

Support for those touched by suicide

Survivors of Bereavement by Suicide

exists to meet the needs and break the isolation of those bereaved by the suicide of a close relative or friend. SOB is a self-help organisation. Many of our volunteers have themselves been bereaved by suicide.

What do we offer?

We offer emotional and practical support in a number of ways...Confidential telephone helpline; Support information; Help by e-mail; Group meetings (in a number of locations); One-day conferences; Residential events; Information relating to practical issues and problems

**Edinburgh Group: Last Thursday of every month
6:30pm-8:30pm Quiet Room,
Chaplaincy, McKinnon House, Royal Edinburgh**



**SURVIVORS OF
BEREAVEMENT
BY SUICIDE**

**National Helpline
0844 561 6855
9am to 9pm every day
www.uk-sobs.org.uk**

**Local Number:
Edinburgh
07795265231**

Touched by Suicide is a self help organisation, for those who have been "Touched by Suicide" - we exist to meet the needs and break the isolation of those bereaved by the suicide of a close relative or friend.



- Confidential telephone helpline
- Support information
- Help by e-mail
- Group meetings
- Network meetings
- Information relating to practical issues and problems

In West Lothian we meet

On: **The last Tuesday of every month**
At: **Whitburn Community Education Centre**
Time: **7pm—9pm**
Tel: **01294 229087 (Linda)**

Widowed by Suicide

Widowed by Suicide aims to reduce the isolation felt by those who have lost their life partner through suicide, providing emotional support and informal advice, by sharing individual experiences in a safe and secure environment.

For more information on the group please email
Jacqui at jacqui@widowed-by-suicide.org.uk

