

LIFELINE

Cambridgeshire & Peterborough
Crisis and Support Helpline

Freephone
0808 808 2121
11am - 11pm
365 days a year

Need someone to talk to?

We're here to support you



We care
We listen
We don't judge

We could be your Lifeline



A Lifecraft Service
Scan to add Lifeline
to your contacts

Need medical help?

If you need medical help for a mental health crisis call the First Response Service on 111 (Select the mental health option) or dial 999 if you are in immediate danger.

Confidentiality

We recognise your right to a confidential service. All conversations remain confidential within the service unless you give us permission to talk to others.

If you express the intention of seriously harming yourself or others, we might be legally bound to involve other organisations.

Our Privacy Policy is available at www.lifecraft.org.uk

About Us

Lifecraft is a registered charity in England and Wales Number 1195632

This service is funded by:
Cambridgeshire County Council
Cambridgeshire and Peterborough
Integrated Care Board

www.lifecraft.org.uk

Lifecraft
CAMBRIDGESHIRE &
PETERBOROUGH

Suicide Bereavement Services



The loss of a loved one to suspected suicide is a uniquely devastating circumstance that leaves the bereaved with unanswered questions and complex feelings that can be hard to understand and process.

We're here for you.

01223 756958

sbs@lifecraft.org.uk

FREE SERVICES

1 Support Service

Our service will give you support and information that is tailored to you. We have specialist liaison workers to support you following your loss.

What to expect:

- A single point of contact
- Contact within 72 hours of the death, where possible
- Emotional and practical support
- Support with the inquest and legal process
- Referral to specialist support services, including children and young people's services, our own suicide bereavement counselling service and support groups

Who can access our service?

Individuals who have recently been bereaved by suspected suicide. You can self-refer or be referred by a professional.

Who do we support?

Close family and friends, aged 17 or over living in Cambridgeshire or Peterborough, who have been bereaved by suicide or suspected suicide.

2 Counselling Service

Counselling provides an opportunity to talk in depth about your feelings and emotions. This can be particularly helpful after losing someone to suicide.

Our specialist suicide bereavement counsellors offer up to 14 sessions of free therapy.

What to expect:

- Before starting therapy, we will talk to you to make sure you understand how counselling works, discuss logistics and check that it's the right timing for you
- Most sessions are held in-person, but online or telephone therapy may be possible in exceptional circumstances

Who can access our service?

If you are already receiving support from us, counselling is available from six months after your loss. You can also self-refer even if you haven't been supported by us already.

3 Support Groups

Peer support can be hugely beneficial. Sharing your thoughts, feelings and challenges with people who have been bereaved in a similar way can be comforting and reassuring.

Our support groups provide a safe and confidential space to meet with others who have been bereaved by suicide.

What to expect:

- Groups meet face-to-face for two hours on a monthly basis
- The groups are led by an experienced facilitator and a trained volunteer

Who can access our groups?

Anyone who is receiving support from our bereavement services can access groups from about nine months after their loss. You can also self-refer even if you haven't been supported by us already.

