

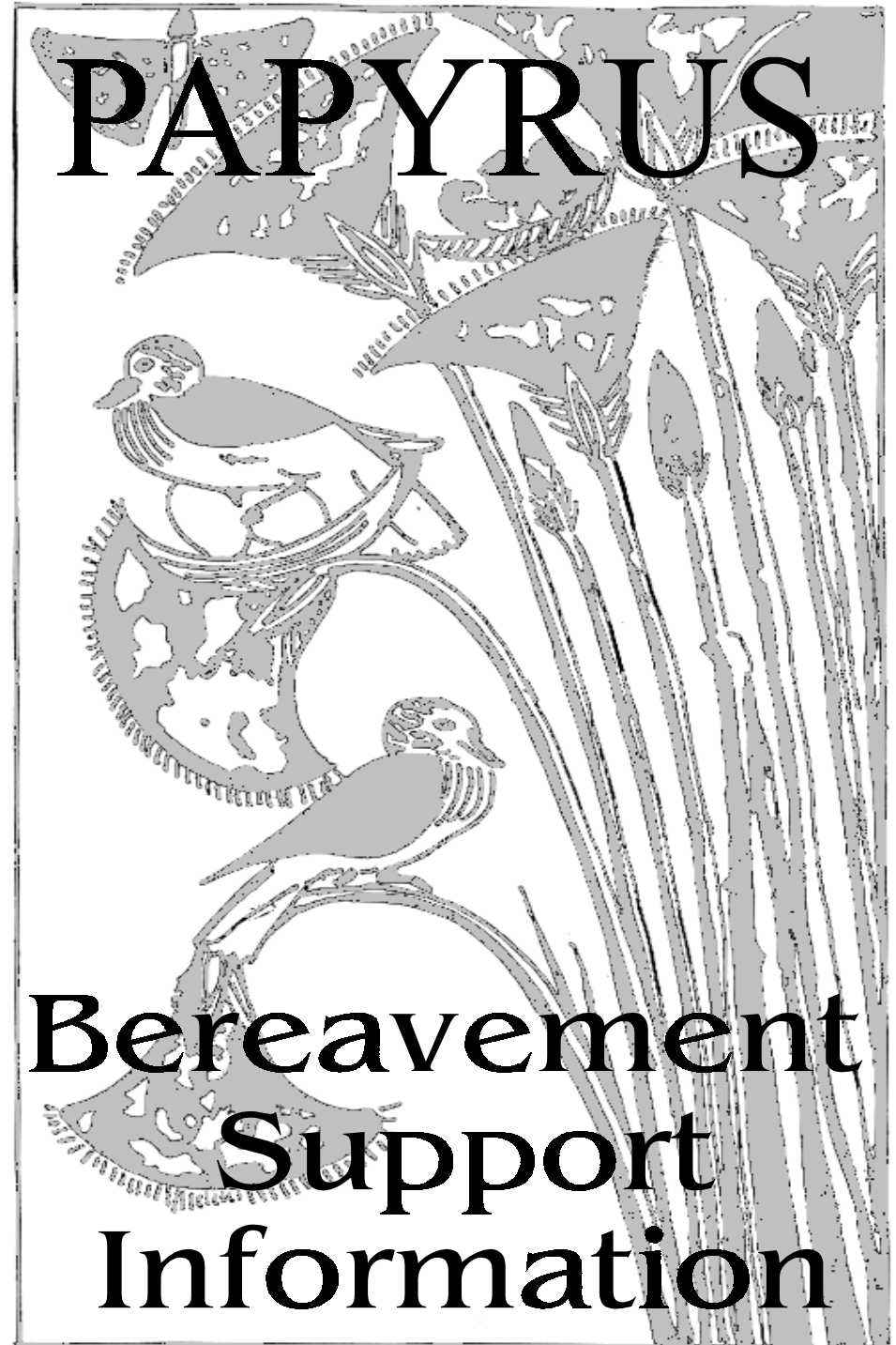


PAPYRUS (Prevention of Suicides)  
Rossendale GH  
Union Road  
Rawtenstall BB4 6NE

Phone: 01706 214449

email: [4info@papyrus-uk.org](mailto:4info@papyrus-uk.org)  
web: [www.papyrus-uk.org](http://www.papyrus-uk.org)

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PAPYRUS is a national charity concerned with suicide prevention in young people and membership is open to anyone with an interest in this subject. Many of our members are the parents and siblings of young people who died in this way.

Formed in 1997, we have produced several resources for teachers and health professionals. PAPYRUS has been involved with many national and local groups in formulating strategies and procedures for suicide prevention. Our members have assisted researchers in numerous studies, and we have produced our own, 'With the Benefit of Hindsight' in conjunction with the University of Hull.

For more information on PAPYRUS please contact us at:  
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To lose someone close to you is a terrible tragedy. But if that person ended their own life, the stress can be monumental. Society still treats those bereaved by suicide in a different way to others bereaved by illness or accident. Many people are afraid to talk about suicide, and there is the added burden of 'Why?'

PAPYRUS believes that everyone bereaved by suicide needs informed support and offer these contact numbers of specialist support groups. Remember it is important to look after your health during this stressful time.

## Bereavement Support groups

**The Compassionate Friends** have a Subgroup called Shadow of Suicide for the parents, and families, of children who have ended their lives. It was founded in 1986 and can be contacted on 0117 953 9639 or at their website, [www.tcf.org.uk](http://www.tcf.org.uk) They offer support by phone, and in some areas active groups have developed with regular meetings.

**Survivors of Bereavement by Suicide (SOBS)**, their helpline is 0870 241 3337, their website is [www.uk-sobs.org.uk](http://www.uk-sobs.org.uk) and email at [sobs.support@care4free.net](mailto:sobs.support@care4free.net). SOBS also have local groups who meet regularly to offer on-going support.

Very often there are small local support groups run by the hospital, the Chaplain might know of one.

### Other agencies offering help:

Bereaved by Suicide Helpline	01252 661002
CRUSE, Helpline	0870 167 1677
CRUSE also offer help for children who have been bereaved	
Despair After Suicide (North England)	01772 760662
Suicide Bereavement Support Norfolk	01603 414247
Take My Hand, Support group Sheffield	0114 279 6333
Leeds Loss Group	0113 305 5313
Child Bereavement Trust	01494 446648
London Bereavement Network	020 7700 8134
Winston's Wish - Support for children	01452 394377