

Suicide Bereavement Support Networks

Below is a directory of useful links and contact details for helplines, support groups, networks and resources for service users and families affected by suicide.

Support for Survivors of Bereavement by Suicide

Survivors of Bereavement by Suicide

www.uk-sobs.org.uk

Tel - 0300 111 5065 (9am-9pm everyday)

Self-help organisation for survivors of bereavement by suicide.

If U Care Share Foundation

<http://www.ifucareshare.co.uk/>

Tel: 0191 387 5661

A charity promoting emotional wellbeing in young people and support for those bereaved by suicide.

Help is at Hand: A resource for people bereaved by suicide and other sudden, traumatic death

<http://www.nhs.uk/Livewell/Suicide/Documents/Help%20is%20at%20Hand.pdf>

An NHS guide for people bereaved by suicide and or other sudden death.

International Association for Suicide Prevention

www.iasp.info

The IASP maintains a list of organisations that offer support to people bereaved by suicide.

Console

www.console.ie

Console is a charity based in Ireland providing national support for people bereaved by suicide and for suicide prevention.

Samaritans

<http://www.samaritans.org/>

Tel: 0845 790 9090

Samaritans 24 hour helpline

Cruse Bereavement Care

<http://www.cruse.org.uk/>

Tel: 0844 477 9400

A national bereavement support network with services and support for people who are bereaved.

Health Talk Online

www.healthtalkonline.org

An online network for health discussions including support for suicide bereavement.

Support for Parents

The Compassionate Friends

www.tcf.org.uk

The Compassionate Friends is a self-help organisation of bereaved parents and includes the Shadow of Suicides (SOS) network specifically for parents bereaved by suicide.

Care for the Family

www.careforthefamily.org.uk

Tel: 029 2081 0800

Care for the Family offer support to those who have lost children in any circumstances.

SandRose

www.sandrose.org.uk

Tel: 0845 607 6357 (Office hours Monday to Friday 9am – 3pm)

SandRose provides free breaks to the bereaved, with particular emphasis on young families. They aim to help families adjust and become more able to cope with their loss.

Support for Children and Young People

RD4U

www.rd4u.org.uk

Tel: 0808 808 1677

RD4U is a website created by Cruse Bereavement Care to provide support and advice for bereaved young people.

Papyrus Hopeline Link

Tel: 0800 068 41 41.

National confidential helpline for prevention of suicide in young people.

The Children's Bereavement Service

Tel: 0161 655 1431

The Winston's Wish Helpline

<http://www.winstonswish.org.uk/>

Tel: 08452 03 04 05

Charity for bereaved children.

Child Bereavement UK

<http://www.childbereavementuk.org/>

01494 568900

The Child Bereavement Charity provides a confidential service for bereaved families and professionals when a child has died and when a child is bereaved.

ChildLine

www.childline.org.uk

Tel: 0800 1111

National helpline for children and young people.

Support for Men

Campaign Against Living Miserably

<https://www.thecalmzone.net/>

Tel: 0800 585858

A registered charity campaigning to prevent male suicide in the UK. CALM provide support and resources specifically for men at risk of suicide.

Other Resources and Useful Contacts

NHS 111 Service

Tel: 111

NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones. It can be used in circumstances where you need urgent help or advice but it's not a 999 emergency.

Mind

www.mind.org.uk

The UK's Mental Health charity.

Inquest

<http://www.inquest.org.uk/>

Tel: 020 7263 1111

Inquest is a small charity offering free legal advice and casework services for those bereaved after a death in custody.

The Islamic Cultural Centre

www.iccuk.org

Tel: 020 7725 2213/2152

Asian Counselling Service

Tel: 020 8571 3933

The Muslim Community Helpline

<http://muslimcommunityhelpline.org.uk/>

Tel: 020 8904 8193 (Monday – Friday 10am – 1pm)

The Muslim Community Helpline is a confidential, non-judgmental listening and emotional support helpline.

Jewish Bereavement Counselling Service

Tel: 0208 951 3881

www.jbcs.org.uk

The JBCS is a service committed to ensuring that professional, skilled and confidential bereavement counselling is available to everyone in the Jewish Community.

Lesbian and Gay Bereavement Project

Tel: 020 7403 5969 (Tuesday and Thursday 07.30pm – 09.30pm)

A helpline that offers a listening ear to lesbians and gay men who have been bereaved.

Citizens Advice

www.citizensadvice.org.uk

<http://www.adviceguide.org.uk/england.htm>

The Citizens Advice Bureau provide information and advice on all practical aspects of bereavement.

Bereavement Benefits

<https://www.gov.uk/bereavement-allowance/overview>

You can get further information on Bereavement Allowance from the UK Government website at the link above, or from your local Job Centre.