



We are here to help

If you have been bereaved by suicide either of a loved one or a colleague, friend, witness or as a professional 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 for residents of Hertfordshire.

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: **0800 068 4141**

Samaritans: www.samaritans.org **116 123**

SOBS: www.uk-sobs.org.uk **0300 111 5065**

CRUSE: 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



Scan the QR code
to watch our video.



CHUMS

Mental Health and
Emotional Wellbeing Service

HERTFORDSHIRE SUICIDE BEREAVEMENT SERVICE

Telephone **01279 212170**

Email: hsbs@chums.uk.com (Hertfordshire)



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The CHUMS Suicide Bereavement Service is an early intervention service which provides emotional and practical support to those bereaved or impacted 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 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.

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 usually by telephone or teams 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 liaise with the police, coroner, GP, schools and financial services.

SUPPORT GROUPS AND WORKSHOPS

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.

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.

Please contact us for more information about groups or workshops 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.