



Suicide Bereavement Support information for those impacted by suicide during the COVID19 pandemic

When someone is impacted by suicide - especially losing someone close to them - they can feel completely at a loss, unsure what to do or what will happen next. In this very difficult time, where the whole country is facing lockdown, restrictions and uncertainty, they may feel completely overwhelmed and not be sure how to cope. It's really important to remember that you won't be able to 'solve' how they are feeling; however, you will be able to help by signposting people to some of the resources and support that are available:

Help is at Hand is a booklet that offers information and support to people bereaved by suicide. It's available [digitally](#), or hard copies are available free, by emailing info@supportaftersuicide.org.uk.

Finding the Words is a booklet, which shows how to support someone who has been bereaved or affected by suicide. It has information on what to say and how you can help. It's available [digitally](#), or hard copies are available free, by emailing info@supportaftersuicide.org.uk.

The **Support after Suicide Partnership** [website](#) offers information and support for people impacted by suicide, and those supporting them. It has up-to-date information about being bereaved during the pandemic, signposting to local support services, and information on who to contact to receive support.

The Support after Suicide Partnership is a national network of about 60 organisations, who support people bereaved or affected by suicide. They work together to develop new suicide bereavement support services, support existing services, and make sure that everyone bereaved or affected by suicide is offered timely and appropriate support.

Samaritans is there to help anyone who is struggling to cope with life or when you are in a crisis. They offer listening and support 24 hours a day, every day of the year and their free phone number is 116 123.