

Welcome to

**GRIEF INSIGHTS**  
*Week*

30 minutes to understanding

[www.cruse.org.uk](http://www.cruse.org.uk)

By *Cruse* Bereavement Support

**Journeying with Suicide and Grief.**



# Journeying with Suicide and Grief.



**Martin Roddis**  
Volunteer, Educator, Therapist



# Signposting

Who can help? The following Organisations may be able to help.



Scan for the comprehensive  
Cruse Bereavement Support  
Signposting document

## Helplines

Cruse: 0808 808 1677

Papyrus: 0800 068 4141

Samaritans: 116 123

## Friends & family



You're not alone



# Cruise

# Bereavement Support



**SAMARITANS**

Call free day or night on  
**116 123**

Email  
[jo@samaritans.org](mailto:jo@samaritans.org)

[samaritans.org](http://samaritans.org) A registered charity



suicidebereavement<sup>uk</sup>  
EXPERTS IN THE FIELD

PREVENTION  
OF YOUNG SUICIDE

**HOPELINEUK**  
**0800 068 41 41**



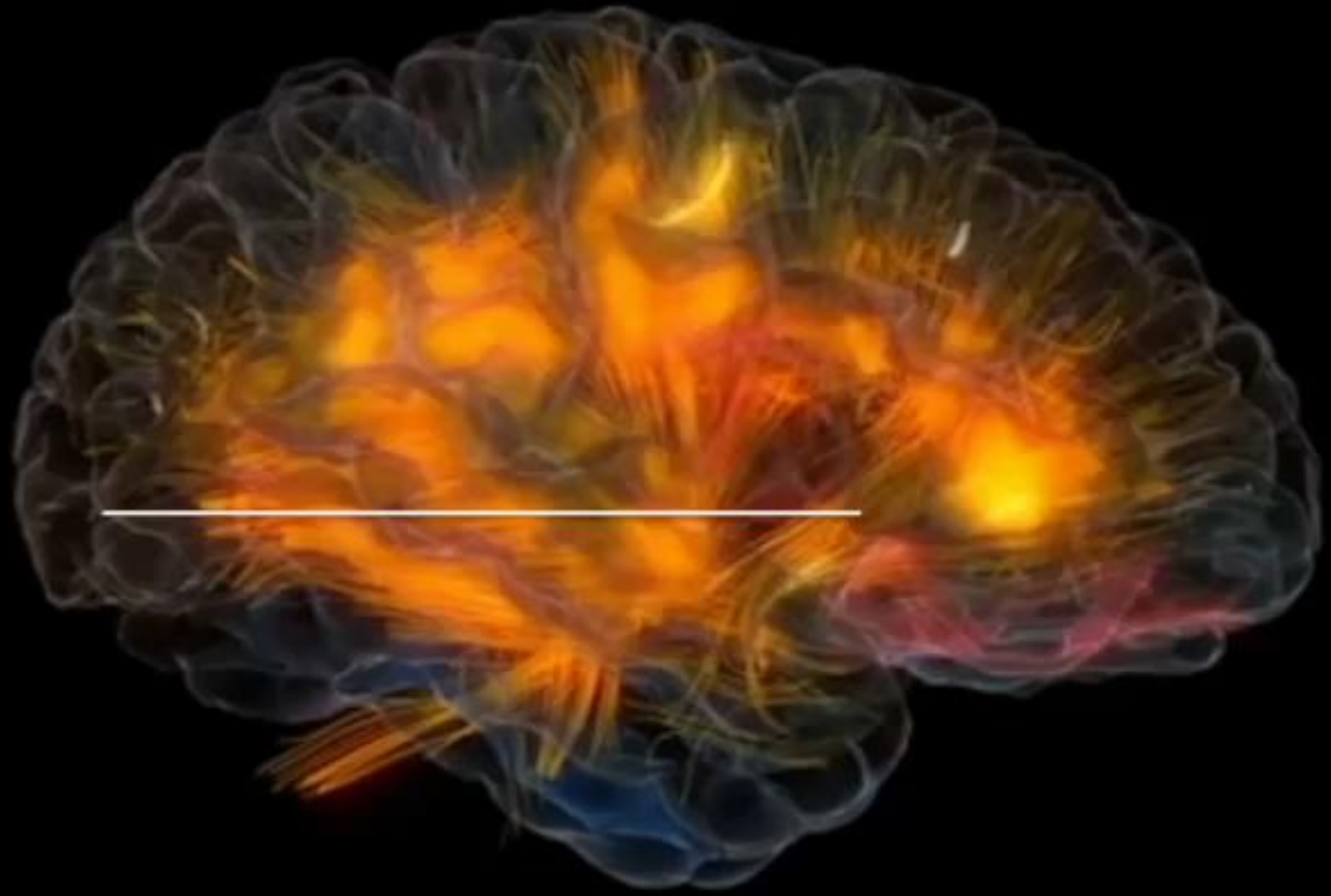
**Survivors of  
Bereavement  
by Suicide**





# Our assumptive world









# FROM GRIEF TO HOPE

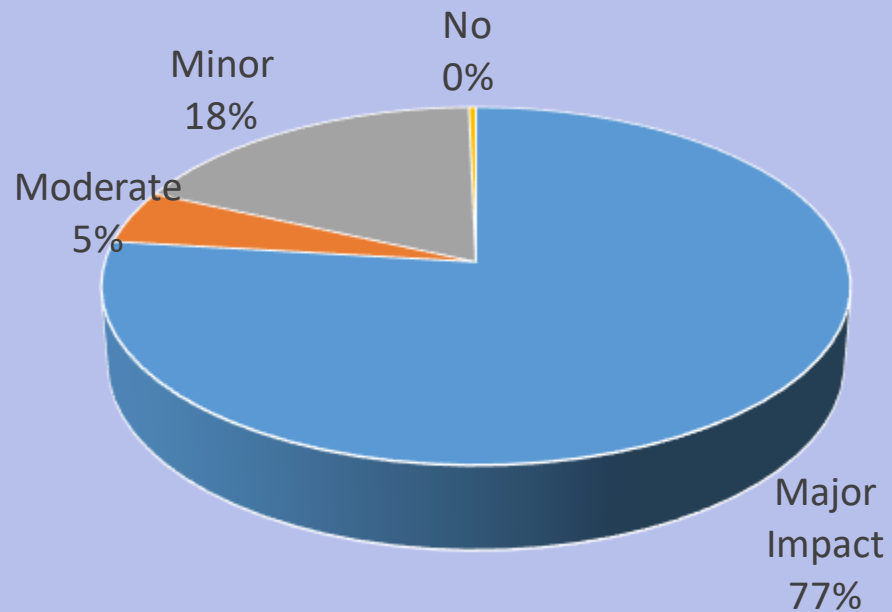


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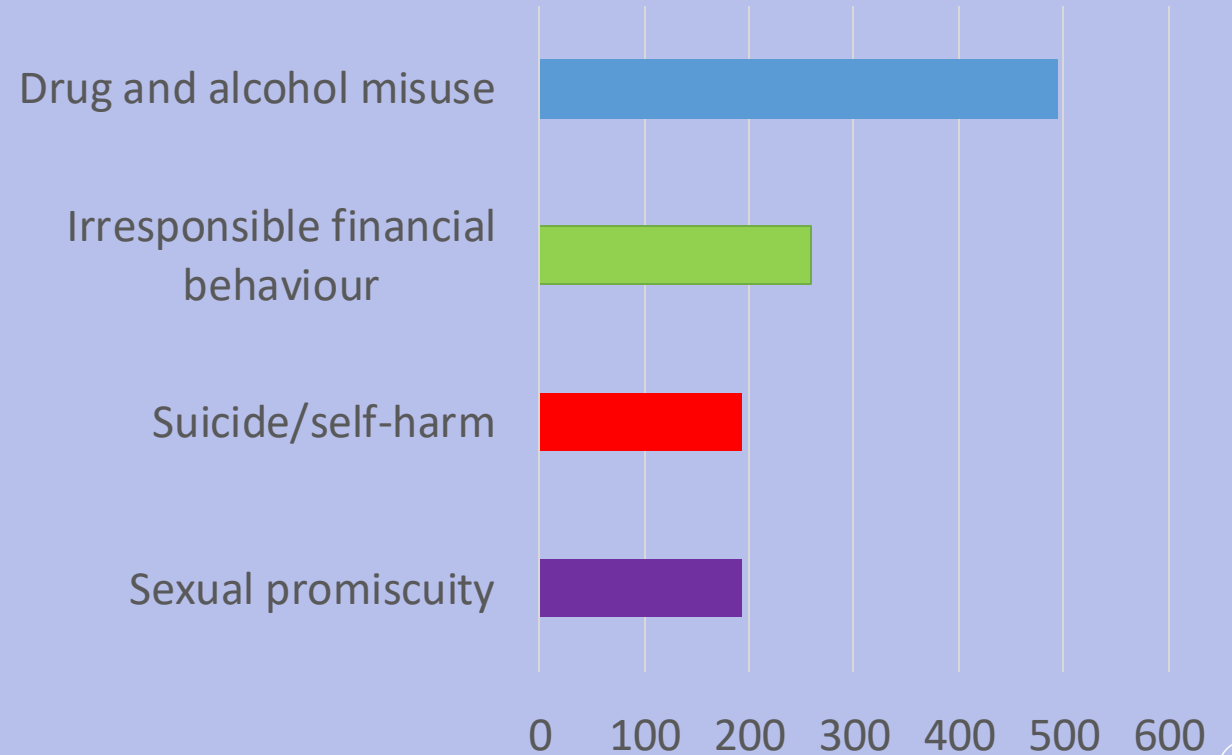
# Impact experienced following death by suicide

## Impact



Major Impact Moderate

## People



Sexual promiscuity Suicide/self-harm  
Irresponsible financial behaviour Drug and alcohol misuse





# Those that did not seek support

Reason	No.	%
I had the support of family and friends	624	40%
I felt I could cope on my own	576	37%
I did not know what services were available to me	557	35%





**Problem solving  
capacity**

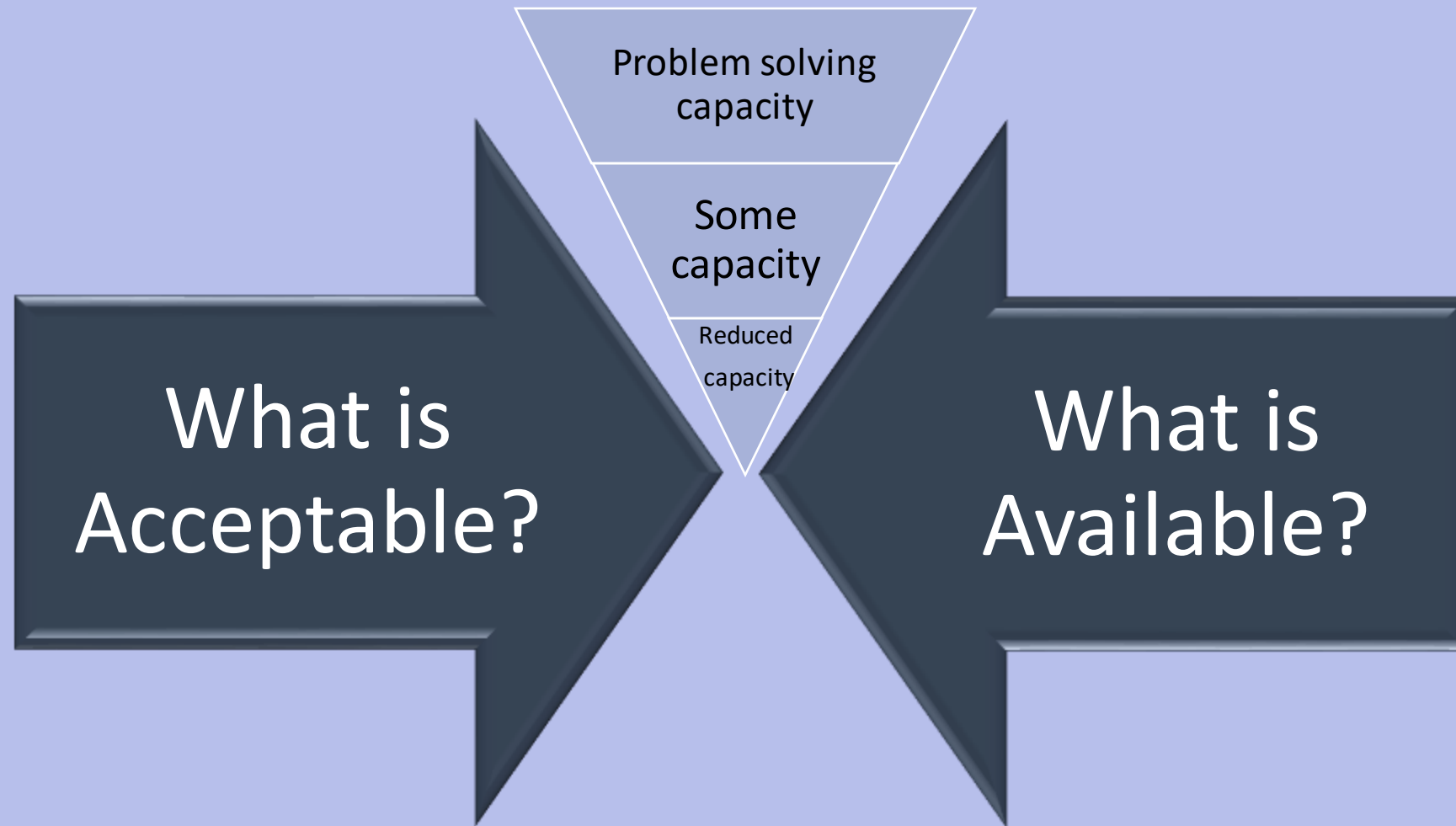
**Some capacity**

**Reduced  
capacity**

**What is  
Acceptable?**

**What is  
Available?**





# Problem solving capacity

Some capacity

Reduced  
capacity

What is  
Acceptable?

What is  
Available?



## Historical

- Complex childhood / Abuse / History of exposure / Mental health / Addiction

## Emotional Response

- Strong Emotions / Hopelessness / Isolation / Entrapment / Burden/ Cry of pain

## Cognitive Response

- Ruminations / Negative thoughts / Self-criticism / Fearlessness – death / Obsession / Trauma / Loss of Interest

## Physical well Being

- Lack of self-care / Chronic pain / Substance abuse / Treatment resistant illness

## Behavioural response

- Impulsive / Risk Taking / Lack of routine

## Circumstances of Death

- Sudden / traumatic / Painful / Suicide / Ongoing Process - inquest







Breathe

Listen

Ask

Keep

End



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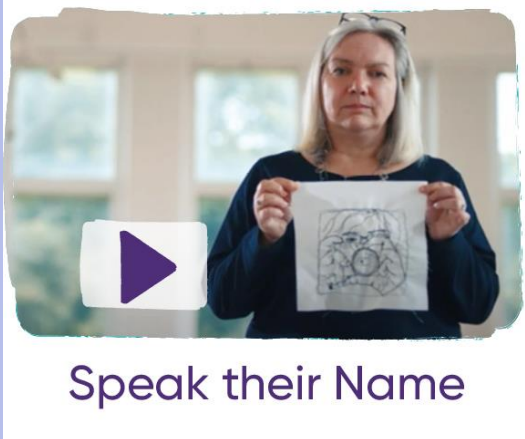
*"The human soul doesn't want to be  
advised or fixed or saved.*

*It simply wants to be witnessed, exactly as it is."*

*-Parker Palmer*



# Meaning Making



<https://www.youtube.com/watch?v=9eNCSZ-9kzs&t=443s>



Chasing the Stigma



Three fathers walk for Papyrus



<https://www.bbc.co.uk/news/uk-england-cumbria-59021191>



After the Sea



<https://vimeo.com/265017169>

# The Elephant in the Room

## By Terry Kettering

There's an elephant in the room.

It is large and squatting, so it is hard to get around it.

Yet we squeeze by with, "How are you?" and "I'm fine," and a thousand other forms of trivial chatter.

We talk about the weather.

We talk about work.

We talk about everything else, except the elephant in the room.

There's an elephant in the room.

We all know it's there.

We are thinking about the elephant as we talk together.

It is constantly on our minds.

For, you see, it is a very large elephant.

It has hurt us all.

But we don't talk about the elephant in the room.

Oh, please somebody say their name.

Oh, please say their name again.

Oh, please, let's talk about the elephant in the room.

For if we talk about their death, perhaps we can talk about their life.

Can I say their name to you and not have you look away?

For if I cannot, then you are leaving me.... alone....

in a room....

with an elephant.





You're not alone

