



## Bereavement Peer support Groups

We provide a small number of closed support groups with a maximum of 6 participants. The group is facilitated by a Suicide Bereavement Worker and a volunteer with lived experience of bereavement by suicide. Groups will last for 12 weekly sessions, lasting 1-1.5 hours.

## Volunteering

If you are interested in joining our service as a volunteer then please contact us to discuss the roles on offer.

If you have any questions about Black Country Support After Suicide Service , please get in touch - we'd be delighted to hear from you!



**Black Country**  
Dudley, Sandwell, Walsall & Wolverhampton



0800 008 6516



blackcountysupportaftersuicide@rethink.org



Our vision is equality, rights, fair treatment, and the maximum quality of life for all those severely affected by mental illness.

For further information  
on Rethink Mental Illness  
Phone 0121 522 7007  
Email [info@rethink.org](mailto:info@rethink.org)

**rethink.org**

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Rethink  
Mental  
Illness.

# Black Country Support After Suicide Service

Providing support to next of kin and close family members who are bereaved by suicide



# What we do

Support for next of kin and close family members who are bereaved by suicide in the Black Country of any age including children and young people.

## About us

We provide support for the next of kin and close family members who are bereaved by suicide in the Black Country of any age including children and young people.

## When can I get support and how do I refer?

Our core opening hours are Monday - Friday 10am-6pm. We can also provide support up to 8pm, weekdays or at weekends, so that you can access us at a time that suits you best.

We aim to make the referral process as easy as possible. You can complete a referral form and return this to us or we can complete the form on your behalf following a conversation so we can understand your needs.

To make a referral or to refer yourself, you can call or email us.

## 1:1 Practical and Emotional Support

1:1 support from a Suicide Bereavement Worker for 6 personalised weekly support sessions followed by fortnightly sessions with the option to extend support if needed. After your 1:1 sessions end, we provide monthly check-in sessions for up to 6 months and we provide support on key anniversary dates.

- Person centred, emotional support to talk about the bereavement, discuss coping strategies and find ways of dealing with your loss.
- Signposting and referrals to other services.
- Practical support including help to navigate processes.
- Advocacy to help you have your voice heard.
- Provide verbal & written information.

## Bereavement Counselling

We provide suicide bereavement counselling for between 6-8 weekly sessions with the option to extend to an additional 8 fortnightly sessions in needed.

Our qualified counsellor is registered with the BACP.

If you need additional counselling we can signpost you onto further counselling services.

If you, or someone you know would benefit from accessing our service give us a call or email using the details overleaf - we'd love to hear from you!

