



## Thoughts of suicide? You're not alone

A guide to help and Advice in Orkney

<http://www.orkney.gov.uk/Service-Directory/S/affected-by-suicide.htm>

## Contents

Need Help Now?.....	5
Samaritans.....	5
Breathing Space.....	5
Childline .....	5
What are suicidal thoughts?.....	6
Is thinking about suicide normal?.....	6
Living with your thoughts of suicide.....	7
If you are reading this then you are still alive, what is keeping you alive today? .	7
What is your reason? .....	7
Planning ahead .....	9
Other things to consider .....	10
Message from the Blide Trust.....	10
Poem.....	10
Talking about your suicidal feelings.....	11
Samaritans.....	11
Breathing Space.....	11
GP / Doctor .....	11
Organisations providing support in your area.....	11
Somebody you know.....	12
Telling people how you feel .....	12
You are not alone.....	12
The GP or Community Psychiatric Nurse.....	14
NHS 24 .....	14
Emergency Services .....	14
A trusted person.....	15
Community Mental Health Team.....	15

Breathing Space.....	15
Samaritans.....	15
Help for how you are feeling .....	16
Living Life.....	16
Action On Depression .....	16
It's Good To Talk.....	16
Steps For Stress .....	16
Moodjuice.....	16
Moodgym .....	17
Advice and Support (National).....	17
The Relationship Helpline .....	17
The Money Advice Service .....	17
Know The Score.....	17
Drinkline .....	17
Cruse Bereavement .....	18
Trauma Counselling Line Scotland .....	18
Shelter Scotland.....	18
Advice and Support (Local) .....	18
Orkney Blide Trust .....	18
Relationships Scotland.....	18
Vital Talk .....	19
Women's Aid.....	19
Advocacy .....	19
The Fishermen's Mission .....	20
The Royal British Legion .....	20
Salvation Army.....	20
Voluntary Action Orkney .....	20

Orkney Alcohol Counselling and Advisory Service (OACAS).....	20
Orkney College .....	20
Youth Café .....	21
YPeople Orkney – Y-Talk Youth Counselling Service.....	21
In-school Counselling Services .....	21
Community Mental Health Team.....	23
Acknowledgement.....	23

## **Need Help Now?**

Don't try to cope alone, call 999 now. If you need to talk to someone, people are here to listen:

### **Samaritans**

Freephone 116123. Lines open 24 hours a day.

### **Breathing Space**

Freephone 0800838587. Lines open 24 hours at weekends (Friday to Monday: 18:00 to 06:00) and 18:00 to 02:00 at other times (Monday to Thursday).

### **Childline**

Telephone 08001111.

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.

<https://www.childline.org.uk/>

## Introduction

Many people will at some point in their lives feel overwhelmed by what is going on in their lives. Sometimes things can get so bad that they consider suicide. If you are having these thoughts, don't try to cope alone. It's okay to feel the way you are feeling now but there are people around who can help you. Speak to someone you trust or call a helpline.

This booklet provides you with sources of help and support in Orkney if you are having suicidal thoughts, as well as national contact details, which you may find useful. Further information can be found at: <https://www.samh.org.uk/>

## What are suicidal thoughts?

If you are reading this then you might be thinking about suicide and if you are then it is possible you are feeling any number of different emotions. **We are all different and we all think about suicide differently.**

You know better than anyone else what you have been through. What you are going through and how dark things can get for you. When you're experiencing pain and possibly some of these emotions, you don't want to be 'assessed' or 'judged', you might not find it helpful to hear somebody tell you that they understand. Without being you, how can they understand? You might just want to be listened to by somebody who appreciates and recognises what you are going through and the place that you are in or you might want to keep your thoughts to yourself. Maybe you're scared you will upset someone?

## Is thinking about suicide normal?

The quick answer is yes! You may be surprised to know that thinking about suicide is very normal and really common. It is estimated that up to 1 person in 20 is thinking about suicide at any one time. In Scotland that means 262740 people are thinking about suicide – that is enough people to fill Hampden Park five times over!

That means that you are not alone, there are thousands of other people like you. People who might be struggling with thoughts of suicide, who, just like you, feel a whole number of different things.

“There have been times when my feelings of despair have been too much for me to take and I have reached a wall. It's a brick wall and it hits me hard. It feels so much bigger than me and it always comes at a time when I am so tired and I can't even think about how I will overcome it. That is when the thoughts start, the tunnel vision that where all I can think about is checking out.” **Susan**

Thinking about suicide is not necessarily about wanting to die; it can be about not wanting to live, which is not the same thing. It can be a feeling that you can't keep going, it's too painful, too difficult and you can't see another solution to the pain or the problems.

## **Living with your thoughts of suicide**

Living with thoughts of suicide is hard, especially when you are at your lowest and darkest. Every task can feel like a huge effort and the feelings of 'why bother' can start to mount and create a vicious cycle of thinking.

This cycle can happen with anything, your family, your job, your friends, your hobbies. It can begin to feel like no matter what you do you are set to fail and it would be easier all round if you weren't here.

"When I am suicidal it's usually because I've been thinking that I'm useless. I feel sometimes that I am a bit of a fraud and don't deserve to be a manager and that I am indeed incapable of managing effectively. I also feel like I'm a rubbish husband and father and that my family would be a lot better off without me as all I do is ruin their lives." **Joe**

**Being in a place of pain and living with thoughts of suicide is difficult, making the decision to keep going, keep fighting and still be here is tough. But, you're still here!**

**If you are reading this then you are still alive, what is keeping you alive today?**

You are still here then you still have something. Something that means you have not acted on your thoughts. What is it in your life that is still keeping you going, maybe even giving you hope?

- Music.
- Work.
- Family.
- Studying.
- Friends.
- Sports.
- Upcoming events.
- Pets.

**What is your reason?**

It may be one of these things; it may be none of them! You are unique and you will have things in your life that other people don't. The possible list of what could be keeping you going is endless.

"I have also tried hard to find what was keeping me here, I thought about the things in my life that I would miss if I wasn't here. It took me a while but I started looking for them and holding onto them when I found them. They were and are, my rock, the things that give me the strength to keep going." **Susan**

## Jordan's Story

It's been 10 years since I took an overdose. My partner at the time ended our relationship and I couldn't cope. I felt like I had lost everything and couldn't see a future where I could be happy again.

I remember sitting watching a film in my bedroom on a Saturday afternoon and something took control of me, I couldn't think straight. I went downstairs and came back with a glass of water and all the pills I could find. I can't even remember what they were now or how many. After I had taken them, it didn't take long before I had second thoughts about what I had done. I looked at a photo of the family and really started regretting my decision. I thought about how this was going to impact on them and I called 999.

I remember the operator asking me to ensure the door was unlocked and to show the paramedics what I'd taken. I was taken out to the ambulance in a blanket and everyone in the street was by this time watching. They would have had no idea what had happened, but I felt like they knew and I was embarrassed.

The next thing I remember was being in the hospital drinking some disgusting charcoal drink and then I started to throw up. I was sick for hours. The doctors seemed keen to tell me how bad the pain would have been if I hadn't got help and what would have happened to my organs if I'd left it too long. I called a friend to pick me up from the hospital and when I got home I noticed 13 missed calls from my ex, who had been in my house and seen the glass of water beside the bed with a few pills scattered beside it. They knew what I'd done but I always denied it. I've stayed in touch with my former partner a little over the years and only recently admitted the truth about what happened. They felt so guilty and that made me feel guilty. It wasn't their fault, they had done nothing wrong. I just didn't have the strength or knowledge to know how to cope at the time. I thought at the time that being without this person meant a miserable future, but it's only looking back I now realise that wasn't true.

I've only told a few people close to me about what happened that day. It took away the shame and embarrassment because they made me feel normal. They don't think of suicide when they see me; they just see me for the person I am. One of my friends admitted to me that they had had suicidal feelings in the past too. I have had suicidal feelings since but I know they won't last forever. Talking to friends helps me understand myself, they are good at coming up with ways to make me feel better when I'm down. Even just having a bit of company helps.

My advice to anyone having these feelings is to talk to someone you trust. There is nothing wrong with feeling suicidal but people have very different views on suicide which can make it difficult for them to understand. If you feel you can't trust anyone you know, talk to a professional.

\*Jordan's name has been changed to protect their anonymity.

## **Keeping yourself safe in a crisis**

People can live with suicidal thoughts for years. Sometimes they are constant, always there at the back of the mind and other times they can come and go. Sometimes the thoughts get too much and there may be times you feel that you need to act on those thoughts.

If you feel like this, then you don't have to act on your thoughts. You can choose to keep yourself safe, you can seek help from another person.

These are very 'big' choices to make and this can be very difficult to do when your thoughts of suicide are all you can think about. You might want to think about how you will get through a crisis and make a plan for keeping yourself safe if you feel that the thoughts are becoming too much. It is best to do this at a time when you are not feeling overwhelmed by your thoughts and battling an urge to act on them.

## **Planning ahead**

### **Keeping safe by yourself**

This can feel like a huge responsibility if you are trying to cope alone, however if you made a plan to keep safe this might make it easier. Your plan might include:

- Identifying a safe place that you can go, this might be a place with people who you don't have to interact with if you don't want to. For example, 24 hour supermarket or library.
- Identifying help lines that you can call. Please see page 14 for more information about help lines. Some help lines such as Breathing Space and the Samaritans are anonymous. This means you can talk with someone you don't know about how you are feeling.
- Thinking about other things might help. This might be an activity or music. Something that you find calming or engaging. Something you can do which helps to delay you from acting on your thoughts.

### **Seeking help from others**

Depending on who you would like to seek support from in a crisis you may want to talk about how you're feeling with another person prior to a crisis occurring. That can be a big step. If you would like to do this please see page 15 for further information.

Your plan for seeking help from others may include:

- An emergency contact, who is aware of your thoughts of suicide and is prepared to support you during a time of crisis.
- Seeking help from a support organisation / helpline. See page 14 for different organisations and help lines that may be able to help in this situation.
- Calling NHS 24 on 08454242424.
- Attending Accident and Emergency.
- Calling 999.

The directory at the end of this booklet has lots of information that can help you with contacts for your crisis plan.

## Other things to consider

Making a plan in case of a crisis is important, but there are other things that we do to cope that aren't always helpful.

- **Alcohol.** Drinking can make you feel relaxed and happy initially but it can also cause you to feel even lower than you did before you started drinking. So if you felt low and awful when you started drinking it is likely that you will feel even worse after you've had a few.
- **Drugs.** Drugs change how you think, how you feel and how you behave. When you are feeling suicidal these changes could have very serious and negative effects, causing you to take actions that you wouldn't usually do. Both alcohol and drugs can make you more impulsive and more likely to act on your thoughts.
- **Medication / Prescribed Drugs.** Are you fully aware of the side effects of any prescription drugs you are taking? Sometimes medications will cause side effects causing you to feel lower than normal. 'Increased suicidal ideation', which is having suicidal thoughts more often, is listed as a side effect of certain medications. It is also worth checking whether your medication will work effectively if you drink or take drugs at the same time.

**Have a look at the Patient Information Leaflet which came with your prescription, speak to your doctor or pharmacist, or call NHS Inform on 0800224488.**

## Message from the Blide Trust

"Sometimes people don't know who to turn to or where to get help if they, or someone they know, is feeling down, anxious or are having suicidal thoughts. Talking is really important and there are many places in Orkney where you can get the support you need. A listening ear - someone to offer help and listen to you - can often help. You can contact any of the local or national agencies in this booklet – each of whom offer information and support either in person, over the phone, or online."

**Frazer Campbell, Orkney Blide Trust.**

## Poem

Come visit us here, we'll welcome you in, somewhere to sit and talk out the pain within.

**Helen Jarvis, Orkney Blide Trust.**

## Talking about your suicidal feelings

Talking really does help. It won't necessarily take away your thoughts or change how you are feeling but it can make it that little bit easier to cope with. Who you talk to is your choice. If you decide to talk about how you are feeling, but don't know who to talk to, the options listed below might help.

### Samaritans

Samaritans is a totally confidential listening service for anyone experiencing distress and despair. Whatever you tell them is never passed onto anyone else and the volunteers will never judge you. Samaritans gives you the space to be honest and open and allows you to express exactly how you are feeling. They believe that by giving you the time and space to discuss your feelings and options helps to reduce distress. They don't give advice or tell you what to do as Samaritans believe the individual should do what is best for them.

You can call the Samaritans for free on 116123.

The Samaritans also offer an email service if you would prefer to write down how you are feeling: [jo@samaritans.org](mailto:jo@samaritans.org)

### Breathing Space

Breathing Space is a free, confidential phone and web based service for people in Scotland experiencing low mood, depression or anxiety. They are there in times of difficulty to provide a safe and supportive space by listening, offering advice and information.

**You can call Breathing Space on 0800838587 at the following times:**

- Monday to Thursday 18.00 – 02.00.
- Friday to Monday 18.00 – 06.00.

Or visit the website <http://breathingspace.scot/>

### GP / Doctor

Your doctor can refer you onto different services that they believe may help. This might include referring you to a counsellor or a member of the community mental health team.

### Organisations providing support in your area

There may be a local organisation near you that can provide you with support, either with your feelings of suicide or with possible other issues that may be causing you pain and difficulty. For example, debt, relationship problems and alcohol. The services available vary from area to area and it can be difficult to know what is available to you.

## Somebody you know

Telling somebody you know and trust, can be very helpful. This means there is somebody in your life that you can turn to and gain support from. Somebody that you know and trust may include your partner, a friend, a work colleague or a minister / faith leader.

## Telling people how you feel

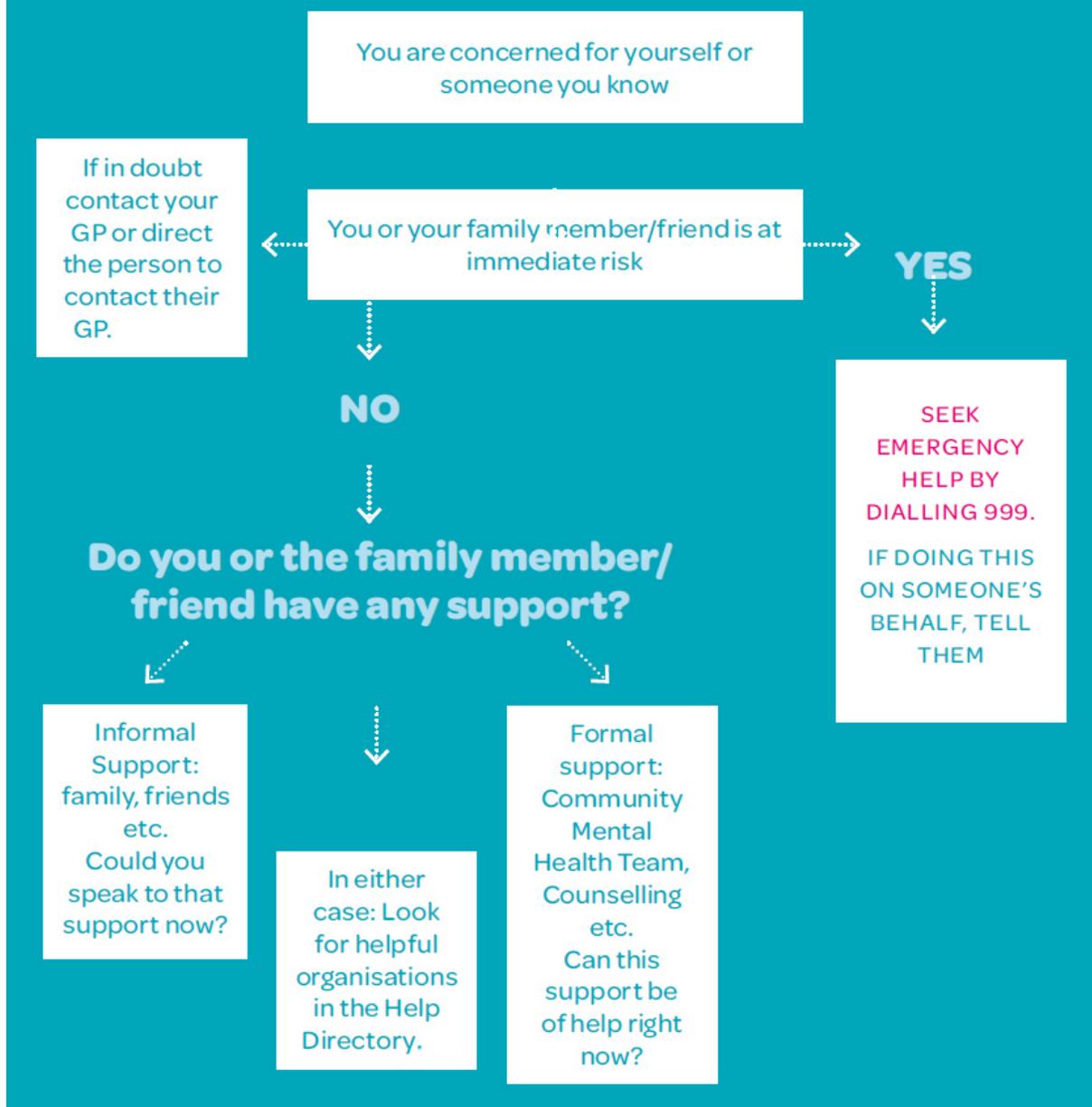
Telling somebody that you know that you are thinking about suicide can be a very scary and stressful thing to do and you may choose not to do this. However if you decide you do want to confide in somebody you might want to think about the following:

- **Timing.** Ideally you want to speak to somebody when they will have the time to sit and listen properly to what you are telling them. What you have to say is important. However, sometimes it can be difficult to find this time naturally, rather than waiting for a long time you might want to consider asking for a quiet time to talk.
- **Place.** If you decide to speak to somebody ideally you want to do it in a place that is private and peaceful. You don't want to be interrupted or disturbed.
- **Finding the words.** We all get tongue-tied, especially when you're feeling stressed and anxious. You might find it helpful to write down how you're feeling and then read your words out to the person you are speaking to.
- **Their reaction.** You may have to prepare yourself for getting a very emotional reaction. The person you tell may be hurt, confused and angry. Equally they may surprise you and be completely supportive and understanding. If their first reaction isn't what you would hope for, give them time, remember suicide is a scary thought and their reaction will come from their fear for you.

## You are not alone

You may feel like the only person who feels suicidal, but that is not the case. Throughout this booklet we have included quotes from people who have experienced thoughts of suicide and in some instances they still do. The quotes are taken from their stories that they bravely shared with us. We have included their stories so you can read them in full.

# ROADMAP SUICIDE SUPPORT



**You are not alone. If this has raised any issues with you, talk to someone who can support you.**

## **For when you need urgent help**

Think in advance about what you could do to get emergency help if your thoughts of suicide become too much and you think you are close to trying to take your life.

## **The GP or Community Psychiatric Nurse**

### **Opening Hours**

Most GP surgeries have standard office opening times, for example 09.00 – 17.00. At other times call NHS 24 for medical attention.

If the person you are supporting has a Community Psychiatric Nurse, ask them what number to call for emergencies during the day and at night.

### **How they can help**

The person's GP or Community Psychiatric Nurse (CPN) can talk to them about how they are feeling and arrange treatment and support for them. They will also accept calls on an emergency basis from carers. Whoever calls the GP or CPN should explain clearly that the person is suicidal and describe to them how bad it is so they can help.

A list of GP contact number is available on page 23.

## **NHS 24**

Telephone: 111 (24 hours a day).

When you call NHS 24 you will be asked the reason why you are calling. You should call NHS 24 outside of normal GP surgery hours for advice.

## **Emergency Services**

Call: 999 (24 hours a day).

### **How they can help**

When you call up emergency services try to stay calm and describe to the adviser how you are feeling. Emergency services can arrange to send an ambulance if one is needed, or could send police to check on the wellbeing of the person you are supporting if they are close to committing suicide. An alternative would be to visit your local hospital if you are able to get the person you are supporting there.

## **For when you need to talk to someone**

Remember that if you don't have trusted people around you in your life to talk to right now, there are telephone numbers you can call for help and support. A stranger can listen to you in a way that a family member might find difficult. But family and friends can be lifesavers, so try if you can to stay connected with people.

### **A trusted person**

Try to share with someone you know what it is like for you on a day to day basis, supporting your relative or friend. Once you have shared this, you can go back to them when you next need to talk. Check with them if they mind you calling them late or through the day.

### **How they can help**

People you trust can help keep you grounded when things are most challenging with the person you are supporting. Choose your trusted people carefully if you can. Everyone is different and while some people may listen, support and help you de-stress, others may add to your stress with views and opinions of their own.

### **Community Mental Health Team**

Telephone: 01856852110 (Monday – Friday 09.00 – 17.00).

E-mail: [angela.colbornveitch@nhs.net](mailto:angela.colbornveitch@nhs.net) (Operational Manager).

Website: <http://www.orkney.gov.uk/Service-Directory/S/orkney-health-and-care.htm>

Address: Town House, 11 – 13 Victoria Street, Stromness, KW16 3AA.

### **Breathing Space**

Telephone: 0800838487 (Monday – Thursday 18.00 – 02.00 and Friday – Monday 18.00 – 06.00)

### **How they can help**

Breathing Space is a free, confidential phone and web based service for people in Scotland experiencing low mood, depression or anxiety. They are there in times of difficulty to provide a safe and supportive space by listening, offering advice and information.

### **Samaritans**

Telephone: 116123 (24 hours a day).

Email: [jo@samaritans.org](mailto:jo@samaritans.org).

### **How they can help**

Samaritans volunteers listen in confidence to anyone in any type of emotional distress, without judging or telling people what to do. They don't offer advice, but

they encourage people who contact them to talk about their feelings and help them explore all the options they have.

## **Help for how you are feeling**

### **Living Life**

Contact Number 08003289655 (Monday –Friday 13.00 – 21.00)

Website: <http://www.nhs24.com/usefulresources/livinglife/>

#### **How they can help**

Living Life is a NHS Service providing support over the telephone based on the Cognitive Behavioural Therapy model of therapy. Cognitive Behavioural Therapy is all about looking at your patterns of thought and how to improve them. Depending on your area, you can either access 'Guided Self Help' or more in depth telephone counselling.

### **Action On Depression**

Contact <http://actionondepression.org/>. Online cognitive behavioural therapy is available 24 hours.

There are local support groups at scheduled times.

#### **How they can help**

A wide range of different resources for taking action on your depression.

### **It's Good To Talk**

Contact [www.itsgoodtotalk.org.uk](http://www.itsgoodtotalk.org.uk). Available online 24 hours a day.

#### **How they can help**

Read about the benefits of taking therapy and what to expect when you arrange to speak to a counsellor.

### **Steps For Stress**

Contact [www.stepsforstress.org](http://www.stepsforstress.org). Available online 24 hours a day.

#### **How they can help**

A simple guide to stressing less and enjoying life more. A good range of resources, including videos.

### **Moodjuice**

Contact [www.moodjuice.scot.nhs.uk](http://www.moodjuice.scot.nhs.uk). Available online 24 hours a day.

#### **How they can help**

Online self-help guides.

## **Moodgym**

Contact <https://moodgym.com.au/>. Available online 24 hours a day.

### **How they can help**

An online self-help resource based on Cognitive Behavioural Therapy.

## **Advice and Support (National)**

Sometimes you may need specific advice about one single issue, relationships, alcohol or drugs. Below are some organisations that you might find helpful in this respect.

### **The Relationship Helpline**

Telephone: 08451228655 (Monday – Thursday 10.00 – 16.00, Friday 10.00 – 13.00)

### **How they can help**

Provides support in tackling relationship issues whether you are married, co-habiting or in a civil partnership.

### **The Money Advice Service**

Telephone: 03005005000 (Monday – Friday 08.00 – 20.00, Saturday 0900 – 1300)

### **How they can help**

Free unbiased, independent advice on money and debt issues.

### **Know The Score**

Telephone: 08005875879 (Open 24 hours a day)

### **How they can help**

Speak to someone confidentially about tackling drug dependency and addiction.

### **Drinkline**

Telephone: 08007314314 (Open 24 hours a day)

For online tools, go to <http://www.gov.scot/Topics/Health/Services/Alcohol/safer-drinking>.

### **How they can help**

Speak to someone confidentially about tackling alcohol dependency and addiction.

## **Cruse Bereavement**

Telephone: 08456002227 or locally on 01856871871.

Website: <http://www.crusescotland.org.uk/>.

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

### **How they can help**

Cruse provide help with bereavement through one-to-one counselling sessions which will enable you to work through your grief. Or it may be that you need reassurance that others have been through the same anguish and despair and would like to read some reassuring stories or get some advice.

## **Trauma Counselling Line Scotland**

Telephone: 08088020406 (Monday – Wednesday 17.00 – 19.00, Thursday – Friday, 11.00 – 14.00).

### **How they can help**

Confidential telephone counselling service for adult survivors of childhood abuse.

## **Shelter Scotland**

Telephone: 08088004444 (Monday – Friday 09.00 – 17.00).

### **How they can help**

Shelter Scotland believes everyone should have a home. They help people find and keep a home and campaign for decent housing for all.

## **Advice and Support (Local)**

### **Orkney Blide Trust**

Telephone: 01856874874.

Email: [admin@blidetrust.org](mailto:admin@blidetrust.org) or [frazer@blidetrust.org](mailto:frazer@blidetrust.org) (Service Director).

Website: <https://www.blidetrust.org.uk/>.

Address: 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 organisations in a friendly, warm and safe environment.

### **Relationships Scotland**

Telephone: 01856877750.

Website: <http://www.orkneycommunities.co.uk/>.

Address: Orkney Counselling and Support Centre, First Floor, Travel Centre, Kirkwall, KW15 1GU.

Relationships Scotland Orkney understands how relationships and family difficulties can have a devastating impact on you and those close to you and can lead to thoughts of suicide. Help is available through speaking openly about suicide with one of our qualified adult and youth Counsellors or Mediators.

## **Vital Talk**

Telephone: 07510927444.

Email: [enquiries@vitaltalk.co.uk](mailto:enquiries@vitaltalk.co.uk).

Website: <http://www.orkneycommunities.co.uk/VITALTALK/>.

Address: 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 or 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**

Telephone: 01856877900. (Open 24 hours a day)

Email: [info@womensaidorkney.org.uk](mailto:info@womensaidorkney.org.uk).

Website: <http://womensaidorkney.org.uk/>.

Address: Anchor Buildings, 6 Bridge Street, Kirkwall, KW15 1HR.

## **Advocacy**

Telephone: 01856870111.

Email: [info@advocacyorkney.org](mailto:info@advocacyorkney.org).

Address: Orkney Counselling and Support Centre, The Travel Centre, West Castle Street, Kirkwall, 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**

Telephone: 07749034647.

Email: [orkney@fishermensmission.org.uk](mailto:orkney@fishermensmission.org.uk).

### **The Royal British Legion**

Telephone: 01856873297.

Email: [rbl.kirkwall@yahoo.co.uk](mailto:rbl.kirkwall@yahoo.co.uk).

Website: <http://www.orkneycommunities.co.uk/KIRKWALLRBL/>.

Address: Junction Road, Kirkwall, KW15 1AR.

### **Salvation Army**

Telephone: 01856877250 or 01856872302.

Website: <https://www.salvationarmy.org.uk/kirkwall>.

Address: Junction Road, Kirkwall, KW15 1AX.

### **Voluntary Action Orkney**

Telephone: 01856872897.

Email: [enquiries@vaorkney.org.uk](mailto:enquiries@vaorkney.org.uk).

Address: Anchor Buildings, 6 Bridge Street, Kirkwall, Orkney, KW15 1HR.

### **Orkney Alcohol Counselling and Advisory Service (OACAS)**

Telephone: 01856874738.

Email: [enquiries@oacas.org.uk](mailto:enquiries@oacas.org.uk).

Website: <http://www.oacas.org.uk/>.

Address: 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 College**

Student Support – Telephone: 01856569000.

Email: [lynn.tait@uhi.ac.uk](mailto:lynn.tait@uhi.ac.uk) or telephone 01856569343.

Email: [derek.aiken@uhi.ac.uk](mailto:derek.aiken@uhi.ac.uk) or telephone 01856569260.

Website: <https://www.orkney.uhi.ac.uk/students>.

Address: East Road, Kirkwall, KW15 1LX.

## **Youth Café**

Telephone: 01856876084.

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

## **YPeople Orkney – Y-Talk Youth Counselling Service**

Telephone: 01856875815.

Telephone / text: 07770019147.

Email: [y-talk@people.org.uk](mailto:y-talk@people.org.uk).

Facebook: <https://www.facebook.com/YpeopleOrkney>.

Twitter: @ypeopleorkney.

Youth counselling service for children and young people up to the age of 25.  
Provides counselling services in the following locations:

- Schools.
- GP surgeries.
- Orkney Youth Café.
- Papdale Halls of Residence.
- Orkney College
- Its own offices in Kirkwall.

Face-to-face, online, Skype and telephone counselling is available.

## **In-school Counselling Services**

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

Telephone: 07703756649.

Email: [renate.therapy@gmail.com](mailto:renate.therapy@gmail.com).

June Anderson, Youth Counsellor, Registered Certified Play Therapist (Stromness Academy).

Telephone: 07960745004.

Email: [june.therapy@gmail.com](mailto:june.therapy@gmail.com).

In-school Counselling, funded by the Childcare 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.

## General Practitioners / Nurse Practitioners

Practice	Address	Telephone
Skerryvore Practice.	Health Centre, New Scapa Road, Kirkwall, KW15 1BX.	888240.
Heilendi Practice.	Scapa Crescent, Kirkwall, KW15 1RL.	872388.
Health Centre.	Shapinsay, KW17 2DY.	711284.
Linklet House.	North Ronaldsay, KW17 2BE.	633226.
The Surgery.	John Street, Stromness, KW16 3AD.	850205.
Flotta Surgery.	Springbank, Flotta, KW16 3AD.	701769.
The Surgery.	Dounby, KW17 2HH.	771209.
Greystones.	Evie, KW17 2PQ.	751283.
Daisy Villa.	St. Margaret's Hope, KW17 2SN.	831206.
Geramount.	Stronsay, KW17 2AE.	616321.
Heatherlea.	Eday, KW17 2AB.	622243.
Islands View Surgery.	Rousay, KW17 2PU.	821265.
Flebister House.	Sanday, KW17 2BW.	600221.
Hoy and Walls Health Centre.	Longhope, KW16 3PA.	701209.
Trenabie House.	Westray, KW17 2DL.	677209.
The Surgery.	St Ann's Kirk, Papa Westray, KW17 2BU.	644227.
The above numbers are prefixed by 01856 except for Eday, Sanday, Stronsay, Westray, Papa Westray and North Ronaldsay which are prefixed by 01857.		

### Community Mental Health Team

Telephone: 01856852110 (Monday to Friday 09:00 - 17:00).

Email: [tom.mcguire@orkney.gov.uk](mailto:tom.mcguire@orkney.gov.uk) (Service Manager).

Email: [joe.gibson1@nhs.net](mailto:joe.gibson1@nhs.net) (Operational Manager).

Website: <http://www.orkney.gov.uk/Service-Directory/S/orkney-health-and-care.htm>.

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

### Acknowledgement

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