

if u  
care  
share

# supporting those bereaved by suicide

we are here to listen and support  
those affected by suicide

0191 387 5661  
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Supported by:  
NHS Clinical Commissioning Groups across the North East  
North East and North Cumbria Integrated Care System

If U Care Share Foundation understand 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 and wide affecting families and communities in various different ways. The Foundation provides practical and emotional support to those impacted by suspected suicide.

The service is now open for referrals available throughout the following areas;

North Tyneside

Newcastle & Gateshead

Northumberland

Sunderland

South Tyneside

Despite public myth and perception - suicide is not just a mental health problem. It can affect anyone at any time 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 bereavement and grief are like fingerprints, they are 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 and uncertainty are feelings common to those affected by suicide, unfortunately most people affected don't know this. **The service is provided by professionals who have personal experience with suicide**, offering a safe environment to discuss your bereavement.

Unfortunately there are no easy solutions to the difficult situations and trying times you face. We can't take away pain, anger or sorrow. We can however **share our own experiences of losing a loved one to suicide**. This can be done at a time and via a method you feel most comfortable with. We can offer telephone, email and outreach appointments either at home or a mutually convenient venue for the persons affected.

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*"Stopped feeling bad about feeling happy sometimes"*

*"Helped me support my family whilst reducing isolation and guilt"*

*"Not so isolated and guilty"*

*"Gave me hope"*

*"Changed my perspective"*

*"I have come to terms with my loss better"*

**Quotes from service users**

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The aim is to provide **practical and emotional support** at a critical time - by working with local and national agencies in order to provide the support needed to those affected by suicide.

## Get in touch or make a referral

### Contact us

We are here to help you through the difficult times.

**0191 387 5661**

If U Care Share Foundation was founded after the loss of Daniel O'Hare, aged 19 to suicide. Our aim is to prevent anyone feeling the pain we felt as a family when we lost Daniel.

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@IFUCARESHARE

If U Care Share Foundation is a registered charity no. 1142001