



## **Affected or bereaved by suicide?**

**A guide to support and help in Orkney**

**[www.orkney.gov.uk/ChooseLife](http://www.orkney.gov.uk/ChooseLife)**

# Contents

Don't try to cope alone.....	4
Samaritans.....	4
Breathing Space.....	4
Childline .....	4
Introduction.....	4
Angela's Story .....	4
Angela lives in Orkney and was bereaved by suicide .....	4
Practical issues.....	5
The Police .....	5
Registrar .....	5
Funeral Directors.....	6
For when you need to talk to someone.....	6
Cruse Bereavement Care .....	6
Orkney Alcohol Counselling and Advisory Service (OACAS).....	6
Orkney Blide Trust .....	7
Relationships Scotland Orkney .....	7
Samaritans Orkney .....	8
Vital Talk .....	8
Women's Aid Orkney .....	8
Advice and Support .....	8
Advocacy Orkney.....	8
The Fishermen's Mission .....	9
NHS 24 .....	9
The Royal British Legion .....	9
Salvation Army.....	9

Voluntary Action Orkney .....	9
Young People .....	10
Kirkwall Grammar School.....	10
Stromness Academy .....	10
Orkney College .....	10
Youth Café .....	10
Counselling Services.....	10
Orkney Alcohol Counselling and Advisory Service (OACAS).....	10
Ypeople Orkney – Y-Talk Youth Counselling Service .....	11
General Practitioners / Nurse Practitioners .....	11
Community Mental Health Team.....	12

## **Don't try to cope alone**

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

### **Samaritans**

Telephone: 08457909090. Lines open 24 hours a day, charged at a local rate call.

### **Breathing Space**

Freephone 0800838587. Lines open 24hrs 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.

[www.childline.org](http://www.childline.org) .

## **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](http://www.samh.org.uk) .

## **Angela's Story**

### **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**

Telephone: 101 and ask for the duty officer at Kirkwall Police Station.

Address: Police Station, 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.

### **Registrar**

Telephone: 01856886333

E-mail: [chief-registrar@orkney.gcsx.gov.uk](mailto:chief-registrar@orkney.gcsx.gov.uk) .

Address: 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. As of 1 April 2015, a burial or cremation can only take place once the death has been registered.

## **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.**

Telephone: 01856876285.

Email: [office@johncorsefunerals.co.uk](mailto:office@johncorsefunerals.co.uk) .

Address: Auskerry, Holm Road, Kirkwall, Orkney, KW15 1RT.

### **A Tait and Sons**

Telephone: 01856771236 or Mobile: 07714712408.

Email: [taitandalton@tiscali.co.uk](mailto:taitandalton@tiscali.co.uk) .

Address: 16 North End Road, Stromness, Orkney, KW16 3AG.

### **Brian Thomson**

Telephone: 01856831441 or Mobile: 07979667025.

E-mail: [thomsonshona@hotmail.com](mailto:thomsonshona@hotmail.com) .

Address: Brechins, South Ronaldsay, KW17 2TH.

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

### **Cruse Bereavement Care**

Telephone: 01856871871.

[www.crusescotland.org.uk](http://www.crusescotland.org.uk).

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

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

Telephone: 01856874738.

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

[www.oacas.org.uk](http://www.oacas.org.uk) .

Address: 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 Blide Trust**

Telephone: 01856874874.

Email: [admin@blidetrust.org](mailto:admin@blidetrust.org) .

Email: [frazier@blidetrust.org](mailto:frazier@blidetrust.org) (Service Director).

Website: [www.blidetrust.org.uk](http://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 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**

Telephone: 01856877750.

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

Website: [www.orkneycommunities.co.uk](http://www.orkneycommunities.co.uk) .

Address: Orkney Counselling and 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.

## **Samaritans Orkney**

Telephone: 01856875875 (Tuesday 22:00 – 00:00, Wednesday and Saturday 22:00 – 02:00).

National telephone number: 08457909090 (24 hours a day)

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

Website: [www.samaritans.org/branches/samaritans-orkney](http://www.samaritans.org/branches/samaritans-orkney) .

Address: The Travel Centre, Kirkwall, KW15 1GU.

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 like 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**

Telephone: 07510927444

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

Website: [www.orkneycommunities.co.uk/VITALTALK/](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, 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**

Telephone: 01856877900 (24 hours a day).

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

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

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

## **Advice and Support**

### **Advocacy Orkney**

Telephone: 01856870111.

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

Address: 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**

Telephone: 07749034647.

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

### **NHS 24**

Telephone free on 111.

Website: [www.nhs24.com](http://www.nhs24.com) .

### **The Royal British Legion**

Telephone: 01856873297.

Address: Junction Road, Kirkwall, KW15 1AR.

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

Website: [www.orkneycommunities.co.uk/KIRKWALLRBL/](http://www.orkneycommunities.co.uk/KIRKWALLRBL/) .

### **Salvation Army**

Telephone: 01856877250.

Telephone: 01856872302

Address: Junction Road, Kirkwall, KW15 1AX.

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

### **Voluntary Action Orkney**

Telephone: 01856872897.

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

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

## **Young People**

### **Kirkwall Grammar School**

Telephone: 01856872102.

Email: [admin.kgs@glow.orkneyschools.org.uk](mailto:admin.kgs@glow.orkneyschools.org.uk) .

Address: Kirkwall, Orkney, KW15 1QN.

### **Stromness Academy**

Telephone: 01856850660.

Email: [admin.sa@glow.orkneyschools.org.uk](mailto:admin.sa@glow.orkneyschools.org.uk) .

Address: Stromness, Orkney, KW16 3JS.

### **Orkney College**

Student Support – Telephone: 01856569000.

Email: [lynn.tait@uhi.ac.uk](mailto:lynn.tait@uhi.ac.uk) – Telephone: 01856569343.

Email: [derek.aiken@uhi.ac.uk](mailto:derek.aiken@uhi.ac.uk) – Telephone: 01856569260.

Website: [www.orkney.uhi.ac.uk/students](http://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.

## **Counselling Services**

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

Telephone: 01856874738.

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

Website: [www.oacas.org.uk](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.

## Ypeople Orkney – Y-Talk Youth Counselling Service

Telephone: 01856875815.

Telephone / text: 07770019147.

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

Facebook: [www.facebook.com/YpeopleOrkney](http://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 Services

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

Mobile: 07703756649

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

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

Mobile: 07960745004

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

In-school Counselling, funded by the Childcare Partnership and OIC, 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 [www.orkney.gov.uk/OHAC](http://www.orkney.gov.uk/OHAC)

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

## Acknowledgement

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