



## Survivors of Bereavement by Suicide

Survivors of Bereavement by Suicide is a group no one wishes to join. Sadly, it's one that many people all over the country have had to become members of.

Losing someone to Suicide, be it a close relative or a friend is a devastating event and people wonder '**How can I get over this**'.

The volunteers at Survivors of Bereavement by Suicide (SOBs) have all had that thought, because we've all experienced a loss and use our experience to help others. But it's not just us, everyone who attends a group is there for the same reason and being with others who are trying to cope with their loss can help.

The group, based in St Helens, is one of several in the region and is open to anyone over 18 from anywhere who wants to attend. We're a small, informal group who gather monthly to support each other, talking about our feelings, problems and to be honest, sometimes anything we want to get off our chests. Yes, it's sad and there are always tears, but it's not just grief and sorrow. We talk on all things, surprisingly, there's laughter at times. That's part of trying to get back to a 'New Normal'. We can't fix what's happened, we can't take away the grief, but we can support you during your difficult time and perhaps show, there still is a life for you and it will get easier to live with.

We meet in St Helens Town Centre on the second Thursday of the Month, 7pm – 9pm. For full details call/text on 07580 358 312 or email [sthelens@uksobs.org](mailto:sthelens@uksobs.org)

For Other Support, including Zoom Meetings, Telephone & Email support visit our website at [uksobs.com](http://uksobs.com)

Alison, Derek & Kim

St Helens Group Volunteers