



Information for Mental Health

Help and support for people in Leeds bereaved by suicide and other sudden traumatic death



When someone close to you has died unexpectedly by suicide or other sudden traumatic death, you will probably experience a range of emotions and physical sensations. As well as shock and numbness, this can include sadness, anger, guilt, relief, despair and fear. Many people who have been bereaved find it helpful to have support at some time.

- You may want help to understand the procedures that could take place after a death, such as the police investigation, the coroner's inquest, the funeral, possible attention from the media, wills and who to inform about the death. (See details of useful leaflets and booklets on the back page.)
- You may want support in coping with your grief, working through the pain, accepting the reality of loss and moving on with life.
- Some bereaved people may have particular needs. For example, parents who have lost a child, teenagers who have lost a brother, sister or friend or an adult who has lost a parent.
- You may want to find out more about organisations that can help. A list is included on the next few pages.

This leaflet has been produced to complement the NHS booklet **"Help is at Hand"** – which is a detailed and very helpful resource for people bereaved by suicide and other sudden traumatic death.

Please see the last page of the leaflet for details of how to get a copy

Organisations that can help

If you want to find out more about these and other bereavement organisations you can contact **Leeds Bereavement Forum**. This is a city-wide network of organisations and individuals who offer services to bereaved people.

The Forum is based at Oxford Place Centre, Oxford Place, Leeds LS1 3AX. Phone contact can be made between 9am and 4pm Monday to Wednesday on 0113 225 3975.

Email info@lbforum.org.uk Website www.lbforum.org.uk

● **Survivors of Bereavement by Suicide (SOBS)**

National helpline: 0870 241 3337

Offers group meetings, telephone support and information to meet the needs and break the isolation of people bereaved by suicide.

- Helpline open 9am to 9pm daily

● **Cruse Bereavement Care**

Tel 0113 234 4150

Centenary House, North Street, Leeds LS2 8AY

Provides counselling, information and practical advice to any bereaved person.

- Drop-in service 4.30pm to 6.30pm first and third Wednesday of the month at the Robert Ogden McMillan Cancer Centre, St James Hospital LS9 7TF
- *Bereaved by Suicide* booklet available
- Careline telephone service: 10am to 12 noon Monday, Tuesday, Thursday, Friday
- Office open 9.30am to 2.30pm Monday, Tuesday, Thursday, Friday

● **Samaritans (Leeds)**

Tel 08457 90 90 90

93 Clarendon Road, Leeds LS2 9LY

Support for people who are suicidal, despairing or in distress, through listening and helping them to explore their feelings.

- 24 hour phone every day
- 10am to 10pm face to face
(please ring first for staff availability)

● **Compassionate Friends Helpline**

Tel 08451 232 304

A self-help organisation of parents whose child of any age (including adult) has died from any cause including suicide.

Also runs "Sibling Support" for all bereaved siblings.

- Open 10am to 4pm and 6.30pm to 10.30pm
every day of the year

● **Belmont House Bereavement Team**

Tel 0113 392 6106

3-5 Belmont Grove, Leeds LS2 9DE

Helps children and young people (up to 16) to come to terms with bereavement and loss, including sudden death and suicide.

- 9am to 4pm Monday to Friday

● **Your GP**

Your GP may be able to help you by advising you about sources of support or referring you to a counsellor or a bereavement organisation.

● **Connect Helpline**

Tel 0808 800 1212

Dial House, 12 Chapel Street, Halton, Leeds LS15 7RW

Helpline for anyone in distress who wants to talk or feels lonely and needs someone to listen, or needs information on services and resources.

- 6pm to 10.30pm seven evenings a week

● **Winston's Wish**

Tel 08452 03 04 05

Helps bereaved children and young people rebuild their lives after a family death. Offers practical support and guidance to families, professionals and anyone concerned about a grieving child.

- Helpline open 9am to 5pm Monday to Friday

● **Leeds Crisis Centre**

Tel 0113 275 5898

3 Spring Road, Leeds LS6 1AD

Free and confidential counselling service for people having a recent crisis, including sudden or unexpected bereavement. Support offered on a short term basis of up to 16 weeks.

- 10am to 9.30pm Monday to Friday
11am to 7pm Saturday and Sunday
open every day of the year



Useful leaflets and booklets

● Help is at Hand

A resource for people bereaved by suicide and other sudden, traumatic death. Produced by the Department of Health and available by phoning 08701 555 455 or downloading a copy from the website www.dh.gov.uk/publications (type the words "bereaved by suicide" in the search window on the top right hand side)

● Bereavement Benefits (Leaflet and form BB1) What to do after death (Leaflet D49)

Produced by Department for Work and Pensions and available from Jobcentre Plus Offices

● When sudden death occurs

Produced by Department of Constitutional Affairs and available at www.dca.gov.uk or phone 020 7210 0066

● Dealing with someone's estate (Factsheet 14) Arranging a funeral (Factsheet 27)

Produced by Age Concern and available from the Information Line freephone 0800 00 99 66

● After a suicide

Produced by Scottish Association for Mental Health and available from www.samh.org.uk or phone 0141 568 7000

Useful websites

- Cruse Bereavement Centre: www.crusebereavementcare.org.uk
- SAVE (Suicide Awareness Voices of Education): www.save.org/coping
- Mind: www.mind.org.uk
- Child Bereavement Trust: www.childbereavement.org.uk
- The Compassionate Friends: www.tcf.org.uk
- SOBS: (Survivors of Bereavement by Suicide) www.sobs.admin.care4free.net
- Interfaith Seminary – serves the spiritual needs of people from all faiths and none: www.theinterfaithseminary.com