

Group	Monthly Meeting Day	Telephone
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Scotland, Yorkshire and the North East

Aberdeen	1 st Tuesday	07496 642 730
Argyll (No group Phone Contact only)		07552 509 118
Edinburgh	Last Thursday	07787 580 998
Elgin	3 rd Tuesday	07754 068 529
Hull	1 st Wednesday	01964 536 546
Renfrewshire	Last Wednesday <small>(5.4.18 temporarily closed to new members)</small>	07402 204 799
Scottish Borders		
A varying Tuesday every month		07561 319 863
Scunthorpe	3 rd Wednesday	07528 788 823
Sheffield	1 st Wednesday	07858 290 078
Whitley Bay	2 nd Wednesday	07756 025 735
York	3 rd Wednesday	07932 542 672

Survivors of Bereavement by Suicide

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.

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.

How to contact us

Telephone: 0115 944 1117
 Office e-mail: admin@uksobs.org
 Website: www.uksobs.org
 Support by email: Ann at email.support@uksobs.org

Lesbian, Gay, Bi-sexual, Transgender Adviser / Equality & Diversity Adviser: contact Emmett or Jackie by email at lgbtq.support@uksobs.org



Bereaved by Suicide?

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

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

NATIONAL HELPLINE

0300 111 5065
 Available 9am - 9pm
 Monday to Friday

Survivors of Bereavement by Suicide
 Charity Company Limited by Guarantee
 Registered in England, Wales and Scotland
 Charity Number 1098815
 Scottish Charity Number SCO41397

Company Number 4754829

Group	Monthly Meeting Day	Telephone
<u>South Wales and the South West</u>		
Bristol	Various dates	07392 993 945
Cardiff	1 st Wednesday	01873 830 107
Exeter	2 nd Tuesday	07984 786 868
Gloucester	2 nd Wednesday	01452 371 945
Swindon	1 st Wednesday	07543 242 332
<u>London & Surrounding Area, the South East & East Anglia</u>		
Aylesbury	2 nd Thursday	07562 336 649
Brighton	1 st Monday	07747 664 294
Bournemouth	3 rd Wednesday	07847 044 797 07847 044 796
Bury St Edmunds	2 nd Wednesday	07531 087 623
Essex (Brentwood)	3 rd Monday	07774 536 111
Guildford	Last Thursday	07434 365 815
Henley-on-Thames	3 rd Wednesday	07958 434 082
Horsham	1 st Wednesday	07752 874 693
Isle of Wight	Opening soon	07541 346 892
Ipswich	4 th Thursday	07531 087 623
London	1 st & 3 rd Tuesday	02086 755 862
Lowestoft	1 st Tuesday	07531 087 623
Maidstone	1 st Tuesday	01622 751 976 01622 720 199
Margate	Last Tuesday	07522 955 806

Group	Monthly Meeting Day	Telephone
Milton Keynes	4 th Wednesday	07598 158 379
Newbury	2 nd Wednesday	07763 644 315
North London (Haringey)	2 nd Wednesday	07934 976 253
Orpington	1 st Thursday	07519 105 354
Portsmouth	2 nd Tuesday	07429 543 959
South Downs	2 nd & 4 th Thursday	07902 084 397
Surrey	1 st Wednesday	07851 420 526
Watford	3 rd Wednesday	07856 338 210 7:30 pm to 9:00 pm
Welwyn & Hatfield	3 rd Tuesday	07902 077 751
Winchester	1 st Thursday	07763 644 310
Wokingham	1 st Wednesday	07545 897 781
<u>Midlands</u>		
Coventry	1 st Tuesday	07902 084 320
Bromsgrove	3 rd Tuesday	07811 172 767
Ilkeston	4 th Thursday	01159 441 117 9am – 5pm
Leamington	2 nd Monday	0247 6302 969
Lincoln	1 st Wednesday	07553 937 381 9am – 5pm
Melton Mowbray	2 nd Thursday	07935 840 896
Uttoxeter	3 rd Friday	07950 269 539

Group	Monthly Meeting Day	Telephone
<u>North Wales and the North West</u>		
Bolton	3 rd Thursday	01942 201 744
Crewe	2 nd Monday	07484 115 555
Chester	Last Wednesday	07746 625 124
North Cumbria	2 nd Thursday	07896 703 757 07572 975 721
South Cumbria	4 th Thursday	07896 703 757 07572 975 721
West Cumbria	2 nd Tuesday	07896 703 757 07572 975 721
Liverpool	2 nd Monday	07840 273 803
Manchester	1 st Thursday	07531 392 674
Stockport	3 rd Wednesday	07508 536 150
St Helens	4 th Monday	07580 358 312