

# helpful websites

## [www.supportaftersuicide.org.uk](http://www.supportaftersuicide.org.uk)

Information and resources for people who have been bereaved or affected by suicide

## [www.cruse.org.uk](http://www.cruse.org.uk)

Cruse Bereavement Care freephone national helpline: **0808 8081677**  
(Monday to Friday from 9.30am to 5pm excluding Bank Holidays)

In Cornwall, email: [cornwall@cruse.org.uk](mailto:cornwall@cruse.org.uk)

## [www.penhaligonsfriends.org.uk](http://www.penhaligonsfriends.org.uk)

Bereavement support for children in Cornwall  
Telephone: **01209 210624**

## [www.tcf.org.uk](http://www.tcf.org.uk)

The Compassionate Friends is a self-help organisation of bereaved parents who deliver support groups and host a moderated online forum for parents.

Office telephone: **0345 1203785**  
(Monday to Friday from 9.30am to 4.30pm)

## [www.papyrus-uk.org](http://www.papyrus-uk.org)

A national charity dedicated to preventing young suicide  
HOPEline UK **0800 068 4141**  
(Monday to Friday from 10am to 10pm,  
Weekends & Bank Holidays from 2pm to 10pm)

## [www.thecalmzone.net](http://www.thecalmzone.net)

The Campaign Against Living Miserably providing support for young men  
Helpline: **0800 585858**  
(Open every day from 5pm to Midnight)

## [www.samaritans.org](http://www.samaritans.org)

24-hour freephone helpline: **116 123**

# outlook SOUTH WEST

If you would like help from this service, please telephone Outlook South West on **(01208) 871905** between 9am and 1pm from Monday to Friday, or register online at [www.outlooksw.co.uk](http://www.outlooksw.co.uk)

# outlook SOUTH WEST

## Suicide Liaison Service



For those who are left behind

A member of the Suicide Liaison team will contact you within 72 hours or less to help identify your support needs.

Referrals can also be made, with your consent, by your GP, other Health or Social Care staff or Devon & Cornwall Police.



Kernow Clinical Commissioning Group

## about our service

Kernow Clinical Commissioning Group, in partnership with Outlook South West, has developed a service to provide support and advice to people in Cornwall after someone may have died by suicide.

Bereavement by suicide can be particularly painful to cope with and many people find it hard to access the practical and emotional help and support they need at what can be the most distressing and traumatic time in their life.

*“I cannot believe how much Outlook South West has done for me since this tragedy happened, from almost immediate contact with the Suicide Liaison Service... to the professionalism of the support staff. I am very grateful.”*

*Service user feedback*

## what do we provide?

- Face-to-face contact with a qualified and experienced counsellor with specialist training in traumatic grief and loss.
- Information, practical support and guidance about the investigation of a death and sorting out personal affairs.
- We work closely with the Coroner's staff and can help you to understand the Inquest process and, when required, provide support at the Inquest.
- We liaise with, and can make referrals to, other statutory and voluntary services that can help you.
- We deliver 8-week courses for people bereaved by suicide, facilitated by trained counsellors.
- We can also provide information and support in the work place where staff have been affected by a death of someone who may have died by suicide.

## who is this service for?

This service is for adults (post-18 years), resident in Cornwall, affected by a death where someone may have died by suicide.

It is open to all without discrimination with regard to gender, race, disability, sexual orientation and beliefs.



Anyone can receive help from this service by ringing

**01208 871905**

(Monday to Friday, 9am to 1pm)

or register online at

[www.outlooksw.co.uk](http://www.outlooksw.co.uk)