PETE'S DRAGONS

Comfort after suicide loss

Suicide bereavement has been described as **"grief with the volume turned up".**

The effects on families, communities and society as a whole are devastating and tragic. Everyone impacted by suicide will have a unique experience and it is extremely important they receive timely and appropriate support.

Pete's Dragons provide a bespoke service to anyone in the county of Devon who has been impacted in this way. Our services are available to all age groups and an individual does not have to be bereaved in the strictest sense - we understand that anyone can be impacted by suicide.

We do not offer a set package or have any time limits, the service received is tailored solely to individual needs.

How can we help?

- Resource packs
- Listening, advocacy & practical advice
- Talking, psychological & holistic interventions
- Workshops, courses, peer support & activity groups
- Signposting & referral support

All of our services are available via **telephone, email** and **face-to-face** appointments.

For **suicide bereavement / postvention** enquiries contact ...

01395 277780

support@petesdragons.org.uk

Pete's Dragons was established in 2010 after Diva Dragon's little brother, Pete, took his own life aged 24. Starting as a fundraising group, the band of dragons grew and grew. In 2014, after realising that Devon was without specialist postvention support, the decision was taken to become a registered charity to do just that.

The dragon team are now specialists in the field of postvention/suicide bereavement and suicide prevention. As well as supporting those impacted by suicide, the Charity offers an extensive range of training. We even bring our passion for mental wellbeing to the high street in our Exmouth-based boutique, Retail Therapy.

For more information on **retail, training, fundraising** or **volunteering** contact ...

01395 277780

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