

Affected by a suicide?

At this difficult time, please remember that we are here for you.

When someone dies by a suspected suicide, the experience is like no other. Everyone's emotions are unique and there is no right or wrong way to feel.

Support is available to anyone living in Hull, East Riding of Yorkshire, North and North East Lincolnshire who have been affected by a suicide or suspected suicide.

Our aim at Hull and East Yorkshire and North East Lincolnshire Mind is to provide emotional and practical support for individuals of any age.

Types of support could include:

- One-to-one support with our trained volunteers
- Signposting
- Support during an inquest
- Support for professionals

Our support is tailored to your own needs.

We are here for you.

It is normal for you and those around you to experience a variety of emotion and you may have lots of questions. Some of the emotions you feel could be:

- Numbness and disbelief
- Anger
- Guilt
- Blaming yourself or others
- Experiencing suicidal thoughts
- Concerns and worries about any stigma or shame

It's important to remember that if you, or someone you know is struggling that you talk to someone close to you. This can be a friend, family member, GP or colleague.

If you feel as though this is not the right time to talk, please know that we are here for you, whether that be today, tomorrow or in the future.

You can get in touch by contacting our 24/7 Information line on 01482 240133 or e-mail info@heymin.org.uk. You can also text us on 07520 633447.

Please remember that you are not alone.

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