

Surviving & Thriving after Loss by Suicide Matters

In the UK currently, around 20 people die per day by suicide. This is a topic that is usually only spoken of in hushed tones. Caroline talks openly and honestly about the loss of her husband, Steve, to suicide and shares the challenges she and her children faced and continue to encounter.

Session Outline

- Give a voice to those experiencing the complex grief that comes with suicide
- Inform, inspire and ignite critical and meaningful conversations
- Help communities and workplaces to support those impacted by similar losses

Session Includes

- A comprehensive presentation
- A safe space
- An opportunity to ask questions
- Sessions can be tailor made to suit specific needs and objectives

Facilitator: Caroline Roodhouse

Caroline is an internal communications consultant with a decade of experience across various industries, including education, health services, pharmaceuticals, and FMCG. In 2018, Caroline faced profound personal loss when her husband of 18 years took his own life without warning, leaving behind their two young children. She shares her experiences of unimaginable grief, pain, anger, confusion, acceptance and hope through her writing and speaking engagements, aiming to provide a voice for those impacted by suicide.

