



Searching for answers

Looking for blame... exhausted

GUILT. Where did I go wrong???

Not being able to tell people – **Fear of being judged**

Stigma / Shame

'Broken leg theory'

What does bereavement through suicide look like?

People jump to their own conclusions

What if... Should have... Could have... If only... **Consumes you.**

Jokes! Only death people joke about...

Resentment from other grieving people - Anger that their loved ones didn't 'want' to die.

Suicidal thoughts / Self Harm





Better training for police

Liaison officer consistency

Support with Inquest

Support for individual who discovered suicide

Immediate support

Advocacy

What people bereaved through suicide want

Empathy and understanding

More sensitivity from first responders

Practical Help and support

Consistent assigned person to support the family

Support for males and young people





Postvention programmes and Community support

Open communication and training to all

Sustainable services

Efficient and timely responses

What can be done to improve support

Networking

More investment into third sector / grassroots services

Better communication within multi agencies and statutory services

Consistency in bereavement framework

Accessible to all