



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:

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.

If you have any questions about the Bereavement by Suicide Support Service please contact 0300 330 0648 or email imogen.harrison@mind-blmk.org.uk

For more information, please contact:
e: mk@mind-blmk.org.uk
t: 0300 330 0648