



Brent, Wandsworth
and Westminster



North West London
Collaboration of
Clinical Commissioning Groups

Coping after suicide

Have you been affected by suicide?
Help is here.



This service is available
for those who live in the
following boroughs:

HARROW

HILLINGDON

HOUNSLOW

EALING

KENSINGTON & CHELSEA

WESTMINSTER

BRENT

HAMMERSMITH & FULHAM

If you live in Harrow, Hillingdon, Hounslow or Ealing please call or text:
07436 191 667

If you live in Kensington & Chelsea, Westminster, Brent or
Hammersmith & Fulham please call or text:
07436 139 510

Or if you would prefer to email:
sbls@bwwmind.org.uk

One in ten people who are bereaved by suicide go on to have suicidal feelings

The impact of suicide may be devastating. It can cause intense feelings of grief for loved ones, communities and workplaces.

The Suicide Bereavement Liaison Service aims to support individuals and families bereaved by suicide and link them to relevant services.

Our designated Suicide Bereavement Liaison Officers can receive referrals from any source as well as self-referrals to offer:

- One-to-one support
- Practical support with bereavement including inquests
- Guidance on where to find bereavement support services or mental health services for more specialist support
- Resources and support

We can also provide training to bereavement support organisations, GPs and Community Pharmacists to up-skill them to support those bereaved by suicide.

SAMARITANS: www.samaritans.org

CRUSE: www.cruse.org.uk

CALM: London 0800 8025858 | National 0800 585858 | www.thecalmzone.net

SURVIVORS OF BEREAVEMENT BY SUICIDE GROUPS:

National helpline | 0300 111 5065 | Email support@uksobs.org

SHOUT: Free text service for anyone in crisis | Text SHOUT to 85258

SASP: Supportaftersuicide.org.uk

CHILD BEREAVEMENT UK: www.childbereavementuk.org

KOOTH: Online support for young people | www.kooth.com

CORONERS SUPPORT SERVICE: Helpline 0300 111 2141 | Email helpline@ccss.org.uk

bwwmind.org.uk | sbls@bwwmind.org.uk | [@BWWMind](https://twitter.com/BWWMind) | [bwwmind](https://www.facebook.com/bwwmind) | [bwwmind](https://www.instagram.com/bwwmind)

We're Mind in Brent, Wandsworth and Westminster. We're here to make sure everyone with a mental health problem gets the support they need to recover. Please help us to everyone who needs us. Visit bwwmind.org.uk/donate

Brent, Wandsworth and Westminster Mind is a registered charity, no. 292708.