

Meetings are free of charge.

We will provide drinks but do bring your own  
if you prefer.

While the group runs 7.15 to 8.45 please do  
not feel you must stay for the whole period,  
particularly if you are feeling overwhelmed or  
uncomfortable.

Meetings are held  
4<sup>th</sup> Wednesday  
of the month 7.15 – 8.45  
at Palgrave Community Centre  
10 Upper Rose Lane,  
Palgrave, Diss IP22 1AP

Contact: Susan Whymark  
Email: [susan@susanwhymark.co.uk](mailto:susan@susanwhymark.co.uk)  
Call: 01379 871168



*Support following a loss  
by suicide.*



*"You are not alone"*

This support group has been set up for those who have been bereaved following a loss by suicide.

As you will well know, loss through suicide is a very difficult thing to discuss with others who have lost loved ones to other causes.

The group is here for you to be able to meet others who have also bereaved in the same way.

The group facilitator is Susan.

Susan has run bereavement groups for many years but realises the difficulties those bereaved in this way have in a mainstream group.

Susan holds a diploma in counselling, a TQUK Level 2 certificate in Self Harm and Suicide awareness and prevention. She is also a mental health first aider and holds a diploma in Funeral Directing.

Our other co-ordinator experienced a loss through suicide and understands the importance of being able to talk about your feelings without the difficulties that can be experienced when talking to those who have not been bereaved due to suicide

The aim of this group is to join those who are finding their loss hard to express. A safe place to talk, share and express your feelings where you are not judged and there is no stigma.

Each loss is different and each member of the group will have experienced different circumstances surrounding their loss and will be at different stages of their grief.

Our hope is that you will get the support from the facilitators and group members to help guide you through your grief.

We are always open to suggestions of what members would like to discuss. Please do talk to us about things you would like included or anything you have found that has helped you.

While we cannot offer counselling if you feel you would like one to one counselling we have private counsellors we can recommend to help you.

We look forward to seeing you, it can be very daunting to attend a group meeting but do remember everyone has been through this type of bereavement.

If you would like to speak to us please call the number overleaf or send an email if you find a call very difficult.

1. What happens in support group stays in support group.
2. Respect for others – Everyone’s loss and relationships are different.  
  
Everyone will react differently to that loss, which is fine, but it’s also the reason why grief can be lonely.
3. There is no simple path through grief and it is important to respect everyone’s right to grieve in their own way. We can compare but we must not judge.
4. This group is to share personal feeling and current concerns but we are not here to fix problems but please ask questions of each other and make suggestions.
5. You may choose to share or remain silent. No one will be put on the spot or forced to speak but everyone who feels comfortable sharing will be given that chance just try not to interrupt.
6. Feelings are neither right nor wrong, they just are.
- 7.