

Group	Monthly Meeting Day	Telephone
Scotland, Yorkshire and the North East		
Aberdeen	1 st Tuesday	01397 700 958 07825 176 256
Bradford	3 rd Wednesday	07762 788 469 07762 788 470
Edinburgh	Last Thursday	9am -9pm 07787 580 998 07825 176 256 (after 6pm)
Hull	1 st Wednesday	01964 536 546
Kirkcaldy	1 st Wednesday	07797 697 739
Lochaber, Fort William		01397 700 958
Renfrewshire	Last Wednesday	07402 204 799
Scottish Borders	A varying Tuesday every month	07561 319 863
Scunthorpe	3rd Wednesday	07528 788 823
Sheffield	1st Wednesday	01142 215 350

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
Website: www.uk-sobs.org.uk
Support by email: Ann at sobs.support@hotmail.com

Lesbian, Gay, Bi-sexual, Transgender Adviser / Equality & Diversity Adviser: contact Emmett or Jackie by email at emmettatsobs@gmail.com or 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

Group	Monthly Meeting Day	Telephone
<u>South Wales and the South West</u>		
Cardiff	1 st Wednesday	01495 247 258
Cornwall	Last Wednesday	07952 410 637 07779 215 336
Exeter	2 nd Tuesday	07341 133 638
Gloucester	2 nd Wednesday	01452 371 945
Swindon	1 st & 3 rd Thursday	07543 242 332
Weston-super-Mare	2 nd Thursday	07902 084 345
<u>London & Surrounding Area, the South East & East Anglia</u>		
Ashford Kent	2 nd Wednesday	07913 999 560
Aylesbury	2 nd Thursday	07562 336 649
Brighton	1 st Monday	07593 893 867
Bournemouth	3 rd Wednesday	07847 044 797 07847 044 796
Bury St Edmunds	2 nd Wednesday	07531 087 623
Essex (Brentwood)	3 rd Monday	07774 536 111
Guildford	Last Thursday	07434 365 815
Hatfield, Herts	3 rd Tuesday	07902 077 751
Henley-on-Thames	3 rd Wednesday	07958 434 082
Horsham	Opening soon	07752 874 693
Isle of Wight	Opening soon	07541 346 892
Ipswich	4 th Thursday	07531 087 623
King's Lynn	2 nd Wednesday	07771 544 291
London	1 st Tuesday	02086 755 862
Lowestoft	1 st Tuesday	07531 087 623

Group	Monthly Meeting Day	Telephone
Maidstone	1 st Tuesday	01622 751 976 01622 720 199
Newbury	Opening soon	07763 644 315
Norfolk	Last Wednesday	07771 544 291
Orpington	1 st Thursday	07519 105 354
Oxford	Last Wednesday	01865 245 398 07562 379 229
Portsmouth	2 nd Tuesday	07429 543 959
South Downs	2 nd & 4 th Thursday	07902 084 397
Surrey	1 st Wednesday	07851 420 526
Watford	3 rd Wednesday	01923 245 920
Winchester	Opening Soon	07763 644 310
Wokingham	1 st Wednesday	07545 897 781
<u>Midlands</u>		
Coventry	1 st Tuesday	07902 084 320
Bromsgrove	3 rd Tuesday	07811 172 767
Hanley		
Stoke-on-Trent	4 th Tuesday	07593 850 699
Ilkeston	4 th Thursday	01159 441 117 9am – 5pm
Leamington	2 nd Monday	0247 6302 969
Leicester	3 rd Thursday	07597 908 504
Lincoln	1 st Wednesday	07580 358 419
Melton Mowbray	2 nd Thursday	07935 840 896
Oxford	Last Wednesday	01865 245 398 07562 379 229
Solihull	Last Wednesday	07429 499 541

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