

We are a hub that helps you find information  
and support across the UK.

We believe that everyone bereaved or affected  
by suicide should have access to support.

We are here to help.

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Not sure where to start?





Choose from the topics below



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I'm Bereaved



Supporting  
Someone Else



What Do I say?



Download A  
Support Guide



Practical  
Support



Emotional  
Support

...or scroll down to find local support.

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local support services

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Amy, 18, whose  
mother died.

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'The day she died the police took away some of her things from beside her bed and I remember thinking, "No, I want everything of hers, I don't want you to take anything". But they were really careful and we got it all back.'

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*'The messages started to flow in from readers who had read our story and who had suddenly realised they were not alone in this.'*

Angela, 45, whose partner died.

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'Seeing my story laid out in black and white, his face smiling out at me from the pages of the magazine, was heartbreaking. But then, the messages started to flow in from readers who had read our story and who had suddenly realised they were not alone in this.'







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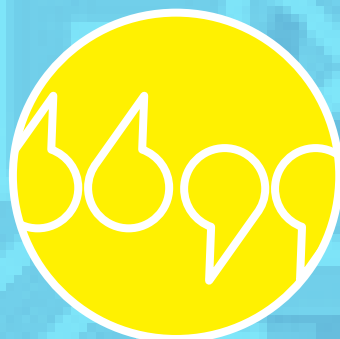


## Choose from the topics below



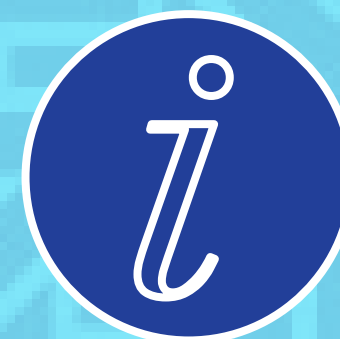
### I'm Bereaved

Advice and support if you are bereaved.



### What To Say?

Advice on what to say to people affected by suicide.



### Practical Support

What will happen, forms, who to inform.



### Helping Someone Else

Supporting someone else.



### Download A Support Guide

Scotland/ Wales/ UK.



### Emotional Support

How you may be feeling, and how to find the right support.

...or scroll down to find local support.