
 I now
know I'm not
alone. 

Support after suicide

SE London Suicide Bereavement Service

If you have lost someone to suicide, we are here for you. We offer non-judgemental 1:1 support and a chance to meet other people bereaved by suicide.

Get in touch

Open from 9am to 5pm Monday to Friday, with evening appointments if needed. Make a referral for yourself or someone else.

Phone: 07933 393397

Email: suicidebereavement@selmind.org.uk

Scan the QR code or visit our website:
selmind.org.uk/suicide-bereavement-support



Who we work with

We support people across the boroughs of Bexley, Bromley, Greenwich, Lambeth, Lewisham and Southwark who have been bereaved by suicide or witnessed a suicide. We work with people of all ages, including children and young people who feel they would benefit from our support.

What we offer

We provide a free, flexible and confidential service, built around your individual needs. We will support you to understand and manage what you're feeling and can help with any practical matters related to your bereavement. We run groups and walks for people bereaved by suicide, and can provide information and resources, including about other services.



“It gave a space to talk about loss and suicide when people around me didn’t want to or couldn’t hear about it”