

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.

The group meets monthly, alternating between in person and online sessions. The in person sessions are in Hemel Hempstead. (Details of the 2025 dates are overleaf).

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

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

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

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

This service has been funded by Hertfordshire County Council



Meeting dates 2025

Face to face meetings 10.30am - 12pm noon, the last Thursday of the month. At The South Hill Centre, Cemetery Hill, Hemel Hempstead, Herts, HP1 1JF.	Online meetings on Zoom 7.30pm - 9pm, the last Tuesday of the month (except December).
Thursday 30th January 2025	Tuesday 25th February 2025
Thursday 27th March 2025	Tuesday 29th April 2025
Thursday 29th May 2025	Tuesday 24th June 2025
Thursday 31st July 2025	Tuesday 26th August 2025
Thursday 25th September 2025	Tuesday 28th October 2025
Thursday 27th November 2025	Tuesday 16th December 2025

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

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