

Panel Questions:

**Please note that this document provides an overview of the questions asked in the survey so that you can make an informed choice as to whether you would like to participate and share your insights. Depending on responses to individual questions, you may not see all of these questions in the survey.*

We recognise that some of these questions will be difficult for you to answer, but we hope you can share your experiences with us. It will help us to shape our webpages so that the information provided will be relevant and helpful to those seeking support at this difficult time. Remember you can reach out to Samaritans (116 123) or the [Hub of Hope](#) whenever you need support.

1. Have you lost someone to suicide?

- ☐ Yes
- ☐ No
- ☐ Prefer not to say
- ☐ I do not wish to participate in this survey.

2. If you feel comfortable sharing, what was your relationship to this person, and how do you feel that impacted your experience of bereavement? (if you have been bereaved by suicide more than once, please feel free to share any experiences you feel comfortable sharing with us). Open text.

3. If you feel comfortable, could you describe your emotions after losing someone to suicide? Open text.

4. How supported did you feel in the early days and months after?

- ☐ Not at all supported
- ☐ Slightly supported
- ☐ Moderately supported
- ☐ Quite supported
- ☐ Very supported.

Please tell us more if you wish to:

5. Did you receive support from any of the following during this time?

- ☐ Bereavement support groups
- ☐ Family / friends
- ☐ GP / Health care professional
- ☐ Professional therapy services (e.g. bereavement counselling)
- ☐ Support Groups for those bereaved by suicide
- ☐ Work or school / university
- ☐ Other (please specify)
- ☐ None

6. If you sought support from any of the above, would you like to share your experience (this can be both positive or negative). Open text

7. Sometimes people talk about the different “stages of grief” they go through. There are lots of ways to experience suicide related grief – if you feel comfortable sharing, did you find your experiences changed over time and how did that change the support you needed? Open text

8. If you feel comfortable sharing, do you have any advice or words to share with someone who is in the early stages of grief based on your experiences? Open text

9. Thinking about your experience, was there anything anyone said or did that made things harder or difficult during this time? Open text

10.If you feel comfortable sharing, was there any advice related to grief anyone gave you that helped? For example, having a small and manageable daily routine to follow or resources from another organisation. Open text

11.If you feel comfortable sharing, what would you say to someone who has lost someone to suicide? Is there anything you would have wanted someone to say to you? Open text

12.If you feel comfortable sharing, what practical support would have been beneficial to you during this time? Open text

13.Would you have found a webpage with guidance useful?

- ☐ No, not useful
- ☐ Yes, somewhat useful
- ☐ Yes, very useful

14. What kind of content would you have found helpful on a webpage?

(tick all that apply)

- ☐ -Other people sharing their stories about bereavement
- ☐ -Practical tips and advice
- ☐ -Signposting to other forms of support
- ☐ -Support for my own mental wellbeing
- ☐ -Information and evidence to help me understand more about suicide
- ☐ Other (please specify)

15 B. What sort of format would you prefer for this content?

- ☐ Text (articles, blogs, Q&A style)
- ☐ Videos (illustrated/without images of real people)
- ☐ Videos (real people)

- Audio content (e.g. voice notes, podcast)
- Downloadable information sheets or resources
- Social media posts
- Other: please state

16. When we have developed our website with more content around bereavement, where do you think it would be useful for us to tell people about it? Tick all that apply

- -On the main page of our website
- -Via social media
- -Via other bereavement support services
- -Via official services and places people may have to engage with after a bereavement
- -Health services (such as GPs, or mental health support services)
- Other please specify

17. Do you have any other suggestions for information or topics that we should include on the bereavement webpages? Open text

18. Do you have any further comments or anything else you would like to share?

Thank you for taking the time to share your experience with us. This will help us to ensure that this work is informed by people with lived experience and we acknowledge the different experiences people have.

19. We would like to share direct quotes from people with lived experience to raise awareness about bereavement by suicide, these will be anonymised, but could be used or shared on our webpages, video content, audio content, press activity, or social media assets. If you do not wish for your quotes to be used, you can still participate in the survey and the experiences you share will continue to help shape and inform this work.

- Yes, I am happy for quotes to be shared
- No, I do not want quotes to be shared