



Resource Links:

Understanding Grief After Suicide



Speaking to someone who is suicidal:

- Mind can offer support to help you talk to someone who is feeling suicidal.
- 10 things to say to a suicidal person.
- The NHS's guide to offering support to someone you're worried is suicidal
- How to support someone with Samaritans.
- Understanding why someone might have suicidal thoughts and helpful guidance on how you can support them - Rethink mental illness.
- Asking someone if they feel suicidal with Papyrus.
- YoungMinds offers mental health support to people from different cultures.
- Talking about faith in suicide prevention with NSPA.

If you have lost someone to suicide:

Losing someone to suicide can be profoundly painful, confusing, and isolating. There isn't a "right" way to grieve, but there are resources and support available.

- Suicide&Co offers Suicide Bereavement Advisors to help you through your grief.
- CALM offer resources and helplines to those who have lost someone to suicide.
- Survivors of Bereavement by Suicide is a charity that helps to meet the needs of someone who is grieving through suicide.

If you need help with suicidal thoughts:

- Samaritans - Confidential 24/7 emotional support. Call 116 123.
- Shout - Free 24/7 text-based crisis support; text SHOUT to 85258.
- CALM - Helpline and webchat support for those in crisis - 0800 58 58 58
- Papyrus HOPELINEUK - Specifically for people under 35 and those concerned about them - 0800 068 4141, email and text available.
- Stonewall - offers mental health support specifically for the LGBTQ+ community
- Your GP - Don't hesitate to discuss suicidal thoughts with your GP.
- Mind's Services - Offers helplines, face-to-face, peer support, and the "Side by Side" online community.
- Local Services - The Listening Place in North East London provides safe, face-to-face support for individuals feeling suicidal.
- Maytree - A London-based suicide respite centre offering free, short-term, non-medical sanctuary such as a four- or five-day stays for those in crisis.
- NHS - 'Help for suicidal thoughts' resources.