

Contact us

If you have any questions about Support After Suicide Service, please get in touch – we'd be delighted to hear from you!

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NW1 8HF

@ www.rethink.org/ncl-supportaftersuicide
07483 368 700
SupportAfterSuicide@rethink.org



Proud members of
the National Suicide
Prevention Alliance



Leading the way to a better
quality of life for everyone
severely affected by mental illness.

For further information
on Rethink Mental Illness
Phone 0121 522 7007
Email info@rethink.org

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rethink.org

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We also provide suicide prevention / awareness / bereavement training sessions for local services and organisations

For more information please contact us to discuss your requirements

Volunteering

If you are interested in joining our service as a Volunteer or Peer Worker then please contact us to discuss the roles we have on offer.

Support After Suicide

Support for people bereaved by suicide who live, work or study in the London Boroughs of Camden, Islington, Enfield, Barnet & Haringey



Funded by North Central London Council's





What we do

About us

We provide support for people bereaved by suicide who live, work or study in Camden, Islington, Enfield, Barnet & Haringey.

We can provide support if you live, work or study outside of the 5 boroughs but are bereaved by a suicide that occurred within the 5 boroughs.

Our core opening hours are Monday - Friday 9am-5pm. We can also provide support up to 8pm, so that you can access us at a time that suits you best

We support people of any age but if children or young people are involved, we will work with other agencies to ensure the right support services are in place.

121 Support

121 support from a Suicide Bereavement Worker for 6 personalised weekly support sessions followed by 6 fortnightly sessions with the option to extend support if needed.

After your 121 sessions end, we provide monthly check-in sessions for 6 months & we provide support on the anniversary of your bereavement.

The 121 support will provide

- Person centred, emotional support to talk about the bereavement, discuss coping strategies & find ways of dealing with your loss
- Signposting & referral to other services
- Practical support including help to navigate processes e.g. police, funeral arrangements, inquests & support to talk to your employer,
- Advocacy to help you have your voice heard & speak out

"It changed my life - I can't find the words to explain what it meant to me to have experienced this support. I feel it saved me from my darkest days ever."

We know that people bereaved by suicide need support at the time that is right for them – we support people at any stage of bereavement, including immediately after your loss or in the longer term when you feel ready to access support

Support for people bereaved by suicide in the 5 London Boroughs - Camden, Islington, Barnet, Enfield & Haringey

Bereavement Peer Support Groups

A closed support group with a maximum of 6 participants. The group is facilitated by a Suicide Bereavement Worker & a volunteer with lived experience of bereavement by suicide.

The group will last for 12 weekly sessions, lasting 1-1.5-hours & is held in each of the boroughs on a quarterly basis.

The groups provide

- A safe/supportive space to discuss & explore without judgment - bereavement by suicide, trauma, loss and grief on yourself, your family & networks.
- Share stories & experiences in a safe environment.
- Gain peer support build connections with others
- Break down the myths & stigma associated with suicide & bereavement by suicide

"After attending group meetings, I was coping with life better each day because of all the support & understanding"

