

## Contact us

For more information about the support group, please contact:

**Jane Pope**  
*Mental Health Chaplain*

Cambridge and Peterborough NHS Foundation Trust (CPFT)  
Chaplaincy Department  
The Cavell Centre  
Edith Cavell Campus  
Bretton Gate  
Peterborough  
PE3 9GZ

T 01733 776080  
M 07973 883511

E [chaplaincyteam@cpft.nhs.uk](mailto:chaplaincyteam@cpft.nhs.uk)

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### Patient Advice and Liaison Service (PALS)

If you have any concerns about any of CPFT's services, or would like more information please contact: Patient Advice and Liaison Service (PALS) on freephone 0800 376 0775 or e-mail [pals@cpft.nhs.uk](mailto:pals@cpft.nhs.uk)

### Out-of-hours' service for CPFT service users

Contact Lifeline on **0808 808 2121**  
7pm-11pm  
365 days a year

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**HQ** Elizabeth House, Fulbourn Hospital, Cambridge CB21 5EF.  
**T** 01223 219400  
**F** 01480 398501

[www.cpft.nhs.uk](http://www.cpft.nhs.uk)

# Have you been affected by suicide?

Information on a support group for people bereaved by suicide



2018

The purpose of the Bereavement Support Group is to give you the opportunity to meet others who have been bereaved by suicide and be able to talk in a warm, caring environment supported by experienced CPFT chaplains and volunteers.

Many people find it can be especially helpful to meet with others bereaved in this way, who may understand more about the particular challenges involved, and be able to offer some solidarity as experiences are shared with one another.

If you would like to be a part of the group, please contact us using the details on the back of this leaflet. One of us will then arrange to meet with you for an initial conversation when we will take some details about both you and the person who has died. Please be assured that your contact details will be used only if we need to contact you regarding the support group meetings.

### **Guidelines for the support group**

- Each member's situation is respected. What is right for one person may not be right for another
- Each member is encouraged to participate in the group if he/she wishes, but there is no pressure to do so
- Members of the group listen and support each other without criticising or making judgements
- All information about members and discussions within the group are kept confidential
- The facilitator will not disclose any details discussed at the group to anyone else unless they are seriously concerned for someone's safety.

### **When do we meet?**

Bereavement Support Group Meetings will normally be held on the second Monday evening of each month, but please ring to check the date if you were not at the previous meeting. The meetings take place from 6pm-7.30pm at:

Quaker Meeting House  
21 Thorpe Road  
Peterborough  
PE3 6AB

If you are attending the group for the first time, it's really important you contact us first so we can get some details from you and have a chat about the format of the meetings. Please give us a ring (details on back page).

