

Have you lost someone to suicide?

You are not alone.

We are here to
support you.



This is Seamus. He lost his son Thomas to suicide and is now a support worker with the **Bereavement Service**.

Seamus found the support he received so helpful that he is now helping others who have lost someone to suicide.

How we can support you

- **One-to-One Support Sessions** – private support at your own pace
- **Local Support Groups** – connect with others who understand
- Available across the Northern Trust area

Losing someone to suicide can be overwhelming. We offer free, confidential support for anyone affected by suicide bereavement at any stage of your loss.

Get Support or Find Out More

 028 9441 3544  BBSService@northerntrust.hscni.net



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