

November 19th marked Survivors of Suicide Loss Day.

The aim of the day was to raise awareness and the profile of those impacted by suicide loss.

The UK sees approximately 6000 suicides per year. These tragic and traumatic events have long lasting effects on those left behind.

Latest research indicates that around 147 people are impacted by each suicide.

SoBS (Survivors of Bereavement by Suicide) are a group which help those over 18 who have been bereaved by suicide. <https://uksobs.org/>

Their support services are run by volunteers many of whom have been bereaved by suicide themselves.

Those under 18 looking for support can access a number of other support groups <https://uksobs.org/we-can-help/services-for-under-18s/>

Our friends at Solent Mind have a Suicide Awareness Toolkit that offers useful advice and support [https://www.solentmind.org.uk/assets/uploads/resources/Suicide%20Awareness_%20%20toolkit%20\(1\).pdf](https://www.solentmind.org.uk/assets/uploads/resources/Suicide%20Awareness_%20%20toolkit%20(1).pdf)

Papyrus (prevention of young suicide) <https://www.papyrus-uk.org/> offers a safe space to talk when experiencing thoughts of suicide <https://www.papyrus-uk.org/papyrus-hopelineuk/>