

“ Life changed beyond recognition when my partner died. Everything suddenly looked so different. So much shock, so many people around, phone calls, letters, things to remember, it is chaotic and nightmarish. Paul from Every Life Matters appeared at just the right moment for me. When everything was upside down, and life was unrecognisable, he came along and brought calm and caring advice, emotional support, and has guided me through all the various processes and made me feel like I am not alone in this. ”

If you are bereaved by suicide and would like to receive support, or find out more about how we might help you at this time, contact us on

07588 016 166

support@every-life-matters.org.uk

www.every-life-matters.org.uk

**Every
life
matters**
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Support After Suicide in Cumbria

If you are reading this because you have been bereaved by suicide, we would like to say we are deeply sorry for your loss and acknowledge that this is likely to be an overwhelming & difficult time for you.

How we can help

We offer practical and emotional help for people in Cumbria who have lost a loved one to suicide. Flexible support based on your individual needs, either in person, by telephone, online or through a group. We are here to:

- Offer you time to talk openly and confidentially about your loss & how you are feeling
- Help you understand some of the responses you might be having to your bereavement
- Develop coping techniques to manage some of the impacts of your grief
- Inform you about other organisations that might offer support to you and your family
- Advise you about talking to your children or telling others about the death
- Provide information & support around the Coroner's Inquest and other Investigations
- Help you manage any media interest and coverage about the death
- Support you managing practical issues around money, housing and employment
- Support you with arrangements around the funeral
- Help you identify and access other support you need, including for your mental health

Though our support is focused in the first 6-9 months after a bereavement, we want to be there for you and your family as time goes on. Grief is a long and bumpy journey, particularly around anniversaries and other significant times, and you can contact us whenever you need to reach out for further support.

Scan the QR code below or visit our website to find out more about the range of resources, information and support available to you locally and nationally.



You can also explore with us meaningful ways to remember your loved one, such as undertaking fundraising and other events to raise awareness about suicide, or helping others in your position. Many people find this an important part of their journey.