

Still concerned?

If you are concerned about an individual's mental health and wellbeing and feel they may be in distress, the GP should be their first point of contact, if you feel the individual is in immediate danger please call 999.

Stay Safe from Suicidal Thoughts
<https://stayingsafe.net/>

Produced by NHSGGC Mental Health Team, May 2020.
Contact michelle.guthrie@ggc.scot.nhs.uk for details

Useful websites and telephone supports

Heads Up

Range of Mental Health resources, information and advice to support yourself and those you care for. www.headsup.scot

Survivors of Bereavement by Suicide

Helpline-open 9am to 9pm Monday to Friday. **Tel: 0300 111 5065***
NHS Living Life

A free telephone based service for people over the age of 16 feeling low, anxious or stressed. Tel: **0800 328 9655** or
<https://www.nhs24.scot/our-services/living-life/>

Breathing Space

A free, confidential phone and web based service for people experiencing low mood, depression or anxiety.
Tel: **0800 83 85 87** or www.breathingspace.scot/

Samaritans

Free and confidential support to anyone, any age. **Tel: 116 123**
www.samaritans.org

Resources

Public Health Resource Directory

A range of child and adult bereavement resources available to order free to anyone working or living in Greater Glasgow and Clyde.
www.phrd.scot.nhs.uk/HPAC/Index.jsp

Support Around Death (SAD)

Provides education resources, information and guidance to those who work with the bereaved in Scotland. www.sad.scot.nhs.uk

Scottish Association for Mental Health

After A Suicide: A booklet that helps with the practical issues that need to be faced after a suicide. https://www.samh.org.uk/documents/After_A_Suicide.pdf

Supporting Lesbian, Gay, Bisexual and Transgender People around Bereavement

An educational leaflet for health and social care staff on addressing issues and challenges faced by LGBT+ people who are bereaved.
<http://www.sad.scot.nhs.uk/bereavement/supporting-lgbt-plus-people-around-bereavement/>

Marie Curie

Provides a range of easy to read booklets using simple words and picture to help understand the information on coping with bereavement <https://www.mariecurie.org.uk/help/support/publications/easy-reads>

PAMIS' Bereavement and Loss Learning Resource Pack

Resource is free for families and carers of people living in Scotland with profound and multiple learning difficulties'.
<http://pamis.org.uk/site/uploads/b-l-pack-order-form.pdf>

Healthy Minds

An introduction to Loss and Grief Awareness session. Can be delivered/used by anyone with an interest in loss and grief. [Child and Youth Mental Health - NHSGGC](#)

Looking after your mental health when you are grieving

Information to share with patients

Recognise: and accept that it is ok to feel sad. It's a healthy part of the grieving process. These emotions are ok to have, don't try and hide them or keep them contained.

Time: grieving is an individual experience. Be kind to and patient with yourself, it takes time.

Talking: to a supportive trusted adult: a friend, family member, support service can help deal with your emotions and begin the healing process.

Keep routines: try and keep routines in place. This helps give structure and focus when everything feels chaotic.

Look after yourself: make time to do the things you enjoy. Eat a balanced diet and stay as active as you can.

Alcohol: avoid misuse of alcohol. Alcohol is a depressant and will make you feel worse once the effects wear off.



Supporting those affected by bereavement

A staff guide that provides information on organisations and resources that offer support to those struggling with grief as a result of bereavement.

What is grief?

Bereavement and grief are universal human experiences. Most people grieve when they lose someone important to them. The way grief affects us depends on a range of factors, including what kind of loss has been suffered, beliefs, religion, age, relationships and our physical and mental health.

Grief is a natural response and affects people in different ways. It can affect our mental health and for those experiencing mental health problems grief can worsen the symptoms. Lots of people cope with grief with help and support from their family and friends. However some people may require other supports such as a service that provides counselling or group work.



Local Support Groups

Local Supports

Lifelink

Provide a range of services including 1 to 1 counselling, group support, workshops and courses to support mental health and wellbeing. British Sign Language service available. Contact: **0141 552 4434** or www.lifelink.org.uk/

Richmond's Hope

Provide individual and group support for bereaved children and young people from 4-18 years and their families. Contact: **0141 230 6123**

Childhood Bereavement UK

Provide bereavement support to children and young people aged 0-25 and their families Contact: **0141 352 9995** or <http://www.childbereavementuk.org>

Life Limiting or Life Shortening Illness

Prince and Princess Wales Hospice

Provide family support service offering support to anyone living with the impact of a life limiting or life shortening illness through counselling and befriending. Also provide support to child and young people (up to 21) people through the Butterfly Service. Contact: **0141 429 5599**

Maggie's Glasgow

Offer practical, emotional and social support to people with cancer and their families and friends. Contact: **0141 357 2269** or glasgow@maggiescentres.org

MacMillan Information and Bereavement Centre

Provide a listening ear and a range of information to support patients and their families through their cancer journey. Contact: **0141 800 1961**

Bereaved by Suicide, Murder and Addictions

Mind the Men

A suicide prevention peer to peer support group where MEN can meet in a safe place, talk openly, be listened to and feel supported. Contact: mindthemen@gmail.com

Riverclyde Memorial Group

Support bereaved families who have been touched by lives lost in the Clyde and to raise awareness of suicide prevention strategies in Glasgow. Contact: **0141 884 6696** or [@riverclydememorial on Facebook](https://www.facebook.com/riverclydememorial)

Bereavement and Blether

A drop in for people who have lost a loved one through suicide, alcohol or drugs. Contact: **Marie** on **07766 085009** or email marie.stewart@ggc.scot.nhs.uk

The Compassionate Friends Suicide Bereavement Support Group

A support group for people who have lost someone to suicide. Contact: **07365 044455** or linda.patterson1@live.co.uk

Family Addiction Support Service

Provide support to those who have been bereaved as a result of alcohol/drug problems. For details contact: **0141 420 2050**

Touched by Suicide

Provide support for people who have lost someone to suicide. Groups run in Glasgow West and East. For details contact: **0141 584 3211**

National Support Groups

Scottish Cot Death Trust

Offer a range of supports including, outreach support, peer support, counselling, and next infant support. Contact: **0141 357 3946**

Stillbirth and Neonatal Death Charity

Provides bereavement support services at both a local and national level. Contact: Helpline: **0808 164 3332** or helpline@sands.org.uk

National Support Groups

Beautiful Inside & Out

A Scottish registered charity, supporting bereaved parents and siblings of suicide victims. Contact: **07984 328808**

Muslim Bereavement Support

Serve the Muslim community by supporting bereaved women who have lost a loved one. Provide telephone and email contact. Contact: **0203468 7333** or info@mbss.org.uk

PETAL

Provides a safe and confidential environment where those experiencing bereavement and traumatic loss, through murder or suicide can receive support. This service provision includes children and young people. Contact: **01698 324502** or www.petalsupport.com

Scottish Families Affected by Drugs and Alcohol

Provides listening and emotional support in the immediate period after the loss of your loved one and, if appropriate, can arrange counselling sessions. Contact: **08080 10 10 11** or helpline@sfad.org.uk