

This resource was created by the Leeds Mind Suicide Prevention Volunteers and the Leeds Mind Suicide Bereavement Services.

The services listed have been chosen by our volunteers. There are many other sources of support available to you.

For a directory of support in West Yorkshire, please visit the West Yorkshire Suicide Prevention website:



Get in touch

If you have any questions about the support listed or about the Leeds Mind Suicide Bereavement Services, please don't hesitate to get in touch with our friendly team.

We're Open:

Monday to Thursday 9am – 5pm
Friday 9am – 4:30pm

Call: 0113 305 5800

Email: sbs@leedsmind.org.uk

We're here for you.

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

You are not alone.



Everyone's grief is unique, but you do not have to tackle the journey by yourself. We have compiled some of the key information we found the most helpful, or wished we had known.



When I have a down day, and its normal to have them, I remind myself that I have dealt with and managed the most horrific situation and come through it.



I wished I'd asked more people for help rather than going it alone, that I didn't have to be brave all the time...



You can read more from our volunteers and their journey through grief, here:



We understand because we have been there too.

Support for you

Leeds Mind Suicide Bereavement Services

Compassionate support for people bereaved or affected by suicide. Delivered by staff who understand because they've been there. Open to anyone living in West Yorkshire.



West Yorkshire 24 hour mental health helpline

The West Yorkshire helpline provides confidential support, advice and information for anyone over 18 who is concerned about their mental health, or is worried about a family member or someone they care for. Call 0800 183 0558

SOBS

Survivors Of Bereavement by Suicide. Peer-led support to adults impacted by suicide. Helpline: 0300 111 5065



Samaritans

Whatever you're going through, a Samaritan will face it with you. We're here 24 hours a day, 365 days a year. Call 116 123

SHOUT - text support

24/7 text service for anyone in crisis. Get free, confidential mental health support anytime, anywhere. Text 'SHOUT' to 85258.

Winston's Wish

Helps children, teenagers and young adults find their feet when their worlds are turned upside down by grief. Call 08088 020 021

Grief Encounter

Support for bereaved children and young people. Grief talk helpline: 0808 802 0111



What happens next

Support After Suicide – journey days

A timeline tool of what you may experience



Help is at Hand

A resource for people bereaved through suicide or other unexplained death, and for those helping them.



Tell Us Once

Tell Us Once is a service that lets you report a death to most government organisations in one go.



The Inquest Handbook

A free and trusted guide for bereaved families & friends affected by a sudden death that involves an inquest.

