

Anchor Project

Suicide Bereavement Support



Have you been bereaved or affected by suicide?

Norfolk and Waveney Mind is offering 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 your reactions, feelings and emotions, to find support and to meet others who are going through similar experiences.

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

Daytime and evening groups are available and run from a city centre location

Upcoming Group Dates

Sheringham
26th October – 14th December
10:30 – 12:30

For more information, please contact the Anchor Project on the details below where a member of the team will be happy to help.

e. anchor.project@norfolkandwaveneymind.org.uk
t. 0300 330 5488
www.norfolkandwaveneymind.org.uk/anchor

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

