

A collection of overlapping, semi-transparent geometric shapes in shades of blue, green, and yellow, arranged in a path-like pattern across the bottom half of the page. A white horizontal line is positioned above the main title.

Finding your way

A directory of suicide
bereavement services for
Surrey and North East Hampshire

Welcome

This directory has been created by a working group hosted by Surrey and Borders Partnership NHS Foundation Trust group was set up to develop ways to better support people in Surrey and North East Hampshire who may have been affected by suicide. Many members of the group have themselves been bereaved by suicide, and all have an interest in helping those who have been affected by suicide.

We hope that this directory offers you practical assistance and connects you to the sources of support that you may need, whether this is at the time of your loss or at some point in the future. If you are using this directory, please remember that our heartfelt thoughts are with you, that help is available and that you are not alone.

Bereavement by Suicide Working Group
Surrey and Borders Partnership NHS Foundation Trust



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Surrey and North East Hampshire

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Peer support groups for adults

Many people bereaved by suicide find that connecting with other people in a similar situation to themselves, for example by attending a support group, makes a big difference, especially in the early days. Self-help groups are welcoming, informal and non-judgmental in approach and are run by trained volunteers who have themselves experienced bereavement.

Survivors of Bereavement by Suicide (SOBS)

SOBS is the leading charity in the UK for people over the age of 18 who have been bereaved by suicide. Support is offered via local self-help groups which connect people who have been bereaved to enable them to talk, support and share with each other. Groups are peer led and no referral is necessary to attend, nor are there waiting lists or time constraints on the bereavement. Groups meet once a month, and anyone interested in attending a

group is encouraged to contact the organiser directly; they will arrange to meet you face-to-face for a chat, explain how the group works and provide details of the venue.

The SOBS website offers a wealth of useful information and contact details for groups and services including email support service, LGBTQ specific email support service, support forums such as facebook groups, information on support days and retreats.

National Helpline: 0300 111 5065
9am-9pm, Monday to Friday
Website: www.uksobs.org
Email: sobs.support@hotmail.com

'SOBS is really friendly. Glad to meet people in the same boat as me'

'It was helpful to meet and talk with other people who had gone through the same experience as me'

'SOBS meetings...they truly understand how I am feeling'

Surrey

Guildford SOBS group

- Meets on last Thursday of every month 6.45-8.15pm
- Phone: Sophie and Lisa 07434 365815
- Email: sobsguildford@gmail.com

Cheam (London Borough of Sutton) SOBS group

- Meets on first Wednesday of every month 6.30-8.30pm
- Phone: Ann 07851 420526

Sussex

Horsham SOBS group

- Meets on first Wednesday of every month 7-9pm
- Phone: Sarah 07752 874 693
- Email: sobshorsham@hotmail.com

Brighton SOBS group

- Meets on first Wednesday of every month 7-9pm
- Phone: Paula 07747 664294
- Email: sobs.brighton@gmail.com

'I needed the help during those first few days and weeks, then months...'

Hampshire

Winchester SOBS group

- Meets on first Thursday of every month 7-9pm
- Phone: Barbara or Hannah 07763 644 310
- Email: sobs.winchester@gmail.com

Berkshire

Wokingham SOBS group

- Meets on first Wednesday of every month 7.30-9.30pm
- Phone: Hazel 07545 897 781
- Email: wokinghamsobs@gmail.com

Oxfordshire

Henley SOBS group

- Meets on third Wednesday of every month
- Phone: Suzanne or David 0795 843 4082
- Email: henleyonthamesbeaconfieldsobs@gmail.com

The Compassionate Friends

The Compassionate Friends are a nationwide organisation formed by and for parents and families who have lost a child, whatever the cause of the loss.

The Compassionate Friends have a specialist national contact for people bereaved by suicide and a private 'bereaved by suicide' forum (see www.tcf.org.uk/suicide). An annual residential retreat is organised for parents who have lost a child to suicide, addiction or substance abuse.

National Helpline: 0345 123 2304
10am-4pm and 7pm-10pm every day
Website: www.tcf.org.uk
Email: helpline@tcf.org.uk

'I am very grateful I found The Compassionate Friends shortly after losing my daughter. I used the Helpline a lot in the early days'

Surrey

Send, Woking and Shere group
Meets twice each month:
Evenings: on second Monday evening of the month in Send, Woking
Daytime: on second Friday of the following month in Shere.
Contact: Sarah via website

Redhill and Reigate group
Contact: Wendy via website

Sutton group
Contact: Janet & Phillip via website

Virginia Water group
Contact: Susan via website

Hampshire

Alresford group
Contact: Lucy via website

Cruse Bereavement Care

Cruse Bereavement Care is the UK's leading bereavement charity and arranges support groups and counselling for bereaved people. Cruse branches may be able to provide specific one-to-one counselling support for people bereaved by suicide. There are many useful leaflets for the bereaved on the Cruse website which can be viewed by selecting the link to 'publications'. Cruse

also has a dedicated website for young people who are bereaved:
www.hopeagain.org.uk
National Helpline: 0808 808 1677
Website: www.cruse.org.uk
Email: info@cruse.org.uk

Surrey

SW Surrey Cruse

Covers Guildford, Surrey Heath and Waverley areas

- Helpline: 01483 565660
- General enquiries: 01483 418781
- Email: southwestsurrey@cruse.org.uk
- Website: <https://www.cruse.org.uk/South-West-Surrey->

Surrey East Cruse

Two branches covering separate areas:

- Epsom & Ewell and Mole Valley: 020 8393 7238
- South East Surrey: 01737 772834
- Email: surrey.east@cruse.org.uk
- Website: www.cruse.org.uk/surrey-east-area

Surrey North Cruse

Covers Elmbridge, Runnymede, Spelthorne and Woking areas

- Phone: 01932 571177
- Email: surreynorth@cruse.org.uk
- Website: [Surrey North Area Cruse Bereavement Care](http://www.cruse.org.uk/Surrey-North-Area-Cruse-Bereavement-Care)

Sussex

West Sussex Cruse

- Phone: 0300 311 9959
- Email: westsussexarea@cruse.org.uk
- Website: www.cruse.org.uk/West-sussex-area

Hampshire

North Hampshire Cruse

- Andover & District: 01264 336006
- Basingstoke: 01264 335569
- Email support: andover@cruse.org.uk
- Website: www.cruse.org.uk/North-Hampshire-area

Facing the Future

This service has been developed by Samaritans and Cruse to help support people bereaved by suicide. The groups meet once a week over six consecutive weeks and are free of charge. Please check the website for details of the groups in London and Brighton as there are no groups in the Surrey area at present.

Phone: 0208 939 9560

Website:

www.facingthefuturegroups.org

Email:

info@facingthefuturegroups.org

Support for children and young people

The grief experienced by children and young people who have been affected by a possible suicide may be different to that of the adults around them.

There are many charities with experience of supporting children and families through the trauma of an unexpected death.

Child Bereavement UK (CBUK)

CBUK offers support, guidance and information to families when a child or young person is facing bereavement. The family bereavement support service offers face-to-face support as well as telephone support.

Phone: 01494 568 900

Helpline: 0800 02 888 40

Website: www.childbereavementuk.org

www.childbereavementuk.org

Email: support@childbereavementuk.org

[childbereavementuk.org](mailto:support@childbereavementuk.org)

Childhood Bereavement Network (CBN)

This is the hub for those working with bereaved children, young people and their families across the UK. CBN shares a vision that all children and young people in the UK, together with their caregivers, should be able to easily access a choice of high quality local and national information, guidance and support to enable them to manage the impact of death on their lives.

Phone: 020 7843 6309

Website: www.childhoodbereavementnetwork.org.uk

[childhoodbereavementnetwork.org.uk](http://www.childhoodbereavementnetwork.org.uk)

Email: cbn@ncb.org.uk

Jigsaw

Jigsaw (South East) offers grief support to children and young people who have experienced the death of a significant family member through illness, accident, suicide or murder. The charity works throughout Surrey and surrounding areas. Referrals can be made directly by families or via health and social services.

'Jigsaw was a life-saver for us. It equipped us with the tools we needed to cope with our grief and taught us how to communicate again'

Phone: 01342 313895

Website:

www.jigsawsoutheast.org.uk

Email:

info@jigsawsoutheast.org.uk

Winston's Wish

Winston's Wish charity supports children and young people after the death of a family member.

The charity offers freephone support, an email service and drop-in service and the website offers advice to parents on different ways to support a bereaved child.

'I have no idea how the lives of myself and my family would have been had we not been supported by Winston's Wish... the charity was there for us at a time of crisis and helped us get through'

Phone: 01242 515157

Freephone Helpline: 08088 020021

Website: www.winstonswish.org

Email: info@winstonswish.org



Crisis support for adults

Bereavement by suicide is a form of complex grief, and this may cause those who are affected to feel distressed and, sometimes, additional support may be needed to maintain your wellbeing and to keep you safe. If you need support with your own mental health, there are crisis services that can help you.

Surrey and Borders Partnership NHS Foundation Trust Crisis Helpline

Surrey and Borders Partnership NHS Foundation Trust provides an out-of-hours mental health crisis helpline for people in distress, staffed by people who are experienced in working with people with mental health issues. The service operates between 5pm and 9am Mondays to Fridays, and during weekends and bank holidays.

Phone: 0300 456 8342
SMS texting for people who are deaf or hard of hearing: 07717 989024

Samaritans

The Samaritans offer a safe place for you to talk, any time you like, about whatever you like. The 24-hour listening service is free, whether you call from a landline or mobile and is available round the clock, every single day of the year.

Many branches also offer the opportunity for you to talk to a volunteer face to face, and it is advisable to phone your local branch ahead to make sure a volunteer is definitely available, and to let them know you are coming.

In the Surrey and Borders Partnership NHS Foundation Trust area there are Samaritan branches in: Addlestone, Ewell, Farnborough, Guildford, Kingston, Leatherhead, Horsham/Crawley, and Reigate. Contact details are available on the Samaritans website.

Freephone Helpline: 116 123
Website: www.samaritans.org
Email: jo@samaritans.org

Safe Havens

If you are in distress, in a crisis or in need of emotional support during evenings and weekends, there are six Safe Havens in Surrey where you can get help from mental health professionals and peer support workers in a safe, relaxed and friendly environment. No referral or appointment is necessary as the Havens work on a 'drop-in' basis, nor is there any need to ring ahead of your visit. Safe Havens are currently open 365 days per year.

'When you're feeling down, depressed or in a crisis, you just come in and the staff will help you.'

'Coming in here... it's literally been a lifesaver'

Please check website for individual open hours
<https://www.sabp.nhs.uk/our-services/mental-health/safe-havens>

Epsom

- ▶ The Larches, 44 Waterloo Road, Epsom, KT19 8EX

Guildford

- ▶ Oakleaf Enterprise, 101 Walnut Tree Close, Guildford, GU1 4UQ

Redhill

- ▶ Wingfield Resource Centre, St Annes Drive, Redhill, RH1 1AU

Aldershot

- ▶ The Wellbeing Centre, 121-123 Victoria Road, Aldershot, GU11 1JN

Woking

- ▶ The Prop, 30 Goldsworth Road, Woking, GU21 6JT

The Maytree

Based in North London, the Maytree is a sanctuary for the suicidal and is open to anyone in a suicidal crisis who needs a quiet place to reflect and time to talk in confidence. One-off short stays of up to three/four days are available, and the service is free and open to anyone in the UK.

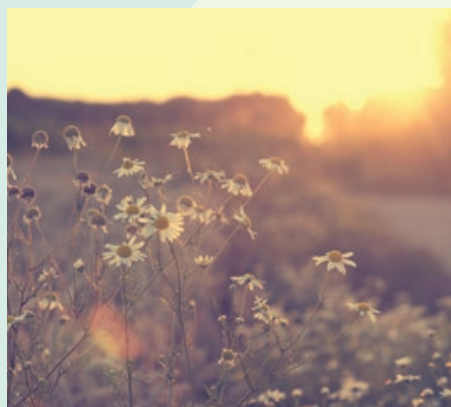
Phone: 0207 263 7070
Website: www.maytree.org.uk
Email: maytree@maytree.org.uk

Stay Alive App

This free app is a pocket suicide prevention resource, packed full of useful information to help you stay safe. You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide:
www.prevent-suicide.org.uk

Staying Safe

This website is a resource for people who struggle with suicidal thoughts and feelings. There are videos from people with personal experience of self-harm and feeling suicidal, which offer compassion and kindness, as well as encouragement to create a Safety Plan, seek support and discover hope of recovery.
Website: www.stayingsafe.net



Crisis support for children and young people

In times of crisis, some children and young people find it helpful to speak to someone outside of their immediate circle of family and friends about how they are feeling.

ChildLine

ChildLine offers free and confidential support for children and young people up to the age of nineteen. The website has links to message boards where young people talk to other young people: one topic area is about bereavement.

Freephone: 0800 1111
Website: www.childline.org.uk

CYP Safe Havens

CYP Safe Havens based in Guildford, Epsom, Staines and Redhill offer support to children and young people between the ages of 10 to 18 who are in a crisis or in need of emotional support. No referral or appointment is necessary as the

Havens work on a 'drop-in' basis.
Website: www.cyphaven.net

'A safe place to get support when I am feeling distressed and worried about how I am feeling'

Guildford
7 Ward Street, Guildford,
GU1 4LH
Monday: 4pm-8:30pm
Wednesday: 4pm-8:30pm
Sunday: 12pm-6pm
Phone: 07379 493941

Epsom
The Focus Youth Centre, 9 Depot
Road, Epsom KT17 4RJ
Tuesday: 4pm-8.30pm
Thursday: 4pm-8.30pm
Saturday: 12pm-6pm
Phone: 07771 231553

Staines
Leacroft Youth Centre, Raleigh
Court, Staines TW18 4PB
Tuesday: 4pm-8.30pm
Saturday: 12pm-6pm
Phone: 07377 551744

Redhill
Check website for opening hours

HOPELineUK

HOPELineUK is a confidential support and advice service for young people under the age of 35 who may be having thoughts of suicide, or anyone concerned about a young person who may be having thoughts of suicide.

- Phone: 0800 068 41 41
10am-10pm weekdays
2pm-10pm weekends
2pm-10pm bank holidays
- Text: 07786 209697
- Website:
www.papyrus-uk.org
- Email: pat@papyrus-uk.org

One-to-one counselling support

Many survivors of suicide find it helpful to talk about their bereavement and how they are feeling. There are different ways in which to find a suitable counsellor, and there are many free or low-cost options available.

Age UK

Age UK offers affordable counselling support to anyone aged over 50. Trained counsellors either visit you at home or if preferred another confidential place can be found. Six sessions are recommended initially, and further sessions can be arranged as required.

Phone: 01483 503414

Website:

www.ageuksurrey.org.uk

Email:

enquiries@ageuksurrey.org.uk

British Association for Counselling & Psychotherapy (BACP)

The BACP website hosts a register of accredited psychological therapists who offer counselling to improve emotional wellbeing and mental health. Professional rates are charged for sessions.

Website: www.bacp.co.uk

Counselling Directory

This online directory provides contact details for professionally qualified counsellors and psychotherapists. There is a

facility to search for therapists specifically trained in bereavement counselling in your postcode area. Professional rates are charged for sessions.

Website: www.counselling-directory.org.uk

Employee Assistance Programme (EAP)

Many employers offer an employee assistance programme (EAP) to staff, which includes access to counselling. As this is an employer-paid scheme it is worth checking if you are eligible before seeking paid-for counselling elsewhere.

I'm All Ears

This is a free voluntary drop-in listening and counselling service for all ages, based in Haslemere. Thursdays and Fridays
Haslewey Community Centre
info@imallears.community

Lucy Rayner Foundation

This Reigate-based charity which supports young people suffering with mental health as well as families affected by bereavement by suicide, funds free counselling for young people, offering a

minimum of six sessions, with no waiting list.

Website: www.thelucyraynerfoundation.com

Email:

info@thelucyraynerfoundation.com

Facebook: @TheLucyRayner Foundation

Mind Matters Surrey (Surrey and Borders Partnership NHS Foundation Trust)

This free NHS service is open to anyone aged 18 or over registered with a GP in Surrey and experiencing mild to moderate mental health difficulties such as anxiety, stress, excessive worry, post-traumatic stress and depression. The treatments offered are based on talking therapies and can take place over the phone/skype or face-to-face in individual or group sessions

and at weekends or during the evening, as well as weekdays. The service aims to make contact within three working days of receipt of a referral form and to arrange an assessment and agree a treatment plan within 10 working days.

Phone: 0300 330 5450

Website:

www.mindmattersnhs.co.uk

Email:

rxx.mindmatters-surrey@nhs.net

There are many other NHS IAPT providers (Improved Access to Psychological Services) available in your locality to which you can refer yourself without having to go via your GP. These are listed on the website: www.surreyinformationpoint.org.uk (search on 'Mental Health' and 'NHS Talking therapies').



Relate

Relate offers counselling support for any relationships which may be struggling. Relate offers booked phone conversations, face-to-face support and live webchat.

Relate branches in the Surrey and Borders Partnership NHS Foundation Trust area:

Helpline: 0300 100 1234
(to book an appointment for one-to-one support)
Relate West Surrey and Hampshire: 01483 602998
Relate Mid Surrey: 01372 722976

Website: www.relate.org.uk
Email: relate.enquiries@relate.org.uk

YMCA

The YMCA offers low cost professional counselling for children and adults of all ages. Anyone can apply, and no referral is needed.

YMCA East Surrey, based at Redhill, offers the **Heads Together Counselling service** for young people aged between

14 and 24, with counselling sessions based in various locations across Mid and East Surrey in a range of schools, youth centers and YMCA facilities.

Phone: 01737 378481
Website: www.ymcaeast Surrey.org.uk
Email: headstog@ymcaeast Surrey.org.uk

YMCA Downslink Group works across Surrey and Sussex and offers a range of counselling services for children and young people in care, adopted children and young people, and community-based counselling services for adults.

Phone: 01273 725259
Website: www.ymcadlg.org
(search on 'Health and Wellbeing' and 'Dialogue Counselling Services')
Email: dialogue@ymcadlg.org

Services from local suicide bereavement charities

In Surrey and Hampshire there are several charities set up by families and friends who are using their own lived experience of loss to help others.

Surrey Suicide Bereavement Service (SSBS)

The Surrey Suicide Bereavement Service is a new service, funded by the Lucy Rayner Foundation. The service offers early intervention, emotional support such as counselling and family therapy, and practical support and advocacy to people and families in Surrey affected by bereavement by suicide. More information is available from the website.

Phone: 01737 886551
Website: www.ssbs.org.uk and www.thelucyraynerfoundation.com
Email: info@ssbs.org.uk

Red Lipstick Foundation

The Red Lipstick Foundation is based in Southampton and offers services to families in Hampshire who have been bereaved by suicide. The range of services include counselling, befriending, support groups, drop-in sessions and emergency financial assistance.

Phone: 07933 824976
Website: www.theredlipstickfoundation.org
Email: theredlipstickfoundation@gmail.com

Time to Talk

Time to Talk is a service of remembrance for people affected by suicide. It takes place at St Martin-in-the-field, Trafalgar Square, London each Spring. The event combines music, poetry and personal testimonies. Transcripts of the spoken words from each of the services are available on the Judi Meadows Memorial Fund website.

Website: www.judimeadows.com
Email: info@judimeadows.com

Support Services in the community

Grief and loss can also be linked to other health needs. If you need support with your health and wellbeing, there are many services that can help you to access the support that you need.

Community Connections Surrey

The Community Connections service is for working age adults and offers a range of support, aimed at improving your emotional and mental well-being. The service accepts self-referrals, as well as GP and mental health professional referrals. The services offered include: one to one support, support groups, walking groups, drop in services, art groups, mindfulness sessions, social events and peer support, confidence building courses, and signposting to local agencies.

Website: www.communityconnectionssurrey.com

North West Surrey, Guildford & Waverley, Surrey Heath areas:
Phone: 01483 590150
Email: welcomeproject@catalystsupport.org.uk

Surrey Downs area:
Phone: 01372 375400
Email: info@maryfrancestrust.org.uk

East Surrey area:
Phone: 01737 771282
Email: redhillcc@richmondfellowship.org.uk

Surrey Drug and Alcohol Care (SDAC)

SDAC offers a 24-hour confidential helpline giving support and information to drug and alcohol users, their families and friends, in Surrey. The service can be contacted at any time of the day or night for 365 days of the year, providing a continuous service for those in need of help with addiction problems. SDAC is a registered charity and services are free of charge.

Helpline: 0800 802 5000
Website: www.surreydrugcare.org.uk
Email: info@surreydrugcare.org.uk

Inclusion NHS Hampshire

Inclusion Recovery Hampshire is part of the Hampshire drug and alcohol treatment and recovery service commissioned by Hampshire Country Council. The Hampshire drug and alcohol service is a partnership which is led by Inclusion with partners providing different elements of the services. There is a variety of bespoke services including those for under 25s, those over 26 and for family members affected by someone else's use of drugs and alcohol.

Website: www.inclusionhants.org

Online communities for siblings and parents

The needs of each person affected by a loss in the family may be different. Some people find it easier to access support through online channels. There are several online communities that can enable people around the world, who have had similar experiences, to connect with each other, and to support each other.



Parents of Suicides (POS)

POS is an international online group and community with a mission to offer understanding, support, information, connections and hope. All birth or natural parents and adoptive parents who have lost a child to suicide are welcome to join the group, which is led by moderators.

Website: www.pos-ffos.com

Sibling Loss Support Group

This is a UK based closed Facebook group which enables bereaved siblings to reach out and support each other.

Facebook: @siblinglosssupport

Sibling Survivors of Suicide Loss

This is a US based online group. It provides a place to connect with others who have also lost a sibling, and a place to share memories, discuss feelings and experiences, and to share photos.

Website:
www.siblingsurvivors.com

Befriending Services

Being bereaved by suicide can be an isolating experience. You may wish to access new networks through using a Befriending Service. They can help you to form new friendships and provide a great excuse to get out and about.

Men in Sheds

Men in Sheds are community spaces for men to connect, converse and create based on the idea of garden shed activities, but for groups of men to enjoy together. The process of sharing skills, tools and banter while socialising and working with local community and charities is proving to be highly effective in reducing loneliness and isolation. There are 'men's sheds' in the area and information is available on the website via a postcode search. Alternatively, contact your local branch of AgeUK for more information.

Website: www.menssheds.org.uk

Silver Line

Silver Line is best known for its befriending service which helps combat the isolation and loneliness experienced by many of the elderly. The Silver Line service, which is free, is Phone based.

Phone: 0800 4 70 80 90 (24 hours a day, every day of the year)
Website: www.thesilverline.org.uk
Email: info@thesilverline.org.uk

WAY Widowed and Young

WAY offers a unique support network to anyone who has lost their partner at a young age, enabling young widows to talk and socialise with others who have been through a similar experience and who are attempting to rebuild their life after bereavement.

Website:
www.widowedandyoung.org.uk
Email: membership@widowedandyoung.org.uk

Pastoral support from faith groups

For some people the experience of trauma and bereavement encourages them to look to their faith to seek spiritual direction and guidance. We have listed the helplines for most faith groups but recommend you refer to the website www.surreyfaithlinks.org if your own faith is not listed here.

Pastoral and Spiritual Care Team at Surrey and Borders Partnership NHS Foundation Trust

The Surrey and Borders Partnership NHS Foundation Trust pastoral and spiritual care team offer support to all people using the Surrey and Borders Partnership NHS Foundation Trust services, including carers and staff, whether in the community or on the wards. The team are drawn from different faith traditions and offer non-judgmental emotional support which transcends boundaries of denomination, race or religion.

Phone: 01737 288 860
Website: www.sabp.nhs.uk – search under 'C' (for Chaplaincy) in the A-Z of services

Catholic Church in Surrey/ Hampshire

Contact the marriage and family life advisor for the Catholic Dioceses of Arundel & Brighton (Surrey) and Portsmouth (Hampshire) for more information on sources of pastoral support for bereaved Catholics, including 'bereavement befrienders', and for those suffering from mental health difficulties.

Phone: 01293 651152 (Surrey)
023 9282 5430 (Hampshire)

Website:

www.dabnet.org (Surrey)

www.portsmouthdiocese.org.uk
(Hampshire)

Email:

mfl@dabnet.org (Surrey)

mandfl@portsmouthdiocese.org.uk
(Hampshire)

Church of England

Contact the Health and Wellbeing advisor for the Church of England Diocese of Guildford (covering Surrey and NE Hampshire) for further information on resources and sources of support for the bereaved and those suffering with mental health difficulties.

Phone: 01483 790300

Website: www.cofeguildford.org.uk/health

Email: info@cofeguildford.org.uk

Jewish Helpline

The Jewish helpline is a service provided to people in the Jewish community who are feeling lonely, anxious, depressed or suicidal. The service offers a non-judgmental listening ear and is available from Sunday to Thursday from 12 noon to 12 midnight every day except Shabbat and Yom Tovim.

Phone: 0800 652 9249

Website:

www.jewishhelpline.co.uk

No email/ text service

Muslim Community Helpline

Confidential, non-judgmental listening and emotional support service which operates Monday to Thursday 10am to 1pm, Friday 10am to 4pm.

Phone Helpline: 020 8908 6715 /
020 8904 8193

Website: [www.](http://www.muslimcommunityhelpline.org.uk)

[muslimcommunityhelpline.org.uk](http://www.muslimcommunityhelpline.org.uk)

No email/ text service



Muslim Youth Helpline

Offers support to young Muslims in distress. Phone support, email support and online live chat through website.

Phone: 0808 808 2008 (Mondays
to Sundays, 4pm-10pm)

Website: www.myh.org.uk

Email: help@myh.org.uk

National Christian Helpline

Premier Lifeline is a confidential Phone helpline offering a listening ear, emotional and spiritual support from a Christian perspective, prayer and signposting.

Phone: 0300 111 0101 (calls are
at landline rates) 9am to midnight
every day of the year

Website:

www.premierlifeline.org.uk

No email/text service

Surrey Faith Links

This website has a listing of over
600 faith groups, which are
spread across Surrey.

Website:

www.surreyfaithlinks.org.uk

Help with the inquest

Sometimes a coroner holds an inquest and this may be for several reasons, including if the cause of death is unknown. The length of this process varies widely and during this time you may wish to access information and support.

The Coroner's Courts Support Service (CCSS)

The CCSS is an independent voluntary organisation whose trained volunteers offer emotional support and practical help to bereaved families attending an inquest at a Coroner's Court. The helpline service is open from 9am to 7pm on weekdays and offers free, confidential guidance, information and support.

Phone: 0300 111 2141 (9am-7pm weekdays, 9am-2pm Saturdays)
Website: www.coronerscourtsupportservice.org.uk
Email: helpline@ccss.org.uk

INQUEST

INQUEST is a charity which provides expertise on state related deaths and their investigation and their specialist casework includes deaths in mental health settings, police and prison custody, and immigration detention. The charity also publishes the INQUEST Handbook, a free guide available in print and online (see recommended books section).

Phone: 020 7263 1111
Website: www.inquest.org.uk
Email: inquest@inquest.org.uk

www.gov.uk

General information is available from www.gov.uk regarding what to do after a death.

The booklet 'Guide to coroner services' can be downloaded from the [gov.uk](http://www.gov.uk) website; search under 'Publications'. The guide is primarily for bereaved people, but others involved in or affected by a coroner investigation or attending a coroner's inquest may also find it helpful.

Useful apps

Smartphones can play a part in supporting your mental health and wellbeing and we have listed some of the recommended apps below.

Hub of Hope App

The Hub of Hope connects you to all the sources of support available in your area. It is user-friendly and works by searching on your postcode. Download for free via both Apple and Android, or access online.

Child Bereavement App

Created by Child Bereavement UK this app is for 11 to 25 year olds who have been bereaved. It can also be used by friends, teachers, parents and professionals who would like to know how to support bereaved young people. Download for free via both Apple and Android.

Mind recommended apps

Mind in Brighton and Hove recommends a variety of apps to support mental health and wellbeing. Visit the website: www.mindcharity.co.uk and search under 'Advice and Information'.



National suicide prevention charities

The websites of these charities provide useful information and links to campaigns to reduce stigma, encourage more research and improve training in suicide prevention and postvention.

Campaign Against Living Miserably (CALM)

Phone: 0800 58 58 58 (5pm – midnight, 365 days a year)
www.thecalmzone.net

Grassroots

Website:
www.prevent-suicide.org.uk

Papyrus

Website: www.papyrus-uk.org

Support after Suicide Partnership

Website:
www.supportaftersuicide.org.uk

Zero Suicide Alliance

Website:
www.zerosuicidealliance.com

Recommended books and websites

Healthtalk.org

This website hosts an extensive section about bereavement due to suicide. There are short film clips and interviews with over 40 bereaved people who share their personal stories.

Organised around themes such as finding out, police involvement, telling others, the funeral, the headstone, supporting children, and support from family and friends, the shared personal experiences are often helpful and reassuring. To access the section, search the website under 'Categories' and 'Dying and Bereavement'.

Website: www.healthtalk.org

Help is at Hand

'Help is at Hand: Support after someone may have died by suicide' is a resource for people bereaved by suicide or apparent suicide. The guide is free and is available in print and online.

'It is essential that anyone bereaved by suicide receives help and support during this extremely difficult and challenging time. Professionals, including the police, coroners and coroners' officers, GPs, social workers and NHS staff will play a vital role in ensuring that this guide reaches all those people, who need emotional and practical support'.

To access the guide online:
www.supportaftersuicide.org.uk
To order a free printed copy:
www.orderline.dh.gov.uk quote product code 2901502.

The INQUEST Handbook

A free handbook available in print and online, for bereaved families and friends affected by a sudden death that involves an inquest, which helps prepare bereaved people for the inquest process. To access the handbook online:
www.inquest.org.uk
To order by post write to:
Casework, 3rd Floor, 89-93 Fonthill Road, London N4 3JH
Email: inquest@inquest.org.uk

Websites of The Compassionate Friends, Cruse and SOBS

The websites of these bereavement charities list many useful publications for the bereaved.



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This booklet was made in partnership with



If you would like this information in another format or another language:

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Email: communications@sabp.nhs.uk

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www.sabp.nhs.uk  [@sabpnhs](https://twitter.com/sabpnhs)

 www.facebook.com/sabpnhs

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