

FREE ONLINE COURSE FOR UNISON MEMBERS

# BEREAVED BY SUICIDE

**22 October 2024**

**10.15am - 12.45pm via Zoom**

There is no single or right way to respond to a suicide. Recognising the individual circumstances is an important part of any support given to those bereaved by suicide. The content of this session is relevant to all UNISON workplaces and it guides you through the features and strategies to enable you to deliver timely and appropriate care to those you are supporting.

The session is designed to help you:

- Understand loss and grief, bereavement models and factors affecting the grieving process
- Gain knowledge about how different factors affect grief
- Learn how to communicate effectively and compassionately with the bereaved
- Develop confidence when talking about difficult and sensitive topics
- Be aware of the impact of supporting others and the importance of your self-care



*to apply please visit:*

*<https://eastmidlands.unison.org.uk/members/>*