



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. We work in partnership with Penumbra Mental Health, who deliver the service in Ayrshire and Arran.

The Suicide Bereavement Support Service is for anyone who has lost a loved one to suicide. Our specially trained staff can provide personalised support based on your needs at the time. We can provide you with a space to talk through the many and complex

emotions felt after a suicide and offer compassionate support as you navigate your loss.

We are also here to help with practical things; such as making funeral arrangements, or talking to hospitals, GPs or the police.

How do I access this service?

All support is free and confidential.

You can call us on **0800 471 4768** and leave a message or you can email us direct at:
suicidebereavementsupport@nhs.scot

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

We can provide support over the phone, by secure video calling or face to face. We will always contact you within 24 hours of you making contact and support is available for as long as it needed. In most cases, ongoing support will be provided by the same person.

You can also access the service if you live in any of the delivery areas, or the death of your loved one took place in one of the delivery areas.

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."