

# You don't have to face it **alone**

**If you've been bereaved by  
suicide, **we're here for you.****

Facing the Future groups (run by Samaritans) bring together people bereaved by suicide who are over 18 and wish to talk through their feelings with others who have had similar experiences.

The closed groups offer a safe online space to talk, are free of charge and comprise six 90-minute sessions held at the same time on consecutive weeks.

**Please visit [www.facingthefuturegroups.org](http://www.facingthefuturegroups.org)  
for more information or to register your interest.**



**Facing the **future****  
**SAMARITANS** support for people bereaved by suicide