

Are you struggling to support a relative who is thinking about, or attempted, suicide?



Yes? A new Carers' Support Group may offer you help!

Carers in Hertfordshire and Hector's House, a suicide prevention and mental health charity, are working together to run this new group.

The group is for anyone looking after someone close to them who has suicidal thoughts or has tried to take their own life.

**The first meeting is on
Thursday 25th January 2024,
10.30am - 12pm noon, at the South Hill
Centre in Hemel Hempstead.**

**The group will meet monthly, alternating
between in person and online (more de-
tails are on the back).**

**To book a place at any meeting please contact
Carers in Hertfordshire:**

Email: contact@carersinherts.org.uk

Call: 01992 58 69 69

**If you need help with travel expenses to attend a
face to face meeting please discuss this with us.**



This service has been funded by Hertfordshire County Council



Meeting dates 2024

Face to Face Meetings 10.30am - 12pm noon. At The South Hill Centre, Cemetery Hill, Hemel Hempstead, Herts, HP1 1JF.	Online on Zoom, 7.30pm - 9pm
Thursday 25th January 2024	Tuesday 13th February 2024
Thursday 28th March 2024	Tuesday 9th April 2024
Thursday 23rd May 2024	Tuesday 11th June 2024
Thursday 25th July 2024	Tuesday 13th August 2024
Thursday 26th September 2024	Tuesday 8th October 2024
Thursday 28th November 2024	Tuesday 10th December 2024

There may also be extra sessions to help you look after your own wellbeing, such as social get togethers or mindfulness workshops.

About Carers in Hertfordshire

We are a charity that provides information, advice and support to unpaid carers - people looking after a partner, relative or friend, who is ill, elderly, has a physical or learning disability, or drug or alcohol addiction.

We support carers of all ages - young people and adults - living, working or caring in Hertfordshire. Our services are free to carers.

We provide services to carers to help them with their caring role or have a break from caring, to improve their wellbeing, and to have a voice in shaping health and community services.

The Red House, 119 Fore Street, Hertford, Herts, SG14 1AX.

**Tel: 01992 58 69 69 Email: contact@carersinherts.org.uk
www.carersinherts.org.uk**

About Hector's House

Is a charity whose mission is to stop suicide by ensuring everyone has access to mental health services, and encouraging people to talk openly about how they feel through education, awareness and support.

<https://hectorshouse.org.uk/> Email: hihector@hectorshouse.org.uk