

**“The Anchor Project has been a
lifeline for me.**

**My loss has changed my life but being
around others feeling the same way and
receiving useful support and resources
made all the difference”**

(Anchor Project attendee)



Anchor Project

Suicide Bereavement Support



Have you been affected or bereaved by suicide?

Please join us for our daytime and evening groups available across the Norfolk and Waveney Area.

If you would like to find out more, please contact Agi Huszcza, Rebecca Ali or Louise Gawne at

anchor.project@norfolkandwaveneymind.org.uk
or call 0300 330 5488

Anchor Project

Bereavement Support

Suicide is a complex and multi - faceted act shaped by many different factors.

Those bereaved by suicide may face a host of conflicting feelings: anger mixed with sadness; love and hate for the person who died; guilt often alternating with anger and blame of others.

Norfolk and Waveney Mind is providing a support network for anyone over the age of 18 who has been bereaved or affected by suicide.

Over eight-weeks the group will support you to speak openly about feelings, emotions and reactions. It will also provide you with the opportunity to meet others who are going through similar experiences.

The group offers a safe, confidential and non-judgemental environment.

Each week 104 people in UK will die by suicide, each leaving behind an average of six people who will suffer intense grief.

(National Mind)

Criteria for referral:

- 18+
- Bereaved by suicide

For more information please contact:

Agi Huszcza, Rebecca Ali or Louise Gawne

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Norfolk and Waveney Mind is a registered charity - No. 1118449

 **Norfolk and Waveney**
for better mental health