

“For anyone unfortunate enough to be in our position, Caroline offers comfort and hope.”

DADDY BLACKBIRD

MENTORING

Losing a loved one to suicide is a uniquely isolating experience.

Daddy Blackbird Mentoring offers more than just guidance - it creates a safe and confidential space where you can talk, reflect, and begin to make sense of life as it is now.

Because talking with someone who has been there too can be a lifeline when you're struggling with the fallout of this all-encompassing grief.

HOW THESE SESSIONS CAN HELP

- Feel less alone in your grief and pain
- Explore fresh perspectives and different outlooks
- Find sustainable ways to adjust to your new normal
- Reinforce essential qualities like confidence, resilience and grit
- Learn different coping techniques you can try out straight away
- Become more empowered to navigate your own unique situation
- Feel nurtured through personalised support, rooted in lived experience and hope

ASK FOR
FURTHER
INFO AND
AVAILABILITY

WHAT PEOPLE SAY

“Thank you for sharing your journey, and making me feel less wrong for my emotions.”

“To say I can relate to Caroline’s journey and emotions is heartbreaking but also makes me feel less alone in my new normal.”



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WHY WORK WITH CAROLINE?

In 2018, Caroline's husband of 18 years took his own life without warning.

Through the months and years that followed, she had to learn a way forward, raising her two young children alone and balancing the demands of work and life as she adjusted to being a widow and not a wife. She knows the magnitude of grief, the pain, confusion and silence that can surround it, and the courage it takes to become a resilient individual, and to survive and thrive again.

Following this tragedy, Caroline has gone on to combine her lived experience with her professional communication skills to support others in this club nobody wants to be a member of by writing the best-selling book, Daddy Blackbird, speaking at events about loss by suicide and offering one-to-one sessions for grieving individuals.

Caroline approaches these mentoring sessions with compassion and honesty - holding space for others to be open, raw and vulnerable, while also speaking the truth herself. No topic is off-limits, no words are unwelcome, and no feeling is turned away.

ALL SESSIONS ARE VIRTUAL AND START AT £95 PER SESSION

MENTORING WITH MEANING

Caroline's mentoring services offer more than advice or a shoulder to cry on.

They bring a depth of understanding that only personal experience can provide. They're about journeying together through the frustrations and the worries and the mess, gaining vital perspective, developing new coping techniques and recovery-focused self-care strategies and finding hope again.



YOU ARE NOT ALONE