

# SUICIDE BEREAVEMENT SUPPORT SERVICE



Brent, Wandsworth  
and Westminster



## Contact us:

020 7259 8100

[sbls@bwwmind.org.uk](mailto:sbls@bwwmind.org.uk)

## Have you been affected by suicide?

Each person's grief is unique. We work closely with other bereavement services to offer tailored support, ensuring no one feels alone during challenging times.

### ○ 1:1 Support

- BWW Mind have access to a live Surveillance Hub where Police input information about suspected suicides.
- Our support staff make contact with the bereaved family within 72 hours.
- We offer emotional & practical support and guidance.
- We understand that it's a difficult time, and can help you to navigate difficult conversations and/or decisions.
- Support can be accessed before and after Funerals and Inquests.

### ○ Peer Support Groups

- Peer Support Groups are a chance for people bereaved by a suicide to gain valuable insight and share personal experiences in a safe space, knowing they are not alone. Each group is facilitated by fully trained BWW Mind staff.
- The online group takes place every 2 weeks on a Wednesday at 14.00 (2.p.m).
- The face-to-face group takes place every 8 weeks on a Tuesday at 18.00 (6.p.m), at 23 Monck Street, London, SW1P 2AE.

### ○ Signposting

- If your situation falls outside our specialism, we can assist you to find the support you need from other organisations.

### ○ How to Access us

- Use the QR code to learn more about the Service.
- Self-referrals can be made through the [sbls@bwwmind.org.uk](mailto:sbls@bwwmind.org.uk) email.
- **If you have questions, please get in touch.**

### Available in:

Croydon; Wandsworth, Kingston, Richmond, Sutton; Merton; Hillingdon; Hounslow, Harrow; Ealing; Westminster; Kensington & Chelsea; Hammersmith & Fulham; and Brent.

# Helpful resources

## **Samaritans**

- 116 123
- [www.samaritans.org](http://www.samaritans.org)

## **Shout**

- Text SHOUT to 85258 if you're in a crisis
- [giveusashout.org](http://giveusashout.org)

## **Campaign Against Living Miserably**

- 0808 8025858
- [www.thecalmzone.net](http://www.thecalmzone.net)

## **Cruse Bereavement Care**

- 0808 808 1677
- [www.cruse.org.uk](http://www.cruse.org.uk)

## **The Coroners Courts Support Service (CCSS)**

- 0300 111 2141
- [www.coronerscourtsupportservice.org.uk](http://www.coronerscourtsupportservice.org.uk)

## **Winston's Wish**

- 08088 020 021
- [www.winstonswish.org](http://www.winstonswish.org)

## **Zero Suicide Alliance**

- [www.zerosuicidealliance.com](http://www.zerosuicidealliance.com)

## **Survivors of Bereavement Service**

- 0300 111 5065
- [www.uksobs.org](http://www.uksobs.org)

## **Support After Suicide Partnership**

- [www.supportaftersuicide.org.uk](http://www.supportaftersuicide.org.uk)

## **Child Bereavement UK**

- 0800 028 8840
- [www.childbereavementuk.org](http://www.childbereavementuk.org)

## **KOOTH: Online support for young people**

- [www.kooth.com](http://www.kooth.com)

## **Call your local NHS Mental health team**