



HOPE HEAL HELP

A support group for those impacted by suicidal bereavement.

TALK TO US

(028) 9075 5070

info@lighthousecharity.com

**If you are bereaved
by suicide we are
here for you.**

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LIGHT)(OUSE
"A beacon of hope"

Registered Charity Number: 102400

What to expect

A Support Group is a gathering of people who have been facing a common issue. It can be helpful to share feelings, hear from others how universal those feelings can be and hear about ways to cope with loss. Our Facilitated Support Group is for people who have been bereaved by suicide whose main need is to focus on the shared experience of suicidal loss and the rebuilding of life. It meets for 12 weeks and It aims to provide participants with:



- A sense of community and support
- An empathic environment giving a sense of being understood
- The hope that a new 'normality' can be reached eventually
- Shared experiences in suicide bereavement
- Opportunities to learn new ways of functioning



How to get involved

If you are interested in attending one of our support groups please make contact with Lighthouse directly to self refer. Please note a short assessment will take place to establish readiness and suitability for group work.

