

A support group for people bereaved by suicide

The purpose of the Bereavement Support Group is to give you the opportunity to meet others who have been bereaved by suicide and be able to talk in a warm, caring environment supported by experienced bereavement volunteers.

Many people find it can be especially helpful to meet with others bereaved in the same way, who may understand more about the particular challenges involved, and be able to offer some solidarity as experiences are shared with one another.

What you can expect from the group

Each group member's situation is respected. What is right for one person may not be right for another. Each member is encouraged to participate in the discussion if he/she wishes, but there is no pressure to do so. Members of the group listen and support each other without criticising or making judgements. All information about members and discussions within the group are kept confidential. The facilitator will not disclose any details discussed at the group to anyone else unless they are seriously concerned for someone's safety.

When and where does the group meet?

The bereavement support group meets on the 2nd Monday of each month, from 6.00-7.30pm, via Zoom.

Meeting ID details will be sent to you on enquiry.

What to do next if you'd like to be a part of the group

Please contact us using the details on the back of this leaflet. One of us will then arrange to have an initial conversation with you when we will take some details about both you and the person who has died and answer any questions you may have.

Please be assured that your contact details will be used only if we need to contact you regarding the support group meetings.



For more information about the support group,
please contact:

Jane Pope
Mental Health Chaplain,
Heart & Soul Service, CPFT.
07973 883511
jane.pope@cpft.nhs.uk



Patient Advice and Liaison Service (PALS)

If you have any concerns about any of CPFT's services, or would like more information please contact:

Patient Advice and Liaison Service (PALS) on freephone 0800 376 0775
or e-mail pals@cpft.nhs.uk

Out-of-hours' service for CPFT service users

Contact Lifeline on 0808 808 2121 7pm-11pm
First Response Service on 111 Option 2

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Cambridgeshire and
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Have you been affected by suicide?



Information on a monthly support group for
people bereaved by suicide