



Support
After
Suicide

"There is Always a Way"

★
AWARDS
FOR ALL

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In Memory of Daniel O'Hare



The loss of a loved one to suicide is like no other death, the physical and emotional impacts are devastating. The effects of this can go out far & wide affecting families & communities in various different ways.

Despite public myth and perception - *suicide is not just a mental health problem*. It can affect anyone at anytime regardless of social status, age, background or standing in society.

Suicide represents both an individual tragedy and a loss to society. The impact on those left behind can be devastating.

Suicidal grief and the bereavement process are like fingerprints, it's unique and different for everyone affected. Everyone grieves differently, not only by the nature of the loss but in relation to the nature of the relationship with the person who died.



The mixture of bewilderment, sadness & uncertainty are feelings common to those affected by suicide, unfortunately most people affected don't know this.

If U Care Share Foundation (IUCSF) was originally started by our sons, (Matthew & Ben) along with our niece, (Sarah) following the tragic death of our son, Daniel (aged 19 years) to suicide in March 2005. Daniel showed no outward signs of his intentions nor any history of mental illness.

Our family, devastated by the loss, struggled to find any type of support services despite having an extremely supportive GP. Left not only grieving but also frustrated by the lack of specialist services for families affected by suicide, our children were determined to try and prevent another person experiencing the pain and devastation they had when Daniel died. IUCSF can offer support on an emotional and practical basis by offering the opportunity to have contact with others that have experienced the loss of a loved one to suicide.

Unfortunately there are no "magic formulas" and we can't offer any "easy solutions" to the difficult situations & trying times you face. We can't take away pain anger or sorrow. We can however tell you what we know about surviving a suicide by "sharing" our own experiences.

This can be done at a time & via a method you feel most comfortable with i.e. telephone, email or via an appointment (North East England only).

We are also able to offer practical advice on the procedures that take place when there is a death by suicide. This service is also available to organisations that may have staff or pupils affected by Suicide.

We have access to various publications which can offer guidance/support on both a practical & an emotional level. These include Help is at Hand (Dept. Of Health) and our own booklet on support "The Road Ahead" - all of which are available free of charge.

We are also in the process of developing additional services to those affected by suicide.

These services will include:

- Counselling for both Adults & Children.
- Alternative Therapies available to family members.
- Specialist support services for Children.

Group support meetings.
(subject to availability & funding)

Surviving a suicide is a slow, step-by-step process. You usually don't notice the first few steps, but they are there - small steps add up one by one. IUCSF would like to help you take those steps, our contact details are shown overleaf .

