

SAIL Project

1:1 Support After Immediate Loss

Have you been bereaved through suicide?

Please join us for our groups that will be available across the Norfolk and Waveney area.

If you would like to find out more, please contact:
Email: **sail.project@norfolkandwaveneymind.org.uk**
Call: **0300 330 5488**
Website: **norfolkandwaveneymind.org.uk/complex-bereavement**

Norfolk County Council

Public Health England

mind Norfolk and Waveney

Registered charity - No. 1118449

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Those bereaved by suicide are significantly at risk of dying by suicide compared to the general population. Hence, the importance and need of this project.

It focuses greatly on supporting an individual in the immediacy of their loss, both emotionally and practically.

Our liaison worker will be able to reach out to offer support within a 4 –day period of the referral.

The service focuses on supporting individuals in the immediacy of loss. This can be both emotional and practical support, through either weekly face-to-face meets or telephone chats. Alternatively, virtual support is available. The project offers up to 12 weeks of assistance.

The Sail project is available to anyone over the age of 18 who lives in Norfolk and Waveney area. The majority of our referrals come from Coroner's office, however we do accept referrals from other agencies and self- referrals.

Criteria for referral:

- 18+
- Must be within six weeks of loss
- Must have been bereaved through suicide
- Must live in the Norfolk and Waveney Area

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