

Other support available includes:

### Lifeline

**0808 808 8000**

Lifeline is a crisis response helpline service operating 24 hours a day, seven days a week. If you are in distress or despair, you can call lifeline and speak to an experienced counsellor in confidence.

### Samaritans

**116 123**

Samaritans is a registered charity aimed at providing emotional support to anyone in emotional distress, struggling to cope or at risk of suicide.

### Cruse Bereavement Service

**0808 808 1677**

Cruse Bereavement Care supports someone after the death of a loved one when you need to talk.

### Childline

**0800 1111**

Is a counselling service for children and young people up to their 19<sup>th</sup> birthday. It deals with any issue which causes distress or concern.

*“Grief is as unique as you are and as individual as a fingerprint.”*

*Each person will be affected in his or her own way because everyone is different.”*

**People who have used the service:**

*“I feel that counselling has been so helpful over the last 3 months. To have a confidential, non-judgemental chance to tell my whole truth has been a relief. It’s been six months since the suicide and I am now feeling hopeful about living again.”*

*“I wouldn’t be in the better place I am in today without your help. You listened, you encouraged and guided me through this very painful journey”.*

**HSC** Public Health Agency

Project supported by the PHA

Designed by Communications Department



South Eastern Health and Social Care Trust

## Bereaved by suicide?

### Help is at hand



### Bereaved by Suicide Support Service

## Bereaved by suicide

When someone close dies by suicide those left behind have to deal with an overwhelming range of practical and emotional issues.

To offer help and support at this difficult time the South Eastern HSC Trust provides a Bereaved by Suicide Support Service - this is delivered by New Life Counselling.

This free service is funded by the PHA and available to those living in within the Trust area.



New life Counselling provides a bespoke bereavement support service for those who have lost a loved one through suicide. This service is tailored to the needs of the family and community impacted by the death.

This support is available as soon as those affected feel ready to receive this and may include home visits, telephone support calls and ongoing counselling.

They provide therapy for all ages:

- 5 years+ - play / child therapy
- 11 - 18 years - youth counselling
- 18 year+ - adult counselling.

The range of therapies provided includes:

- One to one talking therapies as well as music, art or drama.

The service is delivered at one of their outreach centres across the South Eastern HSC Trust area.

For further information on the Bereaved by Suicide Service:

**Telephone:**  
**(028) 9039 1630**

**Email:**  
**[info@newlifecounselling.net](mailto:info@newlifecounselling.net)**

**Or visit website:**  
**[www.newlifecounselling.net](http://www.newlifecounselling.net)**

**Included on the website there is a self - referral form**

## **New Life Counselling Main Offices:**

**25 Ardoyne Road  
Belfast  
BT14 7HX**

**395-405 Newtownards Road  
Belfast  
BT4 1RH**

