

# Bereaved by Suicide service

## Worcestershire



**We provide a free and  
confidential signposting  
service, for those  
bereaved and affected  
by suicide**



# We support children and adults who are residents of...



**Worcestershire**

- Bromsgrove
- Malvern
- Redditch
- Worcester
- Wychavon
- Wyre Forest





Suicide has a huge impact on the physical and mental health of friends and family

People who have been bereaved by suicide are at a greater risk of taking their own life and more likely to drop out of education or work



# Client led support



Telephone or online

Face to face at home or public building



No time limit

Often as they want,  
for as long as they need





Emotional support  
(not counselling)

Practical help

Signposting to other services

# Emotional support



- ✓ Listen
- ✓ Normalise emotions and feelings
- ✓ We promote walking and exercise along with relaxation and mindfulness and offer advice on sleep



# Practical help

- ✓ Planning the funeral, benefits, debt and housing advice
- ✓ Advocacy role
- ✓ Preparing families for the inquest







# Signposting to other services

- ✓ We provide information on organisations that can help
- ✓ Local and national services
- ✓ We research local activities/groups for isolated clients to attend

# Referrals



1. We ask professionals to complete a referral form (we have one for adults and one for children and young people)
2. Individuals can call or email to self refer themselves

We cannot contact families without consent,  
so rely on referrals





# Thank you

<https://www.victimsupport.org.uk/more-us/why-choose-us/specialist-services/bereaved-by-suicide-services/>

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