

Supporting You Through Suicide Bereavement and Grief

A GUIDE



How are you Feeling?

When you first hear that someone you know has died by suicide, you can experience a wide range of emotions. These can range from feeling shock and loss, to profound sadness, and even anger. All of these feelings are completely normal.



Things you might find helpful

Ask for help

Express your thoughts and feelings

Get some exercise

Stay with friends or family if you can

Allow yourself to cry

Take time to remember the person

Spend time with others who are grieving

Try to do things you enjoy

Try gentle breathing exercises and yoga

Spend time outside

Delay doing difficult or dangerous tasks



Support at SHU

If your studies are affected:

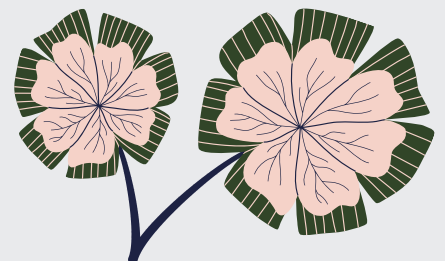
Appointments with a student support adviser
Contact Hallam Help to book:
www.shu.ac.uk/myhallam/help-and-support

For therapeutic support such as counselling:

Appointments with a wellbeing practitioner
Email Student Wellbeing to book:
student.wellbeing@shu.ac.uk

For a listening ear:

Support from the Multifaith Chaplaincy
Email: chaplaincy@shu.ac.uk
Phone: 07831175562



Other Support

For online support please visit [Student Wellbeing's web pages](#). Here you will find information about Togetherall, available to provide online support day and night.

The [Sheffield Suicide and Prevention](#) support service Amparo provides emotional and practical support to anyone who has been affected by suicide.

Phone: 0330 088 9255

Email: amparo.service@listening-ear.co.uk



Another service you may find helpful is SOBS (Survivors of Bereavement by suicide). They offer peer led support groups where you can meet with other people who have been bereaved by suicide.

Find your local support group.

You can also contact them to speak to a volunteer:

Phone : 0300 111 5065

(Monday-Sunday 9am- 9pm)

Email: email.support@uksobs.org

You can also phone or email Samaritans:

Phone: 116 123 (free)

Email: jo@samaritans.org





SHU Multifaith Chaplaincy