**Bereavement Support available for people within North Ayrshire**

Local Support

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| Support | Telephone Number | Website or Email Address | Information |
| School Counsellors (Education) | Contact appropriate school | n/a | Each secondary school in North Ayrshire has a counsellor based in the school. Young people can refer themselves or be referred by Guidance staff. Counsellors provide a confidential space for young people to discuss difficult or complex feelings and life situations. This can include bereavement and loss as well as low mood, anxiety, stress, relationship and family issues. |
| Change & Loss Programme (Education) | Contact appropriate school | n/a | Children and young people of all ages learn skills and strategies to support them through a series of whole class lessons on change and loss. Practitioners trained to support children through sessions on the psychology of change, loss and resilience, and discussion around what works in terms of reactive and preventative approaches. Schools and families can access resources including an information booklet and tips for supporting children and young people through challenging times. |
| Crisis Counselling | 0141 812 8474 | www.crisiscounselling.co.uk | Crisis counselling offer a variety of types of counselling and can offer a bespoke service to meet the individual / families needs. They cover a range of issues and concerns. If the service can be accessed through North Ayrshire Named Person Service then funding would need to be agreed or families can access and pay for the service directly themselves. |
| Child and Adolescent Mental Health Services | 01294 323419 | n/a | A referral can be considered to Child And Adolescent Mental Health Services (CAMHS) when the loss has had an extreme impact on the child and their functioning, or when the child is experiencing difficulties **after** bereavement support. |
| Pastoral Support (Education) | Contact appropriate school | n/a | Principal Teachers of Pastoral Support can provide 1-1 support and offer bespoke in-school supports e.g Time Out Cards, A quiet reflective space in school. PTs Pastoral Support can signpost young people to additional services should it be necessary. E.g. Change and Loss, Beautiful Inside and Out, and suitable Apps. Should a young person have difficulty attending school then educational provision will be sent home. PTs will keep in regular contact with home. |
| Touched by Suicide Scotland | 01294 274273 | [www.touchedbysuicidescotland.org](http://www.touchedbysuicidescotland.org) | A self-help organisation delivered and run by those who have been “touched by suicide” & which exists to meet the needs & break the isolation of those bereaved by suicide. They offer emotional & practical support in a number of ways through phone, email support groups & general information. |
| Beautiful Inside and Out |  | [beautifulinsideandoutscio@gmail.com](mailto:beautifulinsideandoutscio@gmail.com)  [www.facebook.com/beautifulinsideandout(SCIO)](http://www.facebook.com/beautifulinsideandout(SCIO)) | Local charity set up by the family in memory of a 13 year old young woman who took her own life. It seeks to support young people and promote their self-worth as well as support bereaved families after a suicide. The charity acts as a catalyst to seek out and fund counselling for families as well as activities & play therapy for young people. |

National Support

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| Support | Telephone Number | Website or Email Address | Information |
| Richmond’s Hope | 0141 230 6123 | [www.richmondshope.org.uk](http://www.richmondshope.org.uk) | This is a charity that provides support for children & young people aged 4 – 18 years who have been bereaved. They provide a safe place for children to work through their grief in individual sessions. Referrals can be from anyone but the person with parental responsibilities must consent & the child should know how the person died. |
| Winston’s Wish | 08452 03 04 05 | [www.winstonswish.org.uk](http://www.winstonswish.org.uk) | Offers practical support, information and guidance to all those caring for a child or young person who has been bereaved. |
| Cruse Bereavement Care | 0845 600 2227 | [www.crusebereavementcare.org.uk](http://www.crusebereavementcare.org.uk) | Promotes the well-being of bereaved people and enables anyone bereaved by death to understand their grief & cope with their loss. As well as providing free care to all bereaved people, the charity also offers information, support & training services to those who are looking after them. |
| Survivors of Bereavement through Suicide | 0300 111 5065 | [www.uk-sobs.org.uk](http://www.uk-sobs.org.uk) | Exists to meet the needs & break the isolation of those over 18 years old bereaved by the suicide of a close relative or friend. Provide helpline, information and some support groups. |
| Papyrus (Suicide) | 0800 068 4141 | [www.papyrus-uk.org](http://www.papyrus-uk.org) | Exist to reduce the number of young people who take their own lives by shattering the stigma around suicide & equipping young people & their communities with the skills to recognise & respond to suicidal behaviour. |
| The Compassionate Friends | 0345 123 2304 | [www.tcf.org.uk](http://www.tcf.org.uk) | A charitable organisation of bereaved parents, siblings and grandparents dedicated to the support and care of other similarly bereaved family members who have suffered the death of a child or children of any age and from any cause. |
| Child Bereavement UK | Helpline: 0800 028 8840  Main Number: 01494 568 900  Scottish Support Group: 0141 352 9995 | <https://childbereavementuk.org/> | Supports families and educates professionals when a baby or child of any age dies or is dying, or when a child is facing bereavement. |

Other Helpful Agencies

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| Support | Telephone Number | Website or Email Address | Information |
| Breathing Space | 0800 83 85 87 | [www.breathingspacescotland.co.uk](http://www.breathingspacescotland.co.uk) | Support people who may experience difficulty and unhappiness, mental health problems and emotional distress. |
| Samaritans | 116 123 | [www.samaritans.org.uk](http://www.samaritans.org.uk) | Confidential non-judgemental emotional support, 24 hours day for people who are experiencing feelings of distress or despair, including those which could lead to suicide. |
| ChooseLife |  | [www.chooselife.net](http://www.chooselife.net) | Is the national strategy and action plan to prevent suicide in Scotland where you can also access a variety of helpful resources and training information. |
| NHS 24 | 111 / 0800 328 9655 | [www.nhs24.com](http://www.nhs24.com) | A National telephone service which provides out of hours advice for urgent care as well as online information about a range of health issues, self-help support and local information. |
| Penumbra | 01294 471934 | [www.penumbra.org.uk](http://www.penumbra.org.uk) | Is a Scottish mental health charity, working to improve mental wellbeing across the nation. Providing a range of services which offer hope and practical steps towards recovery. Penumbra’s North Ayrshire Self-Harm Service provides support to people who self-harm of all ages who live in North Ayrshire. |
| SAMH | 0141 530 1098 | [info@samh.org.uk](mailto:info@samh.org.uk) | Provides information & support for people across Scotland with mental health problems. Provide a number of resources & information for those experiencing suicidal thoughts & those caring for them. |
| Childline | 0800 1111 | [www.childline.org.uk](http://www.childline.org.uk) | Is a private & confidential service for children & young people up to the age of 19. Childline counsellors can be contacted about anything – no problem is too big or too small. |