



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

 **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.

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.

Hope Walks take place monthly at Trellisick Gardens near Truro and Lanhydrock near Bodmin.

We are starting Hope Walks in Helston and Newquay too.

From April to September, we offer twilight walks, a chance to join us in the early evening at Trellisick Gardens.

To join or find out more

Email: 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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