

## Bereavement Toolkit

It can be incredibly difficult to lose someone to suicide. Becoming bereaved by suicide may make you feel isolated, abandoned or experience your own mental health difficulties. You may experience complicated thoughts about the person you have lost or feel like you have lost your memories related to your loved one. There is no 'right' way to experience grief, and you may find your grief affects you differently on different days. These resources are designed to provide you with support in this difficult time.

If you feel like you need support with your own mental health, these 24/7 services can help:

### National:

- Samaritans 116 123
- 999
- 111 (Option 2- Mental Health)
- Papyrus Hopeline: Call- 0800 068 4141 or Text 88247
- Text Shout to 85258

### Teesside

- Tees, Esk and Wear Valley Crisis Team: 0800 0515 171

### Resources

#### Website title: Suicide & Co

**Website Description:** Suicide and Co provide 12 sessions of free counselling to anyone

**18+ who has been bereaved by suicide in England or Wales.**

**Website Link:** <https://suicideandco.squarespace.com/>

#### Website title: IfUCareShare

**Website Description:** IfUCareShare provides a number of useful resources and additional support to those who have been bereaved by suicide.



**Website Link:** [I have lost someone to suicide | If U Care Share](#)

**Website title:** **Support Groups for Individuals Bereaved by Suicide**

**Website Description:** This website provides information about how to join a support group if you have been bereaved by suicide.

**Website Link:** [Support groups for people bereaved by suicide \(samaritans.org\)](#)

Moreover, autistic individuals may experience bereavement differently from non-autistic individuals. These resources provide specific support to autistic individuals experiencing bereavement:

**Website title:** **National Autistic Society Bereavement Support**

**Website Description:** Guides for autistic individuals who have experienced bereavement

**Website Link:** [Bereavement \(autism.org.uk\)](#)

**Website title:** **Supporting an autistic child with bereavement**

**Website Description:** A video providing step-by-step guidance to supporting an autistic child with bereavement

**Website Link:** [Supporting a bereaved autistic child | Child Bereavement UK](#)

**Website title:** Supporting neurodivergent people who have been bereaved by suicide guide

**Website Description:** A comprehensive and detailed exploration of best practice in supporting neurodivergent individuals who have been bereaved by suicide.

**Website Link:** [Overview of our new guide: supporting people bereaved by suicide who are neurodivergent – Support After Suicide](#)

