



Milton Keynes Bereavement by Suicide Support Service

The impact of suicide on those left behind can be devastating and bring a wide range of different emotions and experiences. Evidence suggests that early intervention support can benefit individuals in the grieving process.

The loss of a loved one to suicide is a unique circumstance that can leave the bereaved with unanswered questions and complex feelings that can be hard to understand and process. It can often feel that no one else understands what you are going through, and you may not want to tell anyone about how your loved one has died.

Each person, even within your own family, may respond to the death differently, and this may also feel very challenging and confusing. Bereavement is an individual experience and can affect people differently. The Bereavement by Suicide Support Service provides:

For more information, please contact:

e: hq@mind-blmk.org.uk

t: 0300 330 0648-

Initial support

- Contact with families within 2 working days of referral.
- Information on services available in Milton Keynes and liaison with these services.
- Follow up telephone or face to face support for individuals.
- Signposting to practical support.
- Information on procedures that take place when there is a death by suicide.

How to access support

Following a death, you can make a self-referral or your details will be forwarded to us by Thames Valley Police (if you have given permission), or another person/organisation can refer you.

Referrals can be made by completing the referral form on our website.

 **mind BLMK**

www.mind-blmk.org.uk

Charity No. 1068724

Crisis Contacts

The Mind BLMK bereavement by suicide service is not a crisis service. If you need immediate support please contact one of the following:

Mind BLMK Crisis Café

(5.00pm – 11.00pm, daily)

226 Queensway, Fenny Stratford,
Bletchley, MK2 2TE

Milton Keynes also has a Crisis phonenumber, which can be contacted between the above hours on: 01525 722 225.

GP surgery

You can contact your GP if in distress. There will be an out-of-hours or emergency number on their answer machine.

Milton Keynes Out-of-Hours Urgent Advice Line - 0800 0234 650

If appropriate a duty social worker will arrange an assessment.

Samaritans: 116 123 (Free phone)

The Samaritans provide confidential non-judgmental emotional support, 24 hours a day for people who are experiencing feelings of distress or despair, including those which could lead to suicide.

Papyrus: 0800 068 41 41

Papyrus is the national charity dedicated to the prevention of young suicide.

SOBS (Survivors of Bereavement by Suicide): 0300 111 5065

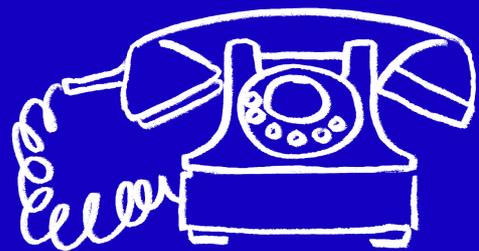
A charity providing dedicated support to adults who have been bereaved by suicide. Their local support group can be contacted here: milton.keynes@uksobs.org

CALM (Campaign Against Living Miserably): 0800 58 58 58

CALM is a charity working to reduce the suicide rate among young men.



Bereavement affects everyone in different ways, and it's possible to experience any range of emotions. 



Mind BLMK works across our communities to make a difference to the mental health and wellbeing of people in Bedfordshire, Luton and Milton Keynes, and our aim is to make sure that no-one has to face a mental health problem alone.

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