

**Thames Valley: Oxfordshire**

Dear

I am very sorry to be writing to you in these circumstances having recently been told by Thames Valley Police of the death of ..... I express my sincere condolences to you and your family following this tragic event.

Thames Valley Police work in partnership with the NHS and Public Health England. I am writing therefore to give you some information about the support that is available for you and your family at this very sad and difficult time.

I have enclosed the booklet, '**Help is at Hand: support after someone may have died by suicide**' that has been developed to provide practical information and advice to people who have lost someone in such tragic circumstances. It also talks about some of the emotions you may experience in the weeks and months ahead. Additionally the '**Supporting you after traumatic bereavement**' leaflet which explains the necessary processes that follow a sudden death and details of some local organisations that may be able to offer support.

You may find this website useful <http://www.healthtalk.org/peoples-experiences/dying-bereavement/bereavement-due-suicide/topics> as it shares experiences of how other people coped following the sudden tragic death of a loved one.

*Listed below are some other national and local support organisations:*

**Survivors of Bereavement by Suicide (SOBS)** [uk-sobs.org.uk](http://uk-sobs.org.uk) is run by people who have themselves lost a loved one to suicide and offers phone, email and group support. The national helpline is **0300 111 5065**.

Your local monthly support groups for people bereaved by suicide are in:

Oxford (offered jointly by Cruse Oxford and SOBS) contact **01865 245 398**

Henley on Thames (contact Suzanne or David on 0795 843 4082 or email [henleyonthamesbeaconsfieldsobs@gmail.com](mailto:henleyonthamesbeaconsfieldsobs@gmail.com))

**Cruse Bereavement Care** helps anyone bereaved to understand their grief and how to cope with their loss through individual counselling and support groups.

The Oxfordshire Cruse contact details are: **01865 245396** [www.oxfordcruse.co.uk](http://www.oxfordcruse.co.uk)

**SeeSaw** Child Bereavement Charity provides grief support for children and young people in Oxfordshire and works flexibly and responsively according to the needs of individual families.

SeeSaw can be contacted on **01865 744 768** or email [info@seesaw.org.uk](mailto:info@seesaw.org.uk)

**Winston's Wish 08452 03 04 05** provides specialist bereavement support to children and their families after suicides. [www.winstonswish.org.uk](http://www.winstonswish.org.uk)

**Child Bereavement UK 0800 02 888 40** is a national charity that supports families when a child of any age dies. [www.childbereavementuk.org](http://www.childbereavementuk.org)

The **Compassionate Friends 08451 232304** provides support and friendship to parents and families after the death of a child, at any age and from any cause. There is a Compassionate Friends support group in Oxford and you can find out information at their website. [www.tcf.org.uk](http://www.tcf.org.uk)

**PAPYRUS Prevention of Young Suicide** is dedicated to the prevention of young suicide and runs HOPELineUK **0800 068 41 41**. It also receives texts and emails from young people and parents concerned about a young person. [www.papyrus-uk.org](http://www.papyrus-uk.org)

The **Samaritans** are available 24 hours a day on **116 123** and can be an invaluable point of contact in the small hours when other help lines are often closed.

It may be helpful for you to see **your GP** regularly in the coming weeks and months as he or she will be able to help you understand your responses and can refer you to more specialist services if needs be.

If you think you might benefit from more formal psychological support speak to your GP about available agencies in your area.

Lastly it may be helpful to pass this information on to people in your wider family. It is possible for you to order additional copies of 'Help is at Hand' and information about how to do so is within the document.

Once again, I am very sorry for your loss and urge you to seek the help and support that is available for you following such a traumatic event.

Yours sincerely

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