



Suicide Bereavement Training Sessions

For health and social care professionals

We deliver free suicide bereavement training workshops to health and social care professionals working across Swindon and Wiltshire.

These are held in person and virtually.

Each training session lasts a full working day and they are run during the weekdays.

If you would like to attend one of these sessions then please get in touch with us to find out the next available dates.

If you have any questions about Swindon and Wiltshire Support After Suicide Service, we are open weekdays 9-5. We provide pre-arranged support sessions up to 8pm, please get in touch - we'd be delighted to hear from you!



[www.rethink.org/
swindonwiltssupport
aftersuicide](http://www.rethink.org/swindonwiltssupportaftersuicide)



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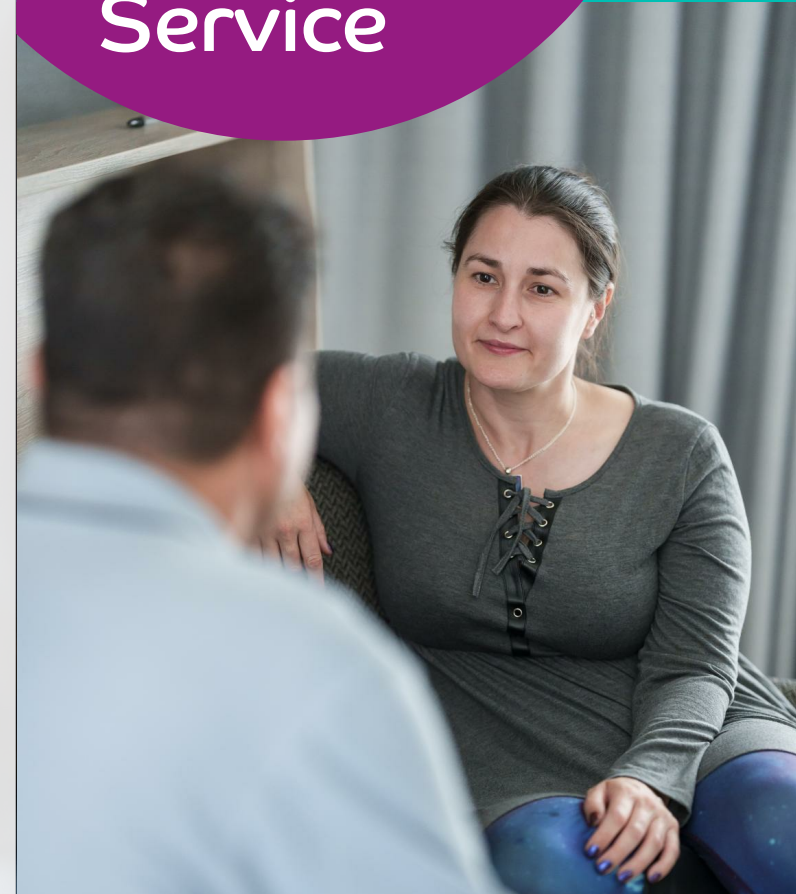
For further information
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Swindon and Wiltshire Support After Suicide Service



What we do

Support for people of any age, in Swindon and Wiltshire who are bereaved by suicide including family, friends and people exposed to suicide such as witnesses, first responders, neighbours, colleagues and health and social care professionals. The service is free to access.

About us

We know that people bereaved by suicide need support at the time that is right for them – we support people immediately after your loss or in the longer term when you feel ready to access support however this must be within 2 years of the bereavement.

We also know that each person's experience of bereavement is unique to them but when someone dies by suicide, the powerful feelings become more complex and people benefit from specialist support with their loss.

One to One Practical & Emotional Support

We provide 1-2-1 support from a Suicide Bereavement Worker for between three to six personalised weekly support sessions followed by four fortnightly sessions with the option to extend as needed.

Our staff team and volunteers may have lived experience of bereavement by suicide which we see as being extremely important. Alongside their other professional skills and experience, this enhances our delivery of the service.

After your 1-2-1 sessions end, we provide monthly check-in sessions for up to three months and we provide support on key anniversary dates.

Support can be in person or virtually and can be arranged for weekdays, evenings or weekends.

The 1-2-1 support includes:

- Person-centred, emotional support to talk about the bereavement, discuss coping strategies and find ways of dealing with your loss.
- Practical support including help to navigate processes such as police, funeral arrangements, inquests, the media, notifying companies of the death and support to talk to your employer.
- Signposting and referral to other services.
- Providing verbal and written information about bereavement by suicide.

Feedback from people who have used our service includes:

"The service helps me become stronger and to understand that many of the painful feelings I have are normal."

"I no longer feel alone and confused and overwhelmed by the shock around my loss."

"The help to notify all the companies and the support to help me memorialise Facebook helped me so much as I struggle with things like this anyway let alone now in all my grief"

