

By your side

Support after
suicide in Cumbria



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Losing a husband unexpectedly after 35 years completely turned my life upside down. It sometimes feels like you're not going to get through the grief. People seem to expect you to move on. Only those of us who have experienced this terrible tragedy can truly understand. And I feel so very grateful for the care I have received. It means so much to me to know that there is this community of people out there to call on, and who understand the things I have gone through.

”

We are truly sorry that you are reading this booklet as it means that you have lost somebody close to you to suicide, or suspected suicide. Please accept our condolences at this traumatic time.

Bereavement by suicide is a unique loss. It has been described as one of the most difficult and lonely experiences a person can have, being left with an overwhelming jumble of feelings and thoughts. And the impact of a suicide can ripple out far and wide, affecting families, friends and communities alike.

Your experience of grief will be as individual as your fingerprint. Each person will be affected in his or her own way – even within the same family. Each had their own relationship with the person who has died, and their own experience of other losses.

Having lost my own son, Ben, to suicide, I can empathise with some of the emotions that you may be going through right now. We cannot take away the pain, anger or sorrow, but we want you to know that there are groups listed in this booklet who are here to offer you support. Who are there to listen, to share experiences, and to help you navigate the coming days, weeks and months ahead.

We want you to know that you are not alone in your grief.

Kate Bainbridge

Co-Founder – Every Life Matters



“

Life changed beyond recognition when my partner died. Everything suddenly looked so different. So much shock, so many people around, phone calls, letters, things to remember, it is chaotic and nightmarish. Paul from Every Life Matters appeared at just the right moment for me. When everything was upside down, and life was unrecognisable, he came along and brought calm and caring advice, emotional support, and has guided me through all the various processes and made me feel like I am not alone in this.

”

Every life matters

Who we are: Every Life Matters is a Cumbrian Suicide Prevention and Bereavement Support charity. We are dedicated to supporting those affected by suicide and reducing suicide rates in our county through campaigning, training and promoting suicide safer communities.

How we can help: Every Life Matters offers practical and emotional support during the early weeks and months following a bereavement by suicide either in person, by telephone or online. The support we offer reflects the unique needs of each individual and we are here to:

- Offer emotional support and a listening ear, a space where you can talk openly and confidentially about how you are feeling
- Help you to understand some of the responses you might be having to your bereavement, and learn ways to cope
- Advise you about talking to your children or telling others about the death
- Help you manage any media interest and coverage about the death
- Help you identify organisations and groups that might offer support to you and your family - now and in the future
- Provide information and support around the Coroner's Inquest and other Investigations
- Support you managing practical issues around money, housing and employment
- Support you with arrangements around the funeral.

You can also explore with us meaningful ways to remember your loved one, doing something to help others in your position, or undertaking fundraising or other events to raise awareness about suicide. Many people find this a very important part of their journey.

Further information: www.every-life-matters.org.uk

Making contact: Call Paul on 07588 016 166
or email: support@every-life-matters.org.uk



Who we are:

Suicide Bereavement Support is a volunteer-led service comprised of people from all walks of life who have been touched by suicide ourselves. An experience which helps us to understand the pain and devastation such loss involves.

How we can help:

If you have been affected by the tragedy of suicide - whether you have lost a family member, friend or colleague - then Suicide Bereavement Support (SBS) is here to help you. We will support you in finding a way forward, whilst coping with the devastation in as flexible a way as we can. This may be through by attending one of our group meetings (Zoom or in person), reading the information on our website or by occasional email or phone contact. We also have a well-used closed Facebook group.

Location:

We cover the whole of Cumbria and surrounding areas and have group meetings at four locations across the county.

Further information:

www.sbs.org.uk

Making contact:

Call or text John on 07572 975 721 or Karan on 07896 703 757.

Email: hello@sbs.org.uk



“

If you want to meet others in the same situation or just to have a one-to-one chat on the phone, we're here for you.

Maybe you're not ready to have a conversation yet, in which case, just send us a text or email – there's no pressure to talk.

”



“

The volunteer at Court was so helpful in explaining the procedure, and looking after us throughout, and afterwards. We couldn't have got through the day without her.

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The Coroners' Courts Support Service

Who we are:

The Coroners Court Support Service is a national charity that offers emotional and practical help for anyone attending a Coroners Inquest, or who has questions about the Inquest process.

How we can help:

We aim to help, guide and support everyone attending an Inquest, which for some can feel like a complicated and confusing process. We do this through;

- Our National Helpline is there for anyone who has questions about the inquest process or bereavement pathways.
- Our local Telephone Support Service volunteers can talk you through the support they offer prior to the Inquest, and give an insight into the Inquest venue, location, facilities, parking etc.
- Our Team of volunteers can provide face to face support on the day of the inquest.

Location:

We cover the whole of Cumbria.

Further information:

www.coronerscourtssupportservice.org.uk

Making contact:

National Helpline: 0300 111 2141 open 9am to 7pm weekdays and 9am to 2pm Saturday. Email: helpline@ccss.org.uk



Who we are:

We are the Cumbria branch of the national bereavement support charity, Cruse Bereavement Care. We offer 1:1 bereavement support, advice and information to adults, children and young people when someone dies.

How we can help:

Our trained and experienced volunteers provide free and confidential support to people who have been bereaved, in-person, by telephone or zoom, helping them to come to terms with the loss of someone important in their lives, and better understand their grief. Cruse also supply a range of information, offer a National Helpline service and online chat support.

During the initial shock and trauma following a bereavement by suicide, it is usually too soon for an individual to make use of grief counselling. As such, Cruse usually supports people starting from around six months following the death.

Location:

We cover the whole of Cumbria.

Further information:

www.crusecumbria.org.uk & www.cruse.org.uk

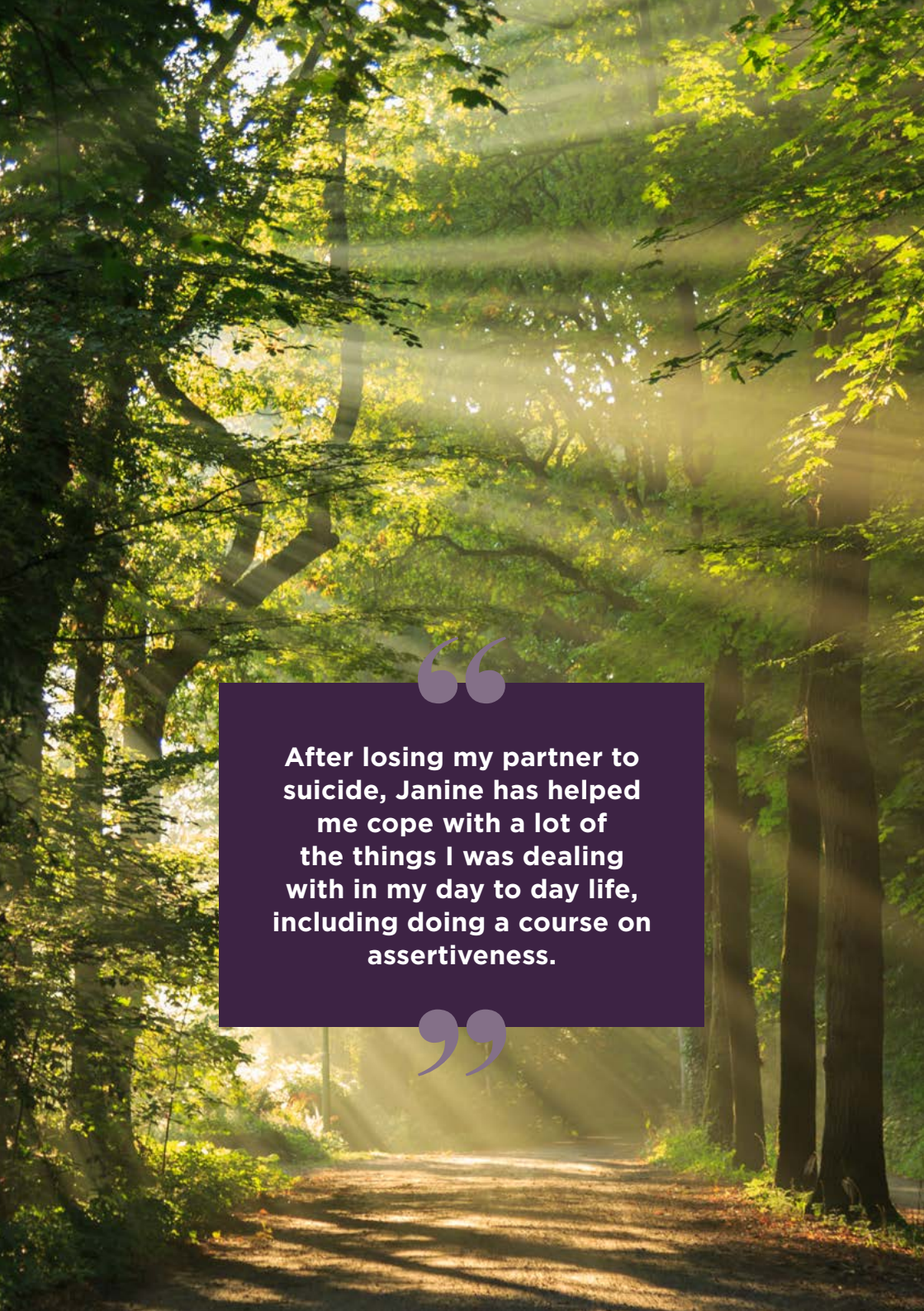
Making contact:

Call: 0300 600 3434 - please leave a message. A member of our telephone team will ring you back. Email: cumbria@cruse.org.uk

National Helpline: 0808 808 1677 Online chat: www.cruse.org.uk

A photograph of a large tree with thick, gnarled roots exposed on a rocky outcrop in a forest. The roots are dark brown and spread out across the rock face. The background shows a dense forest of tall trees with green foliage.

I received support via Zoom. An amazing organisation. Professional, wise and kind people. Thank you Cruse.

A photograph of a dirt path winding through a dense forest. Sunlight filters through the green leaves of the trees, creating a dappled light effect on the path and the surrounding foliage. The trees are tall and their branches are thick with leaves. A large, semi-transparent purple rectangle is centered in the lower half of the image, containing white text and large quotation marks.

“
After losing my partner to
suicide, Janine has helped
me cope with a lot of
the things I was dealing
with in my day to day life,
including doing a course on
assertiveness.
”



together we
Cumbria

Who we are:

We support the mental and physical health of individuals of all ages, as well as families. We empower people to take back control of their health through different therapeutic interventions like counselling, cognitive behavioural therapy, interpersonal therapy and general mental health support. We are able to offer those bereaved by suicide emotional support that is person centred and individually focused to help improve their mental health.

How we can help:

We want to reduce how mental health and physical health problems impacts on an individual and the wider community. We do this through both one to one and group support using counselling, multi-model psychological interventions and physical activity programmes.

All have an underlying theme of improving emotional resilience to help you cope with life's day-to-day challenges, and this has been particularly helpful for people managing in the aftermath of a bereavement by suicide.

Location:

Support for Copeland and Allerdale.

Further information:

www.togetherwe.uk

Making contact:

Telephone number: 0808 196 1773 Text: 07969497258

Email: info@togetherwe.uk



Who we are:

Child Bereavement UK helps children, parents and families to rebuild their lives when a child grieves and when a child dies.

How we can help:

We support children and young people up to the age of 25 who are facing bereavement, and anyone impacted by the death of a child of any age. We offer free, confidential bereavement support by telephone, video, instant messenger, and face to face as well as support groups. We also provide live chat via our website alongside a wide range of information resources.

Location:

We cover all of Cumbria.

Further information:

www.childbereavementuk.org

Making contact:

Get in touch via our Helpline: 0800 02 888 40,
email: support@childbereavementuk.org or Live Chat via
our website to find out how we can support you/your family.

“

The groups allow you to talk in your own time and only with what you are happy saying. It shows you that you are not on your own and helps you connect with other young people who are in a similar situation.

”



TIME TO



Share

Who we are:

Time To Share Bereavement Services Community Interest Company offers support in Copeland to enable children to process their grief and to continue to grow, learn, and build trusting relationships.

How we can help:

We provide specialist child-led therapeutic support to children and young people aged 3-18 years, who have experienced bereavement or loss. We use play, a child's natural means of expression, to help them process their feelings, thoughts and ideas. The services we offer include 1:1 and small group play therapy alongside a community group, which includes parents and guardians. We are led by a Certified Play Therapist registered with Play Therapy UK who has over 17 years of experience working with bereaved children and families. The services we offer are commissioned by Schools, Every Life Matters and other agencies.

Location:

We support children and families in Copeland.

Further information:

www.timetosharecopeland.co.uk

Making contact:

For a discussion or further information please contact us by
tel: 07926385262 (between 9am-3pm Mon-Fri) or
email: timetoshareberservice@gmail.com



Young people respond well to this kind of honest play therapy. I have witnessed quiet, shy and scared children come out of their shells and open up, making friends in the process.



Help is at Hand

An essential guide for anyone bereaved by suicide, or a suspected suicide.

every-life-matters.org.uk/help-is-at-hand

Support After Suicide – What happens next?

information about what may be happening in the days, weeks and months ahead.

supportaftersuicide.org.uk/journey-days

Survivors of Bereavement by Suicide

Support and guidance for people bereaved and affected by suicide.

uksobs.org

National helpline **0300 111 5065** – 9am to 9pm Monday to Friday

Support after Suicide

Information, guidance and details of support services across the UK.

supportaftersuicide.org.uk

Winston's Wish

Expert advice and guidance on supporting a grieving child or young person after the death of a loved one.

winstonswish.org

National helpline **08088 020 021** – 9am to 5pm Monday to Friday

Bereavement Support in Cumbria and wider

Extensive information and support directory for people living in Cumbria.

northcumbriaccg.nhs.uk/contact-us/bereavement-support-cumbria

Samaritans

samaritans.org

Call **116 123** –24 hours a day, 365 days a year.

**Every
life
matters...**

www.every-life-matters.org.uk