

## Contact our service

Survivors of Suicide (SOS)  
St. Richards Community Centre  
Egmont Road, Hove  
East Sussex BN3 7FP

Phone 01273 70 90 60  
Fax 01273 23 53 90  
Email [sos.mendos@rethink.org](mailto:sos.mendos@rethink.org)

## Confidentiality

We believe in respecting and maintaining confidentiality. We will not share personal information unless we have your permission or we have a duty of care.

## Diversity and equality

Rethink Mental Illness is committed to equality. We will strive to meet the needs of people affected by severe mental illness from all backgrounds, to eliminate inequalities in all aspects of our work, to become fully representative of the diverse communities in the country and to tackle the discrimination people experience because of race, gender, disability, sexual orientation, religion or culture.

Community Roots is provided by Southdown in partnership with 15 local mental health providers, NHS Brighton and Hove CCG and Brighton and Hove Council.



## About Rethink Mental Illness

Rethink Mental Illness is a charity that believes a better life is possible for millions of people affected by mental illness. For more than 40 years we have brought people together to support each other. We run services and support groups that change people's lives and challenge attitudes about mental illness.

We directly support almost 60,000 people every year across England to get through crises, to live independently and to realise they are not alone. We give information and advice to 500,000 more and we change policy and attitudes for millions.



**Leading the way to a better quality of life for everyone severely affected by mental illness.**

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



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**BRIGHTON  
AND HOVE**

# Suicide Bereavement Support Group

**A safe place to come  
and talk.**



If you have been bereaved by suicide and would like to receive support with this we have both one-to-one and peer support group available all year round. Whether you are a carer, family, friend or affected by a suicide bereavement please do not hesitate to contact us for an informal discussion and/ or referral form. You can self refer. We offer to meet you individually before you join a group to make sure this is the group for you.

### The purpose of the groups:

- To create a safe and supportive space where suicide bereavement and related issues can be explored.
- To empower group members to express their feelings.
- To explore choices and options.
- To connect people in the community.
- To break down the stigma and taboo that can be associated with suicide and emotional well-being.

### Peer support group:

Offers a space for you to share your experiences in a safe environment with a maximum of six other members. This group will run with the same members for 5 weekly sessions then 7 monthly sessions, so we can support you for a period of time. We do offer evening group sessions for those working or with other day time commitments. Closed groups are held throughout the year.

### We can provide:

- Psycho-social support. You will be facilitated and supported by trained and experienced staff who have accredited counselling background or similar.
- A welcoming environment, to assist with supporting wellbeing and recovery.
- A safe and supportive space where suicidal and related issues can be explored without judgment.
- A place to share recovery stories and skills in a safe environment.
- Time to explore choices and options available in dealing with difficult circumstances.
- We connect people locally who can continue to support each other once they stop attending SOS.
- We breakdown the myths and stigma attached to suicide.

### Referral criteria:

- You live, and/or have a connection in, the Brighton and Hove East Sussex area and wish to join the service.
- You can make a self referral or be referred by a professional, such as a GP, health wellbeing worker, A&E department, family or other services.
- You are over the age of 18.

### Additional information:

- If you are referred by a professional then they will need to share information about you with us.
- Please bear in mind there may be a waiting list.
- We offer one off groups and support, education and signposting to staff groups, residents, other agencies about supporting those affected by suicide.

**“After attending group meetings for a period of eight to nine sessions I could suddenly feel myself standing up straight and I was coping with life better each day because of all the support and understanding.”**

