

## 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](mailto:admin@uksobs.org)  
**Website:** [www.uksobs.org](http://www.uksobs.org)  
**Support by email:** Ann at [email.support@uksobs.org](mailto:email.support@uksobs.org)

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

<b>Group</b>	<b>Monthly Meeting Day</b>	<b>Telephone</b>
<b><u>South Wales and the South West</u></b>		
<b>Bristol</b>	Various dates	<b>07392 993 945</b>
<b>Cardiff</b>	1 <sup>st</sup> Wednesday	<b>01873 830 107</b>
<b>Exeter</b>	2 <sup>nd</sup> Tuesday	<b>07984 786 868</b>
<b>Gloucester</b>	2 <sup>nd</sup> Wednesday	<b>01452 371 945</b>
<b>Swindon</b>	1 <sup>st</sup> Wednesday	<b>07543 242 332</b>

**London & Surrounding Area, the South East & East Anglia**

<b>Aylesbury</b>	2 <sup>nd</sup> Thursday	<b>07562 336 649</b>
<b>Brighton</b>	1st Monday	<b>07747 664 294</b>
<b>Bournemouth</b>	3 <sup>rd</sup> Wednesday	<b>07847 044 797</b> <b>07847 044 796</b>
<b>Essex (Brentwood)</b>	3 <sup>rd</sup> Monday	<b>07774 536 111</b>
<b>Guildford</b>	Last Thursday	<b>07434 365 815</b>
<b>Henley-on-Thames</b>	3 <sup>rd</sup> Wednesday	<b>07958 434 082</b>
<b>Horsham</b>	1 <sup>st</sup> Wednesday	<b>07752 874 693</b>
<b>Isle of Wight</b>	Opening soon	<b>07541 346 892</b>
<b>London</b>	1 <sup>st</sup> & 3 <sup>rd</sup> Tuesday	<b>02086 755 862</b>
<b>Maidstone</b>	1 <sup>st</sup> Tuesday	<b>01622 751 976</b> <b>01795 870 200</b>
<b>Margate</b>	Last Tuesday	<b>07522 955 806</b>
<b>Milton Keynes</b>	4 <sup>th</sup> Wednesday	<b>07598 158 379</b>
<b>Newbury</b>	2 <sup>nd</sup> Wednesday	<b>07763 644 315</b>
<b>North London (Haringey)</b>	2 <sup>nd</sup> Wednesday	<b>07934 976 253</b>
<b>Portsmouth</b>	2 <sup>nd</sup> Tuesday	<b>07429 543 959</b>
<b>South Downs</b>	2 <sup>nd</sup> & 4 <sup>th</sup> Thursday	<b>07902 084 397</b>

<b>Group</b>	<b>Monthly Meeting Day</b>	<b>Telephone</b>
<b>Surrey</b>	1 <sup>st</sup> Wednesday	<b>07851 420 526</b>
<b>Watford</b>	3 <sup>rd</sup> Wednesday	<b>07856 338 210</b> 7:30 pm to 9:00 pm
<b>Welwyn &amp; Hatfield</b>	3 <sup>rd</sup> Tuesday	<b>07902 077 751</b>
<b>Winchester</b>	1 <sup>st</sup> Thursday	<b>07763 644 310</b>
<b>Wokingham</b>	1 <sup>st</sup> Wednesday	<b>07545 897 781</b>

**Midlands**

<b>Coventry</b>	1 <sup>st</sup> Tuesday	<b>07902 084 320</b>
<b>Bromsgrove</b>	3 <sup>rd</sup> Tuesday	<b>07811 172 767</b>
<b>Ilkeston</b>	4 <sup>th</sup> Thursday	<b>01159 441 117</b> 9am – 5pm
<b>Leamington</b>	2 <sup>nd</sup> Monday	<b>0247 6302 969</b>
<b>Melton Mowbray</b>	2 <sup>nd</sup> Thursday	<b>07935 840 896</b>
<b>Uttoxeter</b>	3 <sup>rd</sup> Friday	<b>07950 269 539</b>

**North Wales and the North West**

<b>Bolton</b>	3 <sup>rd</sup> Thursday	<b>01942 201 744</b>
<b>Crewe</b>	2 <sup>nd</sup> Monday	<b>07484 115 555</b>
<b>Chester</b>	Last Wednesday	<b>07746 625 124</b>
<b>North Cumbria</b>	2 <sup>nd</sup> Thursday	<b>07896 703 757</b> <b>07572 975 721</b>
<b>South Cumbria</b>	4 <sup>th</sup> Thursday	<b>07896 703 757</b> <b>07572 975 721</b>
<b>West Cumbria</b>	2 <sup>nd</sup> Tuesday	<b>07896 703 757</b> <b>07572 975 721</b>
<b>Liverpool</b>	2 <sup>nd</sup> Monday	<b>07840 273 803</b>
<b>Manchester</b>	1 <sup>st</sup> Thursday	<b>07531 392 674</b>

<b>Group</b>	<b>Monthly Meeting Day</b>	<b>Telephone</b>
<b>Stockport</b>	3 <sup>rd</sup> Wednesday	<b>07508 536 150</b>
<b>St Helens</b>	4 <sup>th</sup> Monday	<b>07580 358 312</b>

**Scotland, Yorkshire and the North East**

<b>Aberdeen</b>	1 <sup>st</sup> Tuesday	<b>07496 642 730</b>
<b>Edinburgh</b>	Last Thursday	<b>07787 580 998</b>
<b>Elgin</b>	3 <sup>rd</sup> Tuesday	<b>07754 068 529</b>
<b>Hull</b>	1 <sup>st</sup> Wednesday	<b>01964 536 546</b>
<b>Renfrewshire</b>	Last Wednesday	<b>07402 204 799</b>
<b>Scottish Borders</b>	A varying Tuesday every month	<b>07561 319 863</b>
<b>Scunthorpe</b>	3 <sup>rd</sup> Wednesday	<b>07528 788 823</b>
<b>Sheffield</b>	1st Wednesday	<b>07858 290 078</b>
<b>Whitley Bay</b>	2 <sup>nd</sup> Wednesday	<b>07756 025 735</b>
<b>York</b>	3 <sup>rd</sup> Wednesday	<b>07932 542 672</b>