
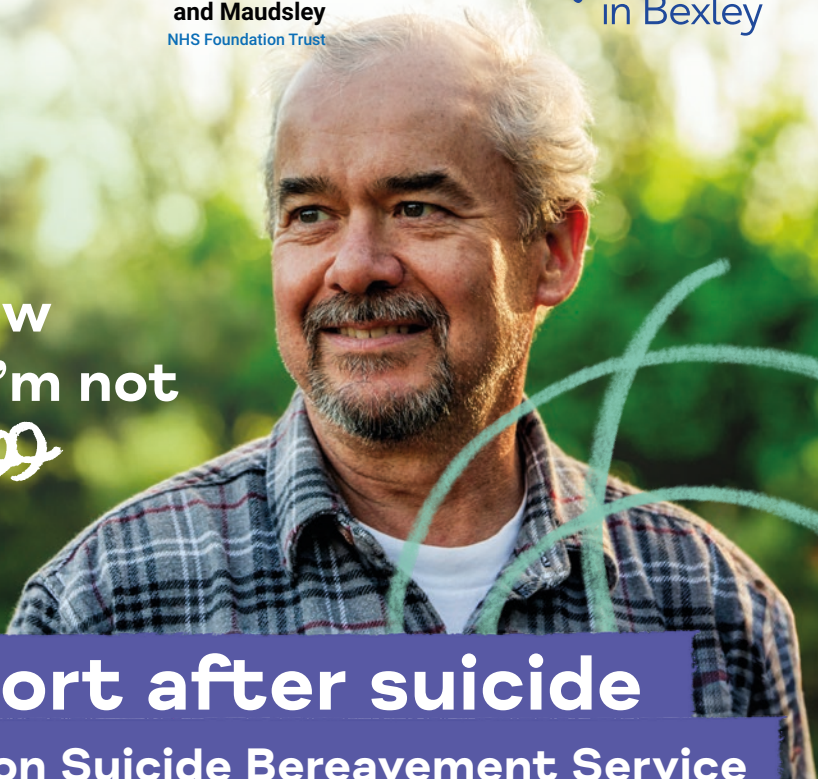
 I now  
know I'm not  
alone. 



# 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](mailto:suicidebereavement@selmind.org.uk)

**Scan the QR code or visit our website:**  
[selmind.org.uk/suicide-bereavement-support](https://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

**1:1 support:** regular sessions with a bereavement worker for emotional and/or practical support. Support is flexible, tailored to individual needs and available immediately after a loss. In person, by video call or phone call.

**Counselling:** time-limited therapy sessions for people further along in their grief journey who may be feeling stuck with certain thoughts or emotions. Usually by video call or phone call.

**Peer support groups:** in person, closed groups with other people bereaved by suicide, offered in several locations across South East London.

**Walks and other events:** in person support spaces with other people bereaved by suicide, in parks and venues across South East London.

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