



## Volunteer

### Together Bereaved by Suicide Support

Hull and East Yorkshire Mind, in partnership with the Integrated Care Board (ICB), offers support for people affected by the loss of a loved one to suicide. As part of this service, we provide weekly befriending sessions to help individuals manage their grief and mental health challenges.

#### What does it involve?

- Meet or call the client you're supporting once a week for 45 minutes to an hour, both short and long term.
- Complete training for the role, including bereavement and suicide awareness, befriending training, and any other necessary courses.
- Keep a brief record of each session.
- Attend monthly supervision sessions to reflect on your experience and get ongoing support.

#### What skills and experience do I need?

- Good communication and listening skills.
- Empathy and understanding, especially during emotional conversations.
- Motivation to support others through difficult times.
- Ability to handle sensitive issues with care and discretion.
- Flexibility, reliability, and a non-judgmental attitude.
- Lived experience of suicide bereavement.

#### What will I gain from volunteering in this role?

- Experience helping people affected by bereavement from suicide.
- The chance to make a positive difference in someone's life
- A deeper understanding of grief, loss, and poor mental health.
- Improved communication and organisational skills.
- The opportunity to be part of a supportive team, with full training and ongoing guidance.

#### What happens next?



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