

Every month we will feature a different voluntary, community or faith sector organisation across the Bay.

This time the Spotlight is on...Suicide Bereavement Support (SBS) for Cumbria and surrounding areas. The precursor to SBS was established in 2010, as a branch of Survivors of Suicide. In 2019 the group became an independent, Cumbria focused charity.



SBS currently has four face-to-face peer support meetings occurring once a month, across the county, and a fortnightly online meeting. SBS has a support line, a closed Facebook group offering peer support to members, a newsletter, and a website providing online resources and information. SBS' group facilitators are themselves bereaved by suicide.

How many people use your services every year?

SBS said: "There are about 230 members in the closed Facebook group, and 400 people on the mailing list.

"Between August 2020 and August 2021, 41 people took part in the online meetings, we would expect the number to be higher now face-to-face groups have restarted. In the same period, there were 54 new contacts to the group.

Feedback from people using the service:

"Just knowing that others are out there who have gone through the same thing has helped me so much. Whether that's online, through a chat on the Facebook group or at the meetings, it feels good to help others and support ourselves."

Can you tell us about any future projects?

SBS said: "Moving forward we hope to offer more support to families with young children and work with local police and the Mental Health Trust to increase understanding and support to those affected by the suicide of a loved one."

Are there any opportunities to get involved?

SBS said: "Although the groups and closed facebook are specifically for those suicide bereaved, we would be glad to hear from anyone interested in helping with fundraising, administrative work and awareness-raising."

How can I find out more?

You can find out more about SBS at the SBS website [here](#). You can access helpful resources at the SBS website [here](#) and read the latest Blogs [here](#). You can follow SBS on Facebook [here](#), Twitter [here](#), and YouTube [here](#).

To access the helpline: Call or text John on 07572 975 721 or Karan on 07896 703 757. If your call can't be answered immediately, please leave your name and phone number and they will endeavour to call you back within 24 hours.

You can email SBS at hello@sbs.org.uk and they will endeavour to respond to you within 24 hours. Alternatively, please complete the contact form at the SBS website [here](#).