

## BEREAVEMENT AFTER SUICIDE

A conversation and workshop  
to raise awareness and  
address gaps in support.



### the new normal.



[www.thenewnormalcharity.com](http://www.thenewnormalcharity.com)

**Service Offered:** Peer to peer bereavement and mental health support for adults. People are welcome to attend meetings whenever they feel they are relevant to themselves. We have no timeline of expectation and would welcome anyone who would like to attend. They could be bereaved that day or 25 years ago, their experience is valid and welcome. Service is available across all London boroughs though In Person meetings are hosted in the borough of Camden.

**Contact:**

[info@thenewnormalcharity.com](mailto:info@thenewnormalcharity.com)



SURVIVORS OF  
BEREAVEMENT  
BY SUICIDE



**Service provided:** We exist to meet the needs and overcome the isolation experienced by people over 18 who have been bereaved by suicide. We offer peer led support groups, online virtual support groups, a national telephone helpline, online community forum and email support. Service is available National / Three groups in London - Central, Haringey & Lewisham

**Contacts:**

[london@uksobs.org](mailto:london@uksobs.org)

[haringey@uksobs.org](mailto:haringey@uksobs.org)

[lewisham@uksobs.org](mailto:lewisham@uksobs.org)



Brent, Wandsworth  
and Westminster



[www.bwwmind.org.uk](http://www.bwwmind.org.uk)

**Service Offered:** 1:1 support, provision of relevant information including Help is at Hand booklet, signposting to bereavement support organisations, peer support groups and/ or mental health services for counselling/support, an offer of advocacy and liaison support during inquests or related meetings that may be part of the process following the suicide, long-term support to contacts with the service, working closely with existing bereavement services and other agencies to support individuals and families. Service available in Brent, Ealing, Harrow, Hillingdon, Hounslow, Westminster, Hammersmith & Fulham, and Kensington & Chelsea.

**Contact:**

[sbls@bwwmind.org.uk](mailto:sbls@bwwmind.org.uk)

### Facing the future

support for people bereaved by suicide



[www.facingthefuturegroups.org](http://www.facingthefuturegroups.org)

**Service Provided:** Facing the Future support groups will give you the opportunity on Zoom to meet others who have lost someone to suicide and share your experiences and feelings. Each support group is run by two trained volunteer facilitators from Samaritans and Cruse Bereavement Support and the groups run once a week over six consecutive weeks, with each session lasting for 90 minutes. There are a maximum of seven participants in each group and sessions are free of charge. You may attend our support groups even if you are already receiving other types of support. This service is for people 18+, London wide.

The groups are open to people no matter how long ago they were bereaved, and we know people who lost someone over 10- years ago have still found them useful.

**Contact:**

[ftf@cls.org.uk](mailto:ftf@cls.org.uk)

0207 758 0667

### Suicide&co



[www.suicideandco.org](http://www.suicideandco.org)

**Service provided:** Helpline and Online resources from day one, Counselling available after they've been bereaved for 6 months. Service available in England and Wales

**Contacts:**

[support@suicideandco.org](mailto:support@suicideandco.org)

[www.uksobs.org](http://www.uksobs.org)



### Hub of Hope



**Hub of Hope**

[www.hubofhope.co.uk](http://www.hubofhope.co.uk)

**Service Offered:** A mental health support database. It is provided by national mental health charity, Chasing the Stigma, and brings local, national, peer, community, charity, private and NHS mental health support and services together in one place for the first time.