

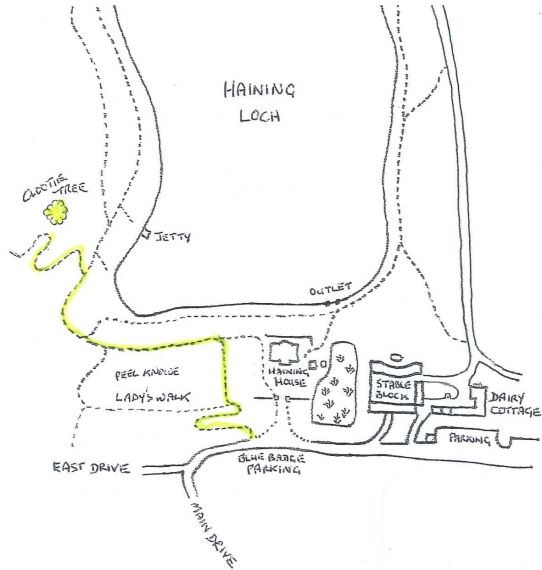
# Supports for anyone having thoughts of suicide



Samaritans	116 123
Breathing Space	0800 83 85 87
NHS 24 Mental Health Hub	111
Papyrus HOPELINE 247 (Prevention of Young Suicide)	0800 068 4141
SHOUT text service	Text SHOUT to 85258
Stay Alive App	Download on Apple or Android
Childline (up to age 19)	0800 1111

**If someone is at immediate risk of suicide call 999 and don't leave them alone.**

## Map to the Cloutie Tree



Ribbons to tie on the Cloutie Tree can be collected from the Chaplaincy Centre, Borders General Hospital

This leaflet was produced by the Joint Health Improvement Team in the Scottish Borders. For more information contact [health.improvement@borders.scot.nhs.uk](mailto:health.improvement@borders.scot.nhs.uk)



# Support for People Bereaved by Suicide

## Scottish Borders



*The Cloutie Tree is a place where people can tie a ribbon in memory of someone who has died by suicide and is a quiet place for reflection. The tree is located in the grounds of the Haining in Selkirk. A map is provided on the back page of this leaflet.*

**Creating Hope**  
Scottish Borders

When someone dies by suicide it can turn your world upside down and the feelings you have can be powerful, deeply painful and overwhelming.

You might feel shock, disbelief, anger, guilt. You may be wondering why they have taken their own life and it can be hard to accept that you might never know. Whatever feelings you have, it's okay to feel that way. It's a normal part of the grieving process to have strong emotions and there is no one 'right' way to feel or act. People grieve in their own way so let yourself do that.

Sometimes people might experience thoughts of suicide themselves - not wanting to go on without the person they've lost or perhaps that person's death has intensified their own thoughts of suicide. If you are having thoughts of suicide, it's important to talk to someone. Details of support for suicidal thoughts are listed on the back page.

## Support for people bereaved by suicide

Survivors of Bereavement by Suicide helpline	0300 111 5056 (open everyday 9am—7pm) <a href="https://uksobs.org/">https://uksobs.org/</a>
Survivors of Bereavement by Suicide Borders support group	SOBS groups are run by volunteers who have lived experience of bereavement by suicide. Meets monthly. Contact the local co-ordinator for more information on 0770 4691 111 or email <a href="mailto:scottishborders@uksobs.org">scottishborders@uksobs.org</a>
Facing the Future - online suicide bereavement support group	Developed by Samaritans and Cruse Bereavement Support to help support people who have been bereaved by suicide. Support groups run weekly for six consecutive weeks and last for 90 minutes with a maximum of eight participants. Groups are free of charge and are run by two trained volunteer facilitators. <a href="https://www.facingthefuturegroups.org/">https://www.facingthefuturegroups.org/</a>

<b>PETAL: People Experiencing Trauma and Loss</b>	Offer therapy and counselling services 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. 01698 324502 <a href="mailto:Info@petalsupport.com">Info@petalsupport.com</a> <a href="http://www.petalsupport.com/">http://www.petalsupport.com/</a>
<b>CRUSE Scotland</b>	Provides professional support for bereaved adults, children and families across Scotland. Also provides support to workplaces where there has been a suicide. <a href="https://www.crusescotland.org.uk/">https://www.crusescotland.org.uk/</a> 0808 802 6161 Open weekdays 9am - 8pm and weekends 10am - 2pm <a href="mailto:support@crusescotland.org.uk">support@crusescotland.org.uk</a>
<b>Touched by Suicide Scotland</b>	Aims 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 and online one to one support. <a href="https://touchedbysuicidescotland.wordpress.com/">https://touchedbysuicidescotland.wordpress.com/</a> Telephone Helpline: Linda 01294 274273
<b>After a Suicide booklet (SAMH)</b>	Provides further information about the practical issues that might need to be faced after a suicide and discusses some of the emotions you might be experiencing. <a href="http://www.samh.org.uk/about-mental-health/suicide/after-a-suicide">www.samh.org.uk/about-mental-health/suicide/after-a-suicide</a>

## Looking after your wellbeing

If you have been affected by suicide it's important to take steps to look after your mental health and wellbeing. The Ways to Be Well Guide helps you to think about ways you can do this. For more information visit NHS Borders Creating Hope  
<https://www.nhsborders.scot.nhs.uk/creating-hope/>

