

# South East London Suicide Bereavement Service

Coping After a Suicide

Our suicide bereavement service provides essential support for those who have lost someone to suicide, including practical and emotional support throughout the grieving process.

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## Coping After a Suicide

### What is this Service?

If you have recently been bereaved by suicide, our South East London Suicide Bereavement Service is here to provide support from both a practical and an emotional perspective. Our staff team includes Suicide Bereavement Support Workers, Community Chaplains and a Bereavement Counsellor.

We want to support the mental health, wellbeing and resilience of those who have experienced a loss and make sure that they are sign-posted to appropriate support and resources. Grief can feel isolating, so we're here to create a stronger support network for those who have experienced a suicide in their family.

#### Practical Support Including:

- Going to the home of the person who has died
- Identification of the deceased
- Helping sort through personal effects
- Dealing with the bank accounts and social media accounts of the person who has died
- Help with registering the death and planning the funeral
- Offering information and resources during possible inquest into the death
- Support throughout the coronial process.

#### Emotional Support Including:

- Listening and understanding responses to grief
- Helping break the news to family, friends and children
- Information about and help attending grief support groups
- Check-ins at emotionally significant moments (like a first anniversary)
- Emotional support at any meetings relating to the circumstances of the death
- Trauma-informed bereavement-focused talking therapies

### Who is This Service For?

The service is available to anyone living in the boroughs of Bexley, Bromley, Greenwich, Lambeth, Lewisham and Southwark who has been bereaved by suicide. We are available for people of all ages, including children and young people who feel they would benefit from our support.

#### How do I access this service?

- You can self refer using the phone number or email address below
- Visit your GP and ask to be referred

#### Contact Details & Service Information:

- Phone Number: 01689 811222
- Email: [suicidebereavement@blgmind.org.uk](mailto:suicidebereavement@blgmind.org.uk)
- Address: BLG Mind, 20b Hayne Road, Beckenham, BR3 4HY