

Coping After a Suicide

South East London Suicide Bereavement Service

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

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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 lost someone close to them to suicide.

Practical Support Including:

- Going to the home of the person who has died
- 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
- Check-ins at emotionally significant moments (like a first anniversary)
- Emotional support at any meetings relating to the circumstances of the death
- Support groups with others in a similar situation
- Trauma-informed bereavement-focused talking therapies

Who is This Service For?

We work with people bereaved by suicide across the boroughs of Bexley, Bromley, Greenwich, Lambeth, Lewisham and Southwark. We support people who live in these boroughs and those whose loved one lived or died in these boroughs. 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:

- Email: suicidebereavement@blgmind.org.uk
- Website: <https://slam.nhs.uk/our-services/suicide-bereavement-service/>
- Phone Number: 07933 393397
- Opening Times: 9am-5pm Monday-Friday, with evening or weekend appointments if required.