

## What members say about HOPE...

I can share my tragic loss with people who really understand and do not judge

### Not feeling alone

To be part of a family that helps you feel stronger

This is a forum like no other, to share, remember, cry and hopefully move forward....

Being able to talk to people who understand how I'm feeling because they have been through the same

### Lifesaving support

Help and support has helped us to cope after losing our son...it is so hard to cope with life

### I can share with my new family

Coming to this group has made such a difference to us. We feel we have a caring family always here to help through tears and laughter

The group has helped me just by knowing other people really understand what we are all going through... The group feels like a new family

I have met some lovely people who I feel honoured to have shared my experiences with

## Have you lost a loved one to suicide?

### HOPE

is a support group that meets monthly to provide mutual support in a compassionate environment.

- No longer feel alone – we are here for you
- Group facilitated by trained counsellors
- Talk to others who understand what it is like to be bereaved by suicide
- Informal atmosphere
- Join us for as long as you need to

For more information  
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## HOPE

SUPPORT FOR ADULTS BEREAVED BY SUICIDE

Helping  
Others, through sharing  
Personal  
Experiences



# HOPE

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## Carol's Story

My husband Phil took his own life in September 2012. He had shown no signs of depression or that anything was wrong in what I thought was our wonderful perfect life. His loss was devastating... beyond any words. My GP gave me a list of support networks and I called Walsall Bereavement Support Service. I was soon told of their monthly support group for people bereaved by suicide and went to my first meeting. It was difficult, I didn't know what to expect. I was prepared to try anything to help me understand what had happened, to find a way to take away some of this pain.

At that first meeting I listened to people talk of their loved ones and how they had died. I didn't say much but I cried a lot. Everyone understood.

The next month I went again and this time I listened to people in their different stages of grief. Someone had lost her partner just 6 months earlier and she was laughing ... how could that be?

Others had cleared out clothes, moved to a new house, and had holidays. It gave me hope for my future. These were people going through what I was going through.

Nearly 7 years later I am still going to the meetings, still getting support from the wonderful counsellors, who give me a hug when I need one and who listen to us every month with such compassion. I have met lovely people and made wonderful friends who have supported me and cried with me.

The best support is from each other, from people who understand what we have gone through and are still going through, because they are going through the same.

New people come to the meeting every month and by being with us and talking with us, I hope they see that there is a future and that they will laugh again.

**Thank you HOPE ... you  
were there when I needed  
you most and you still are.**