one-support-2/#bereavement>

North Yorkshire

North Yorkshire Local Resilience Forum has the Major Incident Response Team (MIRT) which provides a confidential support service to anyone who may find themselves caught up in an incident. MIRT Volunteers provide emotional support to anyone affected by a traumatic incident including bereavement by suicide and also offer practical support, for example rest centre's during emergencies. They are a group of trained volunteers who offer their time to help with emotional and practical support to people affected by a range of situations.

Email:
MIRT@northyorks.gov.uk
or
emergency@northyorks.gov.uk

Website:
<https://www.emergencynorthyorks.gov.uk/MIRT>

Yorkshire and Humberside

South Yorkshire

Amparo provides emotional and practical support. Our experienced Liaison Workers can listen to your needs and assist you in accessing the support you need, whilst helping with a range of practical matters and helping you to access other, appropriate, local support services.

Tel:
0330 088 9255

Website:
<https://amparo.org.uk/>

West Yorkshire, Leeds and Harrogate

Leeds and West Yorkshire (which includes Bradford [and its districts, which includes part of Craven], Wakefield, Kirklees, and Calderdale)

West Yorkshire and Harrogate Suicide Bereavement Service is run by Leeds Mind and informed by the Leeds Suicide Bereavement Service. The workers have their own personal experience of suicide bereavement. You can access support as an individual or work place. We provide 1:1 support and peer support groups. Whether you were affected by a suicide that was a few days, weeks or decades ago. We will support you whoever you have lost – this may be a parent, child, partner, sibling, other relative, friend or work colleague. To access support you must be a resident of West Yorkshire or Craven. Residents of Leeds can access the Leeds Suicide & Bereavement Service.

Tel:
0113 3055800

Email:
sbs@leedsmind.org.uk

Website:
<https://www.leedssbs.org.uk/>

Yorkshire and Humberside

West Yorkshire, Leeds and Harrogate

Leeds and West Yorkshire (which includes Bradford [and its districts, which includes part of Craven], Wakefield, Kirklees, and Calderdale)

The Leeds Mind Suicide Bereavement

Services offer a safe space to talk and get practical guidance.

We support:

People of all ages across Bradford and Kirklees

People aged 11+ across Leeds, Calderdale, Craven and Wakefield

You can benefit from our support if you:

Have lost anyone to suicide, such as: a friend, colleague or family member; someone you know professionally or an acquaintance

Think someone ended their own life, even if an inquest has not been held or did not determine suicide as cause of death.

Have been affected by suicide but do not identify as bereaved, e.g. if you witnessed a death or were exposed to a death through work (e.g. as part of an emergency response team) or were affected by a suicide months, years or decades ago.

Tel:

0113 3055800

Email:

sbs@leedsmind.org.uk

Website:

<https://www.leedssbs.org.uk/>

North East

Cleveland

Victim Care and Advice Service staff are trained to provide an independent, confidential and personalised service including home visits and face to face meetings, regular support and contact via telephone, text or email and practical assistance and emotional support.

Tel:
0303 040 1099

Email:
info@vcas.uk

Website: <https://vcas.uk/>

Middlesbrough, Stockton, Redcar, East Cleveland and Hartlepool

CRUSE - Middlesbrough, Stockton, Redcar and East Cleveland - Adult & CYP for any cause of death
Hartlepool - Adults only. Suicide or Drug/Alcohol related deaths.

Tel:
01642 210284

Durham

If U Care Share provides range of services fundamental to our three main aims of prevention, intervention and supporting those bereaved by suicide. Our team reaches the most vulnerable people in our society to support them at a time of need.

Tel:
0191 387 5661

Email:
share@ifucareshare.co.uk

Website: <https://www.ifucareshare.co.uk/>

North East

Northumbria

Tyneside & Northumberland Mind exists to promote positive mental health, providing flexible, responsive and sustainable support services. We put people first by involving service users, carers and the local community. We do all this to make it possible for people who experience mental distress to live full lives and play their full part in society. We offer a range of services based on the Recovery model where all services are focused on improving and enhancing an individual's wellbeing, based on the principles and practices of person-centred planning and self-directed support.

Tel:
0191 477 4545

Email:
admin@tynesidemind.org.uk

Website:
<https://www.tynesidemind.org.uk/>



North West

Cheshire and Merseyside

Amparo provides emotional and practical support. Our experienced Liaison Workers can listen to your needs and assist you in accessing the support you need, whilst helping with a range of practical matters, and helping you to access other, appropriate, local support services.

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0330 088 9255

Website:
<https://amparo.org.uk/>

Cumbria

Every Life Matters offer One-to-One Support people in those early weeks and months after a loss

Counselling Service for people who have been bereaved for at least six months.

Support for employers and organisations in their response to an employee suicide at work or outside the workplace.

We aim to offer practical and emotional support at this critical and difficult time.

Initially, we offer up to 4 meetings in the first few weeks and months after a bereavement, either in person, by telephone or online.

Everyone has their own unique needs and the support we offer reflects this

Tel:
07588 016 166

Email:
info@every-life-matter.org.uk

Website:
<https://www.every-life-matters.org.uk/bereaved-by-suicide/bereavement-support/bereavement-support-1-to-1/>

Greater Manchester

Greater Manchester Bereavement Service

can help to find support for anyone in Greater Manchester that has been bereaved or affected by a death.

No one needs to feel alone as they deal with their grief.

Tel:
0161 983 0902

Email:
gmicb-sal.gm.bs@nhs.net

Website:
<https://greater-manchester-bereavement-service.org.uk/>



North West

Lancashire

Amparo provides emotional and practical support. Our experienced Liaison Workers can listen to your needs and assist you in accessing the support you need, whilst helping with a range of practical matters, and helping you to access other, appropriate, local support services.

Tel:
0330 088 9255

Website:
<https://amparo.org.uk/>



East Midlands

Derbyshire, Leicestershire and Nottinghamshire

The Tomorrow Project is a confidential suicide prevention project that has been set up to support individuals and communities to prevent suicide. We can offer information, advice and emotional support to anyone who is feeling suicidal, anyone affected by suicide (friend, family, community members) and professionals who are worried about someone they are supporting.

Tel:
0115 88 00 280

Email (general):
info@tomorrowproject.org.uk

Website:
<https://harmless.org.uk/contact/>

Greater Lincolnshire

Amparo provides emotional and practical support. Our experienced Liaison Workers can listen to your needs and assist you in accessing the support you need, whilst helping with a range of practical matters, and helping you to access other, appropriate, local support services.

Tel:
0330 088 9255

Website:
<https://amparo.org.uk/>

Northamptonshire

We Mind & Kelly Matters – Support After Suicide offers an extensive range of support from telephone, virtual online support and face to face. We know that when someone dies by suicide, the ripples of trauma affect so many people, family, of course, but also friends, neighbour, colleagues and professionals. People struggle to make sense of what has happened, in the first wave there are organisational decisions to be made at a time when numbness and overwhelming emotions rule. We are here to offer immediate relief.

Tel:
07720 231660

Email:
hello@kellysheroes.org.uk

sherry.adams@wemindandkellymatters.org.uk

Website:
<https://kellysheroes.org.uk/help-advice/bereaved-by-suicide/>



West Midlands

Stoke-on-Trent and Staffordshire

Amparo provides emotional and practical support. Our experienced Liaison Workers can listen to your needs and assist you in accessing the support you need, whilst helping with a range of practical matters, and helping you to access other, appropriate, local support services.

Tel:
0330 088 9255

Website:
<https://amparo.org.uk/>

Herefordshire

Herefordshire Mind Bereaved by Suicide Service Losing a loved one to suicide is an extremely traumatic experience. Our Bereaved by Suicide Service, in partnership with CWW Mind, aims to ease the distress and improve the wellbeing of those in Herefordshire who have been bereaved by suicide. We provide emotional support, practical help and signposting to other organisations. The service is free and confidential and is here for when you need it.

Tel:
01432 271643

Email:
info@herefordshire-mind.org.uk

Website:
<https://herefordshire-mind.org.uk/herefordshire-mind-safe-haven/>

South Worcestershire

Bereavement Support South Worcestershire
- Offer group support only and ask that the individual is 3-4 months post bereavement. If they are not able to offer support they will signpost to other services so they can access the right support at the right time.

Tel:
01905 760900

Website:
<https://www.strichards.org.uk/our-care/support-services/for-families-and-carers/bereavement-support/bssw/>



West Midlands

Worcestershire, Warwickshire and Coventry

Coventry Worcestershire and Warwickshire

MIND - Bereaved by Suicide is a free and confidential service offering non-judgmental, client-led support to children, young people and adults in Worcestershire who have been bereaved or affected by the suspected suicide or suicide of someone they know, or by witnessing such an event. This may include family members, friends, neighbours, professionals working with the person who died (such as teachers or emergency service staff) or bystanders.

The service provides both emotional and practical support, as well as signposting to specialist organisations where appropriate. Support is available regardless of how much time has passed since the bereavement and can continue for as long as the client needs. Where required, we offer suicide-specific bereavement support and can refer clients to local counselling or other specialist services.

Email:

wor.bbs@cwmind.org.uk

gill.stanton@cwmind.org.uk

Tel:

020 7655 2847

West Midlands, Birmingham and Solihull

Birmingham and Solihull Bereavement

Support, in conjunction with **Cruse Bereavement Support Birmingham**, is the central provider in the Birmingham and Solihull Clinical Commissioning Group's Bereavement Pathway. They understand that the death of someone close can be one of the hardest things we have to deal with. There is no normal or 'right' way to grieve. How you react will depend on many things – who died and how, age and experience, personality and culture or religion. The service is available for ages and all types of bereavement.

Tel:

0121 687 8010

Email:

support@crusebirmingham.co.uk

Website:

<https://www.crusebirmingham.co.uk/>

West Midlands

Black Country

Black Country Support After Suicide Service

- We provide support for next of kin and close family members who are bereaved by suicide in the Black Country (Dudley, Walsall, Wolverhampton and Sandwell) of any age including children and young people. Our core opening hours are Monday - Friday 10am-6pm but support can be provided in the evenings. The service is free to access and provides 121 practical and emotional support, bereavement support groups and bereavement counselling.

Tel:
0800 008 6516

Email:
blackcountrysupportaftersuicide@rethink.org

Website:
<http://www.rethink.org/blackcountrysupportaftersuicide>

Coventry and Warwickshire

Amparo provides emotional and practical support. Our experienced Liaison Workers can listen to your needs and assist you in accessing the support you need, whilst helping with a range of practical matters, and helping you to access other, appropriate, local support services.

Tel:
0330 088 9255

Email:
amparo.service@listening-ear.co.uk

Website:
<https://amparo.org.uk/>

Eastern

Bedfordshire

CHUMS The Bedfordshire Suicide

Bereavement Service (BSBS) supports people living anywhere in Bedfordshire and Luton of any age. We are a small team of dedicated staff and volunteers, mostly with lived experience of suicide. International research has shown that very early support following a suspected suicide death gives most people the very best outcomes, emotionally and physically. We can offer practical and emotional support within around 48 to 72 hours of a referral been received, this includes the delivery of an information pack.

Tel:
01525 863924

Email:
info@chums.uk.com

Website:
http://chums.uk.com/

Cambridgeshire and Peterborough

Lifecraft - Our team provides support to bereaved family, friends and professionals across Cambridgeshire and Peterborough.

Tel:
01223 566 957

Email:
sbs@lifecraft.org.uk

Essex - Colchester and Tendering

Mid and North East Essex Mind –

Our Bereaved by Suicide Support Service is here for anyone in North East Essex and Suffolk who has been affected by suicide. That includes family members, friends, colleagues, or anyone else impacted by the loss.

We support both adults and young people. If a referral is made for a child or young person, we'll carry out an assessment to make sure we can offer the right kind of support for their needs. This service is free and confidential.

Tel:
0330 330 1384

Email:
**info@bereavedbysuicide
support.org**

Eastern

Mid and South Essex

Amparo provides emotional and practical support. Our experienced Liaison Workers can listen to your needs and assist you in accessing the support you need, whilst helping with a range of practical matters, and helping you to access other, appropriate, local support services.

Tel:
0330 088 9255

Website:
<https://amparo.org.uk/>

North East Essex

Mid and North East Essex Mind –

Our Bereaved by Suicide Support Service is here for anyone in North East Essex and Suffolk who has been affected by suicide. That includes family members, friends, colleagues, or anyone else impacted by the loss. We support both adults and young people. If a referral is made for a child or young person, we'll carry out an assessment to make sure we can offer the right kind of support for their needs. This service is free and confidential.

Tel:
01206 764600

Email:
info@bereavedbysuicide.support.org

enquiries@mnessexmind.org

Website:
<https://mnessexmind.org/>

Norfolk

Norfolk and Waveney Mind has set up the Complex Bereavement Service which is supported by Norfolk County Council's Public Health Department and Norfolk Clinical Commissioning Group and has been created as a result of a great need for suicide prevention and complex bereavement support in Norfolk and Waveney. The SAIL project, a strand of the Complex Bereavement Service, focuses on supporting individuals in the immediacy of the loss, both emotionally and practically.

Tel:
0300 330 5488

Email:
sail.project@norfolkan-dwaveneymind.org.uk

Website:
<https://www.norfolkan-dwaveneymind.org.uk/support-and-information/our-service-directory/complex-bereavement>



Eastern

West Essex and Hertfordshire

CHUMS - The Hertfordshire and West Essex Suicide Bereavement Service (HSBS)

supports people living anywhere in Hertfordshire and West Essex of any age. It is a confidential, free of charge service. We are a small team of dedicated staff and volunteers, mostly with lived experience of suicide. International research has shown that very early support following a suspected suicide death gives most people the very best outcomes, emotionally and physically. We can offer practical and emotional support within around 48 to 72 hours of a referral been received. We provide further advice and guidance in a pack of information delivered to you.

Tel:
01525 863924

Email:
hsbs@chums.uk.com

Website:
<https://chums.uk.com/hertfordshire-and-west-essex-suicide-bereavement-service/>

Suffolk

Suffolk and North East Essex Mind –

Our Bereaved by Suicide Support Service is here for anyone in North East Essex and Suffolk who has been affected by suicide. That includes family members, friends, colleagues, or anyone else impacted by the loss. We support both adults and young people. If a referral is made for a child or young person, we'll carry out an assessment to make sure we can offer the right kind of support for their needs. This service is free and confidential.

Tel:
01206 764600 (Mon – Fri 0900-1700)

Email:
**info@bereavedbysuicide
support.org**

Website: **<https://mnessexmind.org/>**

London

North Central London

Amparo provides emotional and practical support. Our experienced Liaison Workers can listen to your needs and assist you in accessing the support you need, whilst helping with a range of practical matters, and helping you to access other, appropriate, local support services.

Tel:
0330 088 9255

Website:
<https://amparo.org.uk/>

West Central London

West Central London MIND - Each experience of suicide is unique and personal. Whether you've lost someone you love, witnessed a death by suicide, or been affected in another profound way, we're here to offer compassionate support tailored to your needs.

We know that healing is a journey, and it's never too soon, or too late, to seek support. No matter how much time has passed, you can access our service whenever you're ready.
North West London: Brent, Ealing, Hammersmith & Fulham, Harrow, Hillingdon, Hounslow, Kensington & Chelsea, and Westminster.

South West London: Croydon, Kingston, Merton, Richmond, Sutton, and Wandsworth.

Tel:
020 7259 8100

Email:
sbls@wclmind.org.uk



London

North East London

NEL Mind - Grief in Pieces: Support for Suicide Loss

Grief in Pieces is part of Safe Connections, a project to help support anyone affected by suicide in the North East London boroughs of London. This service has been designed for and by people who have been bereaved by suicide, to help you navigate the healing and coping process in a safe and confidential environment.

Tel:
020 8525 2337

Email:
supportforsuicideloss@mindchwf.org.uk

South East London

SEL MIND

We offer support both one-to-one and through peer-to-peer support groups. Our one-to-one support is very flexible and is built around each person's needs – everyone needs different things when they've been recently bereaved. For some people, there might be a lot of immediate practical tasks, while others might just want a regular space to talk.

On a practical level, we can offer support with anything from registering the death and organising the funeral to dealing with the financial impact and the inquest process. The emotional support we offer at this stage is not therapy but a space to be listened to without judgement, to explore emotions in the here and now and learn more about the grieving process.

Tel:
07933 393 397

Email:
suicidebereavement@selmind.org.uk



South East

Southampton, Hampshire, Isle of Wight and Portsmouth

Cruse - When someone dies by suicide, or suspected suicide, it can be one of the most difficult and distressing times of someone's life. Some people need support straight away, others reach out later – and that's ok. We are all different and our own personal circumstances will also be different. Whether you need emotional support or practical support, our team of specialists are here to help you.

Tel:
0330 555 0129

Email:
supportaftersuicideSHIP
@cruse.org.uk

Website:
crusenowiow@cruse.org.uk

Surrey

Rethink - We provide support for people 18+ in Surrey who are bereaved by suicide e.g. family, friends and people exposed to suicide e.g. witnesses, first responders, neighbors, colleagues and health and social care professionals. The service is free to access. Our core opening hours are Monday - Friday 9am-5pm. For those who require support during the evening as a result of day time commitments, we provide support up to 8pm, so that you can access us at a time that suits you best.

Our staff team and volunteers have lived experience of bereavement by suicide which we see as being extremely important. Alongside their other professional skills and experience, this comes together to enhance our delivery of the service.

Tel:
07483 301214

Email:
surreysupportaftersuicide
@rethink.org

South East

Kent and Medway

Amparo provides emotional and practical support. Our experienced Liaison Workers can listen to your needs and assist you in accessing the support you need, whilst helping with a range of practical matters, and helping you to access other, appropriate, local support services.

Tel:
0330 088 9255

Website:
<https://amparo.org.uk/>

Sussex

Cruse Bereavement Care is the leading national charity for bereaved people in England, Wales and Northern Ireland. Our vision is that all bereaved people have somewhere to turn when someone dies. Our mission is to offer support, advice and information to children, young people and adults when someone dies and to enhance society's care of bereaved people. For anyone bereaved, or affected by, suicide living in East and West Sussex, Brighton and Hove.

Tel:
07376 616628

Email:
sussexbereavedbysuicide.org.uk

Website:
<https://www.cruse.org.uk>

Thames Valley

Amparo provides emotional and practical support. Our experienced Liaison Workers can listen to your needs and assist you in accessing the support you need, whilst helping with a range of practical matters, and helping you to access other, appropriate, local support services.

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0330 088 9255

Website:
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South East

Milton Keynes

Mind BLMK works across our communities to support positive mental health and wellbeing. Working closely with a range of partners, we offer a number of activities from our wellbeing centres and local venues to make a difference to the mental health and wellbeing of people Milton Keynes, and our aim is to make sure that no-one has to face a mental health problem alone.

Tel:
0300 330 0648

Email:
hq@mind-blmk.org.uk

Website:
<https://www.mind-blmk.org.uk/>

Oxfordshire

Amparo provides emotional and practical support. Our experienced Liaison Workers can listen to your needs and assist you in accessing the support you need, whilst helping with a range of practical matters, and helping you to access other, appropriate, local support services.

Tel:
0330 088 9255

Website:
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Berkshire

Victim Support provides a dedicated bereaved by suicide support service throughout Berkshire. Our caseworkers will contact anyone who asks for our help and can tailor support to meet your specific needs. Our caseworkers can visit you at home or somewhere else where you feel comfortable and, if needed, they can see you regularly over a period of time. All the help we provide is confidential and free.

Tel:
0808 1689 111

Email:
bbs.support@victimsupport.org.uk

Website:
<https://www.victimsupport.org.uk/resources/bereaved-by-suicide-service-berkshire/>

South West

Somerset

Mind Somerset - 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 challenging to navigate than other types of bereavement. We are a specialised project to help you and your loved ones through this difficult time.

Tel:
0300 330 5463
01823 334906

Email:
bereaved@mindinsomerset.org.uk

Website:
<https://www.mindinsomerset.org.uk/>

Bristol, South Gloucester, North Somerset, Bath and North East Somerset

Second Step: Beside Project

The Beside Project is here to support you when you have lost a loved one to suicide. We offer emotional and practical support to people aged over 16, whether you are a family member, next of kin or a loved one. We work across Bristol, North Somerset, South Gloucestershire, Bath and North East Somerset. We are sadly unable to offer support to those who have experienced a historical bereavement by suicide. The organisation should make contact within 72 hours of being notified.

Tel:
0117 909 6630

Email:
Beside.project@nhs.net

Website:
<https://www.second-step.co.uk/our-services/recovery-mental-health/hope-project/beside-project/>

Devon

Pete's Dragons understand everyone affected by suicide will have a unique experience through the grieving process and it is extremely important that timely and appropriate support is available. Pete's Dragons provide a bespoke service to anyone in Devon who has been affected in this way.

Tel:
01395 277 780

Website:
<http://www.petesdragons.org.uk/>

South West

Cornwall

Cornwall Mind

Tel:
01208 892 855

Email:
info@cornwallmind.org

Dorset

Dorset Open Door - Dorset Open Door supports people who have been bereaved or affected by a death where the cause may be suicide or be particularly traumatic or sudden. In these instances often the grieving process can be even more complicated, distressing, uncertain and confusing, regardless of the time that may have passed. Any bereavement at any time is upsetting, there is no timeline to grief and each person's experience is unique. By talking through options available to you in your local area this can help point you in the right direction, offering advice, guidance and support. The service also provides support for professionals or those seeking advice for others.

Tel:
01305 361 361

Email:
dhc.dorsetopendoor@nhs.net

Website:
dhc.dorsetopendoor@nhs.net

Wiltshire

Wiltshire Mind

Tel:
01225 706 532

Website:
wellbeing@wiltshiremind.co.uk



South West

Gloucestershire

Gloucestershire Support After Suicide Service (GSASS)

- We provide support for people aged 18+ who live in Gloucestershire and have been bereaved by suicide. This includes family, partners, friends, colleagues, health & social care professionals and those who may have witnessed the death. Core opening hours Mon-Fri 9-5 but support can be provided in the evenings. The service is free to access and provides 121 practical and emotional support, bereavement support groups, bereavement counselling and an online bereavement peer support platform.

Tel:
07483 375516

Email:
glossupportaftersuicide@rethink.org

Website:
<https://www.rethink.org/glossupportaftersuicide>



Wales

All of Wales

Jac Lewis Foundation – NALS (National Advisory and Liaison Service)

We are the National Advisory and Liaison service for Wales – <https://nals.cymru> – we cover the whole of Wales and are contracted by Welsh Government to provide support to anyone in Wales children and adults who have been affected by suicide.

Website:

<https://nals.cymru/contact/>

Email:

support@nals.cymru

Telephone:

08000 487742



Scotland

Highland, Argyll and Bute

Change Mental Health - The Suicide

Bereavement Support Service offers free and confidential one-to-one support for anyone who has lost a loved one to suicide in Highland and Argyll & Bute. It's open to people who live in the area, and also to people whose loved one died in the area. Support can be delivered over the phone, face to face, or by video call, and is available for as long as it is needed. Our team can support you in the days or weeks immediately following a suicide or in the months, or even years, after your loss. We can also help with practical things like talking to GPs, the police or the procurator fiscal's office. We can even help you to organise a funeral.

Email:

suicidebereavementsupport@nhs.scot

Tel:

0800 471 4768

Highland, Argyll and Bute

Penumbra - Our team in Ayrshire and Arran can offer you practical and emotional support if you've been bereaved by suicide. This support is also available for friends and family members including children and young people. Our friendly team can offer you compassionate and personalised support based on your needs. This may be with practical things such as supporting you to make funeral arrangements, or talking to other agencies like for example funeral directors, faith-based leaders or Police Scotland. We know that navigating the grieving process can be difficult and confusing, so our team can be there simply to listen and be a source of support as you come to terms with your loss. Working alongside one of our practitioners, support can last for up to two years.

Website:

<https://penumbra.org.uk/>

Other Non-Commissioned Services

North Yorkshire

Just B - Just 'B' is a specialist bereavement support and emotional wellbeing service helping children, young people and adults across the communities of North Yorkshire, as well as offering specialist support regionally and nationally. Just 'B' is part of independent charity North Yorkshire Hospice Care, a family of services which includes Herriot Hospice Homecare and Saint Michael's Hospice. Together we offer vital hospice care, emotional wellbeing and bereavement support. Our range of local and national Just 'B' services are delivered by a team of specially trained volunteers, staff and students from backgrounds such as counselling, health care, social work and education.

Email;
Justbadults@justb.org.uk

Telephone:
01423 200110

North Yorkshire

The Lucy Rayner Foundation - provide practical support and advice for families bereaved by suicide. The loss of a loved one is always painful; however, studies show that for families affected by suicide, the feelings of grief can be especially complex and difficult to navigate. When someone decides to take their own life, it can often come as an enormous shock, even to the people closest to them. The aftermath of suicide bereavement can feel overwhelming; however, it is important to know you are not alone and that there are people and organisations here to support you. Our suicide bereavement service is here for you and will provide a safe space for you to talk about your feelings, free of any judgement. We can also help you connect with other families who have shared experiences.

Email:
info@thelucyraynerfoundation.com

Tel:
01737 886551



This document was produced by Amparo
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Facebook: Amparo.SuicideSupport
LinkedIn: Amparo - Support Following Suicide

