

Suicide is a bereavement like no other. It is often very traumatic and not only affects close family and friends but also colleagues, professionals and the local community. Those left behind may feel isolated and people around you may find it difficult to know what to say.

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

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**

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SUGGESTED READING

A Special Scar: The Experiences Of People Bereaved By Suicide by Alison Wertheimer

Finding The Words

How to support someone who has been bereaved and affected by suicide – available to download from <https://supportaftersuicide.org.uk/resource/finding-the-words/>

Help Is At Hand from 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.

No Time To Say Goodbye – Surviving The Suicide Of A Loved One by 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.

Silent Grief – Living In The Wake Of Suicide

by 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.

The Unique Grief Of Suicide by 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.”

CHILDREN’S BOOKS

Beyond The Rough Rock by Winston’s Wish

Luna’s Red Hat – to help children cope with loss and suicide. By Emmi Smid

Muddles Puddles And Sunshine – an activity book to help when someone has died. By Winston’s Wish

Red Chocolate Elephants – for children bereaved by suicide. By Diana C. Sands

You Will Be Okay by Julia Stokes – this is great for aged 10-15 year olds.



Have you been affected by suicide?

In this leaflet you will find information about both practical and emotional support for those who have been affected by suicide, together with suggested reading and some of the things to expect after a death to suicide.

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



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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

CRUSE

We are Cruse Bereavement Support, telephone **0333 230 0189**, email support.norwich@cruse.org.uk, national helpline **0808 808 1677**. We are currently offering telephone or Zoom support.

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

GP

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

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

NATURE AND NURTURE NATURE AND NURTURE THERAPEUTIC SERVICES

Offer alternative counselling through the natural world to children and young adults 0-25yrs in Norfolk and Suffolk. Call **07802 481333** or look at info@natureandnurturetherapeutic.com

NELSON'S JOURNEY (Norfolk only)

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

NORFOLK AND WAVENEY MIND'S COMPLEX BEREAVEMENT SERVICE

Norfolk and Waveney Mind's Complex Bereavement Service, offers anyone living in the Norfolk and Waveney area, bereaved by suicide

either 1:1 practical and emotional support for those waiting for inquest and/or attendance at one of their Anchor Support Groups or bereavement cafes. Anyone over the age of 18 can access support. For more information call **0300 330 5488** or email complexbereavementservice@norfolkandwaveneymind.org.uk or visit <https://www.norfolkandwaveneymind.org.uk/complex-bereavement>

ROSEDALE FUNERAL HOME

Offer bereavement support throughout the year. Group sessions are run in Norfolk and Suffolk, free to attend and open to all. To register interest look at www.rosedalefuneralhome.co.uk or call your local branch for more information.

SAMARITANS

Samaritans offer confidential support 24 hours a day, 7 days a week. Call free on **116 123** or email jo@samaritans.org

STAY ALIVE APP

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