

Recognising the devastating effect suicide can have on family members and friends, the **Bereaved by Suicide Project** encourages development of a range of support structures you can turn to after bereavement.

Please contact:

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This document is available, on request, in accessible formats, including Braille, cd, audio cassette and minority languages.

www.northerntrust.hscni.net

Have you, or someone you know been bereaved by Suicide?



If you have been bereaved by suicide

The Bereavement Support Worker will work with local community and voluntary organisations to increase awareness of existing local support.

Where gaps in this provision are identified, the worker will encourage the development of group and individual support mechanisms at a local level.

Dealing with a bereavement through suicide is challenging due to the range and depth of emotions experienced - often accompanied by questions as to 'why' it has happened.

Local Support Groups are available throughout the Northern Trust area

Individual counselling and local support groups are available

to those in need of additional support to cope with bereavement after a suicide. These sessions are currently available throughout the Northern Trust area, and a fixed number of sessions per person are free through this project.

You are eligible for support if:

- You have been bereaved by suicide for more than 2 months (bereavement support is most useful when the person has had time to experience natural grieving processes).

- You are aged 18 years or older.
- You are a resident within the Northern Health and Social Care Trust area which includes the District Council areas of Antrim, Ballymena, Ballymoney, Ballycastle, Carrickfergus, Coleraine, Cookstown, Lame, Magherafelt, Newtownabbey.

If you would like more information about a Support Group in your area, or to be referred to the individual Counselling service, please contact the Bereavement Support Worker who will make a referral in confidence. (See reverse for contact details).

The following organisations also provide support to those bereaved by suicide:

LIFELINE

The Suicide Prevention Helpline for NI. Anyone thinking about or affected by suicide, or who is concerned for someone else, should call the number for immediate and professional support.
0808 808 8000

CONTACT YOUTH

Local counselling to young people aged 25yrs and under. Issues include bullying, family and relationship problems, abuse, substance abuse or sexual orientation issues. This service is part of the LIFELINE helpline.
0808 808 8000

ZEST

A self-harm and suicide information and support service for anyone who has self-harmed or is suicidal, and also provides support to families.
028 7126 6999

PIPS

(Public Initiative for the Prevention of Suicide and Self-Harm) Based in Belfast with more localised services developing to meet demand, PIPS provide support for those who have been bereaved by suicide.
028 9075 5070

NIAMH LOUISE FOUNDATION

Support, prevention and intervention as well as bereavement support for those affected by suicide and self-harm.
07846 666492

CRUSE BEREAVEMENT

Exists to enable anyone bereaved by death to understand their grief, cope with their loss and to promote their wellbeing.
028 2563 0900

SAMARITANS

Confidential non-judgemental emotional support, 24 hours a day for people who are experiencing feelings of distress or despair, including those which could lead to suicide.
08457 90 90 90