



**Support for witnesses and
frontline staff**

Suicide can have a significant emotional impact on anyone involved, including witnesses, first responders, and frontline staff. We provide tailored support to help those affected navigate the emotional and practical challenges they may face.

Our service offers confidential, compassionate support to assist with making sense of the experience, managing any distress, and providing guidance through any associated difficulties. Whether you're directly involved in the response or impacted by the event, we are here to help.

If you have any questions about the Gloucestershire Support After Suicide Service, we're here to help.
Monday to Friday, 9am – 5pm.
Pre-arranged support sessions are also available until 8pm.



www.rethink.org

07483 375516



glossupportaftersuicide@rethink.org



For further information
on Rethink Mental Illness
Phone 0121 522 7007
Email info@rethink.org

rethink.org

Rethink Mental Illness, a company limited by guarantee. Registered in England Number 1227970. Registered Charity Number 271028. Registered Office 28 Albert Embankment, London, SE1 7GR. Authorised and regulated by the Financial Conduct Authority (Firm Registration Number 624502). © Rethink Mental Illness.



**Gloucestershire
Support after
Suicide Service**

What we do

We provide emotional and practical support to those aged 18 and over who have experienced suicide loss and reside in Gloucestershire.

About us

We understand that people bereaved by suicide need support at a time that feels right for them. That's why we offer support at any stage of your bereavement – whether it's immediately after your loss or later on when you feel ready to reach out. We understand that everyone's experience of bereavement is unique. When someone dies by suicide, the powerful emotions involved can feel even more complex. That's why our specialist suicide bereavement workers provide individualised support, carefully tailored to meet each person's needs.

One-to-one support:

Six weekly sessions, followed by six bi-weekly sessions, with the option to extend. After sessions end, we offer monthly check-ins for up to six months and support around key anniversary dates.

Our staff and volunteers, with lived experience of suicide bereavement, combine their personal understanding with professional expertise to enhance the support we offer to those affected by suicide loss.

Person-centred emotional support – A safe space to talk about your bereavement, explore coping strategies, and find ways to heal and work through your loss. We understand the complex emotions that can follow a suicide loss, and our approach is fully adapted to meet your individual needs.

Practical support – Our practical support includes, but is not limited to, supporting with police interactions, arranging funerals, inquest support, managing media interest, notifying companies of the death, speaking to your employer, and helping with other essential tasks that may arise during this difficult time. We're here to guide you through these challenging processes.

Signposting and referrals – signposting and referrals to other organisations if required.

Peer support

Our Peer Support Group offers a safe, supportive space for those affected by suicide loss. We offer closed, small groups, facilitated by our specialist Suicide Bereavement Workers. The group provides an opportunity to share grief, connect with others who understand, and build meaningful networks of support, all in a compassionate environment. It's a place to find comfort, strength, and hope through shared experiences.

