

Support us

Suicide Bereavement Support is a charity and we depend on the generosity of people like you to help us do our work, helping the individuals, families and communities throughout Cumbria to grieve and find a way forward after a suicide. Detailed below are various ways in which you can donate.

Arrange a Funeral Collection:

Say a fond farewell to your loved one by holding a funeral collection and you'll make sure your loved one's memory lives on through the work of Suicide Bereavement Support. Please contact us or speak with your funeral director if you'd like any further advice.

Cheque:

Please make cheques payable to 'Suicide Bereavement Support' and send it to SBS, 33 Sandgate, Penrith, Cumbria CA11 7TJ

Bank Transfer:

If you would like to make a one-off donation or set up a standing order, our bank details are as follows:

Account name: Suicide Bereavement Support

Sort code: 40-36-10

Account number: 61491849

Suicide Bereavement Support is a registered charity in England and Wales (number 1184889)



Suicide
Bereavement
Support
For Cumbria &
surrounding areas

Get in touch Helpline:

07572 975 721 (John)

or 07896 703 757 (Karan)

hello@sbs.org.uk

www.sbs.org.uk

Bereaved by suicide? You're not alone.



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Statistics on suicide in Cumbria

Suicide accounts for almost four times as many deaths as those resulting from road traffic accidents in the UK, with an average of 50 people taking their own lives in Cumbria each year; an average of one life every week.

Each suicide is thought to directly affect between six and 14 people: parents, partners, children, siblings, friends, work colleagues, teachers, health care professionals. This means that for those 50 suicides in Cumbria, between 300 and 700 people are affected each year as a result of these deaths. Sadly, statistics show that those bereaved by suicide actually have an increased risk of suicide themselves.

Overview

If you've been left behind by a friend or family member who has taken their own life and you struggle to cope, then Suicide Bereavement Support is here to walk alongside you and to help you through the hard times.

If you want to meet others in the same situation or just to have a one-to-one chat on the phone, we're here for you. Maybe you're not ready to have a conversation yet, in which case, just send us a text or email – there's no pressure to talk.

Suicide knows no social, ethnic or cultural boundaries and neither do we. Our self-help services are free of charge and our compassionate facilitators have been bereaved by suicide themselves, so you can be guaranteed the sensitive and understanding support that you need at this difficult and often lonely time. Suicide Bereavement Support started life as part of the Survivors of Bereavement by Suicide (SOBS) national charity and now offers regional support for Cumbria and surrounding areas, meaning that all funds raised will be invested locally.

Group details

Suicide Bereavement Support offers self-help support groups based in Cumbria where you can meet with other people who have been bereaved by suicide. They provide an opportunity to listen, to share, to gain understanding and to connect with others.

The self-help groups are led by volunteers who have been bereaved by suicide themselves. They typically meet once a month and last for around 2 hours. There is no set structure to the session – people are free to talk and listen as they wish.

We know it takes courage to come to a group. You won't have to talk if you don't want to and you don't have to come again – you don't even have to stay for the whole session if you decide it's not for you. But most people return after their first meeting and find that over time, they gain the confidence to speak about themselves. After a while they may also find they can offer support to others. If you come to a group but decide that it is not the right thing for you at this time, you are welcome to return at a later date when you feel ready.



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