



Suicide Bereavement Training Sessions

For health and social care professionals

We deliver free suicide bereavement training workshops to health and social care professionals working across Surrey.

These are held in various different locations and are run throughout the year.

Each training session lasts a full working day and they are run during the weekdays.

If you would like to attend one of these sessions then please get in touch with us to find out the next available dates

If you have any questions about Surrey Support After Suicide Service, we are open Mon - Fri 9am-5pm. We provide pre-arranged support sessions up to 8pm, please get in touch - we'd be delighted to hear from you!



www.rethink.org/surreysupportaftersuicide



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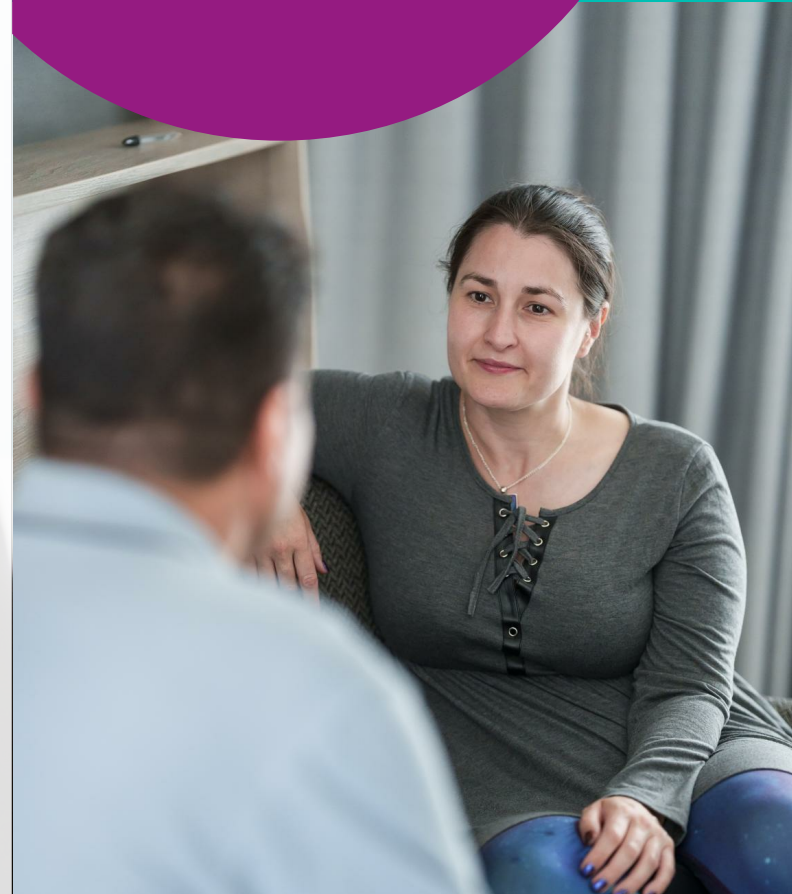
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Surrey Support After Suicide Service



What we do

Support for people 18+ in Surrey who are bereaved by suicide e.g family, friends and people exposed to suicide e.g. witnesses, first responders, neighbours, colleagues and health and social care professionals. The service is free to access.

About us

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.

We also know that each person's experience of bereavement is unique to them but when someone dies by suicide, the powerful feelings become more complex and people benefit from specialist support with their loss.

One to One Practical & Emotional Support

1-2-1 support from a Suicide Bereavement Worker for 6 personalised weekly support sessions followed by 6 fortnightly sessions with the option to extend as needed.

After your 1-2-1 sessions end, we provide

Our staff team and volunteers have lived experience of bereavement by suicide which we see as being extremely important. Alongside their other professional skills and experience, this comes together to enhance our delivery of the service.

monthly check-in sessions for up to 6 months and we provide support on key anniversary dates,

The 1-2-1 support includes:

- Person-centred, emotional support to talk about the bereavement, discuss coping strategies and find ways of dealing with your loss.
- Practical support including help to navigate processes e.g. police, funeral arrangements, inquests, the media, notifying companies of the death and support to talk to your employer.
- Signposting and referral to other services.
- Providing verbal and written information about bereavement by suicide and other related matters.

Bereavement Peer Support Groups

We provide closed peer support groups with a maximum of 6 participants. The group is

facilitated by a Suicide Bereavement Worker and a volunteer with lived experience of bereavement by suicide. Groups will last for 12 weekly sessions, lasting 1-1.5-hours.

The groups provide:

- A safe space to discuss your grief and loss.
- Share stories and gain peer support and build connections with others.

“Attending the Siblings group made me to feel less alone and connect with others who know how I really feel which is especially hard when also supporting my parents and handling my own grief”
(Quote from a person attending a group)

