

A death due to suicide can leave those grieving with so many emotions, some of which are hard to accept or understand.

We offer a safe place to talk to others, where you can feel supported and understood.

Experienced and caring staff can help you on your road to recovery.



The Suicide Bereavement Support Service is part of The Kaleidoscope Plus Group **Suicide Prevention and Postvention and Recovery with Kaleidoscope (SPPARK)**

The Kaleidoscope Plus Group are a leading Health and Wellbeing Charity.

For more information please visit:
www.kaleidoscopeplus.org.uk
Call: 0121 565 5605

 Find us on Facebook
The Kaleidoscope Plus Group

 Follow us on Twitter
@Kaleidoscope_PG

 Send us an email
Info@kaleidoscopeplus.org.uk

In times of crisis you made need help straight away. Whatever you are going through the Samaritans are available 24 hours a day 7 days a week 365 days a year and can be called free from any phone on:

116 123



Black Country Suicide Bereavement Support Service



Suicide Bereavement Support Service

The Kaleidoscope Plus Group are facilitating a **Suicide Bereavement Support Service**, across the Black Country. The service has been funded by funds raised for us primarily by the **West Bromwich Building Society**.

The service provides a safe space for people who have been bereaved by suicide to come together and talk openly about their experience. The groups are facilitated by trained professionals who bring with them the skills and knowledge around coping with grief, loss and bereavement.

It may feel daunting to walk into a room and join other people, but you will be supported from the onset to ensure you feel accepted and be able to talk freely and openly or simply just listen to the experience of others.



There will also be the opportunity to attend structured workshops to help identify and manage different emotions that you may experience and the impact of those, for example, anxiety, depression and problems with sleep.

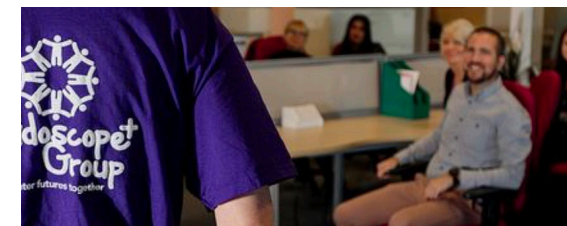
Where are the groups and when do the groups take place?

Groups are held in **Sandwell, Dudley, Walsall and Wolverhampton** and are held monthly on a range of days and times to meet the needs of local communities.

How long are the groups?

Sessions run **for two hours and are free to attend**. Please contact us for more information including how to access the service and group locations and times. you can also find more information on our website.

<https://www.kaleidoscopeplus.org.uk/what-we-do/suicide-bereavement-support/>



What attendees have said about the service...

"Wow I've talked about my feelings for the first time for years"

"It's really helped me. I had no idea how hard it is to find people who understand my sadness"

"Thank you for helping me feel part of the my community again and be able to be proud"

"Giving hope for tomorrow"