



## We are here to help

If you have lost someone you love to suicide and would like to find out more about how the CHUMS Suicide Bereavement Service can support you, please visit our website <https://chums.uk.com/hertfordshire-suicide-bereavement-service/>. You can self-refer to our service via the website referral form.

You can also contact us by telephone on 01279 212170 or [hsbs@chums.uk.com](mailto:hsbs@chums.uk.com) for residents of Hertfordshire and West Essex.

## Other Support

*CHUMS is not a crisis service and if you feel that you urgently need someone to talk to or someone in your family does, please contact someone from the list below:*

**Papyrus:** [www.papyrus-uk.org](http://www.papyrus-uk.org): **0800 068 4141**

**Samaritans:** [www.samaritans.org](http://www.samaritans.org) **116 123**

**SOBS:** [www.uk-sobs.org.uk](http://www.uk-sobs.org.uk) **0300 111 5065**

**CRUSE:** [www.cruse.org.uk](http://www.cruse.org.uk) **0808 808 1677**

For urgent support with physical or mental health issues: Contact your GP or use First Response dialling 111 and selecting Option 2.

There is also information on mental health and wellbeing at [www.kooth.com](http://www.kooth.com)



Scan the QR code  
to watch our video.



**CHUMS**

Mental Health and  
Emotional Wellbeing Service

### HERTS & WEST ESSEX SUICIDE BEREAVEMENT SERVICE

Telephone **01279 212170**

Email: [hsbs@chums.uk.com](mailto:hsbs@chums.uk.com) (Herts & West Essex)

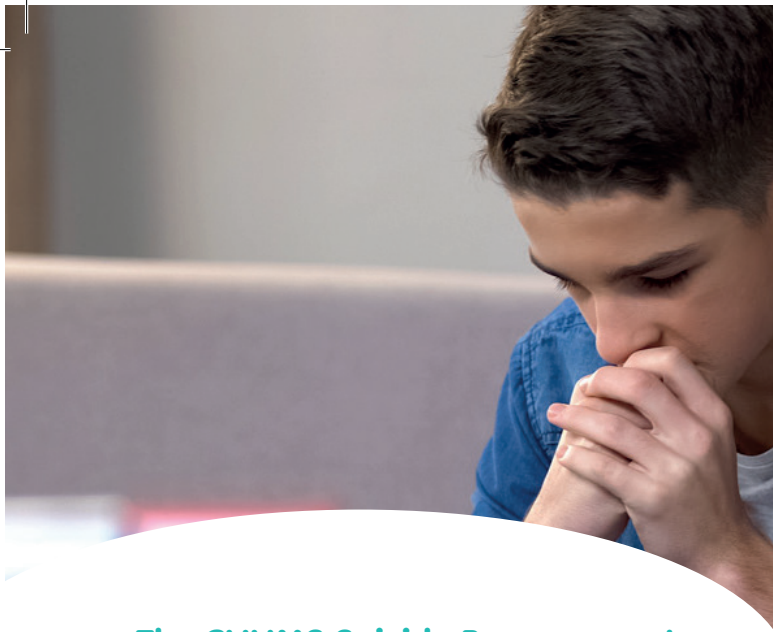


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### HERTS & WEST ESSEX SUICIDE BEREAVEMENT SERVICE

[chums.uk.com/hertfordshire-suicide-bereavement-service/](https://chums.uk.com/hertfordshire-suicide-bereavement-service/)



**The CHUMS Suicide Bereavement Service is an early intervention service which provides emotional and practical support to those bereaved by suicide or suspected suicide death.**

Our aim is to provide early support to all those bereaved. The service delivers personalised emotional and practical help, available from the first traumatic weeks when helping to navigate this complex bereavement and then for the months that follow.

Our support is available to anyone residing in Hertfordshire and West Essex affected by a suspected suicide: family, friend or anyone who has sadly witnessed a death. We support both adults and children. Our service is free of charge and includes a range of offers to suit individual needs.

## **HERTS & WEST ESSEX SUICIDE BEREAVEMENT SERVICE**

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## **WHAT WE OFFER**

### **Support for Adults**

#### **Emotional Support**

Suicide bereavement is unique, and it is often helpful to express your thoughts and feelings with someone who understands. CHUMS SBS offers early emotional support in the aftermath of a suspected suicide either at your home or at our offices in Wrest Park.

#### **Practical Support**

A death by suicide is also unique due to practical issues. As well as emotional support, we can help you deal with the police, coroner, GP, schools and financial services.

### **Support for Children and Young People**

When someone dies by suicide, adults often struggle to know what to say to children and young people. We provide information and guidance to parents and schools, as well as individual bereavement support to help the child or young person understand what has happened to their loved one.

## **SUPPORT GROUPS**

**Adult** - These are available to any adult aged 18 or over, who have been bereaved by suicide. We offer both virtual groups which you can access online from your own home, and in person groups taking place in the community. Groups run in the evenings.

**Young Adult** - These are available to young adults aged between 18 and 30, who have been bereaved by suicide. They take place online.

**Children and Teenagers** – These are available to children and young people aged between 6 and 17, who have been bereaved by suicide. They take place in face to face community venues.

Please contact us for more information about groups in your area.

## **BEFRIENDERS**

People bereaved by suicide often struggle with loneliness and a sense of social stigma related to how their loved one died. Our befriending service reduces this sense of isolation by providing emotional support and companionship.