

If you need to talk to someone:

Cruse National Helpline: 0844 477 9400

The 'phones are open from Monday - Friday, 9.30am-5pm and until 8pm on Tuesday, Wednesday and Thursday evenings.

Samaritans 24 hours a day

Tel: 08457 90 90 90

Bristol Mind Line: Wednesday to Sunday
8pm – midnight

Tel: 0808 808 0330

Bristol Crisis Service: 24 hours a day

Tel: 0300 555 0334

Cruse Bereavement Care

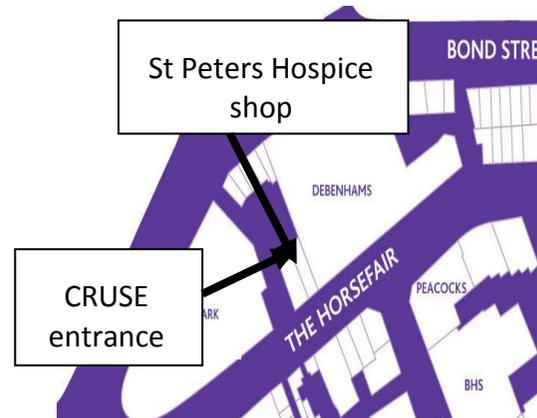
Bristol and District Branch

9a St James Barton

Bristol BS1 3LT

Tel: 0117 926 4045

Email: crusebristol@gmail.com



Meeting Dates



Bristol and District Area

Support Group
for people bereaved by suicide

What is Grief?

Grief is the normal response when we experience significant loss or change, such as bereavement. It can be powerful and feel overwhelming. Some people may feel lost amidst conflicting and intense emotions.

Bereavement by Suicide brings its own complications and it can feel very difficult to talk to people about this sensitive subject.

Who are the Support Group sessions intended for?

The group is for anyone bereaved by suicide – however long ago the death occurred and whatever the relationship to the person that died.

The group is designed to offer a supportive, safe and confidential space where you can talk about your grief with other people without worrying that you are upsetting or burdening them – everyone there will be experiencing a loss through suicide of someone close to them.

It can be extremely distressing and isolating when someone close to you has died by taking their own life and talking to others who have also experienced a

similar loss can feel like a great relief. Sometimes it can feel like the only people that can really understand what you are going through are those who are in a similar situation, although experiences will be different.

The Group's aim is:

To provide information & presentations about suicide and the specific complications this can create for those left behind.

To provide an opportunity to be with others who have also experienced bereavement by suicide.

To offer a safe and supportive setting where experiences and feelings can be shared.

To help group members understand where they are in the bereavement process.

The group will be facilitated by 2 qualified counsellors who are also experienced Cruse volunteers.

The Group is confidential. To enable all members attending to feel safe it is vital that the privacy of each member of the group is respected so nothing that is

discussed in the group should be talked about to others not attending.

How much does it cost?

The Support Group is free.

Where does it take place?

It takes place at 9a St James Barton,
Bristol BS1 3LT

(very convenient for buses: Horsefair bus stop)

How do I attend?

Contact the Cruse office on: 0117 926 4045 to let us know that you would like to attend or leave your name and phone number on the voicemail after hours and someone will call you back or email crusebristol@gmail.com

Can I get counselling at the group sessions?

No – but if you wish to have 1:1 bereavement support sessions these can be arranged.

When does the group take place?

They are held every fortnight on:

Tuesday 7.30pm – 9.00pm

