



# suicide bereavement support

service in highland  
and argyll & bute

**A free and confidential service for  
anyone affected by suicide**

**suicidebereavementsupport@nhs.scot  
0800 471 4768**

# Every grief journey is different, uniquely complex and deeply personal

**The Suicide Bereavement Support Service is provided by Change Mental Health in Highland and Argyll & Bute.**

The Suicide Bereavement Support Service is for anyone who has lost a loved one to suicide. Our specially trained staff will provide you with a space to talk through the many and complex emotions felt after a suicide and offer flexible,

person-centred emotional support as you navigate your loss. We can also help with practical things; such as making funeral arrangements, or talking to GPs, social workers or police.

## How do I access this service?

**All support is free and confidential.**

You can call us on **0800 471 4768** and leave your name and contact number. We will always call you back within 24 hours. You can also email us direct at: **[suicidebereavementsupport@nhs.scot](mailto:suicidebereavementsupport@nhs.scot)** or fill in the form on our webpage: **[www.changemh.org/sbs](http://www.changemh.org/sbs)**.

If you are currently being supported by another agency, please ask them to refer you to our service. Your GP can also do this for you.

We can provide support over the phone, by video calling or face-to-face. Support is not limited and available for as long as it is needed. Please don't hesitate to call or email if you want any further information.



**"The service helps me explore how I feel. Having the time and space to do this allows me to cope and manage other daily situations. It has helped my mental health having this outlet."**