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Suicide Bereavement Services Best Practice

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Survivors of Bereavement *by* Suicide

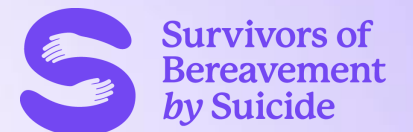
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Suicide bereavement researcher



Alex Whitebrook

03-Feb-1991 ~ 01-May-2017

Suicide Bereavement Services Best Practice



Suicide Bereavement Service Best Practice

- *Delivering on service expectations*
- *Core standards for suicide bereavement support*
 - *Why core standards are important*

Delivering on service expectations

- *Understanding & communication of core mission!*

SoBS Mission:

Offer timely and ongoing peer support, to adults bereaved or impacted by suicide loss, providing hope, healing and a voice to those left behind





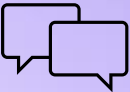

- 
- *Clarity to those who use services & partners*

Delivering on service expectations

- *Create a reliable, dependable service for users to lean on when needed*
- *Over promising to grieving individuals seeking suicide bereavement support and under delivering may lead them to stop reaching out*
- *Understand limitations – refer as appropriate*

Delivering on service expectations

What
we
do:

- *84 groups – most f-2-f, a few virtual* (Some Specialist) 
- *National Support line* 
- *Email Support & Online Forum* 
- *Creating and delivering training* 
- *Talking to people with shared experiences* 
- *Working with third parties* 

Core standards for suicide bereavement support



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Core standards for suicide bereavement support

Suicide loss
survivor centric

Core standards for suicide bereavement support

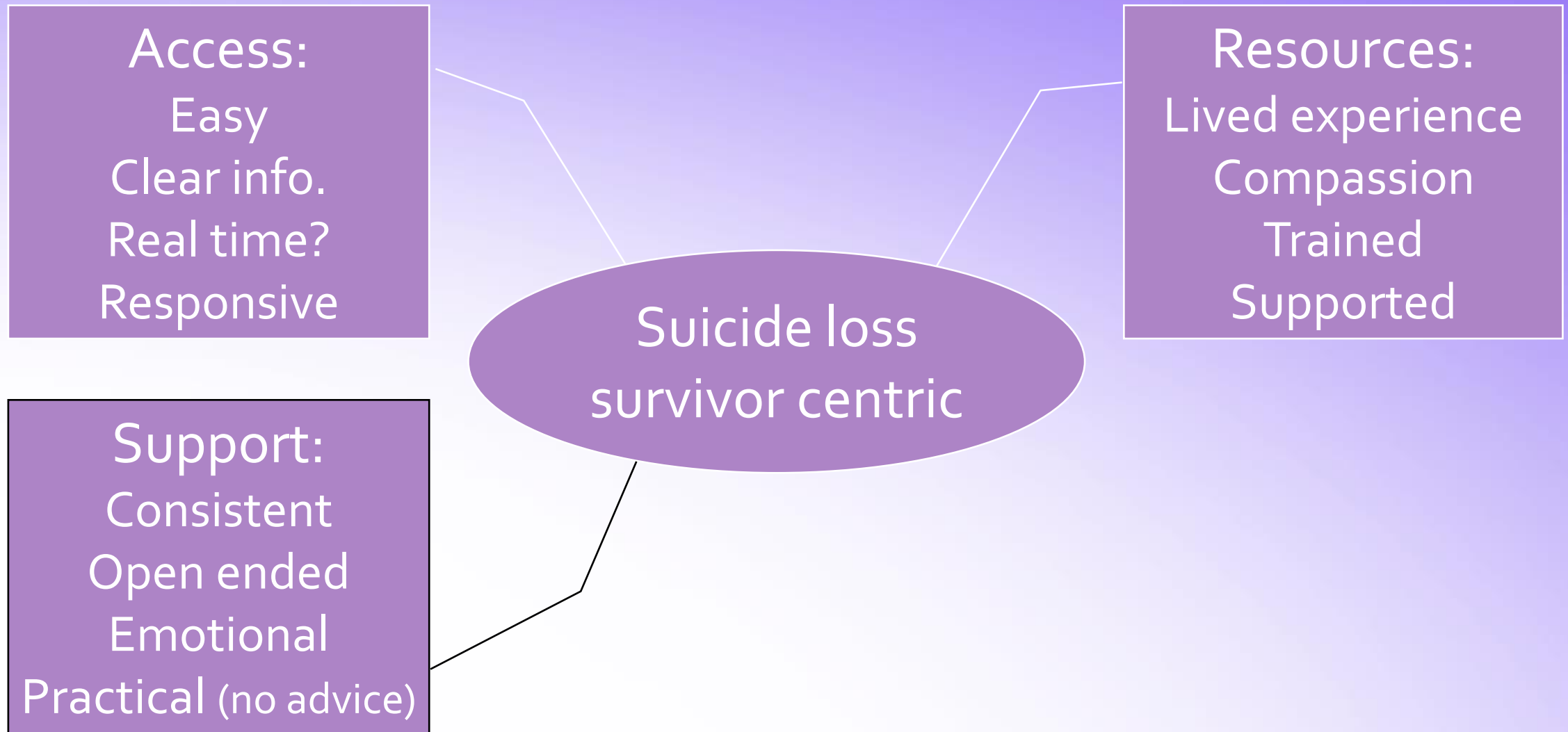
Access:
Easy
Clear info.
Real time?
Responsive

Suicide loss
survivor centric

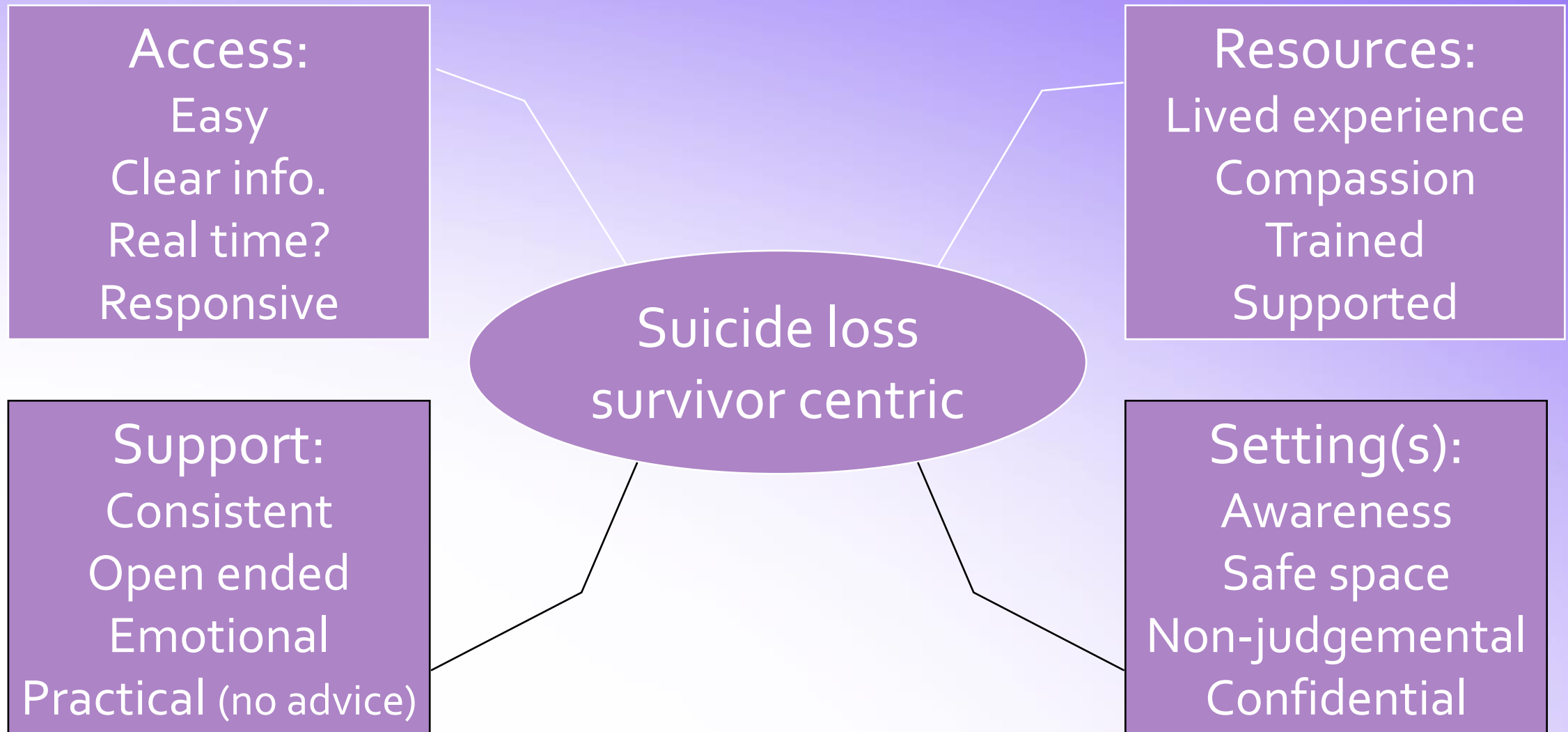
Core standards for suicide bereavement support



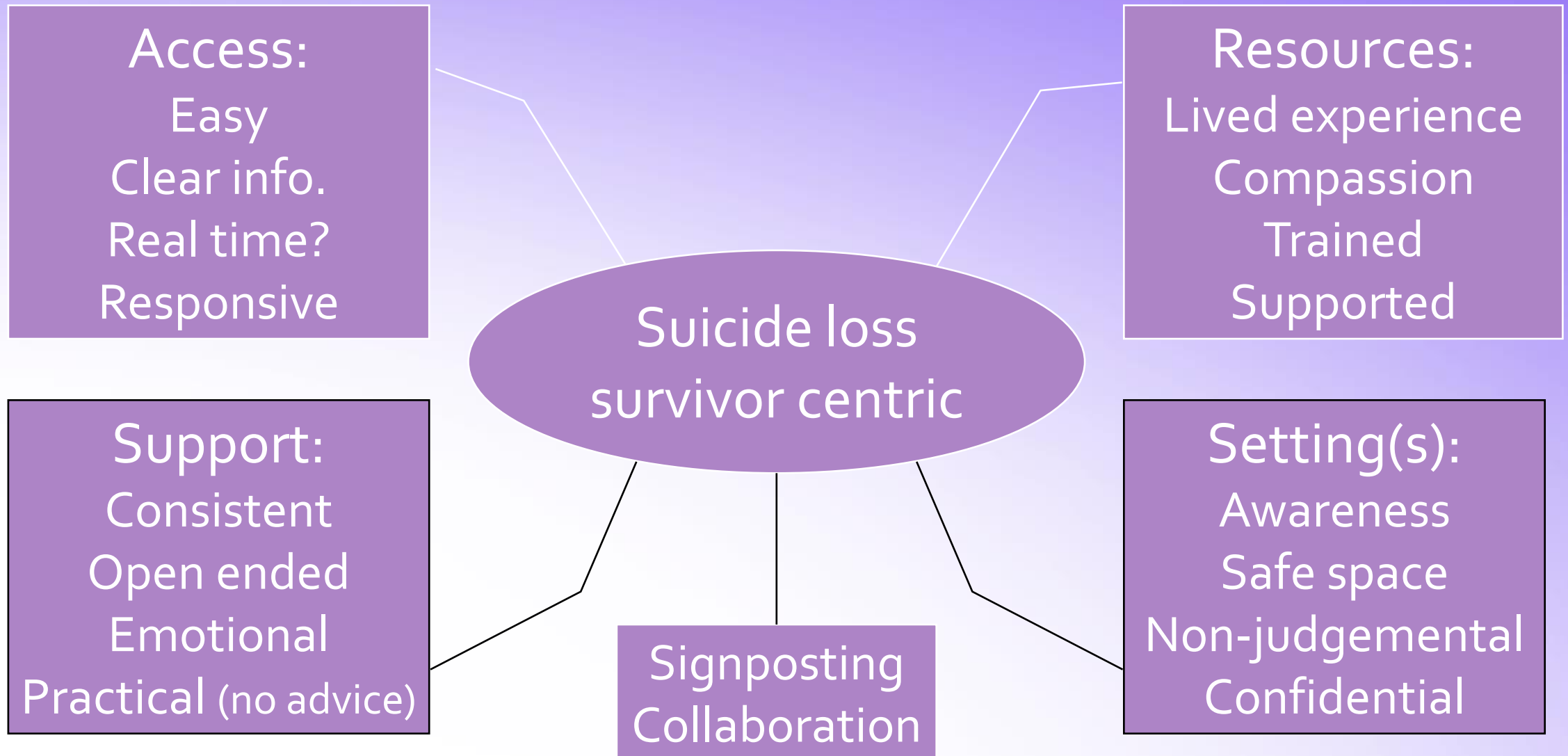
Core standards for suicide bereavement support



Core standards for suicide bereavement support



Core standards for suicide bereavement support

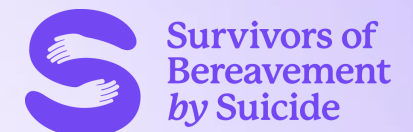


Pro-actively signpost & collaborate

- *There are lots of exceptional charities offering specialist support*
 - *Be aware of who else can help*
 - *Support academic research*
 - *Help develop standards*






+ Local authorities & charities



Example collaboration

BREAKING THE STIGMA



MYTH	FACT
There's a set time on grieving a loved one lost to suicide.	Our bereavement journeys are uniquely personal to each individual. There is no set timeline, and each journey should be respected.

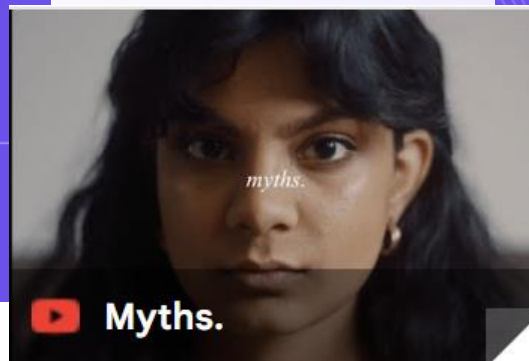
  

*10 Posters
5 films
Prevention
&
Postvention*

BREAKING THE STIGMA

MYTH	FACT
People bereaved by suicide don't want to talk about their loved one.	Most bereaved people still want to share their memories of the loved one they have lost, and celebrate their lives.



Why core standards are important

- *Clear and consistent expectations & matching – known limits*
 - *Volunteer skills and approaches consistent*
- *Volunteer flexibility / mutual support / resilience / motivation*
 - *Common empathy and understanding*
 - *Approaches planned but also adaptable to needs*
- *Facilitate creation of a de-stigmatised safe space for the bereaved to discuss their complex emotions*
- *Promote reflection, evaluation, sustainability & feedback*

Feedback

“I go to a SoBS meeting twice a month and it is mine and my sister’s **lifeline** since we lost my sister’s son.”

- Female, 45-54 years old, Yorkshire England

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- Female, 45-54 years old, Yorkshire England

“When I contacted SoBS it was the day after and I just felt so desperate **I needed to know someone was on the end of a phone who had experienced loss in a similar way** that I could talk to.”

- Female, 35-44 years old, North West England

Feedback

“I go to a SoBS meeting twice a month and it is mine and my sister’s **lifeline** since we lost my sister’s son.”

- Female, 45-54 years old, Yorkshire England

“When I contacted SoBS it was the day after and I just felt so desperate **I needed to know someone was on the end of a phone who had experienced loss in a similar way** that I could talk to.”

years old, North West England

“I have experienced the support SoBS can give, and **it was very empathetic and understanding of the wide variety of feelings my family was feeling through our grieving process.** We had the same 2 people that we could chat too and that were guides to express our emotions.”

- Female, 45-54 year old, South East England

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- Female, 45-54 year old, South East England

“When you have lost someone by **suicide, it is not something that is in the past and is gone and is over; it is very much a living experience**”

- SoBS Volunteer

THANK YOU



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