

# 'In the Same Breath'

Coming to terms with the suicide of a loved one.

**Those left behind after someone takes their own life face the unravelling of complex emotions.**

The conflict between anger, despair and guilt can lead to a sense of bewilderment and isolation, and a feeling that life is unmanageable. Hearing other peoples' stories helps with the process of grief, as it is natural to think '*... you don't know what I'm going through.*'

**Quentin knows what it's like to come to terms with such a tragedy.**

In 1993 his wife Diana took her own life. In the video '*In the Same Breath*' Quentin talks openly about the impact this had on him. He went through periods of guilt and feelings of helplessness, depression and self-pity. In his own words he is '*coming out of the tunnel*' and rebuilding his life. Quentin is bright, sociable and radiates enthusiasm. He is his own prosecution and defence and still loves his deceased wife, refusing to judge her.

**'In the Same Breath' provides an insight into some of the emotions** that people have to confront when faced with the suicide of a loved one and shows how one man has survived the tragedy, learnt to embrace a new life and live with the events of the past.

**As a discussion leader** it is a valuable resource to support training in bereavement counselling and, with it's positive and unsentimental outlook, for screening to those in similar circumstances who will see that there is light at the end of the tunnel and that 'letting go' does not mean forgetting.

As well as supporting personal counselling, '*In The Same Breath*' can be used for training, form part of a Resource Centre or be a discussion leader for:

- **Counselling & Advice Groups**
- **Health Promotion Departments**
- **School or College Group Tutorials**
- **Curriculum support e.g. Social Education, Psychology**

***"Quentin is an extraordinary person with a very moving story and this film tells it with grace and skill".***

Andrea Cornes, Head of Network Factual, Anglia Television

***'Very sensitive, the difficult words are eased by breathtaking photography ... eloquently describes his grief journey... a hopeful message.'***

Norwich Cruse Bereavement Care

**Running Time: 11 minutes**