

The support group aims to provide:

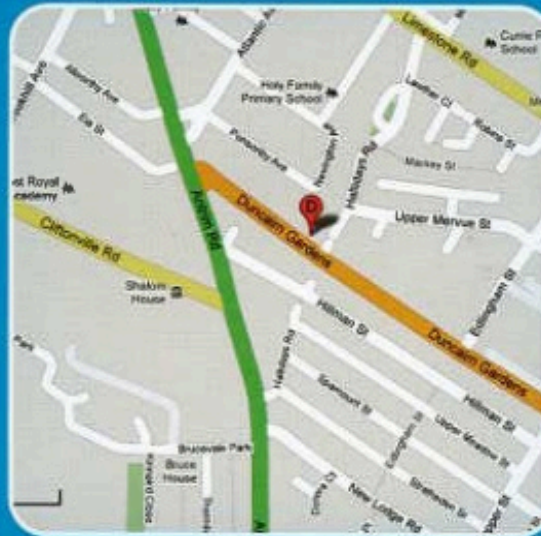
- a sense of community and support,
- an empathic environment giving a sense of being understood,
- the hope that 'normality' can be reached eventually,
- shared experiences in suicidal bereavement,
- opportunities to learn new ways of functioning,
- a sounding board to air fears and concerns.

Before anyone attends, we'll check they feel ready to talk openly about their own experience as well as listen to others share their stories and experiences and understand the importance of confidentiality. It's common to feel nervous or unsure at the start but it's worth remembering that other members probably feel the same way. We usually find that after the first meeting people feel more comfortable.

If you've been impacted by suicide and would like to find out more about how the Suicidal Bereavement Support Service could be helpful, contact us on 02890755070.

If you have a suggestion, compliment or complaint about any of our services, you can request a copy of our 'Compliments and Complaints' form.

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Lifeline

0808 808 8000

Lighthouse
Beacon of hope

Your Guide to Our Suicidal Bereavement Support Service

A beacon of hope guiding you towards a brighter tomorrow

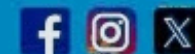


187 Duncairn Gardens, Belfast BT15 2GF

w: www.lighthousecharity.com

e: info@lighthousecharity.com

t: 028 9075 5070



Lighthouse was established in 2003 to provide a Beacon of Hope to people who had been impacted by suicide. We now provide a range of services to people seeking to improve their emotional health, and our Suicidal Bereavement Support Service remains at the core of our work.

Because the impact of suicide can be far-reaching, we work with a wide range of people. Many using the service have been bereaved by suicide; they've lost a friend, family member or someone they're close with. Others have been suicide affected, for example as a first responder, or someone directly involved such as a neighbour, teacher, or co-worker.

The leaflet outlines the number of ways in which our Suicidal Bereavement Support Service works with people who need support, in a way that is specific to how the suicide has impacted them.

THE FIRST STEPS

Many people find their way to us through a recommendation from a friend or family member. Some get referred by a Doctor, CPN or Bereavement Co-ordinator. Thinking about getting help is a big step, and, to help you decide if (and when) the service feels right, we'll get an appointment set up for you to come and see us. We'll explain more about what we can offer, and we might talk more about how the suicide has affected you and find out a little more about life events. This assessment helps decide which of the services meet your needs, and if there's a reason why not, we'll try to find alternatives. Our Suicidal Bereavement Support Service consists of One-to-one Support, Complementary Therapies and a Support Group.



ONE TO ONE SUPPORT

Our Support Worker offers One-to-One Support. This is a relationship where you can explore aspects of the suicide. These will be unique from one person to another, and some common themes that people identify are:

- working through the circumstances of the suicide,
- addressing unanswered questions and 'what ifs?',
- understanding and discharge of feelings,
- family tensions and practical concerns,
- facing anniversaries and other events,
- self-care,
- support through Adverse Incident or Coroner investigations.

For those who are grieving, it can be helpful to think of grief as an experience that we move through enabling us to rebuild life, accept the death and adjust to a new normal. We're never 'moving on' from the person we've lost, rather 'moving towards' a different relationship with them. This takes time and we will initially offer 12 sessions of One-to-One Support however, if it's felt that more time is needed, this can be discussed. Many individuals return to the service at different times throughout their journey.



COMPLEMENTARY THERAPIES

Everyone responds and copes with life events in a different way and talking approaches may not always be effective or preferred. Often, particularly in the early stages of grief, it can be impossible to find the words to describe feelings.

Our Complementary Therapies service offers aromatherapy massage. This is known as a 'non-talking therapy' and Lighthouse offers it solely to assist

relaxation, stress reduction and a sense of general well-being. It's not designed to treat any health conditions, Nor is it used in place of conventional medical care. Our experienced Therapist can provide partial or full body massage using a blend of oils to help bring about a relaxing, calming, and uplifting experience.

There are some conditions that may not be compatible with the therapy so the Therapist will carry out a consultation (asking you various questions about your medical history, general health and lifestyle) before the therapy is given. This helps ensure that the therapy is suitable and gives you the opportunity to ask any questions.



SUICIDAL BEREAVEMENT SUPPORT GROUP

If you've been bereaved by suicide, then you'll probably identify issues and feelings through your experience that are distinct from other types of loss. The Support Group at Lighthouse can be an important place to hear from others just how universal the experience of suicidal bereavement can be.

Our Support Group is time-limited, structured and facilitated. The group meets weekly, same day and time, usually over a 3-month period. It's a 'closed group' meaning only agreed members attend. All the members begin the group at the same time and take part in the sessions together. There's never more than 10 people in the group at a time and no two people bereaved by the same person.

The group's central theme is **"To focus on the shared experience of suicidal loss and rebuilding of life"** and each session focuses on a particular topic relevant to this theme. The Facilitators are two members of staff, and they keep the group focussed on the theme, help people feel at ease and ensure a kind and supportive environment.