

Suicide Bereavement Support Service

Information
leaflet for
anyone impacted
by the loss of
someone to
suicide



support
in mind
scotland
action for people affected by mental illness



Charity Number: SC013649

Penumbra
Mental Health

Charity Number: SC010387

Thanks to funding from the Scottish Government, national mental health charities Penumbra and Support in Mind Scotland are working in partnership to deliver a Suicide Bereavement Support Service in Ayrshire and Arran, and the Highlands.

Who is the service for?

This service is for anyone impacted by the loss of someone to suicide. This includes families and friends, as well as children and young people.

What support will be provided?

Specially trained staff will provide compassionate and personalised support based on your needs. This may be with practical things such as support to make funeral arrangements, or talking to other agencies such as funeral directors, faith-based leaders, or Police Scotland.

Staff will also be there to simply listen and be a source of support as you come to terms with your loss.

Initial contact will be made within 24-hours of your referral being received, including at weekends. Ongoing support will be available for up to 2 years, and will be provided by a named Practitioner.

How do I access the service?

This service is for bereaved people living in Highland and Argyll and Bute. You can also access the service if you live out with this area, but the death occurred in Highland or Argyll and Bute.

You can email the service direct on:

suicidebereavementsupport@nhs.scot

Or you can call us on **0800 471 4768**. Please note our telephone line is not manned **7 days per week** so you may be asked to leave a message.

Or if you are currently being supported by another agency, ask them to refer you to the service via email. Staff will respond to all email and telephone referrals within 24-hours.

Please do not hesitate to get in touch if you require any further information about this service.