

Welcome & Reassurance

We are deeply sorry
for your loss.

Losing someone to suicide can be
overwhelming and deeply painful.

It may bring a mix of emotions,
questions, and uncertainty.

Please know:

- You are not alone
- Support is available
- Healing is possible, one step
at a time

Our service is tailored to you. We will
support you gently, at your own pace,
in a safe and understanding space.



Contact & Immediate Support

Get in touch

Bereaved by Suicide Service

☎ 028 9441 3544

@ BBSService@northerntrust.hscni.net

Holywell Hospital
Site 60 Steeple Road
Antrim BT41 2RJ



Need immediate support?

Contact your GP or Lifeline:

Available for anyone
affected by suicide
or in distress.

Lifeline

0808 808 8000

BARNARDOS

Barnardos Child Bereavement Service:

☎ 028 90668333

Have you,
or someone
you know,
been bereaved
by suicide?

You are not alone.

We are here
to support you.

HSC Public Health
Agency

Project supported by the PHA

HSC Northern Health
and Social Care Trust

This document is available, on request, in accessible for- mats,
including Braille, cd, audio cassette and minority lan- guages.
www.northerntrust.hscni.net/NT/CS/5996/03/10

HSC Northern Health
and Social Care Trust

How We Can Help

Our Support Services

We offer:

- One-to-one therapeutic support
- Bereavement support groups
- Community awareness and support events

What to expect

- A safe, confidential space to talk
- Compassionate support from trained professionals
- The freedom to share as much or as little as you wish
- Help at a pace that feels right for you



Understanding Your Grief

Understanding grief after suicide

Grief after suicide can feel different from other types of loss.

You may experience:

- Intense or conflicting emotions
- Searching for answers or meaning
- Feelings of guilt or responsibility
- Difficulty sleeping or concentrating
- These are natural responses to a traumatic loss.

With support, these feelings can become easier to understand and manage over time..

Who This Service Is For

Who can access this service?

- Adults (18+)
- Anyone bereaved by suicide living in the Northern Trust area (Mid & East Antrim, Mid Ulster, Causeway Coast & Glens, Antrim & Newtownabbey)

Accessible to everyone

- Information available in different formats
- Interpreting services available
- Support tailored to individual needs



Voices of Support

What people say about the service

"The service brought hope during our darkest days."

"You can take things one day at a time—there is no right or wrong way to grieve."

"We found a safe space to share, remember, and begin healing. We laugh, cry and remember our daughter with love with people who understand suicide bereavement."