

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

Barnsley	Opening Soon	07398 135 273
*Edinburgh	Last Thursday	07787 580 998
Elgin	3 rd Tuesday	07754 068 529
Hull	1 st Wednesday	01964 536 546
Scottish Borders	1 st Tuesday	07561 319 863
*Scunthorpe	1 st & 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
- Online Forum
- Virtual group meetings

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: email.support@uksobs.org
 Virtual group email: Volunteering@uksobs.org



**SURVIVORS OF
 BEREAVEMENT
 BY SUICIDE**

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>		
*Bath	3 rd Wednesday	07498 179 229
*Bristol	2 nd Wednesday	bristol@uksobs.org
Cardiff	1 st Wednesday	01873 830 107
*Exeter	2 nd Tuesday	07984 786 868
Swindon	1 st Wednesday	07543 242 332

London & Surrounding Area, the South East & East Anglia

*Aylesbury	2 nd Thursday	07562 336 649
Brighton	1 st Monday	07398 135 283
*Canterbury	Starting Soon	07538 398 524
*Eastbourne	2 nd Wednesday	07376 303 440
*Guildford	Last Thursday	07434 365 815
*Henley-on-Thames	3 rd Wednesday	07958 434 082
*Horsham	1 st Wednesday	07752 874 693
*Lewisham	3 rd Thursday	07496 180 822
*London	1 st & 3 rd Tue	london@uksobs.org
Maidstone	1 st Tuesday	01622 751 976 01795 870 200
Margate	Last Tuesday	07522 955 806
Milton Keynes	4 th Wednesday	07598 158 379

Group	Monthly Meeting Day	Telephone
<u>London & Surrounding Area, the South East & East Anglia</u>		
Newbury	2 nd Wednesday	07763 644 315
*North London (Haringey)	2 nd Wednesday	07934 976 253
Portsmouth	2 nd Tuesday	07429 543 959
*Reigate	1 st Wednesday	07851 420 526
*South Downs	2 nd & 4 th Thurs	07902 084 397
*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

Due to Covid 19, all face to face meetings have been suspended until further notice. All starred * groups are now offering virtual meetings. Please contact your nearest group for information or email volunteering@uksobs.org if this is not possible.

Group	Monthly Meeting Day	Telephone
<u>Midlands</u>		
*Birmingham	Last Friday	07376 303 438
*Bromsgrove	3 rd Tuesday	07538 960 328
*Coventry	1 st Tuesday	07902 084 320
*Ilkeston	4 th Thursday	07538 796 867
*Leamington	2 nd Monday	0247 6302 969
Melton Mowbray	2 nd Thursday	07935 840 896
*Nottingham	Opening Soon	07398 135 581
Uttoxeter	3 rd Friday	07950 269 539

North Wales and the North West

*Bolton	3 rd Thursday	01942 201 744
*Crewe	2 nd Monday	07484 115 555
Chester	Last Wednesday	07746 625 124
*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

Virtual Groups

*bereaveMENT Mens Group	bereaveMENT@uksobs.org
*Punjabi Women's Group	birmingham@uksobs.org