

“Allow yourself to grieve. We all grieve in our own time in our own way.”

“One thing I learned is however I decided to grieve is the right way for me. Everyone’s different.”

“In seeking help. I had found someone who truly understood my feelings and helped me feel normal again, I realised I wasn’t going mad after all.”

Supporting those bereaved by suicide

Major Incident Response Team (MIRT)

For confidential support and advice contact the Major Incident Response Team (MIRT)

Contact us

**Alex Sutcliffe
Major Incident Response Team
Resilience and Emergency Unit,
County Hall, Northallerton,
North Yorkshire, DL7 8AD**

**Tel: 07974 745194 (24 hr)
email: MIRT@northyorks.gov.uk /
MIRT@York.gov.uk**



“Suicide is not just the loss of one precious life. It devastates many other lives.”

Tel: 07974 745194 (24hr)

How you may feel

When people have been bereaved, or affected, by suicide they may experience a long, complex and confusing grieving process, and often feel isolated. A bereavement by suicide is different from any other kind of bereavement, bringing an intense range of emotions that may be unfamiliar and frightening.

If you feel like this there is help available.

Nothing and no one can prepare you for a close bereavement, and each person reacts differently after suicide. You will have had your own unique relationship with the person who has died, and you will grieve in your own way at your own pace.

There are no 'right and wrongs' about how you feel or how you grieve. Some feelings will be so powerful and confusing that you may feel you are going mad. These feelings include:

- Shock and disbelief
- Anguish, longing, and searching
- Anger, guilt, relief, and shame
- Fear and anxiety

Our MIRT volunteers can help you understand the emotions you may be experiencing.

How MIRT can help

The MIRT team is a group of trained volunteers who offer their time to help with emotional and practical support to people affected by suicide.

We offer a free, professional and confidential service to support you through this time of loss. 24 hours a day, 7 days a week. You can contact us by telephoning the MIRT telephone number on the front of this leaflet.

MIRT volunteers are all trained in Mental Health and Psychological First Aid, so we can work with you effectively and safely. Ongoing training is an essential activity for us as a team.

Our role is to help you face the reality of your loss, and support you as you begin to find ways to cope with the present and, eventually, the future. This is done at a pace set by you. Everyone's situation is different, so our flexible response to you is essential.

We will, with your agreement, make arrangements to come and visit you in a place where you feel safe and comfortable to talk with us. This can be your home or it can be a place where you feel most at ease.

Other contacts for advice and support

Survivors of Bereavement by Suicide

Tel: 0844 561 6855

www.uk-sobs.org.uk

Bereaved Parents' Network

Tel: 029 2081 0800

www.careforthefamily.org.uk

Child Death Helpline

Tel: 0800 282 986

www.childdeathhelpline.org.uk

Compassionate Friends

Tel: 08451 232304

www.tcf.org.uk

Cruse Bereavement Care

Tel: 08444 779400

www.cruse.org.uk

Despair after Suicide

Tel: 01772 760662

www.supportline.org.uk

Rural stress helpline

Tel: 0845 094 8286

www.ruralstresshelpline.co.uk

Samaritans

Tel: 08457 909090

www.samaritans.org