



Bereavement Support Pack

www.sunflowerssuicidesupport.org.uk

info@sunflowerssuicidesupport.org.uk



GlosSunflowers

*Stay in the sun, when the sunshine is gone and you
Will know the sunshine lives within you*

Firstly, we would like to express our deepest condolences to you on the loss of your loved one. We imagine you will have feelings of utter shock, disbelief and confusion. This pack has been put together as an online resource by Sunflowers and it includes details of organisations throughout Gloucestershire that are able to offer you support as well as details of our own services.

You may not be ready to look through it at first, or you may find it of immediate help, either way we hope that it will signpost you toward people who really do care and that can come alongside you on your journey.

Sunflowers was set up after Pete Morris died by suicide in 2016. We are here for you if you need it; even if it's just to provide a listening ear. Please do get in contact.

With the current situation developing across the UK around COVID-19 and in light of Government advice, we have had to make the difficult decision to cease all face to face contact with immediate effect and until further notice. This means all Support Groups, Grief Recovery, Safe Talk, ASIST and home visits /meet in person will no longer be available.

We are working hard as a team however to ensure you will not be alone.

We will be increasing our online presence on all of our social media platforms.

Please visit **@GlosSunflowers** on Facebook/Instagram and Twitter.

We have a private support group area on Facebook called Gloucestershire Touched by Suicide. This is a space that you can share your thoughts and questions, others who have been affected by suicide are also members of the group so we will be using it as an online facility to support one another. Sunflowers volunteers will moderate the group and will be able to respond directly. The link to the Facebook group is **www.facebook.com/groups/968587186610932/**

Alternative measures including telephone contact and email are available as well as Skype or online contact and if you would like to receive support through these means, please email us: **info@sunflowerssuicidesupport.org.uk** or message our mobile contact number: **07542 527888**

We are also looking to set up some online web meetings where you will be able to talk via

video link with others and the Sunflowers team – more info about this will be posted on our social media sites and also via email if you make contact.

For future reference, once we are able to meet again in person there is a variety of support services we offer. Below are further details of what these are;

- A weekly walking group called 'Storms' the idea is that we get outside with others and just walk through life's storms together. Each week is a different short walk. Children and friendly dogs are welcome to join us and we have found that it has really helped us. You are welcome to come along if and when you feel ready, further details can be found by joining our Facebook page – Storms Walking Group **www.facebook.com/groups/160371504445988** or by emailing us.
- We are qualified to deliver Grief Recovery and offer two courses a year. These are 8 week courses where you will work through a book alongside others. We offer this course free of charge to people living in Gloucestershire who are bereaved by suicide; but we do have a waiting list, therefore we ask that you are able to commit to the full 8 weeks prior to reserving space. If you would like further details please get in touch about these courses when we are able to start redelivering them. **www.sunflowerssuicidesupport.org.uk/Grief-Recovery/**
- We offer monthly support groups facilitated by a counsellor where people are able to come together to talk about how they are. We usually have a different topic each month. More info can be found here: **www.sunflowerssuicidesupport.org.uk/Bereavement-Support-Group/**

A Family Support Worker who will work alongside families with children and young people. We also arrange different events to help you get together with other people that have also lost a loved one to suicide. To be kept up to date about these, please email us and sign up to our Newsletter.

We know if it an uncertain and anxious time. Please take each second, minute and day at a time, but know you are not alone.

From all at Sunflowers



www.sunflowerssuicidesupport.org.uk
Facebook, Twitter, Instagram – [GlosSunflowers](https://www.facebook.com/GlosSunflowers) | info@sunflowerssuicidesupport.org.uk

When a loved one
takes their own life

Sunflowers
SUICIDAL SUPPORT

When a loved one takes their own life

Understanding our grief

When we lose someone we love, grief is the normal and natural reaction to our loss.

- There are no absolutes in grief.
- There are no reactions universal to all.
- It has no set timescale or logical progression.

Our relationships with our loved ones are unique and individual; so is our response to our loss. Therefore we will all react differently and that is okay.

The feelings you have are normal and natural for you.

Suicide Loss is like “grief with the volume turned up”!

- Loss to suicide is traumatic
- The sudden and difficult circumstances surrounding the death can intensify feelings

- After the death of a loved one in traumatic circumstances you may go into shock
- Your ability to think, listen or process what is happening may be reduced
- Various aspects of losing a loved one to suicide can complicate grief

The trauma and complexities of the loss may make you constantly revisit the circumstances and question alternatives (“what if” and “if only”). These thoughts and images can get stuck and be like tormentors.

The suddenness of death can have an extreme effect. Often our minds go into shock to protect us as we process what has happened.

The death of your loved one to suicide will always leave unanswered questions.

You Can Stare at the Wall (A Voice From Beyond)

You can stare at the wall but your vision is blocked;
If you choose, you can look through the window.

You can close your ears and sit in silence
Or you can hear me talking to you.

Through the window, across the street and over the hills:

That's where you are likely to find me.

When you listen to people and share their concerns,
That's where you are likely to hear me.

I am here for you now as I have always been

And so just let us stay as we were.

I hold to my heart those who are now left behind;

Please cling on to memories dear.

But much more than that, let me stay in your life,

Not a body you can see, smell and feel,

But a loving spirit, always there by your side,

To help you move life to a level more real.

I don't need you to notice me or accept that I'm here

But I'll help you to decide what you do.

Look through the window and find those out there

Whom you love and, in return, will love you.

by Harvey Sagar,

who lost his daughter Jessica in February 2014, aged 33



Emotions AND Reactions

Grief unchains our emotions making us experience extreme highs and lows. This is sometimes known as 'emotional energy' and it can feel all consuming.

Common physical responses experienced are;

- sleeplessness
- physical illness
- anxiety
- exhaustion
- lack of concentration

Common emotional responses experienced are:

- guilt
- anger (at yourself/ your loved one/ at another person or organisation)
- blame
- denial
- lack of understanding

There will always be questions which remain unanswered and this is difficult to accept. You may feel that the situation could have been avoided, that there is someone to blame and you wish for change. Feeling exhausted is common, as is disrupted sleep. When your mind and body are sleep-deprived your mental abilities are affected. Memory and concentration are often poor – you may be finding it difficult to read and assimilate this.

The stress of grieving can manifest itself in physical symptoms such as a depressed immune system or digestive problems.

Emotional surges can be funnelled outwards as anger or inwards as guilt and can make us very different to from our former selves. Friends and family may find this difficult to accept and even those experiencing the same loss may not deal with it like you. This catastrophic change in your lives and futures may result in you starting to question everything.

You may lose confidence and suffer panic attacks when coping with challenging situations. After such a loss we can become sensitised to risks and frightened by many situations, or become over protective of others. The opposite reaction may also occur where we take on uncharacteristic challenges and risks.

As our losses and relationships are unique to us, so may be our reactions to loss. We all process and react to loss differently because the relationship we may have had with that person may be varied. This is okay.

Difficult relationships with loved ones may cause additional complex feelings.

The Snail

A snail heaves its shell across my window pane
It carries a heavy burden - I do the same
Its load grew with it - had time to adapt
Mine arrived without warning - no time to react
At first the weight crushed me - sat crying every day
Slowly I grew stronger - managed to crawl a little way
As the years passed, I struggled to be
More like that person, others wanted to see
They might not notice my slow, heavy tread
Nor see my exhaustion, or tiredness of breath
Unaware of the times the burden is too heavy again
When I curl up and hide from family and friends
I look for that snail - where can it be?
There was no snail - just a reflection of me.

By Graham Foxley

Who lost his Son Simon aged 21 in September 2011



Expectations of others and society

There are often expectations of society which may result in you suppressing or hiding what you are truly feeling.

Common comments such as

- **‘time heals’**
- **‘its going to be ok’**
- **‘it will get easier’**
- **‘don’t cry’**
- **‘don’t feel bad’**

may make you feel that ‘sadness is weakness’ or that ‘we need to be strong’ and should ‘hide our grief to protect others’ when in reality you will probably feel anything but okay. Feeling isolated and alone is a common result.

Sadness is a natural emotion and grief is an expression of your loss. It is important to find space or people where you are able to express your true feelings.

Sadness is a natural emotion and grief is an expression of your loss.

Spiritual Beliefs

You may have strong spiritual beliefs, or you may have none.

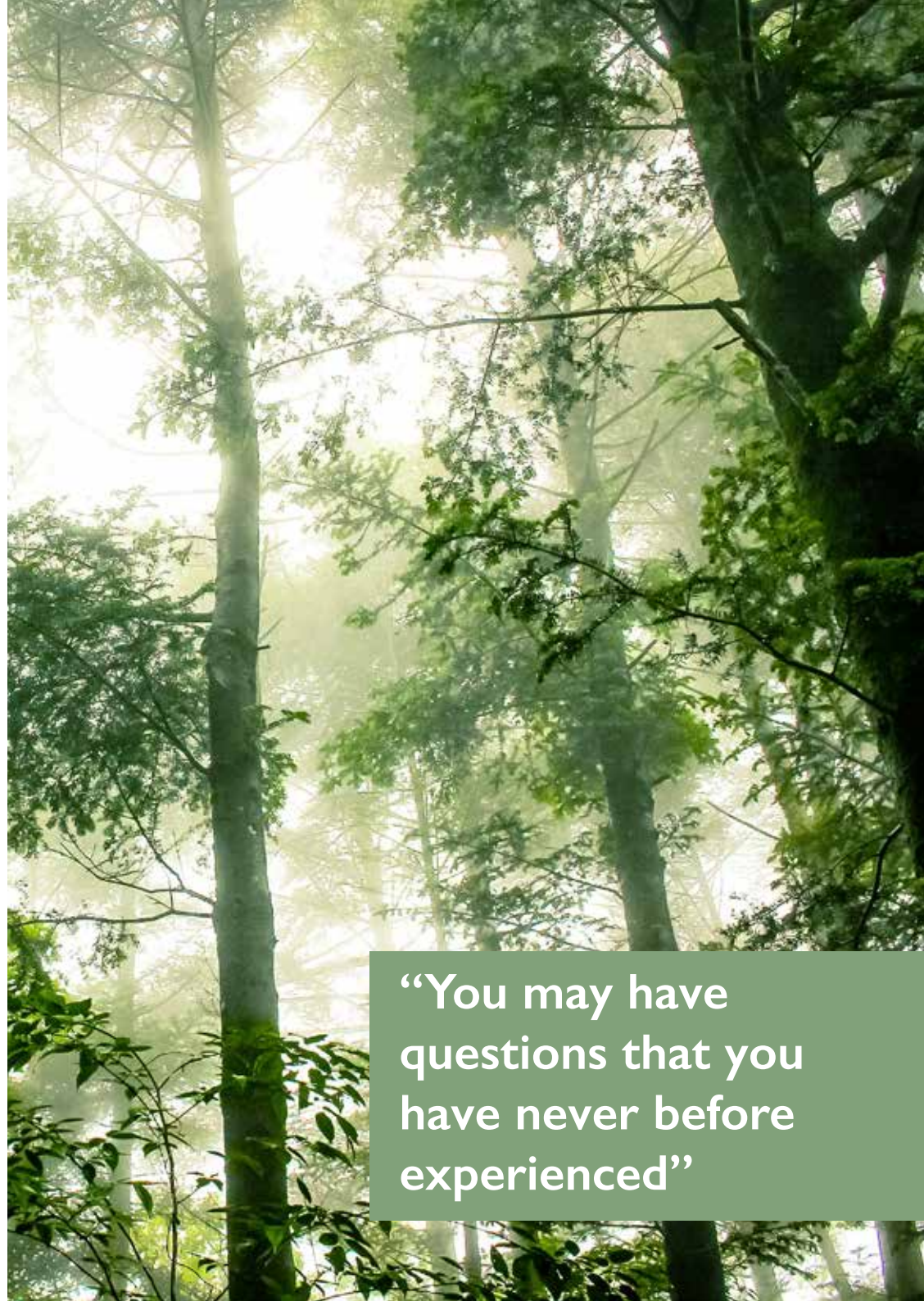
Loss by suicide can cause a loss of confidence in what you have always believed to be true including your own spiritual beliefs.

You may start to feel there is a deeper meaning to life and have hope that you will see them your loved one again, or you may start to question your own spiritual beliefs.

You may have questions that you have never before experienced or thought about and believing may offer comfort and hope.

Whatever your beliefs or feelings are, it may help to find a trusted friend or religious leader who you can explore your feelings and questions with.

“You may have questions that you have never before experienced”





Children

Children can often feel like the 'forgotten mourners' after a suicide and they are sometimes deemed either too young to understand or need protecting from the reality of suicide.

Adults, who most likely already feel overwhelmed by the situation, are at a loss as to how to talk to children about suicide and express that they do not feel that they have adequate resources or knowledge to have difficult conversations with them.

What is important to remember is that children are intuitive and will be affected by the death of a family member, especially when the person has died by suicide.

Everyone in a family will be affected by a suicide, although in different ways, because of differing ages, stages of development and relationship with the person who died. The death, and consequent emotional responses and grieving, will affect how a parent/guardian is able to talk with and respond to their children. They may find it impossible to talk about suicide and may find the children's questions intolerable. In this case children may not be given the information they need to make sense of or process what has happened, or conversations may be shut down.

Providing an outside source of support, with relevant skills and experience in suicide bereavement can help parents and guardians in supporting children and ensuring that they have a voice. Enabling them to explore their own needs and articulate these to those adults around them is extremely important for them.

Children bereaved by suicide are more vulnerable as they grow up, so it is imperative that children can be involved in the processing of what has happened in order to develop skills to become resilient adults.

Coping with our grief

There is no right way to process our grief.

We all have to find things that help or work for us.

- Some will find music, art or poetry helpful; most find writing things down helps to unload thoughts from your head.
- Exercise releases “feel good” endorphins which provide temporary relief.
- Getting out into nature can help “ground” you.
- Talking to people who are empathetic or who have experience of loss can help break the feeling of isolation and help us understand our emotions.

The opposite also applies;

- try to limit the time spent with people who needlessly upset you.
- try to avoid any big decisions during early grief as emotionally charged decisions can turn to regrets once you have better control.

Many find keeping busy is a distraction from their grief, but be careful not to cause yourself extra stress. Most find stress difficult to deal with when in early grief. Sometimes our progress through grief can become blocked by some thought, experience or belief. It is then we need to seek extra help.

Practical ‘coping’ tips from Sunflowers

- Sadness is a natural human emotion. You will probably feel a deep sadness within, and a physical weight in your heart. Remind yourself this is because of the strong love you have. It is okay to cry. Tears help release emotions.
- Holding in our emotions and feelings can be exhausting. As we put on the mask saying ‘I’m fine’ when in reality we are anything but. Sometimes it helps to start a journal and put onto paper how we are feeling.
- Sleep can often be difficult. It is important to try and sleep if and when you can. Tiredness makes it harder to function. Lavender works as an anxiety reliever to increase relaxation and calm. Used before bedtime, it can help aid a relaxing environment for you to go to bed.
- Try to take time to practice ‘self care’. This does not need to be big things; a walk, a warm drink, a bath, mindfulness, yoga, breathing exercises, can all help aid self care.
- It feels overwhelming and unbearable. Sometimes this can cause anxiety and panic attacks. Practice calm breathing. Ground yourself. Feel your heartbeat. Feel the grass beneath your feet. Hold something and think about how it feels to touch, the texture on your fingertips. Smell the air and think of what different scents there are. Look around you and find something to look at, explore the colours and shapes. Close your eyes and listen, really focus on what can you hear. Remind yourself, you are okay and you will get through this.
- Your shock, grief and devastation may feel ‘all consuming’ right now. Concentrating is hard. Try to do small activities such as colouring in or a practical task which requires some focus to complete.
- During times of darkness, extreme sadness, or to mark birthdays, Christmas and other triggering events, it can help to light a candle in memory of your loved one and let it glow through the darkness.
- It feels dark now, but the sun will shine again. Plant some seeds and watch them grow offering beauty and colour to your home or garden. A lovely reminder to try and find a ‘gem’ in each day.
- Place a heart somewhere and hold firm to the love you have and the memories you hold together. Love never dies.
- We cannot take your pain away. We cannot make the path you walk an easier road, but we will walk alongside you. In silence if needed as you find your way. Sending you strength and love.

There is no right way to process our grief.



Formalities

The Police

- Police are likely to take statements and gather evidence in the first few days after a death
- Items belonging to your loved one may be taken by them as evidence; this often includes letters or notes written and computer equipment. These will be recorded and booked in and kept safe until they can be returned
- This can feel daunting for family members but is very normal and is a process required after a sudden death
- Items will be returned but please ring 101 or email your local constabulary if you are concerned that your items have been kept for longer than you were expecting

The Coroner

- Any sudden death is referred to the Coroner to investigate
- The Coroner's Officers will make contact with the Next of Kin only
- The Coroner's Officers will continue the investigation into your loved one's death and will produce a report which will be used at the Inquest
- Next of kin will be provided with a copy of the Coroner's report
- We recommend that you have a trusted friend or professional to read through the Coroner's Report and evidence prior to you and be alongside you if you wish to read it also. It can be traumatic to do this yourself

The Inquest

- An inquest is a legal process. It is held in a courtroom
- An inquest's function is to legally define the cause of death
- It will not address many of your unanswerable questions
- For complex cases or if you have raised concerns or a complaint, they may request a 'Pre-Inquest Review'. This is where they will decide what evidence will be used and who they will call as witnesses
- The timing for the inquest may be from a few weeks to several years depending on legal liability issues
- You can choose to see the evidence
- Usually you can choose if you want to attend; there may be exceptions if you have been called as a witness, but the Coroner's Officer will be there to support you through this.
- It can be helpful to visit the court beforehand to familiarise yourself with where you will sit
- The inquest is open to the public and may allow unwanted press involvement. A prepared written statement can avoid difficult questions and misinterpretation

Funeral and Practical Aspects

- A funeral service can focus on the positive aspects of the life of our loved one and provide some comfort.
- If you find the organisation of a funeral overwhelming enlist friends or services to help. Some will be driven to be fully involved and it can be a positive experience
- Consider whether you will allow press access
- After the funeral it may feel flat and emotions may become overwhelming, ensure you have support around you if you need it.



**This can feel
daunting for
family members**

Help

Some progress through their grief without any help. Many of us need a little assistance. There are many organisations that can be useful so we don't need to be exclusive.

Asking for help is not a weakness. Seeking help when we need it allows us to cope in the most difficult of circumstances.

There are many counselling organisations throughout Gloucestershire who are able to offer 1-2-1 counselling. There is also the NHS Mental Health Team and your GP if you feel you need additional professional help and support.

USEFUL RESOURCES

Inquest handbook and information
You can download and print an Inquest Guide online visit: www.inquest.org.uk/useful-resources for more information

Help is at Hand booklet

The Help is at Hand Booklet was put together by Public Health alongside families bereaved by suicide. It contains very useful help and information for after a suspected suicide loss. You can download it online at: www.issuu.com/reset-magazine/docs/england_-_help_is_at_hand or we have printed copies available.

Support after suicide partnership

This website has a whole range of information and support. It can help with practical advice as well as emotional advice. www.supportaftersuicide.org.uk

Sunflowers Suicide Support

A charity set up in memory of Pete Morris to support individuals bereaved by suicide in Gloucestershire

Contact: 07542 527888

Website:

www.sunflowerssuicidesupport.org.uk

Location: Gloucestershire

Services: Professional Led Support Group, Bereavement Events, Grief Recovery Courses

We have an area on our website dedicated to signposting to other support please visit:

www.sunflowerssuicidesupport.org.uk

SIGNPOSTING

SOBS

This is a group of individuals that have also lost loved ones to suicide. They meet once a month as a support group in Gloucester.

Contact: 0300 111 5065 (national, 9am to 9pm every day) or 01452 371945 (local)

Website: www.uksobs.org


Gloucester (support group)

Location: Gloucester

Phone: Trish on 01452 371 945



Asking for help is
not a weakness.



Sunflowers Suicide Support was set up in memory of Pete Morris who died by suicide in September 2016.

We aim to promote suicide prevention awareness by addressing and highlighting the stigma that surrounds mental health and suicide. We provide accredited training in identifying suicide risk indicators and equipping the community with the skills to recognise and respond to suicidal behaviour.

We support any individual living in Gloucestershire that has been bereaved by suicide and work to provide timely practical care and the best possible support to these individuals.

www.sunflowerssuicidesupport.org.uk

Registered charity no. 1177266



GlosSunflowers



FAMILY SUPPORT SERVICE

Children can often feel like the 'forgotten mourners' after a suicide and they are sometimes deemed either too young to understand or need protecting from the reality of suicide.

Sunflowers are now able to offer support to children and young people and their families after suicide loss.

Everyone in a family will be affected by a suicide, although in different ways, because of differing ages, stages of development and relationship with the person who died.

The death, and consequent emotional responses and grieving, will affect how a parent or carer is able to talk with and respond to their children. Adults, who most likely already feel overwhelmed by the situation, are sometimes at a loss as to how to talk to children about suicide and express that they do not feel that they have adequate resources or knowledge to have difficult conversations with them.

In some cases children may not be given the information they need to make sense of, or process what has happened; or conversations may be shut down.

Sunflowers children's support starts with the whole family.

Providing an outside source of support, with relevant skills and experience in suicide bereavement is in our opinion an essential part of supporting children and ensuring

that they have a voice. Enabling them to explore their own needs and articulate these to adults around them is extremely important for them. Helping a family to develop openness around suicide will mean that the child is able to feel supported within the family unit in the future.

The widely recognised professional experience of those who work in the field of child bereavement is that:

- Children do want and need to know how someone has died.
- Families that can talk in an open and honest way without secrets grow together in trust and understanding.
- As a result of this children grow in maturity and personal understanding and are more able to build resilience for the future.
- Research findings show the detrimental effect a bereavement by suicide can have on the wellbeing and mental health of a young person.
- Children who find out about a suicide later in childhood often struggle with issues of trust, anger and identity, as they try and process their childhood years in the light of the new information.

Liz Koole, Winston Churchill Fellowship

WHAT WE OFFER

- An experienced Family Support Worker to take the strain and uncertainty away from parents or carers
- Support which is tailored to your family needs and those of the child/ren.
- Children are also welcome to attend our bereavement events and weekly walks alongside an adult parent or guardian.

WHAT WE ASK

- Parents or carers support the child/ren in accessing support
- It is important that children feel safe and comfortable when talking about suicide and our Family Support Worker will need to spend time building a relationship with the whole family
- Young children will always need to be seen with a parent or carer; as what is important is for parents to think about how their child understands the death (or not) and what they can do to help their child



GlosSunflowers

www.sunflowerssuicidesupport.org.uk

glos.sunflowers@outlook.com

Call/text on: 07542 527888

Sunflowers are members of the National Suicide Prevention Alliance and Gloucestershire Suicide Prevention Partnership.

Registered Charity Number 1177266

ADDITIONAL SUICIDE BEREAVEMENT SUPPORT AVAILABLE

Inquest handbook and information

www.april.org.uk/content/pages/documents/1508163552.pdf

Help is at Hand booklet

The Help is at Hand Booklet, contains information for after a suspected suicide loss
www.issuu.com/reset-magazine/docs/eng-land_-_help_is_at_hand

Support after suicide partnership

This website has a whole range of information and support. It can help with practical advice as well as emotional advice.
www.supportaftersuicide.org.uk/

SOBS

This is a group of individuals that have also lost loved ones to suicide. They meet once a month as a support group in Gloucester.
Contact: 0300 111 5065 (national, 9am to 9pm every day) or 01452 371945 (local)
Website: www.uksobs.org
Gloucester (support group)
Meeting day: 2nd Wednesday of each month
Phone: Trish on 01452 371 945

Cruse Bereavement Care

Cruse offers face-to-face, telephone, email and website support. They have a Freephone national helpline and local services, and a website (hopeagain.org.uk) specifically for children and young people. Their services are provided by a network of 5,000 trained volunteers and are confidential and free but you are asked to give a donation at the end of your counselling. Available from Monday to Friday, 10 - 12.30 pm
Phone: 01242 252518
A telephone answering service runs when the office is closed: please leave a message

Email: gloucestershire@cruse.org.uk

Main website: www.cruse.org.uk/Gloucestershire-area

Gloucestershire Website: www.gloucestershirecruse.org.uk/

The Compassionate Friends (TCF)

is a charitable organisation of bereaved parents, siblings and grandparents dedicated to the support and care of other similarly bereaved family members who have suffered the death of a child or children of any age and from any cause.

Website: www.tcf.org.uk/content/contact/

Email: info@tcf.org.uk

Office telephone no: 0345 120 3785
(9.30 - 4.30 Mon to Fri)

Please contact Marie Best at mariebest76@gmail.com if you would like more information about the monthly meetings or to join the Facebook group.

TCF's Online Community Forum has a special 'Bereaved by Suicide' section. Please email webadmin@tcf.org.uk if you would like to be part of this.

Care for the family

Care for the Family is a national charity which aims to promote strong family life and to help those who face family difficulties.
www.careforthefamily.org.uk

Widowed and Young

WAY is the only national charity in the UK for people aged 50 or under when their partner died. It's a peer-to-peer support group operating with a network of volunteers who have been bereaved at a young age themselves, so they understand exactly what other members are going through.
<https://www.widowedandyoung.org.uk/>

CHILDRENS BEREAVEMENT SUPPORT

Winstons Wish

Provide specialist child bereavement support services across the UK, including in-depth therapeutic help in individual, group and residential settings to children that have lost a parent or a sibling.

17 Royal Crescent
Cheltenham, UK
GL50 3DA

FREEPHONE HELPLINE 08088 020 021

Enquiries +44 (0) 1242 515157
Email: info@winstonswish.org.uk
www.winstonswish.org

Grief Encounter – Grief Talk

Established in 2003 by Dr Shelley Gilbert MBE, Grief Encounter is one of the UK's leading bereaved child charities, providing free, pioneering services and support to bereaved children, young people and their families.

Their 'grieffalk', is a brand new helpline from Grief Encounter, providing support for you, when you need it.

www.griefencounter.org.uk/about-us/what-we-do/

Contact: 0808 802 0111

MENTAL HEALTH CRISIS SUPPORT

Suicide Crisis Charity - ADULT SUPPORT (GLOUCESTERSHIRE ONLY)

You can contact on 07975 974455 if you are in crisis, or to arrange to go and see them. The number operates between 9am and 10pm every day and is the number for clients making contact for the first time and for people making referrals.

They provide face to face support at the Suicide Crisis Centre.

Email: contact@suicidecrisis.co.uk Please be aware that contacting by phone is much quicker - so please phone if you are in crisis.

Visit Facebook: SuicideCrisisCentre and twitter: @SuicideCrisis.
Website: www.suicidecrisis.co.uk/

Gloucestershire NHS Trust Crisis Team - ADULT AND CHILDREN 12+ SUPPORT (GLOUCESTERSHIRE/HEREFORD ONLY)

Website: www.ghc.nhs.uk/crisis/

Taken from their website

Please note that the following numbers are for use in an CRISIS only.

Contacting the Crisis Teams

If you or someone you know needs help in a mental health crisis

If you are in Gloucestershire

Call 0800 169 0398.

And choose one of the following options depending on your location:

Option 1 for Stroud and Cotswolds

Option 2 for Gloucester and Forest

Option 3 for Cheltenham, Tewkesbury and North Cotswolds

Please note: telephone calls may be recorded. If you do not want that to happen, please tell the person who answers your call and they will phone you back on a 'non-recordable' telephone.

The number is available 24 hours a day, 7 days a week. Occasionally, callers may be asked to leave their name and number on an answerphone. In these circumstances, staff will return the call within one hour.

If you are in Herefordshire and need support, please call using one of the following numbers:

Monday to Friday, 9am – 5pm, please contact

the team or service who currently provide your care.

Monday to Friday, 5pm – 9am and 24 hours on weekends and bank holidays, please call Mental Health Matters Helpline on: 0800 015 7271

These contact numbers are for people already in contact with our services. If you are not currently in contact please call 111 or your GP.

Out of hours, weekend and bank holiday service is provided by Mental Health Matters.

Shout

Crisis Text Line is now in the UK as Shout! Text 85258 to be connected with a trained Crisis Volunteer.

The Samaritans

Contact: 116 123

(Call FREE 24 hours a day)

or call one of the local branches: 01452 306333 (Gloucester & District) or 01242 515777 (Cheltenham & District) (24 hours a day) or email jo@samaritans.org
www.samaritans.org

PAPYRUS - UNDER 35'S ONLY

Papyrus are the national charity for the prevention of young suicide. They draw from the experience of many who have been touched personally by young suicide across the UK and speak on their behalf in our campaigns and in our endeavours to save young lives.

They deliver awareness and prevention training, provide confidential support and suicide intervention through HOPELineUK, campaign and influence national policy, and empower young people to lead suicide pre-

vention activities in their own communities.

National Confidential Helpline - HOPE-LineUK

If you are a young person at risk of suicide or are worried about a young person at risk of suicide: 0800 068 41 41

Mon-Fri 10:00 am to 10:00 pm

Weekends 2:00 pm to 10:00 pm

Bank Holidays 2:00 pm to 5:00 pm

<https://papyrus-uk.org/>

TIC+ (Teens in Crisis) - UNDER 21s ONLY

TIC provides face-to-face and online counselling services across Gloucestershire for young people aged 9-21 and their families. Their mission is to improve, preserve and promote good mental health and well-being among young people and their families.

Text: 07520 634063

Tel: 01594 372777

Office 30, Carlson Suite,
4th Floor,

Building 8, Vantage Point Business Village,
Mitcheldean, Gloucestershire, GL17 0DD

Email: admin@ticplus.org.uk
www.ticplus.org.uk/

Childline

If you are a child or a young person you may want to speak to Childline.

Call free on 0800 11 11

ADDITIONAL MENTAL HEALTH SUPPORT

Gloucestershire Health and Care Foundation- Lets Talk

Let's Talk is our Improving Access to Psychological Therapies (IAPT) service, covering both Gloucestershire and Herefordshire. Find out more about NHS IAPT services here.

The service provides support for mental health conditions such as:

- Depression
- Emotional wellbeing with a baby
- Anxiety
- Panic disorder
- Post traumatic stress disorder
- Obsessive compulsive disorder
- Phobias

Find out more about Let's Talk and the services offered on our dedicated website – www.talk2gether.nhs.uk.

Gloucestershire Self-harm Helpline

Contact: 0808 801 0606 (helpline) or 07537 410022 (text) or rethink.org (includes online message service) (5pm to 10pm every day) www.gloucestershireselfharm.org

Bristol Mind

is a mental health resource for people in Bristol and surrounding areas providing: information and signposting service a wide range of advocacy services low cost counselling a confidential helpline MindLine 0808 808 0330 (Wed-Sun, 8pm to midnight) a confidential Transgender helpline 0300 330 5468 (Mon and Fri, 8pm to midnight) www.bristolmind.org.uk

SANE

is a leading UK mental health charity. We work to improve quality of life for anyone affected by mental illness. Please explore the icons below to find out how we help people www.sane.org.uk/

The Campaign Against Living Miserably (CALM)

is an award-winning charity dedicated to preventing male suicide. Offering support to men in the UK, of any age, who are down or in crisis via our helpline (0800 58 58 58), webchat and website

Challenging a culture that prevents men seeking help when they need it, through CALMzine and campaigns such as #ManDictionary and #BiggerIssues

Pushing for changes in policy and practice so that suicide is better prevented, via partnerships such as The Alliance of Suicide Prevention Charities (TASC), the National Suicide Prevention Alliance (NSPA)

Supporting those bereaved by suicide, through the Support After Suicide Partnership (SASP), hosted by CALM, which aims to ensure that everyone bereaved or affected by suicide is offered and receives timely and appropriate support. www.thecalmzone.net

MHELO - GLOUCESTERSHIRE ONLY

is an independent network of support among people in Gloucestershire who have had, or are experiencing mental health difficulties.

The Butterfly garden is an educational, therapeutic and recreational scheme, based initially on gardening, but now offering so much more. It is a project for people of all ages dealing with disablement of any kind. It caters for those

looking to escape the world, those looking to re-enter it and some, who are still just looking. Its doors are open to anyone without obligation. www.inclusiongloucestershire.co.uk/mhe-lo-cavern-need/

Treasure Seekers - GLOUCESTERSHIRE ONLY

www.kftseekers.org.uk/
We believe that it is in community that people thrive and grow in all the areas of their lives. Unfortunately, many people fall through the gaps of getting the support they need, and many struggle to get into community life. So we set up this Social Enterprise in 2012 to change this! We now work with over 2000 people, through over 20 activities in Gloucester. Our community includes people with learning disabilities, mental health challenges and complex needs, and young people. We help people come in to community, and then receive support and training through our supportive environment. People can then release their potential, moving closer to becoming the best versions of themselves!

We help people grow in:

- Mental Health
- Physical Health
- Training Opportunities
- Building Community

The Independence Trust

Provide a range of services that'll support you in strengthening your emotional and physical wellbeing. They offer to support you to fulfil your potential and offer assistance in a variety of settings, including your home, or other places you feel comfortable. Support is tailored to meet your own needs, www.independencetrust.co.uk/

Counselling Directory

They have a page on suicidal thoughts which can be found here: www.counselling-directory.org.uk/suicidal-thoughts.html

The Alliance of Suicide Prevention Charities (TASC)

TASC is an alliance of the leading charities dealing with suicide prevention and mental health issues. The TASC website is an educational and resource hub. They do not provide direct services but have information about members and their work. www.tasc-uk.org

GCS

GCS specialises in providing counselling and training counsellors to professional standards. A British Association for Counselling And Psychotherapy Accredited Service. There is an initial fee and then an ongoing counselling fee to be paid for each session. Gloucestershire Counselling Service
Alma House
52 / 53 High Street
Stroud
Gloucestershire
GL5 1AP
Telephone: 01453 766310
www.gloscounselling.org.uk

Listening Post

is a professional voluntary counselling service and an organisational member of the British Association of Counselling and Psychotherapy and work within their Ethical Framework. They provide counselling for anyone over 18, regardless of financial status, gender, religion, sexual orientation or ethnic origin. They ask that, based upon individual means, clients make a donation per session. Email: lpostcounselling@listeningpost.org.uk They have three Counselling Centres in Gloucester, Cheltenham and Stroud.

Gloucester
St Aldate Church,
Finlay Road,
Gloucester; GL4 6TN
01452 383820

Cheltenham
Hester's Way Community Resource Centre,
Cassin Drive, Cheltenham GL51 7SU
01242 256060

Stroud
Northcote House, Middle Street, Stroud,
GL5 1DZ
01453 750123
www.listeningpost.org.uk

BACP

BACP are the professional association that ensures counsellors meet professional standards.

The Find a Therapist directory is a paid for directory where BACP members can advertise their services to potential clients and people who want therapy can search for qualified counsellors or psychotherapists in their area.

www.bacp.co.uk

Artlift

Artlift is a registered charity running creative courses and projects with proven health benefits. Our courses are available to Gloucestershire or Malmesbury Primary Care Centre (MPCC) patients who are at risk of developing or have developed poor mental health.

www.artlift.org

Lifting the Blues

Lifting The Blues is a charity dedicated to supporting the loved ones of sufferers through music and with the ultimate ambition of lifting the stigma of mental health

www.liftingtheblues.co.uk/

CHILDREN AND YOUNG PEOPLE

CYPS

Gloucestershire provides a comprehensive range of specialist emotional wellbeing and mental health services for all children and young people (0-19 years) who are registered with a GP in Gloucestershire. They have a subcontracted, partnership working with voluntary agencies such as Action for Children (AFC) and Teens in Crisis (TiC+) The team is based at Evergreen House.

You can telephone on 01242 634050
www.cayp.2gether.nhs.uk

****Taken from website****

"We are a specialist mental health service for children and young people up to their 18th birthday who are finding it hard to cope with their feelings and other mental health issues.

In Herefordshire the Service is called CAMHS (Child & Adolescent Mental Health Service) and in Gloucestershire it is called CYPS (Children and Young People Service).

We are a specialist emotional wellbeing and specialist mental health service for all children and young people registered with a GP in Gloucestershire or Herefordshire.

Everyone feels stressed, anxious, down or angry from time to time but sometimes these feelings can be overwhelming and just won't go away. Usually children and young people referred to us will be experiencing emotional wellbeing problems that significantly affect their ability to cope with normal stresses and demands of life.

Our staff are specially trained and have lots of experience of talking to children and young people, and their parents and carers, about thoughts and feelings. There are many ways we can help. Everyone who uses our service can talk privately and confidentially. Most importantly, we are here to offer help and understanding.

If other services or professionals are already providing support, we may think about working in partnership with these staff to ensure the best possible plan of care is achieved.

We work in many different ways with young people, depending on their needs. Our team of psychiatrists, psychologists, community nurses, and therapists provide specialist support for the young person and their family. This could include any of the following:

- Art therapy - using art to help express and understand your feelings.
- Cognitive behavioural therapy (CBT) - a talking therapy that can help manage your problems by helping you to change the way you think and behave.
- Family therapy - working with the whole family to help you understand each other better and to generate shared solutions.
- Occupational therapy - helping you deal with things you do every day.
- Psychiatry – diagnosing and treating mental health conditions.
- Psychology - helping you understand the links between what you're thinking, what you feel and what you do.
- Psychotherapy - helping you understand how important relationships and experiences have influenced your life.

We also work in the community to help promote emotional wellbeing in schools. For example, we support teachers, youth workers and other people working with young people by offering them support and training on identifying mental health needs."

YoungMinds

is the UK's leading charity championing the wellbeing and mental health of young people.

They strive to make sure everything, from Government policy to practice in schools and services, is driven by young people's

experiences and aspirations.

They support parents to help their children through difficult times, and equip professionals to provide the best possible support to the young people that they work with, and empower young people to change their world.

Speak to our experts at the Parents Helpline – call 0808 802 5544
www.youngminds.org.uk/

The Mix

is a UK' leading support service for young people.

They support young people aged under 25 and take on any challenge you're facing - from mental health to money, from homelessness to finding a job, from break-ups to drugs.

You can talk to them www.themix.org.uk/ get-support via online, social or our free, confidential helpline

XenZone

is a provider of online mental health services for children, young people and adults. Kooth, from XenZone, is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use.

For more information about XenZone, please visit XENZONE.COM.

If you're a parent looking for more information about Kooth, please email PARENTS@XENZONE.COM

Young Gloucestershire (YG)

YG supports young people (11-25 years old) who are facing some very difficult times; whether it be a disruptive home life, caring for a family member or coping with a mental health issue. Young people turn to us for help and we offer them practical ways to find confidence and develop the skills they need to get on track and to move into a job, education or training.

www.youngglos.org.uk

The Door Youth Project

The Door is Open so every young person and their parents can feel safe, happy and valued, with the best possible opportunity to reach their potential. At The Door they believe in the potential of every person.

www.thedoor.org.uk

The Music Works

Our mission is to transform lives through music. We're specialists in working with young people in challenging circumstances to help them reach their full potential in music, in learning, and in life.

www.themusicworks.org.uk/