

# SUICIDE BEREAVEMENT: RESOURCES AND SUPPORT

Below is a list of resources with comprehensive information about coping with a suicide loss including what to expect, how you might feel, how to manage any practical issues, and where to find support. Providing someone with, or signposting them to this information will provide them with support that they can access in their own time, when they feel ready. You may also find these resources help you if you have lost someone or to understand how to best support someone who has been bereaved. **All links, websites and organisations are operating at the time of the development of these materials. Please ensure that you check that these resources still exist before you signpost someone to them.**

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# FOR ANYONE WHO HAS LOST SOMEONE TO SUICIDE

## **Booklets and leaflets**

Although each of these booklets are specific to different countries within the UK, all of the information in them is useful. Things that differ are information and advice on legal proceedings and relevant support services. If someone has lost somebody within the UK but outside of Scotland, the resource for that country may provide them with a useful insight into the relevant legal processes.

### ***After a Suicide - Scotland***

This detailed document has been produced by SAMH for friends, partners, children, relatives, carers, colleagues and others who have lost someone to suicide. It provides detailed explanations of what to expect from the practical and legal processes associated with a suicide bereavement in Scotland. It also uses examples of lived experience to explain what to expect from the grieving process, how to speak to children about the loss, as well as where to find additional support.

You can access this resource here:

<https://www.samh.org.uk/about-mental-health/suicide/after-a-suicide>

### ***Help is at hand – a version of this is available for England, Northern Ireland and Wales***

This resource is for anyone who has lost someone to suicide and for those who are supporting someone who is grieving. It provides detailed information about the grieving process, the timeline of events after a suicide (including how to contact services and organisations to inform them of the death), specific information for people with a particular connection to the person who has died, and facing the future. There is also information about how to help friends, relatives, colleagues and students who have been bereaved by suicide

England: <https://supportaftersuicide.org.uk/resource/help-is-at-hand/>

Northern Ireland:

<https://supportaftersuicide.org.uk/resource/help-is-at-hand-northern-ireland/>

Wales: <https://supportaftersuicide.org.uk/resource/help-is-at-hand-wales/>

## ***Glasgow City HSCP Support after a Bereavement***

This leaflet contains general information about making arrangements following a bereavement as well as information about sudden and unexpected death and supports available. This is a short leaflet that can be printed off and given to people and you can request hard copies. It has been translated into Polish, Punjabi and Urdu.

<https://www.yoursupportglasgow.org/glasgow-homepage/pages/bereavement/bereavement-support-leaflet/>

## **Glasgow City suicide bereavement support groups**

### ***The Compassionate Friends***

The Compassionate Friends run a support group specifically for families who have lost a young or adult child by suicide. The group is based in Scotstoun and is run by volunteers with lived experience of suicide bereavement.

For more information contact Linda Patterson on 07365044455 or by email [linda.patterson1@live.co.uk](mailto:linda.patterson1@live.co.uk)

### ***Bereavement and Blether***

A fortnightly peer support group for people who have been bereaved through suicide, alcohol or drugs. It is a chance to share experiences of how they've coped or not coped, ask questions about how others have dealt with such difficult times, and share some stories, or just sit and have a cuppa.

This service is currently expanding across Glasgow, people can contact Marie on 07766 085009 or by email [marie.stewart@ggc.scot.nhs.uk](mailto:marie.stewart@ggc.scot.nhs.uk) for more information.

### ***The River Clyde Memorial Group***

The River Clyde Memorial Group has been formed to support bereaved families who have been touched by lives lost in the Clyde. They also raise awareness of wider suicide prevention strategies in Glasgow and to monitor water safety possibilities along the Clyde.

[River Clyde Memorial Group Facebook Page](#)

### ***Touched by Suicide Scotland***

Touched by Suicide Scotland run two suicide bereavement support groups within Glasgow City for people who have lost a loved one by suicide. There is one in the East of the city and one in the North West. Touched by Suicide have advised contacting them directly for up to date details about their groups.

Contact Linda on 01294 274273 or by email at [touchedbysuicidescotland@hotmail.co.uk](mailto:touchedbysuicidescotland@hotmail.co.uk)

Website: <https://touchedbysuicidescotland.wordpress.com/>

### **Online suicide bereavement support groups**

#### ***Facing the Future***

The Facing the Future service has been developed by [Samaritans](#) and [Cruse Bereavement Support](#) to help support people who have been bereaved by suicide. Facing the Future support groups are run on Zoom and give people the opportunity to meet others who have lost someone to suicide and receive support.

<https://www.facingthefuturegroups.org/>

#### ***bereaveMENT***

bereaveMENT is an online peer support group ran by Survivors of Bereavement by Suicide for men who may feel more comfortable talking to other men about their loss to suicide. The meetings run once a month, on the second Tuesday and last for 90 minutes.

To join bereaveMENT meetings, please email: [bereaveMENT@uksobs.org](mailto:bereaveMENT@uksobs.org)

## Organisations providing support and useful web-pages

### ***PETAL: People Experiencing Trauma and Loss***

PETAL offer therapy and counselling services in Glasgow for people who are experiencing bereavement grief and loss as a direct result of suicide. PETAL currently also provide a service for children and young people age aged between 12 and 24. People can self-refer or be referred in by another support agency.

Contact number: **01698 324502**

Email address: [Info@petalsupport.com](mailto:Info@petalsupport.com)

Website: <http://www.petalsupport.com/>

### ***Cruse Scotland***

Cruse Scotland offer support and information to anyone who has experienced a bereavement. Services offered include: a national bereavement helpline, early support in the form of 1:1 or group sessions within the first 6 months of the loss, one to one bereavement counselling 6+ months after a loss.

Website: <https://www.crusescotland.org.uk/>

Helpline: **0808 802 6161** Open weekdays 9am-8pm and weekends 1pm-4pm

Email: [support@crusescotland.org.uk](mailto:support@crusescotland.org.uk)

### ***Touched by Suicide Scotland***

Aim to provide a safe, confidential environment where bereaved people can share their experiences. They offer emotional and practical support in the form of a telephone helpline, help by e-mail, support group meetings and one to one support. Touched by suicide operate in the Glasgow area.

Website: <https://touchedbysuicidescotland.wordpress.com/>

Telephone Helpline: Linda **01294 274273**

### ***The Compassionate Friends***

A charitable organisation founded by bereaved families who provide support to family members who have lost a child of any age to any cause. They provide helpline support, online support and community peer support all from volunteers with lived experience.

Website: <https://www.tcf.org.uk/>

Helpline: **0345 123 2304** - Open every day of the year from 10:00 – 16:00 and 19:00 – 22:00

### ***Survivors of Bereavement by Suicide***

SOB's are a charity who provide support and information to people who have been touched by suicide in the UK. They run a national helpline, an online forum, and support groups.

Website: <https://uksobs.org/>

Helpline : open 9am to 9pm Monday to Sunday **0300 111 5065**

### ***Muslim Bereavement Support Service***

The Muslim Bereavement Support Service provide support to women within the muslim community who have lost a loved one. They are a nationwide organisation with volunteers in Glasgow and offer face to face and telephone support. All volunteers are female.

Website: <https://mbss.org.uk/>

Telephone: 020 3468 7333

Email: [info@mbss.org.uk](mailto:info@mbss.org.uk)

### ***Your Support Your Way Glasgow***

Your Support Your Way Glasgow is a website developed by Glasgow City Health and Social Care Partnership and their partners to provide information about local services and sources of support. They have a page about bereavement which details various sources of support across the city for different kinds of loss, as well as practical information about what to do and who to contact when someone has died.

Website:

<https://www.yoursupportglasgow.org/glasgow-homepage/pages/bereavement/bereavement/>



## FOR ADULTS FOLLOWING THE SUICIDE OF A CHILD

### **Booklets**

#### ***After Suicide: Following the suicide of a child***

This resource developed by The Compassionate Friends explores the timeline following the suicide of a child, how you may be feeling, and information about where to get support.

<https://www.tcf.org.uk/flip/After-Suicide-flipping-book/>

#### ***Grieving for our child who experienced mental health problems***

This resource developed by The Compassionate Friends explores the experience of losing a child who has suffered from mental health problems.

<https://www.tcf.org.uk/flip/Grieving-for-our-child-who-experienced-mental-health-problems/>

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### ***The Compassionate Friends***

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Website: <https://www.tcf.org.uk/>

Helpline: **0345 123 2304** - Open every day of the year from 10:00 – 16:00 and 19:00 – 22:00

### ***Child bereavement UK***

Child Bereavement UK provide support to families when a child is grieving or a child dies. They support children and young people (up to the age of 25) when someone important to them has died or is not expected to live, and parents and the wider family when a baby or child of any age dies or is dying.

Live Chat via [www.childbereavementuk.org](http://www.childbereavementuk.org)

Email helpline@childbereavementuk.org

Helpline 0800 02 888 40

## Support groups in Glasgow

### ***The Compassionate Friends***

The Compassionate Friends run a support group specifically for families who have lost a child of any age by suicide. The group is based in Scotstoun and is run by volunteers with lived experience of suicide bereavement. For more information contact Linda Patterson on 07365044455 or by email [linda.patterson1@live.co.uk](mailto:linda.patterson1@live.co.uk)



# FOR SUPPORTING CHILDREN WHEN SOMEONE HAS DIED BY SUICIDE

## **Organisations providing support and useful web-pages**

### ***PETAL: People Experiencing Trauma and Loss***

PETAL offer therapy and counselling in Glasgow to individuals who have lost someone to suicide. They currently provide a service to children and young people aged 12-24.

01698 324502

Info@petalsupport.com

### ***Child bereavement UK***

Child Bereavement UK provide support to families when a child is grieving or a child dies. They support children and young people (up to the age of 25) when someone important to them has died or is not expected to live, and parents and the wider family when a baby or child of any age dies or is dying.

Live Chat via [www.childbereavementuk.org](http://www.childbereavementuk.org)

Email helpline@childbereavementuk.org

Helpline 0800 02 888 40

### ***Information about the impact of a bereavement by suicide and how to talk about it***

<https://www.childbereavementuk.org/when-someone-may-have-died-by-suicide>

### ***Information about how to tell a child or young person that someone has died by suicide and why grieving is especially difficult for young people:***

<https://www.childbereavementuk.org/information-bereaved-by-suicide>

### ***Winston's Wish***

Winston's Wish provide support to children, young people and families following the death of a sibling or care giver. They provide telephone support and advice, as well as individual bereavement support and support groups for children, young people and care givers.

<https://www.winstonswish.org/>

Call: **08088 020 021** (9am-5pm, Monday-Friday)

Email: [ask@winstonswish.org](mailto:ask@winstonswish.org)

Crisis Messenger text service: text **WW** to **85258**

Their book *Beyond the Rough Rock*, is designed to help adults supporting a child bereaved by suicide.

***For more information about supporting a child after suicide***

<https://www.winstonswish.org/supporting-you/supporting-a-bereaved-child/suicide-bereavement-support/>

# FOR SOMEONE WHO HAS WITNESSED THE SUICIDE OF SOMEONE THEY DON'T KNOW

## Booklets

### ***First Hand: Making sense of lasting memories and emotions after the suicide of someone you didn't know.***

Developed by Thrive LDN, Grassroots and the Support after Suicide Partnership. This resource is for anyone affected by being at the suicide when they did not know the person who died. This may be in your personal life or your job may involve responding to incidents. There is additional information about supporting a child who has witnessed the suicide of someone they don't know. The resource integrates lived experience with explanations of common emotional responses such as trauma, as well as strategies to manage difficult emotions, understanding what happens next, and where to find more support. Please note that this resource has been developed for **England** so information about legal procedures will not be relevant if the person died in Scotland.

You can access this resource here:

<https://supportaftersuicide.org.uk/resource/first-hand/>

First hand also have a website which contains all of this information in an accessible format: <https://first-hand.org.uk/>

# FOR LGBTQ+ PEOPLE FOLLOWING A BEREAVEMENT

## Organisations providing support and useful web-pages

### LGBT Health and Wellbeing

LGBT Health and Wellbeing are a national organisation who work to improve the health, wellbeing and equality of LGBTQ+ people in Scotland. They offer a helpline and one to one counselling services as well as group opportunities.

Website: <https://www.lgbthealth.org.uk/>

Helpline: 0300 123 2523 (Tuesday & Wednesday between 12-9pm, and Thursday & Sunday between 1-6pm)

### Booklets and leaflets

#### ***NHS Bereavement: A Guide for Transsexual, Transgender People and Their Loved Ones***

This booklet has been produced to assist bereaved trans people or friends, or the family of a trans person who has died. It also provides information for professionals such as coroners, pathologists, mortuary staff and undertakers to understand the particular needs of trans people in the circumstances of death.

<https://www.scottishtrans.org/wp-content/uploads/2013/06/NHS-Bereavement-A-guide-for-Transsexual-Transgender-people-and-their-loved-ones.pdf>

### For those working with LGBTQ+ people

The following resources provide information and advice on how to support LGBTQ+ people after a bereavement. It includes understanding fears and concerns LGBTQ+ people can have around death, as well as how to have helpful conversations.

#### ***NHS Scotland- Supporting LGBTQ+ people around bereavement***

<https://www.sad.scot.nhs.uk/bereavement/supporting-lgbtplus-people-around-bereavement/>

#### ***NHS Scotland - Supporting LGBTQ+ people around death and bereavement : A summary information leaflet for health and social care professionals***

<https://www.sad.scot.nhs.uk/media/16262/lgbt-bereavement-leaflet-updated-feb-2020-final.pdf>



## FOR PEOPLE OF FAITH

For people of faith they may wish to approach their place of worship for support. Faith can be an important – sometimes a central - part of someone's life, and places of worship can be integral to providing support and aiding recovery. Faith may also inform our beliefs about suicide. We cannot make assumptions about how someone will feel about suicide or how their faith group will respond based on the faith they identify with. Be led by the person in regards to their faith, it may be helpful to discuss with someone their views and the views of their local place of worship in regards to seeking support after a suicide.

It may be helpful to have an understanding of the practices of faiths prevalent within Scotland. The NHS Education for Scotland have developed a document which may provide helpful information to support this learning.

You can access this here:

<https://www.nes.scot.nhs.uk/media/ay4je0io/multi-faith-resource-for-healthcare-staff.pdf>

# FOR WORKPLACES THAT EXPERIENCE A SUICIDE

## Organisations providing support

### ***CRUSE Scotland***

CRUSE Scotland can provide customised support packages for teams who have been effected by the loss of a client, patient or a colleague by suicide.

<https://www.crusescotland.org.uk/how-can-we-help/bereavement-services-for-employers/suicide-bereavement-support-for-workplaces/>

## Useful Resources

### ***NES Coping with death & bereavement as a health and social care professional***

NHS Education for Scotland have developed a short animation promoting simple strategies for looking after yourself and your colleagues after death and bereavement.

You can access this here: <https://vimeo.com/440679133>

### ***Royal College for Psychiatrists – When a Patient Dies by Suicide***

This resource by the Royal College for Psychiatrists has been developed for psychiatrists but a lot of the information is relevant to anyone who loses a service user, client or patient by suicide. It looks at common emotional responses, how to look after yourself, and resources and activities that other professionals have found useful following the death of a service user.


[https://www.rcpsych.ac.uk/docs/default-source/members/supporting-you/if-a-patient-dies-by-suicide/when-a-patient-dies-by-suicide-a-resource-for-psychiatrists-2020.pdf?sfvrsn=10e72fdc\\_2](https://www.rcpsych.ac.uk/docs/default-source/members/supporting-you/if-a-patient-dies-by-suicide/when-a-patient-dies-by-suicide-a-resource-for-psychiatrists-2020.pdf?sfvrsn=10e72fdc_2)

## Resource for managers after the suicide of an employee

### ***Business in the Community – Crisis Management In The Event Of a Suicide: A Postvention Toolkit for Employers***

This resource was designed in collaboration with Public Health England and Samaritans as a tool to support employers in their response to the suicide of an employee. Note that some of the legal information may only be relevant to England.

<https://supportaftersuicide.org.uk/resource/crisis-management-in-the-event-of-a-suicide-a-postvention-toolkit-for-employers/>



# FOR PEOPLE WHO ARE HAVING THOUGHTS OF SUICIDE OR ARE WORRIED ABOUT SOMEONE TAKING THEIR OWN LIFE

## Crisis Numbers

If you or someone you know is experiencing thoughts of suicide or have made plans to end your own life:

Contact your GP during working hours and request an emergency appointment. State that you feel unable to keep yourself safe.

Call 111 and choose the Mental Health option

Call Breathing Space on **0800 83 85 87** Monday to Thursday, 6pm to 2am. Friday to Sunday, 6pm to 6am.

Call Samaritans on **116 123**. Open 24 hours, 7 days a week. Calls can be made anytime, from any phone. All calls are confidential.

To access SHOUT: Crisis text line, text **SHOUT to 85258**

If you are under the age of 35 or worried about a young person call Hopeline on **08000684141** or text to **07860039967**

**If you or someone else is at immediate risk of suicide call 999**

## Resources for adults

### *Samaritans - Supporting someone with suicidal thoughts*

<https://www.samaritans.org/how-we-can-help/if-youre-worried-about-someone-else/supporting-someone-suicidal-thoughts/>

### *Samaritans - How to make a safety plan*

<https://www.samaritans.org/how-we-can-help/if-youre-worried-about-someone-else/supporting-someone-suicidal-thoughts/creating-safety-plan/>





## Resources for children and young people

### ***Papyrus- Supporting Children with Self-Harm and Suicide***

<https://www.papyrus-uk.org/wp-content/uploads/2021/01/Copy-of-Supporting-your-child-ENG-version-FINAL.pdf>

### ***Young Minds - Suicidal Thoughts: A Guide for Parents***

<https://www.youngminds.org.uk/parent/a-z-guide/suicidal-thoughts/>

### ***Papyrus child friendly safety plan***

<https://www.papyrus-uk.org/wp-content/uploads/2019/09/Stay-Safe-Plan-Print-out.pdf>