

# RESEARCH PARTICIPANTS OFFER OF SUPPORT



When someone you know dies, it can be one of the most painful things you ever have to face. It can often feel like no one understands what you're going through, which can be very isolating.

We also understand that discussing a loss can be difficult and can bring up unresolved feelings and emotions. As part of the proposed research, we want to ensure that everyone who takes part can have the option of aftercare and support.

All those who take part in the research will receive a follow up call with Safer London's Loss & Bereavement Advocate. The Loss & Bereavement Advocate will also be available to offer specialist extended support for those who feel they need it.

## WHAT DOES THE SUPPORT LOOK LIKE?

We can offer support of up to 8 sessions. This can include:

### Specialist Bereavement Support

Reliving painful past experiences can cause complex feelings and emotions connected to grief and loss to resurface. We can offer sessions for family groups or individuals, to explore your trauma and together we can find effective coping mechanisms. This can be either online or face to face.

### Advocacy

Traumatic bereavement can impact every aspect of your life and you may find other issues arising that you need support with. For example, you may wish to look at a move of school for siblings or want information on support services that can offer longer term support. Our specialist Loss & Bereavement Advocate can help with this process, advocating on your behalf and ensuring your voice is heard.

### Information provision

Safer London can support with referrals into other services and provide information and signposting to help with any issues that may arise.

## HOW CAN I ACCESS THIS SUPPORT?

If you would be interested in taking up this free offer of support, contact Safer London's Loss & Bereavement Advocate Nneka Okafor:

 [nnekaokafor@saferlondon.org.uk](mailto:nnekaokafor@saferlondon.org.uk)

 [07734 955 898](tel:07734955898)

## CONTACT

For questions and further information contact  
Nneka Okafor

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REBUILDING LIVES TOGETHER

  
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