

Bereavement Toolkit

It can be incredibly difficult to lose someone to suicide. Becoming bereaved by suicide may make you feel isolated, abandoned or experience your own mental health difficulties. You may experience complicated thoughts about the person you have lost or feel like you have lost your memories related to your loved one. There is no 'right' way to experience grief, and you may find your grief affects you differently on different days. These resources are designed to provide you support in this difficult time.

If you feel like you need support with your own mental health, these 24/7 services can help:

National:

Samaritans 116 123

999

111 (Option 2- Mental Health)

Papyrus Hopeline: Call- 0800 068 4141 or Text 88247

Text Shout to 85258

Teesside:

Tees, Esk and Wear Valley Crisis Team: 0800 0515 171

Resources

Website title: Suicide & Co

Website Description: Suicide and Co provide 12 sessions of free counselling to anyone 18+ who has been bereaved by suicide in England or Wales.

Website Link: [Suicide&Co | Support after Suicide Bereavement \(squarespace.com\)](https://www.suicideandco.org.uk/)

The Here to Help 'resources', which include but are not limited to, website, information sheets, and in person workshops are intended to provide general information only. The 'resources' provided by 'Here to Help' do not replace, or supersede, professional and/or medical advice. Users should take professional advice before taking action which contradicts previous medical guidance. So far as permissible by law, SJOG does not accept any liability related to individual's use or interpretation of the 'resources' provided.

Whilst we have selected some resources from other organisations which we believe will be helpful, we accept no liability for the content of these resources.'

Although SJOG have taken all reasonable precautions to ensure that the 'resources' provided are accurate, neither SJOG or any of its employees, can be held responsible for the direct or indirect actions taken by users following engagement with Here to Help 'resources'.

Website title: IfUCareShare

Website Description: IfUCareShare provide a number of useful resources and additional support to those who have been bereaved by suicide.

Website Link: [I have lost someone to suicide | If U Care Share](#)

Website title: Support Groups for Individuals Bereaved by Suicide

Website Description: This website provides information about how to join a support group if you have been bereaved by suicide.

Website Link: [Support groups for people bereaved by suicide \(samaritans.org\)](#)

Moreover, autistic individuals may experience bereavement differently than non-autistic individuals. These resources provide specific support to autistic individuals experiencing bereavement:

Website title: National Autistic Society Bereavement Support

Website Description: Guides for autistic individuals who have experienced bereavement

Website Link: [Bereavement \(autism.org.uk\)](#)

Website title: Supporting an autistic child with bereavement

Website Description: A video providing step by step guidance to supporting an autistic child with bereavement

Website Link: [Supporting a bereaved autistic child | Child Bereavement UK](#)

Website title: Supporting neurodivergent people who have been bereaved by suicide guide

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Website Description: A comprehensive and detailed exploration of best practice in supporting neurodivergent individuals who have been bereaved by suicide.

Website Link: [Overview of our new guide: supporting people bereaved by suicide who are neurodivergent – Support After Suicide](#)

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