

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



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

Carers in Hertfordshire and Hector's House run this group for anyone looking after someone close to them who has suicidal thoughts or has tried to take their own life.

"Being able to share my situation and hear from others makes me feel less alone and given me useful insights."

"The group has provided a supportive, safe space to share my difficult experiences."

The group meets monthly, alternating between in person, in Hemel Hempstead, and online.

The in person sessions are on the last Thursday of the month, 10.30am - 12pm noon.

The online sessions are on the last Tuesday of the month, 7.30pm - 9pm (earlier in December).

To book a place at any meeting please contact Carers in Hertfordshire. Call 01992 58 69 69 or email contact@carersinherts.org.uk

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