



Bereaved by Suicide Service

Losing a loved one to suicide is an extremely traumatic experience. Our Bereaved by Suicide Service aims to ease the distress and improve the wellbeing of those in Suffolk* and Colchester and Tendring who have been bereaved by suicide. We provide emotional support, practical help and signposting to other organisations.

The service is **free and confidential** and is here for when you need it.

Phone: 01473 322683

Email: SNEE.bereavedbysuicide@victimsupport.org.uk
www.victimsupport.org.uk/bereaved-by-suicide-services/

**Our national Supportline service is available
24/7 on: 08 08 16 89 111**

*With the exception of the Waveney area.

A service by: