



South West London

Health & Care  
Partnership

# Coping after suicide

Have you been affected by suicide?

Help is here.





Please contact us at **07753 650 951**  
or email [sbls@bwwmind.org.uk](mailto:sbls@bwwmind.org.uk)

## One in ten people who are bereaved by suicide go on to have suicidal feelings.

The impact of suicide may be devastating. It can cause intense feelings of grief for loved ones, communities and workplaces.

The Suicide Bereavement Liaison Service aims to support individuals and families bereaved by suicide and link them to relevant services.

Our designated Suicide Bereavement Liaison Officer will receive referrals from any source as well as self-referrals to offer:

- One-to-one support
- Support during inquests or other related matters
- Guidance on where to find bereavement support services or mental health services for more specialist support
- Training to bereavement support organisations, GPs and Community Pharmacists to up-skill them to support those bereaved by suicide
- Resources and support

This help is available to people living or working in the following boroughs:  
**Croydon, Merton, Kingston, Richmond, Sutton and Wandsworth**

**Samaritans.** [www.samaritans.org](http://www.samaritans.org)

**Cruse.** [www.cruse.org.uk](http://www.cruse.org.uk)

**CALM.** London 0808 8025858 National 0800 585858 [www.thecalmzone.net](http://www.thecalmzone.net)

**SOBS Groups.** National helpline 0300 111 5065 Email helpline. [support@uksobs.org](mailto:support@uksobs.org)

**Shout.** Free text service for anyone in crisis. Text SHOUT to 85258

**SASP.** [Supportaftersuicide.org.uk](http://Supportaftersuicide.org.uk)

**Child Bereavement UK.** [www.childbereavementuk.org](http://www.childbereavementuk.org)

**KOOTH.** Online support for young people. [www.kooth.com](http://www.kooth.com)

**Coroners support service.** Helpline 0300 111 2141 Email [helpline@ccss.org.uk](mailto:helpline@ccss.org.uk)