

**Affected or
bereaved
by suicide?**



Orkney Health and Care

Working together to make a real difference



A guide to support and help in Orkney

Don't try to cope alone

If you need to talk to someone, people are here to listen:

- **Samaritans**

08457 90 90 90

Lines open 24 hours a day, charged at a local rate call

- **Breathing Space**

Freephone 0800 83 85 87

Lines open 24hrs at weekends (Fri–Mon: 6pm–6am) and 6pm to 2am at other times (Mon–Thurs).

- **Childline**

080011 11

Childline is a free 24 hour helpline. Children and Young People can call and talk to a Childline Counsellor about any problem, including coping with bereavement.

www.childline.org

**Don't try to
cope alone**

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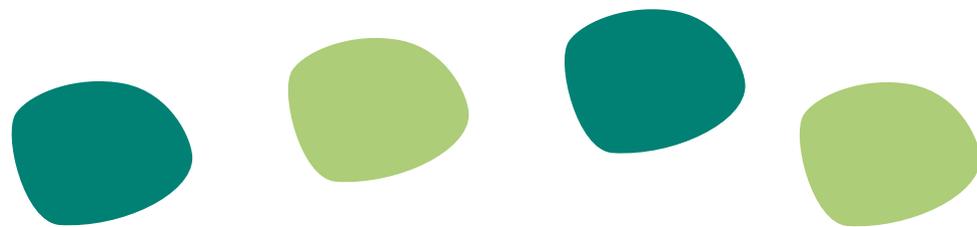
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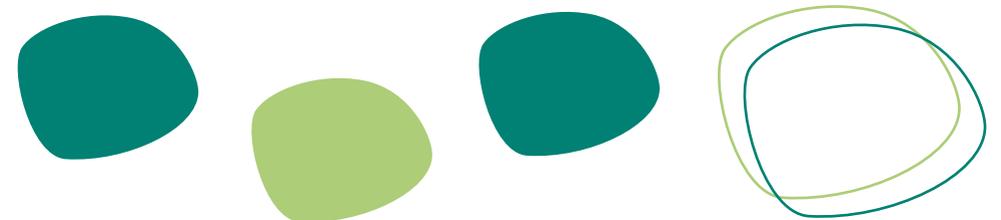
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Introduction

In Scotland, around two people die by suicide every day. The number of people affected by each suicide is significant. Family, friends, colleagues, acquaintances, neighbours, fellow students, whole communities, as well as those responding in the front line of emergency services, will be affected. You are not alone and help is available.

This booklet provides you with contact details for the sources of help and support in Orkney if you have been bereaved or affected by suicide. It would be helpful to read this booklet alongside the Scottish Association of Mental Health's booklet [After a Suicide](#), which also gives help with practical issues that need to be faced after a suicide, talks about some of the emotions you might be experiencing as well as providing national contact details for places where you can get help and can be found at www.samh.org.uk

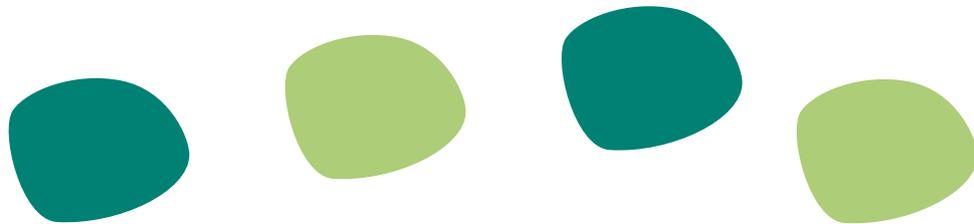


Angela lives in Orkney and was bereaved by suicide

“I remember feeling like I was sitting in a bubble, watching everyone else’s life going on as normal, but mine as I knew it had stopped. When someone dies suddenly there are always questions that you need answered - but when they die by suicide there are all the ‘what ifs’ too - “What if I hadn’t said that? “ , “What if I had only done this or that?” The “what ifs” are dangerous and they can totally rule your life. When someone makes that choice to end their life we have to respect that. We will not like it or understand it, but it is their choice.

As well as dealing with the death of my loved one, I had the responsibility for the practical and financial issues that were left behind suddenly on my shoulders - and support from family, friends and others were so helpful during that time.”

People who have been bereaved by suicide have additional emotions and questions to deal with and need strength and understanding to do so. People grieve in different ways, there is no right way and no wrong way. I found it very difficult when people who had happily chatted to me the week before suddenly crossed the road or headed into shops. Please just say hello if you can’t manage anything else.”



Practical issues

The Police

Police Station

Dial 101 and ask for Kirkwall Police Station - Joanna Murray or another Police Officer on duty
Burgh Road, Kirkwall, KW15 1AH

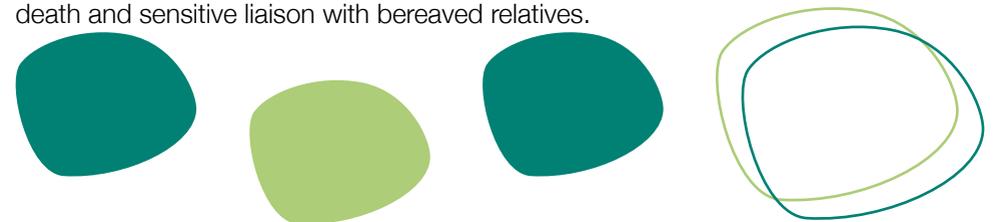
When a body is found under circumstances which may indicate suicide, the police will:

- Retain any items that have an obvious connection with the death
- Record the position and appearance of the body, in writing and by taking photographs
- Examine any notes or letters that the person may have left which indicate intention of suicide
- Make enquiries to establish the person’s state of mind before their death
- Make enquiries regarding the timeline of events leading to the person’s death

The deceased person’s body will be taken to the mortuary at the Balfour Hospital. A post mortem examination will be required and this will be carried out off island as we do not have the facilities to conduct this in Orkney.

Police enquiries can take many forms and often involve interviewing family, friends and colleagues as potential witnesses – this duty will be carried out professionally and sensitively. As next-of-kin or someone close to the deceased person, you may be asked to formally identify the person. This may be done immediately if you have found the person, or you may have to go to the mortuary later to do this.

The police will send a report to the Procurator Fiscal and this report will also include any cultural or religious issues that may be relevant to the investigation into the death and sensitive liaison with bereaved relatives.



Practical issues

Registrar

Tel: 01856 886333

E-mail: chief-registrar@orkney.gcsx.gov.uk

Council Offices, School Place, Kirkwall, KW15 1NY

A death which has occurred in Scotland must be registered with a registrar who will advise you on what steps to take and the other organisations which need to be notified. They will also offer information about other services available to support you.

It is best to phone the registrar before you go to register the death. Although burial can take place before the death has been registered, a cremation can only take place afterwards – and from April 2015 a death will have to be registered before a burial takes place.

Funeral Directors

Funeral directors provide a professional and confidential service and will guide you in the practical steps to take - such as registering the person's death, arranging flowers etc.

John J Corse, Funeral Directors

Tel: (01856) 876285

Email: office@johncorsefunerals.co.uk

Auskerry, Holm Road, Kirkwall, Orkney, KW15 1RT

A Tait & Sons

T: (01856) 771236 • Mobile: 0771 471 2408

Email: taitandalton@tiscali.co.uk

16 North End Road, Stromness, Orkney, KW16 3AG

Brian Thomson

Tel: (01856) 831441 • Mobile: 0797 966 7025

E-mail: thomsonshona@hotmail.com

Brechins, South Ronaldsay, KW17 2TH

Orkney help directory

For when you need to talk to someone

Cruse Bereavement Care

Tel: 01856 871871

www.crusescotland.org.uk

The Travel Centre First Floor, West Castle Street, Kirkwall, KW15 1GU

Orkney Alcohol Counselling & Advisory Service

Tel: 01856 874738

Email: enquiries@oacas.org.uk

www.oacas.org.uk/

6 Bridge Street Wynd, Kirkwall, Orkney, KW15 1JD

Sudden bereavement and deep shock, sadness, even anger, are difficult concepts for those left behind. If you are one of those people you will need to talk to someone who will assist you to come to terms with and manage your feelings after such a shattering event.

Time spent with one of our professionally trained and experienced Counsellors will help you....

Orkney help directory

Orkney Blide Trust

Tel: 01856 874874

Email: admin@blidetrust.org

Email: frazer@blidetrust.org (Service Director)

Email: sandra@blidetrust.org (Assistant Manager)

www.blidetrust.org.uk

54 Victoria Street, Kirkwall, KW15 1DN

Orkney Blide Trust offer a supportive and non-judgemental place to come to. We have trained staff to give practical and emotional support. We encourage folk to get the appropriate help needed from other relevant organisations in a friendly, warm and safe environment.

We offer:

- Reassurance and information.
- One to one support.
- Help to reduce isolation.
- A variety of activities to suit everyone, come along and see what we have to offer.

Relationships Scotland Orkney

Tel: 01856 877750

Email: enquiries@rsorkney.org.uk

www.orkneycommunities.co.uk

Orkney Counselling & Support Centre, 1st Floor, Travel Centre, Kirkwall, KW15 1GU

Relationships Scotland Orkney understands how relationship and family difficulties can have a devastating impact on you and those close to you, and can lead to thoughts of suicide. Speaking openly about suicide with our qualified adult and youth counsellors, Mediators and/or Child Contact Centre staff will help you explore ways of dealing with these issues and find a way to live through it.

Orkney help directory

Samaritans Orkney

Tel: 01856 875875 (Tues 10pm-12pm, Wed & Sat 10pm-2am)

National number: 08457 90 90 90 (24 hours a day)

calls charged at local rates

Email: jo@samaritans.org

www.samaritans.org/branches/samaritans-orkney

The vision of Samaritans is that fewer people die by suicide but people need not feel suicidal in order to contact us. We are there to provide emotional support to anyone who is finding it difficult to cope with life at any level and no matter their age, or problem there will always be a listening ear to help them through difficult times.

Vital Talk Orkney Counselling Service

Tel: 07510927444

Email: enquiries@vitaltalk.co.uk

www.orkneycommunities.co.uk/VITALTALK/

Orkney Counselling Centre, The Life Centre, East Road, Kirkwall, KW15 1LX

Vital Talk offers a safe place to talk about the things that may be overwhelming you, weighing you down. Talking openly and honestly about your thoughts and concerns, to one of our professionally trained counsellors can help you find ways of getting through this.

Women's Aid Orkney

Tel: 01856 877900 24 Hour helpline

Email: info@womensaidorkney.org.uk

womensaidorkney.org.uk/

Anchor Building, 6 Bridge Street, Kirkwall, KW15 1HR

Orkney help directory

Advice & support

Advocacy Orkney

Tel: 01856 870111

Email: info@advocacyorkney.org

Orkney Counselling and Support Centre
The Travel Centre, West Castle Street, Kirkwall, Orkney, KW15 1GU

In difficult times it is often the case that people find it hard to address other issues and need support to speak up. An advocate can help you to speak up about the things that you may be avoiding or finding stressful. Often the longer things are left the harder it is to deal with. We are not counsellors and cannot provide that but you may need to discuss your health, finances, work or living arrangements as an example and not feel ready or willing to speak to others be that individuals or agencies. We do not advise but we can help you understand your options and put forward your voice and feelings to others as required. Our service is free and confidential.

The Fishermen's Mission

Tel: 0774 903 4647

Email: orkney@fishermensmission.org.uk

NHS 24

Call 111 – 24 hours a day

www.nhs24.com

Orkney College

Student Support – Tel: 01856 569000

Email: lynn.tait@uhi.ac.uk – Tel: 01856 569343

Email: derek.aiken@uhi.ac.uk – Tel: 01856 569260

www.orkney.uhi.ac.uk/students

East Road, Kirkwall, KW15 1LX

Orkney help directory

The Royal British Legion

Tel: 01856 873297

Email: rbl.kirkwall@yahoo.co.uk

www.orkneycommunities.co.uk/KIRKWALLRBL/

Junction Road, Kirkwall, KW15 1AR

Salvation Army

Tel: 01856 877250

Tel: 01856 872302

www.salvationarmy.org.uk/nsc/Kirkwall

Junction Road, Kirkwall, KW15 1AX
Kirkwall Corps, Junction Road, Kirkwall

Voluntary Action Orkney

Tel: 01856 872897

Email: enquiries@vaorkney.org.uk

Anchor Buildings, 6 Bridge Street, Kirkwall, Orkney, KW15 1HR

Orkney help directory

Young People

Kirkwall Grammar School

Tel: 01856 872102

Email: admin.kgs@glow.orkneyschools.org.uk

Kirkwall, Orkney, KW15 1QN

Stromness Academy

Tel: 01856 850660

Email: admin.sa@glow.orkneyschools.org.uk

Stromness, Orkney, KW16 3JS

Orkney College

Student Support – Tel: 01856 569000

Email: lynn.tait@uhi.ac.uk – Tel: 01856 569343

Email: derek.aiken@uhi.ac.uk – Tel: 01856 569260

www.orkney.uhi.ac.uk/students

East Road, Kirkwall, KW15 1LX

Youth Cafe

Tel: 01856 876 084

Kirkwall and St Ola Community Centre, Broad Street, Kirkwall, Orkney, KW15 1DH

Counselling Service

Orkney Alcohol Counselling & Advisory Service

Tel: 01856 874738

Email: enquiries@oacas.org.uk

www.oacas.org.uk

6 Bridge Street Wynd, Kirkwall, Orkney, KW15 1JD

OACAS Counsellors work with all sorts of people with all sorts of difficulties, some connected with alcohol, some not. Some difficulties can seem overwhelming - but none are, and time spent with one of our team will help.

Orkney help directory

Ypeople Orkney – Y-Talk Youth Counselling Service

Tel: 01856 875815

Tel/text: 07770019147

Email: y-talk@ypeople.org.uk

Facebook: www.facebook.com/YpeopleOrkney

Twitter: @ypeopleorkney

Youth counselling service for children and young people up to age 25. Provides counselling services in **schools, GP surgeries Orkney Youth Café, Papdale Halls of Residence, Orkney College** etc.as well as at its own offices in Kirkwall. Face-to-face, online, Skype and telephone counselling available.

In-school Counselling Service

Renate Andrews, Youth Counsellor, Registered Certified Play Therapist (KGS)

Mobile: 07703756649

Email: renate.therapy@gmail.com

June Anderson, Youth Counsellor, Registered Member BACP (Stromness Academy)

Mobile: 07960 745004

Email: june.therapy@gmail.com

In School Counselling; funded by Orkney Child Care Partnership and Orkney Islands Council offers pupils an opportunity to explore any difficulties they are having in a safe and confidential space. Staff Counselling is also available.

Orkney College

Email: renate.andrews@uhi.ac.uk

Email: june.anderson@uhi.ac.uk

Orkney College funds a Counselling service for staff and students to help support anyone in distress to explore how they feel in a confidential safe space with experienced qualified counsellors.

Orkney help directory

GPs/nurse practitioners

Daisy Villa

Tel: 01856 831206
St. Margaret's Hope, KW17 2SN

Flebister House

Tel: 01857 600221
Sanday, KW17 2BW

Flotta Surgery

Tel: 01856 701769
Springbank, Flotta, KW16 3AD

Geramount

Tel: 01857 616321
Stronsay, KW17 2AE

Greystones

Tel: 01856 751283
Evie, KW17 2PQ

Health Centre

Tel: 01856 711284
Shapinsay, KW17 2DY

Heatherlea

Tel: 01857 622243
Eday, KW17 2AB

Heilendi Practice

Tel: 01856 872388
Scapa Crescent, Kirkwall, KW15 1RL

Hoy & Walls Health Centre

Tel: 01856 701209
Longhope, KW16 3PA

Islands View Surgery

Tel: 01856 821265
Rousay, KW17 2PU

Linklet House

Tel: 01857 633226
North Ronaldsay, KW17 2BE

Skerryvore Practice

Tel: 01856 888240
Health Centre, New Scapa Road,
Kirkwall, KW15 1BX

The Surgery

Tel: 01856 771209
Dounby, KW17 2HH

The Surgery

Tel: 01857 644227
St Ann's Kirk, Papa Westray KW17 2BU

The Surgery

Tel: 01856 850205
John Street, Stromness, KW16 3AD

Trenabie House

Tel: 01857 677209
Westray, KW17 2DL

Orkney help directory

Community Mental Health Team

Tel: 01856 852110
Email: tom.mcguire@orkney.gov.uk (Service Manager)
Email: joe.gibson1@nhs.net (Operational Manager)
www.orkney.gov.uk/OHAC

Town House, 11-13, Victoria Street, Stromness, KW16 3AA

Acknowledgement

We would like to thank Angela who has bravely shared her story with us.