



Have you been affected by Suicide?

This leaflet has been put together by the Norfolk and Waveney Suicide Bereavement Partnership for local families, friends or anyone who has been affected by suicide. In this leaflet you will find information about both practical and emotional support, personal accounts of others who have been bereaved through suicide and some things to expect after a loss.

*Why didn't I
see the signs?*

Suicide is a bereavement like no other. It is often very traumatic and not only affects close family and friends but also colleagues,

*I feel isolated.
Some people avoid
talking to me.*

professionals and the local community. Those left behind may feel isolated and people around you may find it difficult to know what to say.

*Why didn't they
tell me how they
were feeling?*

You may experience a variety of emotions including anger, guilt and blame, all of which are normal responses to difficult circumstances.

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Partnership**

Common reactions and emotions that may be experienced after a loss by suicide include:

- numbness and disbelief
- anger towards the person who has died
- rejection, abandonment and intense mixed emotions
- difficulty talking about the way the person died
- reluctance to discuss the way the person died to children
- misunderstanding and isolation
- anxiety about stigma or shame around suicide
- blaming yourself or others
- repeatedly going over events before and after the death
- having suicidal thoughts

"When it happens it feels like you are the only one going through it. It really does help to meet others in the same situation."

"Talking to people who had lost someone in similar circumstances helped me to understand that I wasn't alone."

LOCAL SUPPORT

There is a range of different types of support available when someone has died. These include:

NORFOLK AND WAVENEY MIND

Norfolk and Waveney Mind, is your local mental health charity and has a service that supports those bereaved by suicide. **For more information call: 01603 432457 or visit www.norfolkandwaveneymind.org.uk**

NELSON'S JOURNEY

Nelson's Journey is a charity that supports children and young people aged 0-17 years living in Norfolk who have experienced the death of a significant person in their life. **For more information call: 01603 431788 or visit www.nelsonsjourney.org.uk**

EMPATHY

Empathy is an independent, Norfolk based, community group that aims to provide support for people who are suffering bereavement through suicide. **For more information email: empathynorfolk@gmail.com, call 07876 496711 or visit www.empathynorfolk.co.uk**

HOPE AFTER SUICIDE LOSS

Hope after Suicide Loss is an independent, established, peer led organisation that offers indefinite support for suicide loss in both Suffolk and Norfolk. You must be eighteen years or over to access this service. **Please contact 07531 087623 for more information on or visit www.hopeaftersuicideloss.org.uk**

CRUSE

Norwich & Central Norfolk Cruse Bereavement Care is a self-funding voluntary organisation that provides support for bereaved adults. Our service is free and available to all without discrimination. **For further details of our services and how we can support you, please contact 01603 219 977 or email: norwich@cruse.org.uk**

CORONER'S CHAPLAIN

The Chaplain is available for practical and emotional support before or during an inquest for families or witnesses. The service is free and there to support anyone, regardless of faith or no faith. **For more information please call 07947 559845 or email: coroner@norfolk.gov.uk**

LOCAL SUPPORT

continued...

STAY ALIVE APP

Hosted by Norfolk County Council this App offers signposting to national bereavement support services and suggestions of various coping strategies.

NATURE AND NURTURE

At Nature and Nurture Therapeutic Services we offer an alternative to conventional counselling by utilising the relaxing and therapeutic qualities of the natural world. Our project 'The Nature Of Grief' supports bereaved young people 0-25yrs in Suffolk and 18-25yrs in Norfolk, many of whom have had a loved one take their own life or in other sudden traumatic circumstances. We run a support group for young people in South Norfolk and Waveney who are struggling with Mental Health difficulties, feelings of worthlessness and suicidal thoughts. Our support is delivered in a non judgmental, laid back way and tailored to individuals or groups and can take place anywhere from our boat 'Spirit Of Joy' on the broads, walks through the countryside, on the beach etc, to a families home. We pride ourselves in adapting to meet our clients needs. **Contact us via email:**

info@natureandnurturetherapeutic.com or call 07802 481333,

Twitter @NNTherapeutic,

Facebook @natureandnurturetherapeutic

or visit www.natureandnurturetherapeutic.com

GP

In circumstances where you may struggle with your own mental or physical health it is important to speak to your GP.

FUNERAL DIRECTORS

Funeral directors are experienced at supporting people who have been bereaved and may be able to offer further support. Speak to your funeral director to enquire about the support they may offer.

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SUGGESTED READING

HELP IS AT HAND

Public Health England

A national postvention guide for people affected by suicide, with both emotional and practical support. People who have been bereaved by suicide used their experiences to support the production of this resource. Available online at: www.nspa.org.uk or available to order.

THE UNIQUE GRIEF OF SUICIDE

Tom Smith

"A gem of a book. The author, through a labour of love and generosity, is able to turn a personal tragedy into an opportunity to reach out and help many others. His work combines scientific data and personal feelings admirably."

SILENT GRIEF

– LIVING IN THE WAKE OF SUICIDE

Christopher Lukas

Silent Grief is a book for and about "suicide survivors" – those who have been left behind by the suicide of a friend or loved one. The author draws on his own experiences, as well as those of numerous others.

NO TIME TO SAY GOODBYE

– SURVIVING THE SUICIDE OF A LOVED ONE

Carla Fine

The author brings suicide survival from the darkness into light, speaking frankly about the overwhelming feelings of confusion, guilt, shame, anger, and loneliness that are shared by all affected by a suicide.

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CHILDREN'S BOOKS

LUNA'S RED HAT

Emmi Smid

This storybook is designed to be read with children aged 6+ who have experienced loss of a loved one by suicide. It includes a guide for parents and professionals by bereavement expert, Dr Riet Fiddelaers-Jaspers.

BEYOND THE ROUGH ROCK

Julie A. Stokes

This is a useful book aimed at giving parents and professionals the confidence to involve children in discussions about the nature of a death by suicide. The book includes child friendly activities for you to do as a family as you begin to make sense of what has happened and start to look at ways in which your family can learn to cope.

RED CHOCOLATE ELEPHANTS

Diana C. Sands

In this book, children write and draw what it was like losing a parent to suicide. With directness they offer insights for other children facing such tragedy, for parents, carers and therapists supporting such children, and for any one responding to suicide of grief and seeking to continue life.

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