**A personal story –**

**The loss of a young person through suicide:**

**How can we better support bereaved relatives?**

**Robert Stringer**

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Hector’s father and founder and trustee of Hector’s House. A partner in a Wealth Management business. Prior to Hector’s death, Robert thought he understood how to run a business, maintain a family and forge a busy, previously very normal “middle class” life in Tring, Hertfordshire. The death of a son is one thing. The death of a son to suicide with the ensuing stigma, guilt and pain is extraordinary.

**Lotte Stringer**

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**Instagram: @hectorshere**

A founder and trustee of Hector’s House. A trainer, dancer, and with a keen interest in exercise, diet and nutrition. Lotte is a quality assurance assessor at Hearing Dogs for Deaf People, is a Rapid Transformational Therapist and trained to do Rewind Therapy. Lotte was very close to Hector and the loss of a sibling to suicide is extremely difficult.

**Hector Stringer**

Hector took his life in April 2011.

To his friends and family, his suicide appeared to come completely out of the blue and we previously had no experience of suicide. Or so we thought!

In order to survive and to try and make sense of some of the questions that Hector’s suicide left us, we decided to find out more about suicide and the reasons that lead people to take this devastating wrong decision.

As a family, becoming involved in suicide prevention has helped in the grieving process although it can actually work against the process, particularly if we don’t look after ourselves carefully at all.