

**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](mailto:contact@carersinherts.org.uk)**



**Carers**  
in Hertfordshire

charity registration number 1085491

*Making Carers Count*



**Hertfordshire**

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