



**SURVIVORS OF
BEREAVEMENT
BY SUICIDE**

*“Only those of us who have experienced this
terrible tragedy can truly understand.
None of us need to suffer alone; together we can
help each other”*

We have a number of support groups around
the country.

Your nearest group is Whitley Bay

For more information

Contact: Gill

07756 025 735

Email: whitleybay@uksobs.org

National Helpline

0300 111 5065

9am-9pm every day www.uksobs.org

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