

JACOB ABRAHAM

FOUNDATION

#Itsoktotalk

20 August 2019

To Whom It May Concern

The Jacob Abraham Foundation was founded in October 2015 after the death of Jacob, aged 24, who died by suicide.

Jacob's death deeply shocked his family and friends as Jacob presented as a 'happy go lucky young man' who was popular, funny, hardworking, athletic and with a family who loved him dearly. Jacob's suicide raised many questions as there were never any issues in relation to his mental health and he had a promising future mapped out for himself.

The evening before his suicide Jacob had attended a rave at the local students union. At his inquest, on 1st Feb 2016, it was confirmed through Jacob's toxicology report that he had cocaine in his system when he died. As a family we believe that cocaine and the come down of the drug contributed to Jacob's decision to take his own life.

On 30th July 2016 Jacob's childhood best friend also took his own life. At his inquest, in October 2016, his toxicology report also revealed that cocaine was in his system at the time of his death.

The Jacob Abraham Foundation

Address: Medirian Court Business Centre, North Road, Cardiff, CF14 3BE

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Facebook: [Jacob Abraham Foundation](https://www.facebook.com/JacobAbrahamFoundation)

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Registered Charity no: 1170063



After forming a support group for people bereaved by suicide I met with 5 other parents who had all lost sons to suicide. All 5 boys had cocaine in their system at the time of death. This was again revealed at their inquest through toxicology reports. Myself and 2 other mothers took part in a documentary on the 20th March 2017 for Wales this Week to raise awareness around this issue and the link between cocaine use and suicide.

The Jacob Abraham Foundation supports families that have been bereaved through suicide. We have found that cocaine is the most common factor in their loved one's suicide. As a counselling service primarily set up to offer support to clients with suicidal thoughts/ ideations and attempts, we also note that with 85% of our clients cocaine use is the biggest contributing factor to this suicidal ideation.

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