



Why?
Why?

What if?
What if?

If Only?
Only

Attending a support group may not provide you with the answers but it will help you come to terms with the questions and the emotional turmoil that can haunt your mind for months or years after your loss, helping to alleviate the consequent stress and strain.

You are not alone

The ethos of the group is that some people may come regularly, some intermittently and others only when circumstances are that they feel they need the support of others. There is no commitment to attend every meeting, as it is the individual's decision to attend for as long as they feel they need our support. We respect that decision.

Our key principle is that we will always be here at the same time every month, ready to listen and offer any support or advice we can.

Most members of support groups will be able to tell others of their circumstances, but there will be no pressure whatsoever on you to participate if you feel uncomfortable. The experience of listening to others and possibly the experience of telling your own story is likely to be a tough task but one that will be of benefit to you in your way forward.

Suicide recognises no age, social, ethnic or cultural boundaries and neither do we. Our group is open to any individual or family that needs our support. We can offer emotional support and practical advice to enable you to come to terms with the devastating effects the suicide of a loved one may have on you and your family.

Some Comments from participants:

"The group gives me space in my busy life to grieve"

"It's the only place I can go where people understand the depth of my grief"

"When I come to the group I don't have to pretend to those present that I have stopped grieving"

Our Meeting Place is

Kim Inspire @ The Hub

Park Lane, Holywell, Flintshire CH8 7UR

For information regarding the North Wales group:

Your local contact is Hayley on

01352 755 895

Or email Phil at: phil.sobs@gmail.com

Directions

From A55 Chester

Merge onto A55, continue for about 7 miles, keep left at the fork, follow signs for A55 Conwy, merge onto A494/A55, continue to follow A55, at junction 32, exit onto A5026 toward Holywell/Treffynnon, continue for about 2 miles, turn right onto Park Lane, located immediately before Fron Park, KIM's office, The Hub, is located towards the bottom of the hill on the left

From A55 Bangor

Merge onto A55, continue for about 35 miles, at junction 31, take the A5026 exit to Holywell, at the roundabout, take the 2nd exit to A5026, continue for about 4 miles, turn left onto Park Lane, located immediately after Fron Park, KIM's office, The Hub, is located towards the bottom of the hill on the left

Shock & Disbelief

Sadness

Anger

Anxiety

Helplessness

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