



If you have any questions about the Gloucestershire Support After Suicide Service, we're here to help.
 Monday to Friday, 9am – 5pm.
 Pre-arranged support sessions are also available until 8pm.



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For further information on Rethink Mental Illness
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**Rethink
 Mental
 Illness**

Support after suicide

Gloucestershire Support after
 Suicide Service



Support for witnesses and frontline staff

Suicide can have a significant emotional impact on anyone involved, including witnesses, first responders, and frontline staff. We provide tailored support to help those affected navigate the emotional and practical challenges they may face.

Our service offers confidential, compassionate support to assist with making sense of the experience, managing any distress, and providing guidance through any associated difficulties. Whether you're directly involved in the response or impacted by the event, we are here to help.

What we do

We provide emotional and practical support to individuals of all ages who reside in Gloucestershire

About us

We understand that people bereaved by suicide need support at a time that feels right for them. That's why we offer support at any stage of your bereavement – whether it's immediately after your loss or later on when you feel ready to reach out. Everyone's experience of bereavement is unique. When someone dies by suicide, the powerful emotions involved can feel even more complex. That's why our specialist suicide bereavement workers provide individualised support, carefully tailored to meet each person's needs.

One-to-one support:

Six weekly sessions, followed by six bi-weekly sessions, with the option to extend if needed. After sessions end, we offer monthly check-ins for up to six months and additional support around key anniversary dates.

Person-centred emotional support:

A safe space to talk about your bereavement, explore coping strategies, and find ways to heal and work through your loss. We understand the complex emotions that can follow a suicide loss, and our approach is fully adapted to meet your individual needs.

Practical support:

Our practical support includes, but is not limited to, supporting with police interactions, arranging funerals, inquest support, managing media interest, notifying companies of the death, speaking to your employer, and helping with other essential tasks that may arise during this difficult time. We're here to guide you through these challenging processes.

Signposting and referrals:

Signposting and referrals to other organisations if required.

Support for children, young people and parents:

We recognise the impact suicide bereavement can have on children and young people. We support children by working closely with parents and caregivers, helping them to understand and respond to their child's needs. This includes offering guidance, emotional support, and practical advice to help parents feel more confident in supporting their child. Where more specialist or clinical support is needed, we provide signposting and referrals to appropriate services.

Peer Support:

Our peer support groups provide a safe, supportive space for people bereaved by suicide to connect with others who understand. Led by experienced facilitators, the groups help reduce isolation and offer support at a pace that feels comfortable for each person.

Our staff and volunteers, with lived experience of suicide bereavement, combine their personal understanding with professional expertise to enhance the support we offer to those affected by suicide loss.