



## Other useful resources

**First Hand** - is a booklet & website for anyone affected by witnessing a suicide, when they did not know the person who has died. This may be because you happened to be at a particular location, or because your job involves responding to these incidents. Find out more by visiting [www.first-hand.org.uk](http://www.first-hand.org.uk)

**Crisis Management in the Event of a suicide -a postvention toolkit for employers** - a toolkit is designed to support employers in their response to the suicide of an employee, at work or outside the workplace. Find out more here - [www.supportaftersuicide.org.uk/resource/crisis-management-in-the-event-of-a-suicide-a-postvention-toolkit-for-employers](http://www.supportaftersuicide.org.uk/resource/crisis-management-in-the-event-of-a-suicide-a-postvention-toolkit-for-employers)

If you have any questions about Surrey Support After Suicide Service, We are open Mon - Fri 9am-5pm. We provide pre-arranged support sessions up to 8pm, please get in touch - we'd be delighted to hear from you!



[www.rethink.org/surreysupportaftersuicide](http://www.rethink.org/surreysupportaftersuicide)



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For further information on Rethink Mental Illness  
Phone 0121 522 7007  
Email [info@rethink.org](mailto:info@rethink.org)

**rethink.org**

Registered in England Number 1227970. Registered Charity Number 271028.  
Registered Office 28 Albert Embankment, London, SE1 7GP.  
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# Surrey Support After Suicide

For people exposed to suicide -  
colleagues, witnesses,  
professionals etc



# What we do

Support for people 18+ in Surrey who are bereaved by suicide e.g family and friends and people exposed to suicide e.g. witnesses, first responders, neighbours, colleagues and health and social care professionals. The service is free to access.

## I didn't know the person who completed suicide.

For people who witness or discover a suicide of someone they do not know, this can have devastating consequences.

Often people do not realise that they can receive support and therefore struggle alone.

This can include members of the public, train or lorry drivers, police, ambulance or fire personnel etc.

We provide 1-2-1 practical and emotional support and bereavement support groups to help you come to terms with the suicide of someone you did not know has affected you.

**“The last suicide I responded to as a police officer was my 3rd in 6 months. It never gets easier. Its useful to talk to the Bereavement Worker about how I feel & it boosted my resilience”.**

## I was providing support to the person who completed suicide.

Health and social care professionals may unfortunately experience suicides of people they support. This can mean they experience multiple suicides during their career which can leave them feeling burnt-out & have devastating effects.

We provide 1-2-1 practical and emotional support and bereavement support groups to help professionals come to terms with the suicide of someone you support has affected you.

**“When the client died, I felt alone, my colleagues didn't seem affected, I wished I had said something differently to help her & I was left feeling drained, & anxious, I began doubting myself & my support to other clients was impacted. The support helped me to process the loss & move into a more productive place”.**

## I didn't know the person who completed suicide closely.

Colleagues, neighbours etc are all negatively impacted by a suicide of someone they know sometimes with devastating effects.

We provide 1-2-1 practical and emotional support and bereavement support groups to help you come to terms with the suicide of someone you know but may not have been really close to has affected you.

**“The workplace group sessions were useful after our colleague took his life. It was beneficial having external support from people who know how it feels”.**

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.

