

## Crisis Contacts

This service is not a crisis service. If you need immediate support please contact one of the following:

**GP surgery**

You can contact your GP if in distress. There will be an out-of-hours or emergency number on their answer machine.

**Milton Keynes Out-of-Hours Urgent Advice Line - 0800 0234 650**

If appropriate a duty social worker will arrange an assessment.

**Samaritans: 116 123 (Free phone)**

The Samaritans provide confidential non-judgmental emotional support, 24 hours a day for people who are experiencing feelings of distress or despair, including those which could lead to suicide.

**Papyrus: 0800 068 41 41**

Papyrus is the national charity dedicated to the prevention of young suicide.

**SOBS (Survivors of Bereavement by Suicide): 0300 111 5065**

A charity providing dedicated support to adults who have been bereaved by suicide. Their local support group can be contacted here:

[milton.keynes@uksobs.org](mailto:milton.keynes@uksobs.org)

**CALM (Campaign Against Living Miserably): 0800 58 58 58**

CALM is a charity working to reduce the suicide rate among young men.

**Mind BLMK** works across our communities to make a difference to the mental health and wellbeing of people in Bedfordshire, Luton and Milton Keynes, and our aim is to make sure that no-one has to face a mental health problem alone.

### Mind BLMK

Milton Keynes Wellbeing Centre,  
Midsummer House,  
Midsummer Boulevard,  
Central Milton Keynes,  
MK9 3BN.

w: [mind-blmk.org.uk](http://mind-blmk.org.uk)

t: 01908 257830

e: [mk@mind-blmk.org.uk](mailto:mk@mind-blmk.org.uk)

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Registered Company No 3511342



# Mind BLMK Bereavement by Suicide Support Service



# Bereavement by Suicide Support Service



The impact of suicide on those left behind can be devastating and bring a wide range of different emotions and experiences. Evidence suggests that early intervention support can benefit individuals in the grieving process.

The loss of a loved one to suicide is a unique circumstance that can leave the bereaved with unanswered questions and complex feelings that can be hard to understand and process. It can often feel that no-one else understands what you are going through and you may not want to tell anyone about how your loved one has died.

Each person, even within your own family, may respond to the death differently, and this may also feel very challenging and confusing. Bereavement is an individual experience and can affect people differently.

Some effects of bereavement are:

- Anger
- Shock, disbelief
- Sadness
- Guilt
- Shame
- Relief
- Fear and anxiety
- Longing for the person who has died.

It is also possible that you may be having physical responses which are also quite normal, for example: difficulty sleeping, pain in your chest or stomach, tiredness and poor concentration.

Mind BLMK understands that there are also many practical issues that need to be carried out after the death. These may seem confusing and be a cause of anxiety. Mind BLMK can offer support and information to help you with this.

## What to expect from the service

At Mind BLMK we offer you a safe and non-judgmental space to talk about how you feel, to ask questions and to find a way forward.

The Bereavement by Suicide Support Service provides:

### Initial support

- Contact with families within 2 working days of receiving a referral into the service following a bereavement
- A named liaison worker
- A home visit to meet the family and offer support
- Information on services available in Milton Keynes
- Liaison with other services
- Follow up telephone support for the family
- Signposting to practical support
- Information on procedures that take place when there is a death by suicide.

### Longer Term Support

Mind BLMK can offer counselling at an appropriate time to members of the immediate family who have been bereaved by suicide. Information will be available to all families about accessing counselling.

### How Do I Access Support?

Following a death, the police will forward your details to Mind BLMK, (if you have given permission) and we will make contact with you by phone within 2 working days. Individuals and other agencies can also refer.

If you have any questions about the Bereavement by Suicide Support Service please contact **01908 257830** or email [mk@mind-blmk.org.uk](mailto:mk@mind-blmk.org.uk).

Please see overleaf for some other useful contacts.