

SUICIDE BEREAVEMENT SUPPORT SERVICE

West Central
London



“**You are not alone.** There are people who understand the horrific world you’ve been dropped into.”

If You’ve Been Affected by Suicide We’re Here to Help

Each experience of suicide is unique and personal. Whether you’ve lost someone you love, witnessed a death by suicide, or been affected in another profound way, we’re here to offer compassionate support tailored to your needs.

We know that healing is a journey, and it’s never too soon—or too late—to seek support. No matter how much time has passed, you can access our service whenever you’re ready.

How our Support Works:

Once we receive your referral, a member of our support team will contact you within 72 hours. Together, we’ll discuss how we can best support you based on your unique needs. We can offer:

One-to-one emotional and practical support over the phone:

Offering a listening ear to help you process your feelings, and guidance through the funeral/inquest processes, and other practical challenges you may be facing.



Peer support groups:

These safe spaces provide a way to connect with others who have been bereaved by suicide. Through open, insightful conversations and shared experiences, find comfort in knowing you are not alone.

- Groups are available online and in person at: 23 Monck Street, London, SW1P 2AE
- Groups are facilitated by fully trained and compassionate staff

If your needs fall outside our specialisms, we’ll do our best to connect you with other organisations that can provide the right support for you.

Available in:

North West London: Brent, Ealing, Hammersmith & Fulham, Harrow, Hillingdon, Hounslow, Kensington & Chelsea, Westminster, South West London: Croydon, Kingston, Merton, Richmond, Sutton, Wandsworth.

Who can use:

Our Suicide Postvention Service provision is available for both adults and children and young people in North West London and adults in South West London.

**Scan the QR code or visit
the link below:**

www.wclmind.org.uk/adult-services/suicide-bereavement-support/

You can refer yourself (or make a referral on someone else's behalf).

If you have any questions, please email:
sbls@wclmind.org.uk



Helpful resources

Samaritans

- Call 116 123

SHOUT

- Text SHOUT to 85258

Campaign Against Living Miserably (CALM)

- Call 0800 585 858 or visit www.thecalmzone.net

Survivors of Bereavement Service

- 0300 111 5065

CRUSE Bereavement Care

- Call 0808 808 1677

Is your life in danger? If you have seriously harmed yourself, call 999 for an ambulance or go straight to A&E. Or ask someone else to call 999 or take you to A&E.

Connect with us:



@WCLMind



@wclmind



wclmind.org.uk



West Central London Mind



sbls@wclmind.org.uk

**This service is
accessible to
everyone**