

Talk to us

We are here
to listen



SAMARITANS



Insight Counselling is a registered charity
and a limited company registered in Scotland
Company No. SC339990
Charity No. SC027009

BEREAVED

BY

SUICIDE

talk about it

BEREAVED BY SUICIDE?

You are not alone

Over 600 people die through suicide in Scotland each year. For every suicide it is estimated that at least 6 people will be deeply affected and will need support to help them come to terms with their loss.

For people bereaved by suicide, the sense of shock and social isolation are often greater than for those bereaved by other causes of death. The search for an explanation; a reason why our loved one made this decision can be endless.

The questions 'why?' and 'why didn't I see the signs?' can sometimes weigh the bereaved person down with feelings of guilt, abandonment or rejection.

You are not alone
Talking to others can help

Insight Counselling is working in partnership with the Samaritans to provide a service offering support to people throughout Tayside who have been bereaved by suicide.

Together we provide 3 different types of support to best meet the needs of individuals:

- Listening service provided by the Samaritans with telephone support day and night.
- Counselling service provided by Insight offering regular one to one sessions.
- Facilitated self-help groups enabling people bereaved by suicide to talk with and support each other.

SAMARITANS



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