

## **August 2025**

We are incredibly grateful to the Worshipful Company of Shipwrights for their wonderful donation of £2,000 to our work to support military families affected by suicide.

SSAFA, the Armed Forces charity is a trusted source of practical, emotional, and financial support for serving personnel, veterans and their families in their time of need.

SSAFA understands that behind every uniform is a person. And we are here for that person and their family, any time they need us and in any way they need us.

In 2024 our trained teams of volunteers and employees helped more than 54,000 people.

### **Military Families Affected by Suicide**

SSAFA, the Armed Forces charity provide bereavement support groups for families who have lost a loved one in the Armed Forces. Our Military Families Affected by Suicide support group began in 2019 when we appreciated there was a need, for those families who had lost loved ones to suicide.

We currently provide ongoing support to 85 families and last month 14 people attended our residential weekend in the Lake District. The aim of the weekend was to bring together those who have experienced similar loss, offering a safe, therapeutic environment to foster peer support and meaningful connection.

Our Military Families Affected by Suicide group facilitates peer-to-peer support and provides a safe space for the military bereaved community to grieve for lost loved ones, giving an opportunity for respite and to build connections with those facing similar lived experiences.

We also support the bereaved family member, helping them to learn about the grieving process and gain useful strategies and tools to enhance their wellbeing, facilitated in a safe environment.

**If you would like to find out more about SSAFA, the Armed Forces charity please visit [www.ssafa.org.uk](http://www.ssafa.org.uk)**