

# Here for you After a Suicide

## We are here for you

This leaflet has been thoughtfully developed by individuals and families with lived and living experience, who have faced the profound loss of a loved one to suicide. It recognises the deeply personal and often challenging journey that families and individuals, undertake in the aftermath of such a loss.

The information included has been carefully chosen by individuals with lived experience, based on what families who have experienced similar losses have said they would have found helpful at such a devastating time. It provides practical and compassionate guidance, with resources tailored to local supports within Dundee, as well as national services for additional support. From navigating the immediate impact to finding resources for long-term support, this leaflet is here to help you feel less alone during this difficult time.

## SAMH After a Suicide booklet

You may have received this already but, just in case, SAMH has developed an 'After a Suicide' booklet to help you with the practical issues that need to be faced after a suicide.

It also discusses some of the emotions you might be experiencing and suggests some places where you can get help.



Scan the QR code to the left to download a copy or visit:

[samh.org.uk/about-mental-health/suicide/after-a-suicide](https://samh.org.uk/about-mental-health/suicide/after-a-suicide)

## Local Support



### Hope Point

We are here for you 24/7 to provide compassionate support if you're in distress or feeling suicidal.

Freephone: **0800 955 0008**

Text number: **01382 604 123**

Drop in: **4 South Ward Road, DD1 1PN**



### Survivors of Bereavement by Suicide

SoBS the only organisation offering peer-to-peer support to all those over the age of 18, impacted by suicide loss in the UK. We help those bereaved by suicide to support each other, at the time of their loss and in the months and years that follow.

Visit: **uksobs.org**

Call the support line: **0300 111 5065**  
(9am-7pm)

Call **07483182946** or

E-mail **dundee@uksobs.org** to join the Dundee support group



### Funeral Link

We are here to give you support and advice on how to arrange an affordable funeral in Dundee.

Call: **01382 458800**

E-mail: **support@funerallink.org.uk**

Visit: **funerallink.org.uk**



## Community Listening Service

NHS Tayside Community Listening Service is here for you to share what's on your mind with a trained listener.

Ask for us at your GP practice or:

Call: **01382 423 116**

Text: **07969 777 1941**

E-mail: **[tay.listening@nhs.scot](mailto:tay.listening@nhs.scot)**

## Bereavement Service

The NHS Tayside Bereavement Service can support you with a range of death and bereavement-related issues, such as providing advice and information on practical matters following bereavement and signposting to sources of further advice and support in the community.

E-mail: **[tay.bereavementtayside@nhs.scot](mailto:tay.bereavementtayside@nhs.scot)**

Call: **01382 740522**



## Cruse Scotland Bereavement Support

Cruse Scotland provides support for bereaved adults, children and families across Scotland. We offer 1:1 early support, counselling and children and young persons support, group support and Walk and Talk groups. We are funded by the Scottish Government to provide free bereavement support for workplaces affected by suicide. Call our Free Bereavement Helpline to speak with one of our trained volunteers over the phone, or chat by instant message with a professional counsellor on GriefChat.

Helpline: **0808 802 6161**  
**[www.crusescotland.org.uk](http://www.crusescotland.org.uk)**



## Council Advice Services

Dundee City Council's advice services can help you if you need welfare/benefits advice.

Call: **01382 431188 (option 2)**

## For young people

If you are concerned about a child or young person who is bereaved by suicide, the SAMH After a Suicide booklet has useful information on p22 and support contacts on p31.

If you are still at school you can talk to your class/guidance teacher or any other staff member you trust and have a good relationship if you are struggling.

We've listed a few key contacts below, including a couple of local ones which you may find useful.

### the corner The Corner

young people's health and wellbeing service



The Corner is here for young people aged 11-19, providing friendly and helpful advice when you are struggling or just want to talk. Chat with us or book an appointment online: **thecorner.co.uk**  
Drop in: **1-6pm Mon-Fri**

**13 Shore Terrace, Dundee, DD1 3DP**



### The Archie Foundation

Archie's Child Bereavement Service Tayside provides tailored support to meet the needs of bereaved children up to the age of 18. We will talk with you to understand your situation and determine the best way to support your child or young person. We can provide resources and connect you with Bereavement Support Workers and Responders for 1-on-1 support.

Email: **acbs.tayside@archie.org**

Call: **07563394606**



## Child Bereavement UK – Teenage Guide

This guide looks at issues that you might be facing and ideas from other young people about how to cope and find support.

**[childbereavementuk.org/a-teenage-guide-to-cope-when-someone-dies](http://childbereavementuk.org/a-teenage-guide-to-cope-when-someone-dies)**



## Papyrus

Papyrus is an organisation dedicated to the prevention of young suicide. They have information, including soundbites, about bereavement on their website.

They can also help if a bereavement has led to you thinking about suicide through their HOPELINE247 service.

Call: **0800 068 4141**

Text: **88247**

Email: **[pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)**

**[papyrus-uk.org/bereavement](http://papyrus-uk.org/bereavement)**



## Cool2Talk

Cool2Talk is a safe space for young people aged 12-25 in Tayside. You can anonymously ask questions to trained professionals and will receive an answer within 24 hours.

Ask your question at: **[cool2talk.org](http://cool2talk.org)**

## **YOUNGMINDS** Youngminds



When you lose someone close to you, it's natural to feel sad, depressed, worried or angry. Everyone reacts in their own way. If you're finding it hard to cope with bereavement, Young Minds can help you find support.

**[youngminds.org.uk/young-person/my-feelings/grief-and-loss](https://youngminds.org.uk/young-person/my-feelings/grief-and-loss)**

**childline**

ONLINE, ON THE PHONE, ANYTIME



## **Childline**

Childline is here to help anyone under 19 in the UK with any issue they're going through. You can talk about anything. Whether it's something big or small, Childline's trained counsellors are here to support you.

Call: **0800 1111**

**[childline.org.uk](https://childline.org.uk)**



To provide feedback on this pack e-mail:

**[dundeeprotects@dundeecity.gov.uk](mailto:dundeeprotects@dundeecity.gov.uk)**

[Please note: this mailbox is not monitored regularly, so is not suitable for requests for support]