

Group	Monthly Meeting Day	Telephone
<b>Scotland, Yorkshire and the North East</b>		
<b>Aberdeen</b>	1 <sup>st</sup> Tuesday	<b>01397 700 958</b> <b>07825 176 256</b>
<b>Bradford</b>	3 <sup>rd</sup> Wednesday	<b>07762 788 469</b> <b>07762 788 470</b>
<b>Edinburgh</b>	Last Thursday	9am -9pm <b>07787 580 998</b> <b>07825 176 256</b> (after 6pm)
<b>Hull</b>	1 <sup>st</sup> Wednesday	<b>01964 536 546</b>
<b>Kirkcaldy</b>	1 <sup>st</sup> Wednesday	<b>07707 697 739</b>
<b>Lochaber, Fort William</b>		<b>01397 700 958</b>
<b>Renfrewshire</b>	Last Wednesday	<b>07402 204 799</b>
<b>Scottish Borders</b>	A varying Tuesday every month	<b>07561 319 863</b>
<b>Scunthorpe</b>	3rd Wednesday	<b>07528 788 823</b>
<b>Sheffield</b>	1st Wednesday	<b>01142 215 350</b>

## Survivors of Bereavement by Suicide

We exist to meet the needs and break the isolation of those bereaved by the suicide of a close relative or friend. Many of those helping have themselves been bereaved by suicide.

We offer emotional support, help and information in a number of ways:

- Telephone Helpline
- Information
- Support group meetings around the country
- Support Days
- Residential events

Our aim is to provide a safe, confidential environment, in which bereaved people can share their experiences and feelings, thus giving and gaining support from each other.

We also strive to improve public awareness and maintain contacts with many other statutory and voluntary organisations.

Suicide recognises no social, ethnic or cultural boundaries – neither do we. Our groups are free of charge and open to all survivors of bereavement by suicide aged 18 and over.

### How to contact us

**Telephone:** 0115 944 1117  
**Office e-mail:** [sobs.admin@care4free.net](mailto:sobs.admin@care4free.net)  
**Website:** [www.uk-sobs.org.uk](http://www.uk-sobs.org.uk)  
**Support by email:** Ann at [sobs.support@hotmail.com](mailto:sobs.support@hotmail.com)

**Lesbian, Gay, Bi-sexual, Transgender Adviser / Equality & Diversity Adviser:** contact Emmett or Jackie by email at [emmettatsobs@gmail.com](mailto:emmettatsobs@gmail.com) or [jackie\\_carter2706@yahoo.co.uk](mailto:jackie_carter2706@yahoo.co.uk)



**SURVIVORS OF  
BEREAVEMENT  
BY SUICIDE**

**Bereaved by Suicide?**

**We know it happens...  
so let's talk**

Survivors of Bereavement by Suicide  
National Office  
The Flamsteed Centre  
Albert Street  
Ilkeston  
Derbyshire DE7 5GU

**NATIONAL HELPLINE**  
**0300 111 5065**  
**Available 9am - 9pm daily**

Survivors of Bereavement by Suicide  
Charity Company Limited by Guarantee  
Registered in England, Wales and Scotland  
Charity Number 1098815  
Scottish Charity Number SCO41397  
Company Number 4754829

<b>Group</b>	<b>Monthly Meeting Day</b>	<b>Telephone</b>
<b><u>South Wales and the South West</u></b>		
<b>Cardiff</b>	1 <sup>st</sup> Wednesday	<b>01495 247 258</b>
<b>Cornwall</b>	Last Wednesday	<b>07952 410 637 07779 215 336</b>
<b>Exeter</b>	2 <sup>nd</sup> Tuesday	<b>07341 133 638</b>
<b>Gloucester</b>	2 <sup>nd</sup> Wednesday	<b>01452 371 945</b>
<b>Swindon</b>	1 <sup>st</sup> & 3 <sup>rd</sup> Thursday	<b>07543 242 332</b>
<b>Weston-super-Mare</b>	2 <sup>nd</sup> Thursday	<b>07902 084 345</b>
<b><u>London &amp; Surrounding Area, the South East &amp; East Anglia</u></b>		
<b>Ashford Kent</b>	2 <sup>nd</sup> Wednesday	<b>07913 999 560</b>
<b>Aylesbury</b>	2 <sup>nd</sup> Thursday	<b>07562 336 649</b>
<b>Brighton</b>	1 <sup>st</sup> Monday	<b>07747 664 294</b>
<b>Bournemouth</b>	3 <sup>rd</sup> Wednesday	<b>07847 044 797 07847 044 796</b>
<b>Bury St Edmunds</b>	2 <sup>nd</sup> Wednesday	<b>07531 087 623</b>
<b>Essex (Brentwood)</b>	3 <sup>rd</sup> Monday	<b>07774 536 111</b>
<b>Guildford</b>	Last Thursday	<b>07434 365 815</b>
<b>Hatfield, Herts</b>	3 <sup>rd</sup> Tuesday	<b>07902 077 751</b>
<b>Henley-on-Thames</b>	3 <sup>rd</sup> Wednesday	<b>07958 434 082</b>
<b>Horsham</b>	1 <sup>st</sup> Wednesday	<b>07752 874 693</b>
<b>Isle of Wight</b>	Opening soon	<b>07541 346 892</b>
<b>Ipswich</b>	4 <sup>th</sup> Thursday	<b>07531 087 623</b>
<b>King's Lynn</b>	2 <sup>nd</sup> Wednesday	<b>07771 544 291</b>
<b>London</b>	1 <sup>st</sup> Tuesday	<b>02086 755 862</b>
<b>Lowestoft</b>	1 <sup>st</sup> Tuesday	<b>07531 087 623</b>

<b>Group</b>	<b>Monthly Meeting Day</b>	<b>Telephone</b>
<b>Maidstone</b>	1 <sup>st</sup> Tuesday	<b>01622 751 976 01622 720 199</b>
<b>Newbury</b>	2 <sup>nd</sup> Wednesday	<b>07763 644 315</b>
<b>Norfolk</b>	Last Wednesday	<b>07771 544 291</b>
<b>North London (Haringey)</b>	2 <sup>nd</sup> Wednesday	<b>07934 976 253</b>
<b>Orpington</b>	1 <sup>st</sup> Thursday	<b>07519 105 354</b>
<b>Oxford</b>	Last Wednesday	<b>07562 379 229</b>
<b>Portsmouth</b>	2 <sup>nd</sup> Tuesday	<b>07429 543 959</b>
<b>South Downs</b>	2 <sup>nd</sup> & 4 <sup>th</sup> Thursday	<b>07902 084 397</b>
<b>Surrey</b>	1 <sup>st</sup> Wednesday	<b>07851 420 526</b>
<b>Watford</b>	3 <sup>rd</sup> Wednesday	<b>07856 338 210</b>
<b>Winchester</b>	1 <sup>st</sup> Thursday	<b>07763 644 310</b>
<b>Wokingham</b>	1 <sup>st</sup> Wednesday	<b>07545 897 781</b>
<b><u>Midlands</u></b>		
<b>Coventry</b>	1 <sup>st</sup> Tuesday	<b>07902 084 320</b>
<b>Bromsgrove</b>	3 <sup>rd</sup> Tuesday	<b>07811 172 767</b>
<b>Hanley</b>		
<b>Stoke-on-Trent</b>	4 <sup>th</sup> Tuesday	<b>07593 850 699</b>
<b>Ilkeston</b>	4 <sup>th</sup> Thursday	<b>01159 441 117 9am – 5pm</b>
<b>Leamington</b>	2 <sup>nd</sup> Monday	<b>0247 6302 969</b>
<b>Leicester</b>	3 <sup>rd</sup> Thursday	<b>07597 908 504</b>
<b>Lincoln</b>	1 <sup>st</sup> Wednesday	<b>07972 872 878</b>
<b>Melton Mowbray</b>	2 <sup>nd</sup> Thursday	<b>07935 840 896</b>
<b>Solihull</b>	Last Wednesday	<b>07429 499 541</b>

<b>Group</b>	<b>Monthly Meeting Day</b>	<b>Telephone</b>
<b>Tamworth</b>	3 <sup>rd</sup> Monday	<b>07519 104 961</b>
<b>Uttoxeter</b>	3 <sup>rd</sup> Friday	<b>07950 269 539</b>
<b>Walsall</b>	1 <sup>st</sup> Wednesday	<b>01922 724 841</b>
<b><u>North Wales and the North West</u></b>		
<b>Bolton</b>	3 <sup>rd</sup> Thursday	<b>01942 201 744 07391 540 763</b>
<b>Burnley</b>	Last Thursday	<b>07754 068 529</b>
<b>Cheshire (Crewe/Nantwich)</b>		
	1 <sup>st</sup> Thursday	<b>01606 738 137</b>
<b>Chester</b>	Opening Soon	
<b>Cumbria</b>	2 <sup>nd</sup> Thursday	<b>07896 703 757 07572 975 721</b>
<b>South Cumbria</b>	4 <sup>th</sup> Thursday	<b>07896 703 757 07572 975 721</b>
<b>West Cumbria</b>	2 <sup>nd</sup> Thursday	<b>07896 703 757 07572 975 721</b>
<b>Holywell, North Wales</b>	2 <sup>nd</sup> Monday	<b>01352 755 895</b>
<b>Liverpool</b>	2 <sup>nd</sup> Monday	<b>07840 273 803</b>
<b>Manchester</b>	1 <sup>st</sup> Thursday	<b>07531 392 674</b>
<b>St Helens</b>	4 <sup>th</sup> Monday	<b>07580 358312</b>
<b>Wirral</b>	3 <sup>rd</sup> Monday	<b>0151 647 5432</b>