

# Specialist Suicide Bereavement Service

For residents of mid and south Essex

A specialist service is now available to Essex residents.

**The service provides emotional and practical support for anyone who has felt the impact of suicide at any time.**

Access the service by contacting the Essex Wellbeing Service.

The service offers:

- Practical one-to-one emotional support, information and guidance
- Help when engaging with Police and other agencies
- Support with the inquest explaining the judicial process and attendance at the inquest
- Assistance with any media enquiries
- Referrals and signposting to other services as required
- Support to bereaved children and young adults, and their parents or guardians
- Help overcoming any feelings of isolation



**Please note this is not a counselling service**

## Service availability

You can contact the Essex Wellbeing Service to request an assessment to support your needs, this may include a referral to a specialist suicide bereavement service.

The specialist service is for residents who are:

- Affected by a recent or historical bereavement,
- Adults and young people aged 11 upwards,
- Children aged between 4 and 11 can access the service, with an agreed appropriate adult, after an initial assessment.

For more information, visit the Essex Wellbeing Service website by scanning the QR code below:



## Accessing the service

The service is available on the following days and times:

- **Monday and Friday**  
8am to 7pm
- **Saturdays**  
9am to 12pm

Reasonable adjustments will be made to ensure this service is accessible.

If a referral has been made by the Essex Wellbeing Service to the specialist service you will be contacted within 48 hours.



**Please dial NHS 111 and select option 2** if you or anyone you know is experiencing a mental health crisis. You will be connected to the contact centre where trained staff will provide appropriate support and advice 24 hours a day, 365 days of the year.

If however you or someone you know is in mental health crisis and **requires serious or life-threatening emergency mental or physical care**, dial 999 immediately.

For more information please contact the Essex Wellbeing Service:



Tel: 0300 303 9988



Email: [provide.essexwellbeing@nhs.net](mailto:provide.essexwellbeing@nhs.net)