suicidebereavement[uk]
EXPERTS IN THE FIELD

Experiences and needs of people bereaved by suicide in the Armed Forces community: *a qualitative study.*

1. What did we know already?

Before the study, from research in other countries we knew that when a death by suicide occurs among military personnel and/or veterans, there are challenges for relatives, friends and colleagues left behind. However, we did not know what information and guidance might be needed by these groups in the UK.

2. What did we want to find out?

We wanted to know about the experiences of the UK Armed Forces community bereaved by suicide to create information and guidance to address their needs.

3. What did we do?

We invited people in the Armed Forces community bereaved by suicide in the last 10 years to talk to us about their experiences and needs following a death. We had in-depth conversations with 30 individuals: six military family members, five civilian family members, 13 serving personnel and six veterans. They had lost serving or veteran sons, daughters, spouses, siblings, friends and/or colleagues. We combined all the information from these conversations and sorted it to find the main views and experiences of the people that talked to us.

4. What did we find?

Those who talked to us identified common grief reactions, a range of coping strategies and the need for practical advice/signposting to sources of information and support following a death by suicide in the Armed Forces community. This included help to support children after suicide which was not restricted to family members alone but was also needed by serving personnel and veterans.

5. What does this mean?

These findings have helped us to create three *At Your Side* suicide bereavement guides specifically for families, veterans and serving personnel. It is hoped the guides will serve as an immediate source of emotional and practical support for the UK Armed Forces community bereaved by suicide and as signposts to further help.

The *At Your Side* guides are freely available from: suicidebereavementuk.com/armedforces

At Your Side
Suicide Bereavement UK guide for serving personnel

At Your Side
Suicide Bereavement UK guide for veterans

At Your Side
Suicide Bereavement UK guide for families

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