



Thinking about Anna

Supporting each other

When there is a sudden death, it is really important to have someone to talk to; and this is even more important when someone has ended their own life. Most people will not need professional help to enable them to talk through their feelings, but some will, and none of us know how our feelings may develop. For this reason, we have put together some resources, which all are encouraged to consider as we continue to support one another in our grief.

For emergency support

Samaritans T. 116 123 www.samaritans.org

Available 24/7/365 for anyone who needs a listening ear

Shout T. 85258 www.giveusashout.org

Text messaging service for those in a crisis

Creating a safety plan www.stayingsafe.net/ST

Online resource to help people make a personal safety plan

Services that can help

In the early days, simple, caring support for each other, taking time to grieve and listening to each other's grief will be the most helpful.

If further support would be helpful, the following organisations may help:

www.cruse.org.uk 0808 808 1677

For anyone who has been bereaved

www.supportaftersuicide.org.uk

Resources, information and links

www.ataloss.org

Searchable database of services and organisations (for example, you can search by cause of death, relationship to deceased, location etc)

www.sane.org.uk 0300 304 7000

For those experiencing a mental health problem or supporting someone else:

www.papyrus-uk.org 0800 068 4141

For those under 35 who are struggling with suicidal feelings or concerned about someone else:

www.bacp.co.uk/about-therapy/we-can-help/

Searchable database for counsellors / therapists

www.uk-sobs.org.uk

Survivors of Bereavement by Suicide (SOBS) offers support for those bereaved or affected by suicide

Information and sources of support

Help is at Hand

www.supportaftersuicide.org.uk/resource/help-is-at-hand

Help is at Hand is a booklet that can be read online or downloaded that addresses the days, weeks, months after someone may have died by suicide. While aimed at relatives and friends, is relevant for anyone affected by the death and covers:

- What you may be feeling (feelings; how people grieve; what might and might not help)
- What may be happening (the practical processes; who is involved)
- People with a particular connection to the person who died (relatives; children; friends; fellow members of community; acquaintances)
- Helping someone who has been bereaved (what can – and may not – help)
- Getting through and facing the future
- Resources and organisations that can help



Talking to children

Talking to children who knew Anna about her death will be difficult and they are likely to have many questions about what happened and how this can have happened. This will be especially so if they have experienced any other losses. We can help you think about what to say and can put you in touch with bereavement professionals who can help you find the words to say.

See also the resources and helplines at:

www.winstonswish.org

www.childbereavementuk.org

Faith resources

We realise that Anna's death will raise all sorts of questions for many of us. Please contact the churchwardens or ministry team via Philippa Pearson, Parish Administrator, at the church office (info@stbenetschurch.org), and we will help find you some support.