

# Bereavement Support Leaflet

Created in collaboration with Leeds Mind Suicide Bereavement Service, this leaflet was created to offer simplified and concise support to those bereaved by suicide.

This project utilised lived experience of bereavement by suicide to understand the support and signposting needs when going through a “trauma like no other”

A tri-fold suicide bereavement support leaflet was produced by the volunteers and the Suicide Bereavement Service.

In conjunction with this, volunteers wrote a [blog post](#) about how they kept themselves well throughout their bereavement. This is linked to in the leaflet.

Download the leaflet [here](#)

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West Yorkshire  
Suicide Prevention



# We're here for you.

A pocket resource of support  
available to anyone impacted by  
suicide.

You are not alone.

## Inspiration and Aims

**We wanted to represent all the lived experience we had in the team. So far, nothing had specifically addressed bereavement by suicide.**

The project started with discussions around whether to pursue something for staff supporting people bereaved by suicide or to create something directly for people who are bereaved. The group looked at existing resources such as the [Help at Hand Booklet](#), [The Creating Language through Hope Crib](#) and [The Guide to Coroner Services](#).

**“Having being bereaved by suicide, I experienced a trauma like no other and the ‘average person’ could not comprehend.”**

We spent a few weeks exploring what our new contribution to this conversation could be – there was a lot that already existed. Eventually we felt like that was the answer in itself – there was just too much out there in terms of resources for bereaved people.

Too much meant that the information was overwhelming, and often meant that people wouldn’t engage with it.

Our idea was to create something, informed by lived experience, that would provide concise, specific signposting that volunteers knew worked and could support people in the early days; ‘a single point of access’ for wrap around support.

The local Suicide Bereavement Service, as they told us they had a similar issue; the initial pack they gave out to clients was so dense that it was overwhelming.

## Initial ideas

**The group explored what guidance for staff might look like based on the common encounters with staff after a suicide bereavement.**

Usually following a loss, someone would interact with the GP, Police and Coroner and it was felt that from lived experience, there was limited signposting support that happens at each of these stages and interactions. This was in terms of mental health signposting for those affected, specific bereavement support and support around practical issues such as resolving someone’s finances.

**“We are a post-vention service and research shows people bereaved by suicide are at a higher risk of dying by suicide themselves. We wanted to involve more volunteers and service users with the ideas some of our own service users and staff had around drink coasters as promotional materials and information we include in our initial pack when people first refer to our service”**

Lisa Bourne, Senior Practitioner, Leeds Mind Suicide Bereavement Service

# Output

**A tri-fold suicide bereavement support leaflet was produced by the volunteers and the Suicide Bereavement Service.**

In conjunction with this, volunteers wrote a [blog post](#) about how they kept themselves well throughout their bereavement. This is linked to in the leaflet.



# Reflections

Challenges and Key Learning:

One of the volunteers felt that the services that were selected for the leaflet were not the ones that resonated most with them. They felt that the end product did perhaps focus too heavily on those who are bereaved by suicide also being in crisis which isn't always the case.

Therefore, this project presents some important reflections on how we ensure that all voices are heard and that those with the relevant lived experience can direct decision making.

This project also re-emphasises the importance of a 'family focussed' approach within suicide bereavement and postvention support.

What we hope for impact:

- Individuals bereaved by suicide will have a simple, digestible guide to local services.
- Leaflets in local places across West Yorkshire will raise awareness of post-vention support

**“I wanted to help other families in my situation”**

