



## Contact us

If you have any questions about Gloucestershire Support After Suicide Service (GSASS), please get in touch – we'd be delighted to hear from you!

 [rethink.org/glossupportaftersuicide](https://rethink.org/glossupportaftersuicide)

 Daytime Phone Number 07483375516

We can also take referrals outside of office hours, 365 days a year between 5pm -10pm by contacting our colleagues at the Gloucestershire Self Harm Helpline on freephone 0808 801 0606 or text 07537 410 022. They will pass your referral onto us and we will follow up with you the next working day.

 [glossupportaftersuicide@rethink.org](mailto:glossupportaftersuicide@rethink.org)



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

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

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[rethink.org](https://rethink.org)

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## Gloucestershire Support After Suicide Service (GSASS)

Providing support for people who live in Gloucestershire aged 18+ who are bereaved by suicide



## Training and volunteering

We also provide suicide prevention / awareness / bereavement training sessions for local services and organisations.

For more information please contact us to discuss your requirements.

### Volunteering

If you are interested in joining our services as a volunteer then please contact us to discuss the roles we have on offer. Full training will be provided and all volunteering is subject to a DBS check.





## What we do

We provide support for people aged 18+ who live in Gloucestershire who are bereaved by suicide

### About us

We provide support for people aged 18+ who live in Gloucestershire who are bereaved by suicide. This includes family, partners, friends, colleagues, health & social care professionals and witnesses.

**Phone Number - 07483 375516. Our core opening hours are Monday - Friday 9am-5pm. We can also provide support up to 8pm, so that you can access us at a time that suits you best.**

We can also take referrals outside of office hours, 365 days a year between 5pm -10pm by contacting our colleagues at the Gloucestershire Self Harm Helpline on freephone 0808 801 0606 or text 07537 410 022. They will pass your referral onto us and we will follow up with you the next working day.

### 1:1 Practical and Emotional Support

1:1 support from a Suicide Bereavement Worker for 6 personalised weekly support sessions followed by 6 fortnightly sessions with the option to extend support if needed. After your 121 sessions end, we provide monthly check-in sessions & we provide support on key anniversary dates.

#### The 1:1 support includes:

- Person centred, emotional support to talk about the bereavement, discuss coping strategies & find ways of dealing with your loss
- Practical support including help to navigate processes e.g. police, funeral arrangements, Coroner's Court and inquests, dealing the media & support to talk to your employer
- Signposting and referral to other services
- Advocacy to help you have your voice heard & speak out

### Bereavement Counselling

We provide bereavement counselling, using our volunteer counsellors for between 6-8 weekly sessions with the option to extend to an additional 8 fortnightly sessions if needed.

Our support services are delivered through a mixture of face to face and virtual methods such as Zoom, MS Teams, Telephone, Whats App, Email, Text etc depending on your needs.

### Bereavement Peer Support Groups

A closed support group with a maximum of 6 participants. The group is facilitated by a Suicide Bereavement Worker & a volunteer with lived experience of bereavement by suicide. Groups will last for 12 weekly sessions, lasting 1-1.5-hours.

#### The groups provide

- A safe/supportive space to discuss & explore without judgment – the impact of trauma, loss and grief on yourself, your family & networks
- Share stories & experiences in a safe environment
- Gain peer support and build connections with others

### Online Bereavement Peer Support

People who are using our service or who have used our service in the past can access an exclusive online Gloucestershire bereavement by suicide forum which is hosted by a mental health online peer support platform called Clic. This forum is available 24/7 and is moderated and enables you to share experiences and stories with others and gain peer support with others.

