



We exist to meet the needs and break the isolation of those bereaved by the suicide of a close relative or friend. Many of those helping have themselves been bereaved by suicide.

None of us need to suffer alone, together we can help each other

We offer emotional support, help and information in a number of ways:

- Telephone Helpline
- Information
- Support group meetings around the country
- Support Days
- Residential events

Our aim is to provide a safe, confidential environment, in which bereaved people can share their experiences and feelings, thus giving and gaining support from each other.

We also strive to improve public awareness and maintain contacts with many other statutory and voluntary organisations.

Suicide recognises no social, ethnic or cultural boundaries – neither do we. Our groups are free of charge and open to all survivors of bereavement by suicide aged 18 and over.



**SURVIVORS OF
BEREAVEMENT
BY SUICIDE**

Bereaved by Suicide?

CALLING FOR HELPLINE VOLUNTEERS

Survivors of Bereavement by Suicide
National Office
The Flamsteed Centre
Albert Street
Ilkeston
Derbyshire
DE7 5GU

**Can you join us to help others by
volunteering for the National Helpline?**



NATIONAL HELPLINE
0300 111 5065
Available 9am-9pm
weekdays

The Helpline offers an invaluable service to adults, often to newly bereaved people, affected by the loss of a loved one to suicide. The Helpline may be the first contact for emotional support after their tragedy. Bereavement by suicide can feel extremely isolating. Callers can share their feelings with someone who really understands and who will listen.

Calls are also received from Professionals who may request information for their clients.

Are you?

- A good listener
- Empathetic
- Patient
- Non-judgemental
- Wanting to help others bereaved by suicide
- Able to keep confidentiality
- Able to use a landline to work from your own home without interruptions

Do you have a few hours to spare?

- Can you offer a regular commitment each week or month
- Or can you offer to fill in gaps in the rota
- A shift may be for 4 hours or less

What happens next:

Your references will be followed up, which will then be discussed at a Trustees meeting once approved you will be offered a place on the next available Helpline Training Day. These are held twice a year.

Ongoing support is offered by other Helpline Volunteers.

Have you been bereaved by Suicide for at least 3 years?

If you think that you could offer support to others by volunteering on the Helpline, and would like to know more about the role:

- Look on our website: www.uksoobs.org
- Phone the Helpline between 9am and 9pm weekdays to talk to a Helpline Volunteer on: 0300 111 5065
- Phone the National Office on: 0115 944 1117
- Email the National Office on: admin@uksobs.org

Support days are held every year to develop skills and update training.

Application forms are available on our website: www.uksoobs.org