



# Bereavement Support

If you have been affected by a suicide or possible suicide, there is help and support available, however soon or long after a death:

 07376 616628

 [sussexbereavedbysuicide@cruse.org.uk](mailto:sussexbereavedbysuicide@cruse.org.uk)

## Help is at Hand

Comprehensive online guide:  
[www.supportaftersuicide.org.uk/  
help-is-at-hand](http://www.supportaftersuicide.org.uk/help-is-at-hand)

## Samaritans

 Freephone 116 123

 [jo@samaritans.org](mailto:jo@samaritans.org)