

# Have you been affected by Suicide?



If you're under 25 support is available across  
the Wakefield District

Call Waheeda: 07708 471670

Visit: [starbereavement.org.uk](http://starbereavement.org.uk)

Please note that our information is updated on a regular basis.  
Visit [www.starbereavement.org.uk](http://www.starbereavement.org.uk) for more information.



# What support is on offer?

## One to One Support

One to One support to fit your needs.

## Group Work

Support from peers with others who know what you're going through.

We'll come and meet with you wherever you feel safe.

## Useful Contacts:

Contact your GP or call NHS 111:  
24 hour helpline and access out of hours GP.

Papyrus HOPELINEUK:  
[www.papyrus-uk.org](http://www.papyrus-uk.org)  
Call: 0800 068 4141  
Free to call 9am-Midnight.

Samaritans:  
[www.samaritans.org](http://www.samaritans.org)  
Call: 116 123  
Free to call 24/7.

SHOUT:  
[www.giveusashout.org](http://www.giveusashout.org)  
Text: SHOUT to 85258  
Free 24/7 support.

Hope Again:  
[www.hopeagain.org.uk](http://www.hopeagain.org.uk)  
For bereavement support.

WF-I-Can:  
[www.wf-i-can.co.uk](http://www.wf-i-can.co.uk)  
Information, advice and self-help tips to increase your confidence & resilience.  
Drop in and Chat service  
Tuesday-Thursday 7-9pm.

West Yorkshire and Harrogate Suicide Bereavement Service:  
[www.wyhsbs.org.uk](http://www.wyhsbs.org.uk)  
Compassionate support for people bereaved by suicide.  
18+

