BACKGROUND INFORMATION ON SURVIVORS OF SUICIDE

Survivors of Suicide support Group, SOS was formed in September 2006 as a response to the rise in Suicide's in the East Belfast Area.

The group was set up by and is run by the family and friends of those who lost their lives to Suicide and it's aim is to provide help and comfort to those left behind, we try to provide a shoulder to lean on and an ear to listen and give if possible an honest answer to the many questions that are asked in the aftermath of a sudden death by suicide.

We give families a safe place to talk about their loss when they are ready.

We have grown over the last 15 years and also provide support to those who have attempted suicide or had serious suicidal thoughts, offering a range of help to keep the person safe.

We now cover a much wider geographical area and if people can travel to us we will never refuse help to those in need.

OUR VISION

A suicide free society where there is no stigma and people are educated, aware and understanding. That people feel able to talk freely and know and recognise that help and support are always accessible and available.

OUR MISSION

Supporting those who have been bereaved or affected by suicide, with referrals for the most appropriate support and raising awareness

SURVIVORS OF SUICIDE BELIEVE THAT

* That each and every family receive appropriate support after a bereavement by suicide if they ask
* That each response is individual and based on the person's needs rather than the organisations.
* That all families and people affected by suicide need a different response and some may not want help until months after the death by suicide.
* That we need to listen to the community and families about their needs and plan the support appropriately.
* This is a community problem and one organisation can not tackle the issue alone, we all need to work together and support each other.

In 2016 Survivors of Suicide were awarded the Queens award for Voluntary Service, the MBE for community organisations.

The services we provide are:-

* 1. Support diversionary activities

listening ear family support group for those bereaved by suicide

befriending practical advice and information

counselling respite weekends for families bereaved by suicide

complementary therapies advocacy

life coaching training

awareness raising events

We rely on fundraising and donations as we receive small grants for our work. All of our services are offered free at the point of access to ensure people get the help and support they need when they need it.

The work we do makes a difference, it supports people and gives them something to support them when things are most difficult for them.

Without the amazing support we receive we would not be able to support those we do.