



Survivors of
Bereavement
by Suicide

Have you been impacted by suicide loss?

Our friendly, safe and confidential peer-led support services
are open to all those over the age of 18.

If you need to talk, we're here whenever you're ready.

Peer Led Support Groups: (Local and Virtual Groups)

A confidential space where volunteers who understand your journey, will help to guide you through the healing process. Find solace with others who've walked similar paths.

National Support Line: 0300 111 5065.

Our dedicated volunteers, touched by similar experiences, are here to listen.

BereaveMENT: bereaveMENT@uksobs.org

Monthly virtual meetings facilitated by male SoBS volunteers
who have come together to help male survivors feel less isolated in their grief.

Email Support: email.support@uksobs.org

If you find it easier to write down your thoughts and feelings, or ask for
information without speaking to someone, our email support volunteers have lived
experience of suicide bereavement.

SpeakOUT: speakout@uksobs.org

A safe space to talk about LGBTQ+ suicide loss. This is an online peer-support group
for the LGBTQ+ community & those who have lost an LGBTQ+ loved one to suicide.
We've been through it too, and we're here for you.

<https://uksobs.com/>



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