



Suicide Bereavement Support

For Cumbria &
surrounding areas

SUPPORT SERVICES DIRECTORY

*SBS Legacy Document
(June 2024)*

***Helping the suicide bereaved to find local support
organisations, services and resources in Cumbria
and the surrounding areas***

Sponsored by:



SBS fundraisers, H's Angels, walked the Coniston to Barrow Challenge, in memory of Heather

WELCOME

I'm Emily and I'm the Chair for Suicide Bereavement Support (SBS) in Cumbria and the surrounding areas.

When my partner David died, I didn't know what had hit me or my family, let alone where to go for help. Now, over a decade later, I know that support is there for the suicide bereaved across Cumbria and the surrounding areas. I am proud to say that SBS has been at the forefront of suicide bereaved support for many years – helping people face challenges and ready to offer our skilled support and a listening ear, as well as a comforting hug!



Sadly, SBS had to take the decision to close in July 2024 (see our closing statement overleaf), but as part of our legacy we wanted to share the information we have accumulated over the years, to continue to provide vital support after we have gone.

If you have been bereaved (whether through suicide or not, and no matter how long ago) and are looking for support along one of the toughest journeys you will ever embark on, then this directory could be a vital lifeline as it aims to connect you with the organisations and resources you might need.

Equally, if you work, volunteer or support others in this sphere, then the directory will connect you with other services. Some are specific to our community, but many work across Cumbria and beyond and they cover a wide variety of services.

“Suicide is often the culmination of a complex history of risk factors and distressing events. The impact on families, friends and communities is devastating and long-lasting.” *

The above statement is taken from a report by Manchester University and comes from research that involved contributions from over 7,000 people who were suicide bereaved.

At SBS we have always been mindful that a suicide will not only affect the family, but also friends, colleagues and associates. We have been honoured, but sad, to support so many vulnerable people and hope we have provided some small degree of comfort to help them move forward more positively through their grieving, acceptance and long-term future.

I hope this SBS Legacy Support Services Directory will be useful and that it helps you make connections to the support that's out there if and when you need it.

Take care
Emily

*McDonnell S, Hunt IM, Flynn S, Smith S, McGale B, Shaw J. From Grief to Hope: The Collective Voice of those Bereaved or Affected by Suicide in the UK. Manchester: University of Manchester. November 2020.

SBS CLOSING STATEMENT

Announcement of charity closure (end of June 2024)

Released 4 September 2023

SBS for Cumbria and surrounding areas has today (Monday 4 September 2023) made a difficult announcement to its members:

Suicide Bereavement Support (SBS) Cumbria was set up as a mutual support organisation with charitable status and it is run by volunteers who have been bereaved by suicide themselves. Due to various pressures and personal circumstances, it is no longer possible to run the organisation on this basis and it has been decided by the Trustees that the charity is to be wound up over the coming months, finally closing at the end of June 2024.

“Over a period of 13 years, our volunteers have carried out bereavement support work across Cumbria and the surrounding areas and we’ve been extremely proud to have offered vital support to around 500 individuals in a variety of ways,” says Emily Griffiths, Chair of Trustees. “Others have also told us they have benefitted from the group simply by knowing we were there if needed. We are planning a sensitive approach to a careful closing, reassured that the local support situation is very different from when we started. As our own activities reduce in the months ahead, we will signpost people to a range of support available from both local and national organisations that share our aims and priorities.”

Trustees have decided that the five SBS Cumbria support groups (one online and four across Cumbria) will have their final meetings in the coming months. Carlisle’s last meeting will be in September, Kendal’s in November and the final meeting in Barrow will be in December. The Whitehaven meeting will continue into 2024, as may the online Zoom meeting.

The phone lines, email address, website and Facebook activity will remain active but gradually winding down to the end of June 2024, ensuring that access to local information and support continues for as long as possible. Volunteers will continue to respond and signpost until then.

“Volunteers will either be having a well-deserved rest or continuing to contribute to the conversation around suicide bereavement in other capacities,” says Emily. “We have engaged with numerous other agencies and partners to highlight the need for appropriate support for those bereaved by suicide and believe we have contributed significantly to service developments. Thank you to everyone - John Brown (our previous Chair), all our volunteers, fundraisers and donors – for everything they have done to support us. We will be posting updates on our decisions on our website in the coming months.”

Passing on the Baton... Continuing Peer Support in Cumbria and surrounding areas

The following organisations offer in person and/or online peer support groups locally for those bereaved by suicide:

- Every Life Matters
- Survivors of Bereavement by Suicide (SoBS)

There are also bereavement support groups and drop in cafés, including:

- Bereavement Together Group (Penrith, run by Hospice at Home)
- Comfort Café (Brampton)
- Andy's Man Club

These and other bereavement, suicide prevention, mental health and wellbeing support groups are listed in the following pages and there is also a valuable list of organisations on the Every Life Matters website.

SBS Funding

As part of our legacy and commitment to help the suicide bereaved, we will be sharing the remaining SBS funds with two volunteer-led organisations that share our values and aims. Both have agreed to use these funds for their operations in Cumbria and the surrounding areas.

Bags for Strife

A charity based in the northwest of England that provides peer support for those bereaved by suicide. Its chief purpose is to provide practical and emotional support for those who may need it. This takes the form of a calico BAGS for Strife bag with a range of contents that offer practical support. So far, more than 1250 of these have been sent out.

www.bagsforstrife.co.uk



Survivors of Bereavement by Suicide (SoBS)

The only UK-wide organisation offering peer-to-peer support to all those over the age of 18 who are impacted by suicide loss.



SoBS is in the process of setting up a peer support group in Penrith and already has a group running in Dumfries. SoBS also has virtual groups, meeting online over Zoom and open to people from across the UK.

uksobs.com

Full details for all organisations mentioned above are listed in the following Directory.

DIRECTORY of SUPPORT SERVICES and ORGANISATIONS

Also see following Useful Support and Resources section for more information.

BAGS for Strife ***

Providing a bag filled with practical and emotional support to loved ones in the immediate aftermath of loss, to support them in their journey of grief both for the short and the longer term.

A: 1 Exchange Street, Blackburn, Lancashire BB1 7JN

T: 07717 530621

E: info@bagsforstrife.co.uk

W: www.bagsforstrife.co.uk

f [@bagsforstrife](https://www.facebook.com/bagsforstrife)

@ [@bagsforstrife](https://www.instagram.com/bagsforstrife)



***** After SBS closes BAGS for Strife will be receiving a donation from remaining SBS funds.**

CADAS – Cumbria Alcohol and Drug Advisory Service

Offering free support for individuals who are struggling with their own, or someone else's, drug, alcohol use or addictive behaviour throughout Cumbria.

A: Lesser King's Hall, 59 Hartington Street,
Barrow-in-Furness, Cumbria LA14 5S5

T: 0300 111 4002

E: contact@cadascumbria.co.uk

W: www.cadascumbria.co.uk

X [@cadascumbria](https://www.tiktok.com/@cadascumbria)

f [@cadascumbria1](https://www.facebook.com/cadascumbria1)



Child Bereavement UK

Providing free support to children and young people (up to the age of 25) when someone important to them has died or is not expected to live, and parents and the wider family when a baby or child of any age dies or is dying.

T: 0800 02 888 40

E: northsupport@childbereavementuk.org

W: www.childbereavementuk.org



Coroners' Courts Support Service (CCSS)

An independent voluntary organisation whose trained volunteers offer emotional support and practical help to bereaved families, witnesses and others attending an Inquest at a Coroner's Court. For further information please contact the Helpline.

T: 0300 111 2141
(helpline – Monday to Friday 9.00am to 6.00pm,
closed Bank Holidays)

W: coronerscourtsupportservice.org.uk



Cruse Bereavement Support (Cumbria)

A free of charge, self referral service supporting people with all types of bereavement throughout Cumbria. Cruse provides information, advice or simply listens...

A: PO Box 237, Penrith, Cumbria CA11 1EE

T: 0300 600 3434 (voicemail)
0808 808 1677 (national helpline)

E: cumbria@cruse.org.uk

W: www.cruse.org.uk
www.cruse.org.uk/get-support/contact-local-branch/



Cumbria Constabulary

Investigates sudden and unexpected deaths on behalf of the HM Coroner and works with partner agencies to offer support to those who are suicide bereaved.

T: Emergencies: 999
Non-emergencies: 101

W: www.cumbria.police.uk

X [@cumbriapolice](https://twitter.com/cumbriapolice)

f [cumbriapolice](https://www.facebook.com/cumbriapolice)

i [cumbriacops](https://www.instagram.com/cumbriacops)



Doherty's Destiny

An informal group in Cleverly (Lancashire) supporting people bereaved by suicide and promoting positive mental health. Come along and listen or talk, without pressure or judgement, in confidence to like minded people who have experienced suicide.

E: dohertysdestiny@hotmail.com

X [DohertysDestiny](https://twitter.com/DohertysDestiny)

f [dohertysdestiny](https://www.facebook.com/dohertysdestiny)



Drop Zone Youth Projects

Offering support, guidance, education and activities for children and young people across Furness. Also provides free tailored support for their young people and signposts to relevant agencies, if necessary.

A: Lakeland House, Abbey Road, Barrow-in-Furness,
Cumbria LA14 1XL

T: 01229 812888 and 07787 417838

W: dzyp.co.uk

X: [@dropzone2112](https://twitter.com/dropzone2112) and [@furnesspride](https://twitter.com/furnesspride)

f: [Drop Zone Youth Projects](https://www.facebook.com/DropZoneYouthProjects) (Cath Corkill)

IG: [@dropzoneyouthprojects](https://www.instagram.com/dropzoneyouthprojects)



Every Life Matters

Provides one-to-one emotional and practical support to individuals and families bereaved by suicide in Cumbria, peer support, and guidance to employers, schools and community groups who have lost members to suicide.

T: 07588 016166

E: support@every-life-matters.org.uk

W: every-life-matters.org.uk

X: [@EveryLifeCumb](https://twitter.com/EveryLifeCumb)

f: [EveryLifeCumbria](https://www.facebook.com/EveryLifeCumbria)



Family Action

Offering a range of services to support families and children and young people, including family support, groups/courses in schools and children's centres. The support can be on a 1-1 basis or in groups. Services include referrals and signposting.

Kirsty Parkinson – volunteer and engagement worker

A: Ormsgill Community Hub, Millstone Avenue,
Barrow-in-Furness, Cumbria LA14 4BP

T: 07971 951716

E: Kirsty.parkinson@family-action.org.uk

W: www.family-action.org.uk/0-19

f: [family action barrow 0-19 children and family support service](https://www.facebook.com/familyactionbarrow019)



Furness General Hospital (FGH) Bereavement Office

The Bereavement Team (based at FGH and RLI) comprises of bereavement officers and Bereavement Specialist Nurses. The service aims to facilitate a seamless experience for the grieving family, helping them to make sense of what has happened and to deal with the considerable practical and emotional challenges of death.

They also support health care professionals to deliver the best practice in bereavement care.

Danielle Sadler, Bereavement Nurse Specialist

T: 07816 063864

E: Danielle.Sadler@mbht.nhs.uk



Mind in Furness

Offers a range of peer support groups and activities in their centre and outdoors in Barrow, Millom and Ulverston and surrounding areas. One-to-one support is available by appointment.

A: William Bingley Centre, 64 School Street
Barrow-in-Furness, Cumbria LA14 1EW

T: 01229 827094

E: SchoolStreet@mindinfurness.org.uk

W: www.mindinfurness.org

X: [@mindinfurness](https://twitter.com/mindinfurness)

f: [@mindinfurness](https://www.facebook.com/mindinfurness)



Orange Button Community Scheme

A scheme to create a network of partnership and a community of active listeners within your community. Orange Button-holders are suicide prevention trained individual that want to be identifiable within the areas they live or work. To find out more about the Orange Button Community Scheme please visit the website or social media platforms.

E: Isc.icb@nhs.net or Helen.Parry17@nhs.net

W: <https://gbr01.safelinks.protection.outlook.com/GetUrlReputation>

X: [Iscicb](https://twitter.com/Iscicb)

f: [Iscicb](https://www.facebook.com/Iscicb)

@: [Iscicb](https://www.instagram.com/Iscicb)

in: [Iscicb](https://www.linkedin.com/company/Iscicb) or [samaritans](https://www.samaritans.org)



Quinn's Retreat

A charity offering a retreat for those bereaved by suicide.

W: quinnsretreat.org.uk

X [quinnsretreat](#)

f [Quinnsretreat](#)



Recovery Steps Cumbria (Humankind)

Recovery Steps offers support for anyone experiencing issues with addiction. If you are ready to start your recovery journey from drugs or alcohol, they can support you to reach your goal.

E: referrals@recoverysteps-cumbria.org.uk

W: humankindcharity.org.uk/service/recovery-steps-cumbria/

X [@RecoveryCumbria](#)

f [Recovery steps cumbria](#)



humankind®

Samaritans

Supporting you around the clock, every single day of the year, whatever you're going through.

T: 116 123 (free)

W: Samaritans.org

X [@samaritans](#)

f [samaritanscharity](#)

Instagram [@samaritanscharity](#)

in [samaritans](#)



Self Harm Awareness For All (SAFA)

Making a difference to the lives of those individuals who self-harm and those that support them.

T: 01229 832269

E: info@safa-selfharm.com

W: safa-selfharm.com
toolbox.safa-selfharm.com

X [@SAFA_Cumbria](#)

f [SAFACumbria](#)

in [safa-self-harm-awareness-for-all-cumbria](#)

v [safatoolbox](#)



Speak Their Name Quilt for Cumbria and surrounding areas

A project supporting anyone bereaved by suicide to create their own memorial piece for their loved one, which will then be incorporated into a larger quilt.

This is a new project (as at June 2024) that is taking shape and is expected will really get going later in the year.

To find out more, get involved or make a donation (material, sewing machines, etc, would all be gratefully received), click here to go to the [Cumbria Speak Their Name Memorial Quilt Group Facebook page](#) and ask to join the closed group.

E: cumbriaspeaktheirname@gmail.com



St Mary's Hospice

Offering free bereavement support to anyone over the age of 18, regardless of any prior involvement with the hospice for themselves or the person they have lost

Donna Parker
Family & Bereavement Support Lead Practitioner

A: St Mary's Hospice, Ford Park Crescent,
Ulverston LA12 7JP

T: 01229 580305 option 6

E: donna.parker@stmaryshospice.org.uk

W: www.stmaryshospice.org.uk

X: [@stmaryshospice](https://twitter.com/stmaryshospice)

f: [St Mary's Hospice](https://www.facebook.com/StMarysHospice)



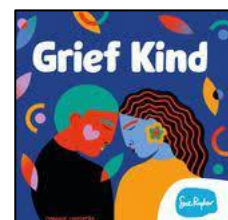
Sue Ryder #GriefKind

Sue Ryder provides palliative neurological and bereavement support.

#GriefKind is a campaign and a source of information and resources for people who want to help others.

Being #GriefKind tells your friend that you will be beside them no matter what and help life grow around their grief.

W: www.sueryder.org/grief-support/about-bereavement-and-grief/grief-kind/



Suicide&Co

Offering 12 sessions of free-to-access counselling delivered online, emotional listening support through a Helpline, and self-care support through their website, Help Hub and an app (Sidekick by Suicide&Co). Offering support to anyone over 18 and living in England and Wales who has been affected by suicide loss.

T: 0800 054 8400 Helpline
(Monday to Friday from 9am to 5pm)

E: info@suicideandco.org

W: www.suicideandco.org/



Suicide Bereavement UK (SBUK)

Suicide Bereavement UK are leaders in the field of suicide bereavement research and training. Two of their most broadly used approaches are PABBS (Postvention Assisting those Bereaved By Suicide and Emergency Services: Responding To Suicide (RTS).



A recent collaborative research project created two **At Your Side** guides, one for veterans and one for those bereaved by suicide in the Armed Forces community.

They also organise an annual conference, which is open not only to healthcare professionals, but also to those bereaved by suicide.

W: suicidebereavementuk.com

Survivors of Bereavement by Suicide (SoBS) ***

Helping individuals support each other, at the time of their loss and in the months and years that follow. SoBS aims to provide safe, confidential environments where people can share their experiences and feelings, giving and gaining support from each other through local peer support and online groups, phone/email support and an online forum.

Phill Abbiss
Volunteer Coordinator (North)

M: 07535 854860

T: 0300 111 5065 Helpline
(open 9am to 7pm Monday to Thursday)

E: phill.abbiss@uksobs.org

W: www.uksobs.org



***** After SBS closes SoBS will be receiving a donation from remaining SBS funds.**

Talking Therapies

Provides free, talking therapies to adults (18+) in South Cumbria. Helping with a range of common mental health problems including mild to moderate depression, anxiety disorders and sleep problems. Offering a service to adults following a bereavement (inc bereavement by suicide) if the person is suffering from an associated mental health problem.

T: 0300 555 0345

W: www.lscft.nhs.uk/services/service-finder-z/talking-therapies

where you will find a link to refer yourself online, alternatively your GP could make this referral.

 [@TalkingLSCFT](https://twitter.com/TalkingLSCFT)

 [@NHS_TalkingTherapies](https://www.instagram.com/NHS_TalkingTherapies)



Lancashire & South Cumbria Talking Therapies

The Compassionate Friends

A national peer support charity of bereaved parents, adult bereaved siblings and grandparents offering support and understanding to others similarly bereaved after the loss of a child of any age (from one month old to an adult child), from any cause.

T: 0345 123 2304 (helpline staffed by bereaved parent volunteers 365 days a year)

E: helpline@tcf.org.uk

W: tcf.org.uk and tcf.org.uk/support

 [@TCFcharityUK](https://twitter.com/TCFcharityUK)

 [@www.tcf.org.uk](https://www.facebook.com/www.tcf.org.uk)

 [@thecompassionatefriendsuk](https://www.instagram.com/thecompassionatefriendsuk)



The Compassionate Friends

The Farming Community Network

A voluntary organisation and charity that supports farmers and families, within the farming community, through difficult times. It runs a confidential helpline and e-helpline which is open every day of the year from 7.00am to 11.00pm.

T: 03000 111 999 (helpline)

E: help@fcn.org.uk

W: fcn.org.uk

 [@FCN_north](https://twitter.com/FCN_north)

 [TheFarmingCommunityNetwork](https://www.facebook.com/TheFarmingCommunityNetwork)

 [fcn_north](https://www.instagram.com/fcn_north)



Winston's Wish

Provides help for parents, carers and professionals supporting children and young people affected by death, through practical support and guidance via a freephone helpline, online and text support, publications and training.

T: 08088 020021 (helpline)

W: www.winstonswish.org



OTHER USEFUL SUPPORT and RESOURCES

SBS has signposted to many organisations and useful resources over the years. As well as those listed above, you will find other useful information listed below.

Other organisations:

Alliance of Hope

For suicide loss survivors, including support for children and young people

W: allianceofhope.org

Always Another Way Mental Health

Support in Copeland and Allerdale

W: alwaysanotherway.co.uk

AndysManClub

Men's suicide prevention charity offering peer to peer support

W: andysmanclub.co.uk

AtALoss

Helping the bereaved find support and wellbeing

W: www.ataloss.org

Bereavement Together Group (Penrith)

Run by Hospice at Home

W: www.hospiceathome.co.uk

Child Bereavement Network

W: childhoodbereavementnetwork.org.uk

Child Bereavement UK

W: www.childbereavementuk.org

Comfort Café (Brampton)

Run by Eden Valley Hospice

W: www.edenvalleyhospice.org

Love Em Trust

Support for those up to 16 who have been impacted by the death of a parent

W: love-em.co.uk

Luna

Support for children after suicide and training for professionals, with a range of books suitable for children and families on the Hub

W: teamluna.org

Let's Talk about Loss

For those aged 18-35

W: letstalkaboutloss.org

National Bereavement Service

W: thenbs.org

National Suicide Prevention Alliance (NSPA)

W: nspa.org.uk

PTSD UK

Raising awareness of post-traumatic stress disorder, which can occur after suicide bereavement

W: www.ptsduk.org

Strong Men

Bereavement support for men

W: www.strongmen.org.uk

Support After Suicide Partnership (SASP)

W: hub.supportaftersuicide.org.uk

The Coroners' Courts Support Service

Resources and practical help

W: coronerscourtssupportservice.org.uk

The Good Grief Trust

Run by the bereaved for the bereaved

W: www.thegoodgrieftrust.org

Time to Share Bereavement Service

Bereavement support for children and families in Copeland

W: timetosharebereavement.co.uk

Together We (West Cumbria)

Support to people bereaved by suicide

W: togetherwe.uk

Widowed and Young (WAY)

Peer-to-peer support network for anyone who's lost a partner before their 51st birthday, whether they were married or not

W: www.widowedandyoung.org.uk

Useful resources:

Some resource links are very long, so the organisation website only may be printed, but by clicking on the link you will go direct to the resource or hover over it to see the full link.

Administering a Deceased's Estate and Closing Accounts

A number of companies that can offer support with the admin when a loved one dies, including:

Close and transfer accounts, sort probate

W: www.settld.care

Close, freeze and transfer accounts

W: www.lifeledger.com

Free death notification service

W: www.deathnotificationsservice.co.uk

Armed Forces – Guide for Veterans Bereaved by Suicide

W: suicidebereavementuk.com

Coroner Services for Bereaved People

A short Ministry of Justice guide

W: assets.publishing.service.gov.uk

- Cruse – Grief First Aid Toolkit** **W: www.cruse.org.uk**
A range of material to help Grief First Aiders
- DrugFam Booklet
– Bereaved by Addiction** **W: drugfam.co.uk**
*A booklet for anyone bereaved through
drug and alcohol use*
- Finding the Words Booklet** **W: supportaftersuicide.org.uk**
*How to support someone who has been
bereaved and affected by suicide*
- Grief Support Guide – finding the
bereavement support that's right for you** **W: nationalbereavementalliance.org.uk**
Supporting those that work with the bereaved
- Help is At Hand Booklet** **W: supportaftersuicide.org.uk**
*Support after someone may have died
by suicide or other unexplained death*
- Inquests Factsheet** **W: coronerscourtsupportservice.org.uk**
*To help families and friends dealing
with the aftermath of a sudden bereavement*
- Perservering A Grief Podcast** **W: letstalkaboutloss.org**
- Matilda's Blog** **W: www.youngminds.org.uk**
Losing a sibling to suicide
- Men and Grieving – University Hospitals
of Morecambe Bay NHS Foundation Trust
(UHMBT)** **W: www.youtube.com**
A short film by Ian Dewar, Chaplain at UHMBT
- My Story of Loss through Suicide** **W: www.youtube.com**
*SBS Chair, Emily Griffiths, shares her
family's journey*
- Sue Ryder Grief Guide** **W: griefguide.sueryder.org**
- Walk with Us Toolkit (SASP)** **W: supportaftersuicide.org.uk**
*To help support children, young people
and families affected or bereaved by suicide*
- When Someone Dies Booklet** **W: www.ageuk.org.uk**
An AgeUK step by step guide of what to do

Over the years, within our Facebook Group, SBS members have shared many experiences and ideas on what helps in the toughest times.

Some of these suggestions are quoted here.

We dedicate this booklet to these most generous, caring and strong people.

*Listening to music, songs, podcasts and reading poetry or books with special meaning • Contributing to training groups eg police, counsellors
No pressure on yourself to have 'perfect' family events • Meeting relevant organisations and working for change that could help others
Take one day at a time, don't be too hard on yourself, accept there will be tearful times • Screaming (inside or out loud!)
Writing prose or poetry • Making music • Making a special blanket or cushion from loved ones' clothing
Trying to avoid difficult thoughts and triggers • Physical activity (often linked to fundraising)
Be a mental health champion • Welcoming new family babies and other special events
Distracting yourself • Fundraising for suicide prevention charities or SBS*

Some things that help...



*Being a part of the SBS, meetings, the closed Facebook group and being able to share pictures and thoughts with others who understand, without any reservations
A thought diary: writing some of the not so nice things down when they come into your head (if the same thought reoccurs, say 'already wrote that down')
Organisations such as Compassionate Friends, Winston's Wish (including camps for children) and Suicide Bereavement UK • Cuddling pets
Company of family and friends • Focusing on positive things you did to help your loved one, not the things you wish you'd done
Grief counselling from the local hospice, Cruse, First Steps, Samaritans (6-week course) and EMDR
Memorial acts eg at family events, Cruse dedication page, Every Life Matters candlelit vigils
Self care: try not to get too stressed/over tired • Apps eg Insight (help with sleep)*

More things that help...

Thank You

Everyone at SBS for Cumbria and the surrounding area would like to thank all the organisations listed in this directory and all the volunteers, leaders, staff, members and supporters involved in each and every organisation too.

This SBS Legacy Directory is only possible because of their support and help and we all hope that it will be a means to continue to support people in the future. Thank you for caring so much and for recognising that this sort of resource can be so important.

Thank you in particular to the staff of The Frieda Scott Charitable Trust and to the amazing team of walkers, also known as Heather's Angels, who completed the Coniston to Barrow section of the K2B walk in 2023. Your grant and your fundraising have enabled us to create and distribute this Directory.

Thanks also to Hazel and Sally, who provide us with admin and PR support. They've put in huge amounts of work to ensure that our closing follows all the regulations that it should and that our legacy is as clear and useful as possible.

Finally, on behalf of all of us at SBS, we thank all of you and all of those who've been involved in our work for being part of our story, often in the worst of times. It is connecting with you that's always been the most important aspect of our work.

We hope you have got something from SBS over the years, not only the support we offered and signposted you to at the time, but also the reassurance and gentle confidence that comes from knowing you're not alone, there are people who understand and there is always hope.

Disclaimer:

We have taken every care in preparing and checking the details in this directory but we're aware that errors may have slipped through. SBS shall not be held responsible or in any way liable for any errors, omissions or inaccuracies, whether arising from negligence or otherwise or for any consequences so arising.

*SBS is not responsible for the content of third-party websites or social media channels – please take care online.
Thanks*



Suicide Bereavement Support

For Cumbria &
surrounding areas

**SBS Legacy Resource
Support Services Directory**
Published June 2024

Suicide Bereavement Support for Cumbria & surrounding areas

Closed its doors on 30 June 2024

*If you have any need to contact SBS after it closes, please contact [Hazel Duhy](#) of Woodrow Services (Cumbria) Limited (016973 44905), who has provided SBS admin support and will continue to address any **essential administrative matters arising only**, but will not be able to offer direct support.*