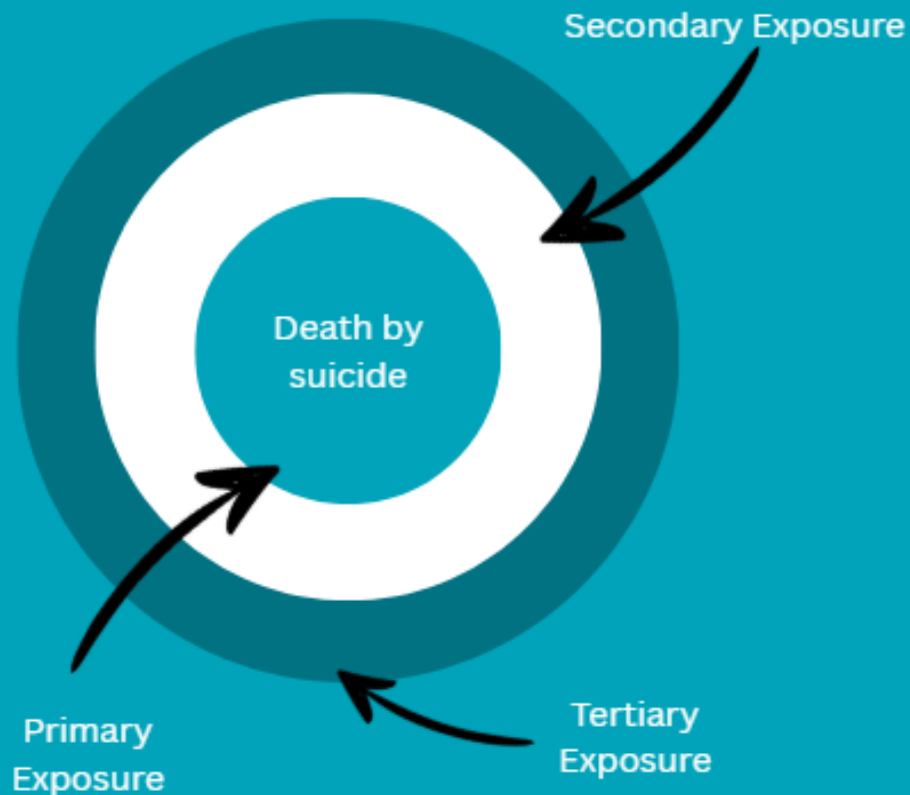


The Impact of Suicide Exposure



Understanding the impact of suicide: Different roles, different relationships, all valid responses.



Level of exposure	Example of those affected
Primary Exposure (These individuals often experience intense grief, trauma, guilt, and psychological distress).	Immediate family members. Close friends. Partners. Those who found the body or were present at the time of death.
Secondary Exposure (This group may not have had a deeply personal relationship but can still experience shock, sadness, or vicarious trauma. Their grief may be unacknowledged or minimised, leading to hidden grief).	Friends. Extended family. Coworkers/peers. Neighbours. First responders (police, paramedics).
Tertiary Exposure (The emotional impact tends to be lower for individuals. Some may feel disturbed, curious, or unsettled).	People who didn't know the individual personally but are affected indirectly, such as: Social media followers, members of the same workplace.

The Wider Impact of Suicide



Like a pebble dropped in water, the impact of suicide ripples outward.

Each level of the ripple may bring different emotional responses - from intense grief and guilt to confusion or short-term distress.

Support needs will vary too - some may need long-term care, while others benefit from simple check-ins or community understanding.

The closest circles feel the strongest waves — immediate family, close friends, or witnesses.

But the effects continue, reaching peers, first responders, colleagues, and wider communities.

Everyone's response is different — all are valid.



Every person matters. Every response is valid. Let's support each other with compassion, understanding, and care.

1. Immediate Crisis Support

Check in on wellbeing right away and signpost to services:

- Samaritans: 116 123 (24/7).
- National Suicide Prevention Helpline: 0800 689 5652 (6pm–midnight).
- Mates in Mind Text Line: Text “BEAMATE” to 85258 (24/7).
- NHS 111 (Option 2): Mental health support.
- Cruse Bereavement Support: 0808 808 1677.

5. Organisation-wide Action

- Train managers in suicide prevention and postvention care.
- Review policies to include trauma-informed responses.

2. Immediate Practical Support

Ask what they need: “What would help right now?” Offer:

- Time off or compassionate leave.
- Help contacting family/friends.
- Temporary workload adjustments.
- Clear plan for returning to work.
- Support accessing urgent care.

**What would
help you
most right
now?**

3. Access to Professional Care

Signpost to:

- Employee Assistance Programme (EAP): counselling, trauma support.
- Occupational Health: psychological assessments/support.

Share information in written & verbal formats.

4. Ongoing Follow Up

- Reintegration planning: phased return, flexible work.
- Check-ins: 48 hours, 1 week, 1 month, 3 months, 6 months.
- Support on anniversaries or difficult dates.

