

Target Groups

THE DELIVERY OF EFFECTIVE POSTVENTION SUPPORT IS DEPENDENT ON THE TIMELY IDENTIFICATION AND REFERRAL OF PEOPLE WHO HAVE BEEN BEREAVED BY SUICIDE. AS A RESULT THERE IS A RELIANCE ON STRONG PARTNERSHIP WORKING BETWEEN COMMISSIONERS, CORONERS, POLICE AND LOCAL PROVIDERS TO ACCESS THE TARGET GROUP OF THOSE BEREAVED BY SUICIDE AND SIGNPOST THEM TO 'PAUL'S PLACE' WHEN APPROPRIATE.

helping to develop a new way of living...



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Paul's Place

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What is the Referral Mechanism?

There is no wrong door, referrals are accepted via a range of organisations and self-referral, with an overshadowing criterion for those bereaved by suicide at 16+ years old.

Our target is to support 40 individuals over a period of one year.



BEACON COUNSELLING TRUST
Reg. Charity No. 1140011

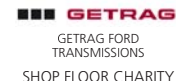
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SUPPORT AFTER SUICIDE

A Specialist FREE Postvention Bereavement Counselling Service, for those Bereaved by Suicide.

To access this service ring - 0151 226 0696
or Email: paulsplace@beaconcounsellingtrust.co.uk



The name of this Project is **'Paul's Place'**. We deliver a specialist Postvention Counselling Service for those Bereaved by Suicide. 'Paul' is the son of Agnes and Joe Williams, who took his own life by suicide in August 2015. Coincidentally 'Paul' is also the name of the brother of Kathy Devlin, Clinical Manager at Beacon, who took his own life by suicide in September 1992.

No specialist service for this issue currently exists in any borough of Merseyside



When someone dies by suicide, the shock is profound and widely felt - by families, of course, but also by friends, colleagues and professionals. They describe extreme distress, guilt, searching for explanations and stigma. They may struggle with work and/or relationships. They may develop their own mental health problems. They could also experience suicidal feelings themselves.

What Does this Service Offer?

Liaising and collaborating with other organisations, we provide a one on one psychological support service that supports individuals at the top end of the bereavement continuum, those struggling to cope with suicide bereavement. These individuals are more likely to experience stress-related illnesses with a range of physical and psychological symptoms. Immediate support and appropriate counselling from a Beacon therapist will help them with their often incomprehensible situation.

We will provide:

- advice on mental health
- treatment sessions to suit work and commitments
- complete discretion and confidentiality
- a recommended treatment programme based on their personal situation
- access to 10 years plus experience providing the highest quality counselling services

Bereavement can affect people in different ways, according to the nature of the loss. Our team of bereavement counsellors and therapists are extremely skilled in the work that they do. They will work with people to understand their nature of their loss, so that an effective and personalised approach to counselling can be identified.



"WHEN YOU LOSE A LOVED ONE TO SUICIDE, IT CHANGES WHO YOU ARE AND HOW YOU LIVE YOUR LIFE. SOME DAYS ARE BETTER THAN OTHERS, BUT I STILL FIND IT HARD TO MAKE SENSE OF WHAT HAPPENED. I CAN'T FIND WORDS TO EXPRESS THE PAIN I FEEL. BEACON HAS BEEN AND CONTINUES TO BE MY LIFELINE, WITHOUT WHICH I POSSIBLY WOULD NOT BE HERE."

Agnes Williams

Mother of Paul Williams who took his own life in 2015



When compared with people bereaved through other causes, those bereaved by suicide are at an increased risk of suicide, psychiatric admission and depression. Bereavement through suicide is also more likely to result in suicide attempt and poor social functioning, with people who have been bereaved by suicide reporting that the experience affected their ability to cope with everyday activities such as work, relationships and social functioning.

The wide-reaching impact of each suicide means that being bereaved or affected by suicide is not an uncommon experience. 4,882 people died by suicide in England in 2014. Estimates

vary on how many people are affected by each suicide - between 6 and 60 people are affected by each suicide. A conservative estimate of 10 people directly affected by each of these deaths gives a minimum total of almost 50,000 people annually who could benefit from support after suicide. In Merseyside for the period 2013-15 345 suicides were recorded which gives on the same basis 3450 people who could benefit from support.

Close family members, particularly parents and spouses or partners, are thought to be the most vulnerable groups following a suicide, but there are also risks for wider family, friends and

colleagues. The number of people affected is concerning given the recognised potential for suicide contagion - where a suicide influences suicidal ideation in others - particularly among young people.

PHE survey data suggests that two thirds of people in the UK bereaved by suicide receive no formal support from health or mental health services, the voluntary sector, employers or education providers. The stigma of suicide is a known barrier to bereaved family members seeking help, as well as to others offering support.

"When we tried to find support we were lost, it was only that our daughter had heard of Beacon and she rang them. From the moment she made contact the service was unbelievable,"

Joe Williams - father of Paul Williams who took his own life in 2015