

# Suicide Bereavement Support Group



The death of those we love and care for is difficult. For those that lose a loved one to suicide, grief can have added complexities.

It can be isolating as there are often unanswered questions, feelings of guilt or anger, which can prevent us from moving through the grieving process.

Mid and North East Essex Mind is here to offer support to those who feel that joining a group could be beneficial. This group welcomes anyone affected by suicide, whether they are family members or friends.

**Call or email us to book your place:**



[enquiries@mnessexmind.org](mailto:enquiries@mnessexmind.org)



01206 764 600

## How we can help

- A confidential, supportive space to share your story and your feelings with others who have experienced the suicide of a loved one
- Gain an understanding of the complexities of bereavement through suicide
- Peer support from within the group
- Support from a mental health professional

## When ?

The first Wednesday of the month (starting 3 April 2024) 6.30-8.00pm.  
For 6 sessions.

## Where ?

MNE Essex Mind Colchester Office  
The Constantine Centre  
272a Mersea Road, CO2 8QZ