



# Contact us

# Grief in Pieces

## Support for Suicide Loss

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**People bereaved by suicide can have a particularly complex set of feelings and can experience additional struggles, including trauma and complicated grief.**

**You may feel intense sadness, shock, anger, confusion and isolation, and even a sense of shame or guilt.**

**Having any or all of these responses are normal, but it can be difficult to navigate. Seeking support to help with this can be invaluable.**



A suicide bereavement service for residents living in the North East London boroughs of Hackney, and the City of London, Tower Hamlets, Newham, Waltham Forest, Redbridge, Havering and Barking & Dagenham.

 **mind**  
in the City,  
Hackney and  
Waltham Forest



## **What help does Grief in Pieces offer?**

**Practical and emotional support**

**Immediate support and outreach in the aftermath of a loss by suicide**

**One to one counselling**

**Our healing support group**

**Coping with loss sessions**

**MADE (Managing Anger and Difficult Emotions)**

**Q&A workshops and support to access relevant services**

**Let us support you on your journey of healing and recovery**

## **Our Healing Support Group offers:**

- **A confidential, empathic, nonjudgmental and safe environment**
- **A sense of community, understanding and support, especially at times when you feel disassociated from the rest of the world**
- **The opportunity to freely express yourself with others who have also experienced suicide loss**
- **An educational role, providing information about grief and traumatic grief responses and offering ways of coping and approaching problems**
- **Support to deal with difficult anniversaries and special occasions**
- **The exchange of practical information and how to navigate local services**
- **Empowerment, where you can regain some control and a more positive, hopeful focus**