

Norfolk and Waveney Suicide Bereavement Support Partnership

Thank you for attending the Norfolk and Waveney Suicide Bereavement Partnership event 'Conversations Around Suicide' at Norwich Cathedral. Following on from the event we have compiled some details of local and national organisations that offer support and information.

We hope this list will evolve and can be added to; so please do reach out if you know of a support option that is not listed.

Suicide Prevention and Bereavement Support Resources

For adults

Suicide Prevention

- **12th Man:** The 12th Man campaign provides Mental Health First Aid training to trades and interest groups, to encourage men to 'Be The 12th Man' for their friends, family and colleagues.
- **Campaign Against Living Miserably (CALM):** Helpline available from 5pm to midnight for those considering suicide.
- **You Are Not Alone (YANA):** support for those in the farming community. Providing confidential support & funded counselling.
- **Samaritans:** Listening service available 24/7, 365 days a year.
- **SHOUT:** Shout is the UK's first and only 24/7 text service for anyone in crisis. Get free, confidential mental health support anytime, anywhere.
- **The Silver Line:** helpline for older people.

Suicide Bereavement Support

- **At A Loss:** This directory offers support searchable via the type of bereavement, location and relationship.
- **The Coroner's Chaplain** chriscopey@btinternet.com offering support before, during and after an inquest.
- **Cruse Norwich & Central Norfolk:** Provides free support for bereaved adults
- **Empathy:** An independent community group that provides support for people bereaved by suicide.
- **Gambling with Lives:** Organisation dealing with gambling related deaths.

- **Hope after Suicide Loss**: An independent, peer-led charity offering indefinite support for suicide loss through support groups, telephone peer support and 1 to 1 counselling.
- **Norfolk and Waveney Mind – Suicide Bereavement Service**: Offers 1:1 emotional and practical support for up to 12 sessions, group support, and monthly bereavement cafés.
- **Rosedale Funeral Homes**: Rosedale offers free Bereavement Support Groups and training. They are open to everyone, regardless of which funeral director was used or how long ago the loss occurred.
- **Suicide&Co**: Support for suicide bereavement including the ‘Suicide&Co’ grief app.
- **Support After Suicide Partnership**: A key figure in national suicide bereavement and co-producers of the **Help is at Hand** booklet.
- **Survivors of Bereavement by Suicide (SOBS)**: Provides peer-led support groups, a national telephone helpline, and an online community forum.
- **Victim Support – Bereaved by Suicide**: Victim support for the people of Suffolk and North Essex.

Mental health support

- **LILY**: offering 1-to-1 support to adults (18+) whose loneliness is the primary issue affecting their health & wellbeing in West Norfolk.
- **Home Treatment Team (Norfolk & Suffolk NHS)**: The Home Treatment Team provides mental health and learning disability care for people across Norfolk and Suffolk. They deliver many NHS services outside of hospitals and in the community.
- **MensCraft**: Norfolk’s leading charity focusing exclusively on the health and wellbeing of men. MensCraft support men facing life’s challenges or experiencing difficulties with their mental health.
- **NHS 111- Option 2**: First response for mental health crisis.
- **NSFT Recovery College**: Provides free educational workshops and courses for anyone over the age of 16 in Norfolk and Suffolk. Courses are designed to support people invest in their own wellbeing find empowerment on their mental health journey and become experts in their own recovery.
- **Qwell**: Free, anonymous mental wellbeing support for adults, including an online messaging service.
- **RememberingTogetherGroup@gmail.com** supporting bereaved in group craft activities.
- **RETHINK Mental Illness**: We improve the lives of people severely affected by mental illness. Because everyone deserves a good quality of life.

- **St. Barnabas Counselling Centre:** a professional counselling agency that provides high-standard care to clients. They offer support and ongoing assistance.
- **Suffolk Mind:** Support includes a wide range of courses, training and therapeutic services which can enable you to better understand mental wellbeing and how you can help improve or maintain your own.
- **Wellbeing Hubs:** The Wellbeing Hubs across Norfolk and Waveney are a safe space to get support for your mental health and wellbeing in your community
- **Wellbeing:** The Wellbeing Service provides a range of support for people with common mental health and emotional issues, such as low mood, depression or stress.
- **Wellbeing Workshops:** A host of courses for individuals and organisations delivered online or in-person.
- **8:56 Foundation:** raising awareness, reducing the stigma associated with mental health using sport as an aid across West Norfolk

For Children and Young People

Suicide Prevention

- **PAPYRUS:** Offers help for young people considering suicide with a helpline and text support.

Bereavement Support

- **Nelson's Journey:** Supports children and young people aged 0-17 years living in Norfolk who have experienced the death of a significant person.
- **Scotty's Little Soldiers:** Specialising in supporting military children with bereavement.
- **Winston's Wish:** A bereavement support organisation offering support to children and young people across the UK.
- **Grief Encounter:** free, professional and specialist bereavement support service for children and young people.

Well Being

- **MAP:** Support and drop-in services for 11-25 year olds.
- **The Matthew Project:** Project empowers young people and adults to overcome drugs, alcohol, and mental health issues. They also offer specialist services for family members impacted by others' substance misuse and for veterans.

Suicide Awareness Training

- **ASIST**: From Grassroots Suicide Prevention, Applied Suicide Intervention Skills Training is a two-day interactive workshop in suicide first aid.
- **Mental Health First Aid**: Focused on providing support to your workplace through adapted training and new resources. We will support your organisation to look after the mental health of your employees.
- **Norfolk and Waveney Mind Suicide Awareness**: Various levels of suicide awareness training delivered in-person or online.
- **PABBS**: Delivered by Suicide Bereavement UK, this training aims to increase the knowledge, skills and confidence of health and care professionals so that they can appropriately respond to and care for those bereaved or affected after a suicide.
- **Zero Suicide Alliance**: Aims to empower, educate, and equip individuals and organisations to support suicide awareness and prevention. Autism based training from **Sue Willgoss** can be found **HERE**.
- **Finding Magic**: Finding Magic supports people with their wellbeing following loss, offering an alternative to the more traditional approaches from speaker **Bev Bishop**. She has combined her professional skills with her lived-experience to create a unique programme for those who are bereaved and for organisations that support those who are bereaved, focusing on building trust and connection with groups and teams.