

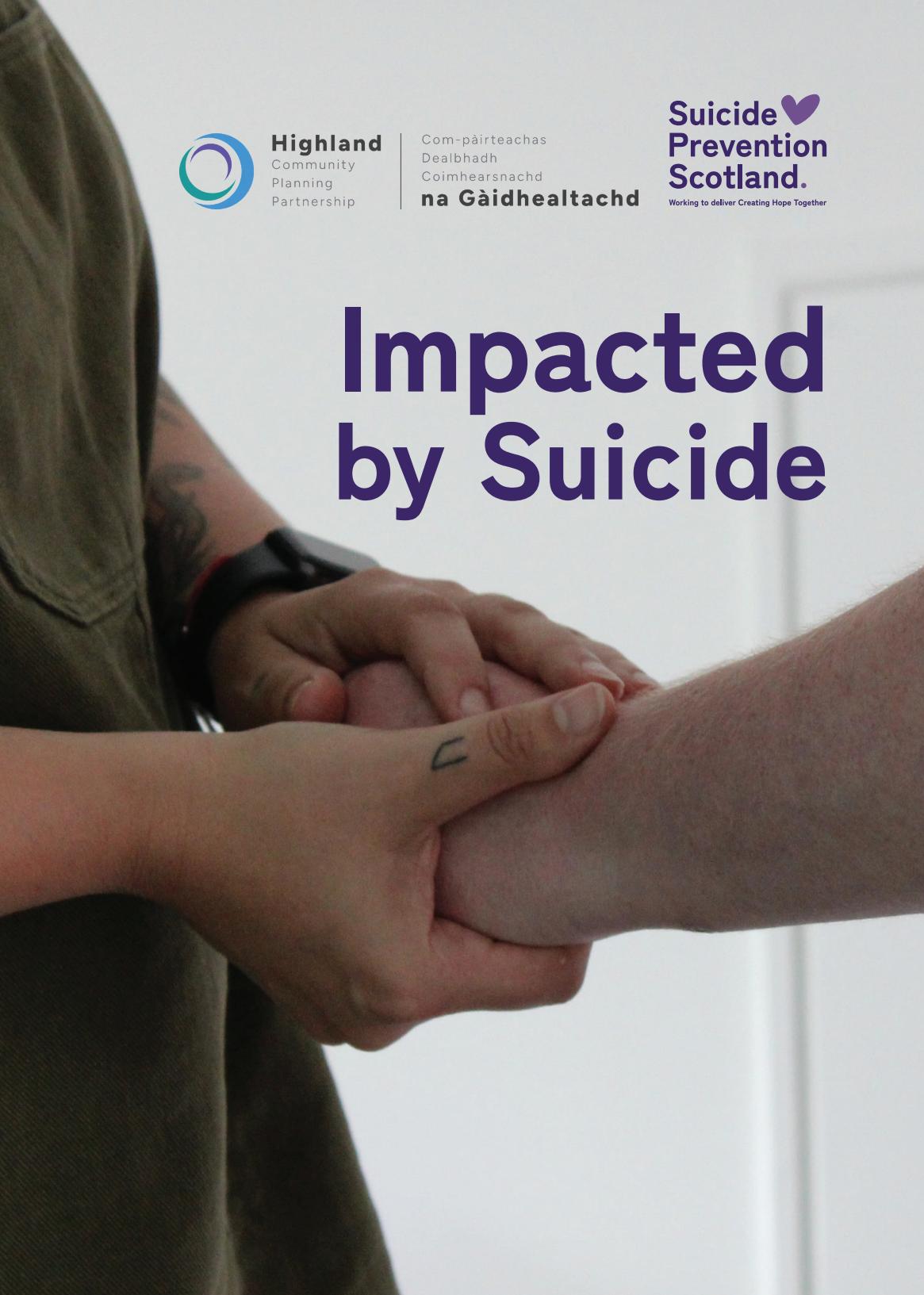


Highland
Community
Planning
Partnership

Com-pàirteachas
Dealbhadh
Coimhearsnachd
na Gàidhealtachd

Suicide 
Prevention
Scotland.
Working to deliver Creating Hope Together

Impacted by Suicide



Impacted by Suicide

The impact of a death by suicide

When someone dies by suicide the impact can spread far beyond what we might expect. On average, 135 people will be affected and those closest to the person who has died, their family, colleagues and close friends will be at a much higher risk of developing mental health issues and/or suicidal thoughts.

A death by suicide can create a ripple effect across a community – be that a local community, a workforce community or a group of peers or friends. A death by suicide is different in that it can stir confusion, guilt or anger as well as grief and loss and it can impact on a wide pool of people in unexpected ways.

Some people may feel that they don't deserve to mourn, while others may struggle with the loss months or years later when they don't expect it. How people feel may also be influenced by their own life experiences and how others react and interact around them.

All will be impacted and will feel the loss differently. This is to be expected and is ok.

The reaction to a death by suicide sometimes attracts a different response and reaction than other losses with people struggling to know what to say.

This in turn can impact on those bereaved, leaving them feeling isolated and unsupported at an extremely difficult time. This is not ok. It's important to recognise and acknowledge the loss to those bereaved regardless of the circumstances of their death.

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What can help

Everyone's feelings are real for them, regardless of their relationship to the individual who has died by suicide.

Acknowledging those feelings and talking about them is really important. This could be with family or friends or also with a support organisation. It is important to treat every suicide with compassion, and offer kindness and support for those directly bereaved as well as others affected in the community. Suicide is always a tragedy, and it's only by talking openly about it that we can help to break down the stigma and any barriers which can stop people from reaching out for support when they most need it.

Points to remember

- A death by suicide is different to other losses and can impact a large number of people in many different ways. Everyone's feelings are real to them and should be acknowledged accordingly.
- The loss of a person to suicide should be treated with compassion and support for those struggling and never with judgement or stigma.
- Talking about our feelings and seeking support where struggling ourselves is crucial and there are many local organisations who are there to support where needed.
- Asking for support is a strength not a weakness.

Where to get support

If you are struggling with your loss, your mental health or are in distress, there are key local and national organisations providing support that are also listed on the Highland Mental Wellbeing website (www.highlandmentalwellbeing.scot.nhs.uk or scan the QR code at the bottom right), with contact details listed below.

Bereavement Support

Change Mental Health

0808 8010 515 or www.changemh.org

Cruse Scotland

0808 802 6161 or www.crusescotland.org.uk

Survivors of Bereavement by Suicide

0300 111 5065 or www.eksobs.com

James Support Group (also offer support with suicide thoughts)

07563 572471 or www.jamessupportgroup.com

If struggling with your mental health and/or suicidal thoughts

Mikeysline

Textline: 07786 207755 / WhatsApp: 01463 729000
www.mikeysline.co.uk

Breathing Space

0800 83 85 87 or www.breathingspace.scot

Samaritans

116 123 or www.samaritans.org

NHS 24

111 or www.nhs24.scot

