

Specialist Suicide Bereavement Service

For residents of mid and south Essex

A specialist service is now available to Essex residents.

The service provides emotional and practical support for anyone who has felt the impact of suicide at any time.

Access the service by contacting the Essex Wellbeing Service.

The service offers:

- Practical one-to-one emotional support, information and guidance
- Help when engaging with Police and other agencies
- Support with the inquest explaining the judicial process and attendance at the inquest
- Assistance with any media enquiries
- Referrals and signposting to other services as required
- Support to bereaved children and young adults, and their parents or guardians
- Help overcoming any feelings of isolation



Please note this is not a counselling service

Service availability

You can contact the Essex Wellbeing Service to request an assessment to support your needs, this may include a referral to a specialist suicide bereavement service.

The specialist service is for residents who are:

- Affected by a recent or historical bereavement,
- Adults and young people aged 11 upwards,
- Children aged between 4 and 11 can access the service, with an agreed appropriate adult, after an initial assessment.

For more information, visit the Essex Wellbeing Service website by scanning the QR code below:



Accessing the service

The service is available on the following days and times:

- **Monday and Friday**
8am to 7pm
- **Saturdays**
9am to 12pm

Reasonable adjustments will be made to ensure this service is accessible.

If a referral has been made by the Essex Wellbeing Service to the specialist service you will be contacted within 48 hours.



Please dial NHS 111 and select option 2 if you or anyone you know is experiencing a mental health crisis. You will be connected to the contact centre where trained staff will provide appropriate support and advice 24 hours a day, 365 days of the year.

If however you or someone you know is in mental health crisis and **requires serious or life-threatening emergency mental or physical care**, dial 999 immediately.

For more information please contact the Essex Wellbeing Service:

 Tel: 0300 303 9988

 Email: provide.essexwellbeing@nhs.net