

Lucie helps suicide charity

BY LUCIE GREEN
lucie.green@jpress.co.uk
@leamcourier

A woman hopes to raise awareness and break down the stigma of suicide after her father took his own life.

Peter Harris, 56, hanged himself six years ago without any warning that he was suffering.

His daughter, Lucie, now works with a charity called Survivors of Bereavement by Suicide (SOBS), which helps those affected by suicide.

She attends a monthly SOBS support group in Leamington.

Lucie said: "I have learned about suicide by meeting brave people that share their experience, in addition to professionals that have helped me to understand that my dad died of an illness, just like other people's dads do."

Lucie said lack of understanding and awareness contributed to the stigma that is

often associated to suicide.

"My dad was far from selfish – he was ill," she said. "One in five people will become depressed at some point in their lives. Thankfully less than five per cent of people treated for an affective disorder will go on to take their own life. Most of us know someone who knows someone that has been affected by suicide, we just don't talk about it."

Lucie recently took part in the Malvern Hills Challenge with a team of fundraising SOBS members. She said: "We walked for nearly six hours, climbing and descending 17 peaks. It was exhausting but positive on so many fronts."

The team included Eric Lane, who walked in memory of his fiancée, Emma Ann Cave, who took her own life, aged 30.

They have raised £1,700 for the Leamington SOBS Group so far. Visit www.justgiving.com/fundraising/LeamingtonSOBSgroup

Lucie said: "Suicide is not



PICTURE SUPPLIED

The fundraisers at Malvern.

just the loss of one precious life. It's the loss of that life that often devastates many other lives.

"SOBS is currently campaigning to expand their

reach from 60 groups in the UK to 100. They need to raise £50,000 to do this, to develop and train their current support group volunteers and to employ additional staff to en-

sure they have professional support for existing groups."

For more information visit <https://campaign.justgiving.com/charity/sobs/support-groupcampaign>