



We find the support you need

BEREAVEMENT SUPPORT

Losing a loved one can be overwhelming, and you may experience strong & painful emotions as you go through bereavement and grief. There is support available to help you manage your grief at this difficult time. Look inside this leaflet to find further information on services that can support you, and please don't hesitate to reach out.



NEED TO TALK TO SOMEONE?

If you need to speak with someone please ring our Black Country Mental Health Helpline – **0800 008 6516 (24/7 Helpline)**

Mondays – Sundays, 24 hours a day, call 0345 6460827.

Press 1 if you live in Sandwell or Wolverhampton
and 2 if you live in Dudley or Walsall.

CRUSE BEREAVEMENT SUPPORT

Cruse Bereavement is here to support you no matter how long you've been grieving.

Call: **FREE - 0808 808 1677**

Monday: 9:30am - 5pm

Tuesday: 9:30am - 8pm

Wednesday: 9:30am-8pm

Thursday: 9:30am-8pm

Friday: 9:30am-5pm



Find out more here:

www.cruse.org.uk/get-support

BLACK COUNTRY SUPPORT AFTER SUICIDE SUPPORT

This service is provided by Rethink Mental Health and provides:

- 1-1 person-centred emotional support and practical support to help you cope with all aspects of grief
- 1-1 bereavement counselling
- Bereavement peer support groups – come and talk with others who have also been bereaved by suicide.

Open on Mondays - Fridays between 10am and 6pm. Evening and weekend appointments can be pre-arranged if needed. If you need a translator or interpreter to access our services, then please get in touch with us to discuss your needs.

To find out more about the service, or make a referral for yourself or someone else – please contact:

Email: **blackcountrysupportaftersuicide@rethink.org**

Call: **0800 008 6516**



Find out more here:

[www.rethink.org/help-in-your-area/services/
community-support/black-country-support-
after-suicide/](http://www.rethink.org/help-in-your-area/services/community-support/black-country-support-after-suicide/)

KALEIDOSCOPE PLUS GROUP

Kaleidoscope Plus Group provides a support group for those who have been bereaved by suicide, providing a safe & comfortable space to talk openly & support one another.

Call: **12156 55605**



Find out more here:

www.kaleidoscopeplus.org.uk/suicide-bereavement-support/

PAPYRUS HOPELINE (24/7 TO SUPPORT CHILDREN AND YOUNG PEOPLE)

We want to provide you with the support you need as you go through bereavement and grief. Please reach out for support if you feel you need it.

Call: **0800 068 4141**
Text: **07860039967**
Email: **pat@papyrus-uk.org**

Lines are open 24 hours every day of the year (weekend and bank holidays included)

- For children and young people under the age of 35 who are experiencing thoughts of suicide.
- For anyone concerned that a young person could be thinking about suicide.



Find out more here:

www.papyrus-uk.org/bereavement

SAMARITANS - FACING THE FUTURE

This is a support for suicide bereavement. Facing the Future gives you the opportunity to speak with someone if you need to, and also meet others who have lost someone to suicide and share your experiences and feelings.

Call: **116 123**



www.samaritans.org/how-we-can-help/if-youre-having-difficult-time/support-groups-people-bereaved-suicide/

WINSTON'S WISH

Winston's Wish is a charity that helps children, teenagers and young adults (up to the age of 25) find their feet when their worlds are turned upside down by grief. To get support.

Call: **8088 020021**

Email: ask@winstonswish.org



Find out more here:
www.winstonswish.org



THE SANCTUARY HUB

HOPE HOUSE, WEST BROMWICH

At the Kaleidoscope Sanctuary Hub, you will be able to speak to a friendly support worker, who will give you a safe space to talk. We will listen, support, offer advice and empower your recovery journey. This service offers face-to-face appointments, along with telephone, text and email support.

Our services run from Hope House which is situated on the High Street in West Bromwich and is designed to support you personally or if you are concerned about a family member or friend. Need support?

Call: 0121 565 5605
Text: TeamKPG to 85258
**Visit us at: Hope House 321 High Street,
West Bromwich, West Midlands, B70 8LU**
**Opening times: Monday – Friday: 6pm – 11pm
Saturday & Sunday: 12 (noon) – 11pm**



Find out more here:
www.kaleidoscopeplus.org.uk/sanctuary-hub

HEALTHY SANDWELL

We're here to help you improve your health and well-being. For more information, please get in touch with our Healthy Sandwell Team through any of the means below:

Call: 0800 011 4656 or 0121 5695100
Text: GETHEALTHY to 87007
Email: LS@nhs.net



Find out more here:
www.healthysandwell.co.uk



We want to provide you with the support you need as you go through bereavement and grief. Please reach out for support if you need it.

Scan the QR code below to find out ways to improve your mental health and wellbeing and get any other mental health support you need. Thank you.



www.healthysandwell.co.uk/sandwell-mental-health-lander-2023/