



## Hope Walks

# Support for people who have been bereaved by suicide

Hope Walks is a free walking group for people who have been affected by the loss of someone close to them who may have died by suicide.

We aim to help people as they adjust to their loss by providing peer support and the opportunity to 'walk and talk' in the natural environment.

**Email: [rob@cornwallmind.org](mailto:rob@cornwallmind.org)**

 **Mind**  
Cornwall

# You are not alone

Hope Walks is a free walking group for people who have been affected by the loss of someone close to them who may have died by suicide - this could be a family member, a partner or a friend.

Spending time outdoors in nature can benefit both your mental and physical wellbeing. Walking and talking can be a gentle way to help people connect and tackle the loneliness and isolation often felt by those who have been bereaved by suicide.

Hope Walks provide a safe space with opportunity to chat to others facing similar struggles.

There is no time limit to the bereavement and the loss does not have to have been recent.

We aim to help people as they adjust to their loss by providing peer support and the opportunity to 'walk and talk' in the natural environment.

Our walks are facilitated by Cornwall Mind staff and volunteers.

The group meets at Trelassick Gardens, near Truro, once a month.

More walks will be launching across the county.

## To join or find out more

Email: [rob@cornwallmind.org](mailto:rob@cornwallmind.org)  
Call: 01208 892 855

For crisis support:  
24/7 NHS Crisis Support Line  
0800 038 5300

**cornwallmind.org**

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