

Participant Debrief

Thank you for completing this questionnaire. We understand that thinking and talking about suicide is difficult and can be distressing. If you have found completing this questionnaire upsetting, we urge you to talk with a friend, family member, or colleague, or to consider contacting your GP, utilising online help (see below) or contacting national helplines (see below). If you are feeling extremely distressed, please seek help at A&E. Links for providing support to other members of staff in your organisation are also available below.

Online Resources



[Help is at hand](#) (Support After Suicide Partnership)

A resource for people bereaved through suicide or other unexplained death, and for those helping them.



[Support After Suicide](#)

Practical information and emotional support if you have been impacted by suicide.

[AtaLoss.org](#)

UK bereavement signposting and information site.



[Finding the words](#) (Support After Suicide Partnership)

How to support someone who has been bereaved and affected by suicide.

Telephone support



Samaritans call 116 123

24hr helpline offering listening and support

Helpline 5pm –midnight 0800 58 58 58

[Campaign Against Living Miserably live webchat](#)

Supporting staff following the loss of a colleague - online resources



NHS Confederation

[NHS employee suicide: a postvention toolkit to help manage the impact and provide support](#)



Postvention Guidance – University of Surrey

[Postvention guidance. Supporting NHS staff after the death by suicide of a colleague](#)

If you have any queries or concerns about the study or wish to speak with a member of the research team, please contact: Jodie.westhead@manchester.ac.uk