Two new Fife groups launched for those affected by suicide

Two new support groups have been set up in Fife for those affected by suicide.

The Survivors of Bereavement by Suicide (SOBS) have set up a Fife peer support group which meets on the first Wednesday of the month in Kirkcaldy. This provides an opportunity to listen, to share, to ask questions and to connect with others.

SOBS offer a range of support services for adults over 18, these are and are run by our volunteers, the majority of whom have been bereaved by suicide themselves. Their services can be accessed as often and for as long as is needed and it doesn’t matter how long it was since the bereavement or what the relationship was with the person who died. They also provide information through their website at uk-sobs.org.uk and operate a national helpline on 0300 1115065 from 9am to 9pm.

Contact Donna on 07707 697 739 after 6pm for further details of the Fife SOBS group.

Touched by Suicide Scotland is charity that has been established in the West of Scotland for several years and is now opening up in Fife. Their website is at touchedbysuicidescotland.org

The organisation offers emotional and practical support through a confidential telephone helpline (01294 274273 or 01294 216895 or 07768188499). This may be an answering machine but leave your name & number someone will get back to you.

They also offer confidential counselling, aiming to provide a safe, confidential environment where bereaved people can share their experiences, express their feelings, giving and gaining support from and too each other.

Group network meetings offer support and practical advice. A Fife group will be starting on the 17th November 2015 at the Whitehouse Community Centre, Napier Road, Glenrothes. The group will be meeting every third Tuesday of the month from the 17th from 7 until 9pm to support those "Touched by Suicide".

Contact Isabel 0141 584 3211 for further details of the Touched by Suicide Fife group.
In Care Survivors Service Scotland seeking Fife referrals

In Care Survivors Service Scotland, a partnership led by Open Secret, is a trauma informed counselling and advocacy support service for adults who suffered childhood abuse in care and their families.

Services include:

- Locally based development workers across Scotland
- A national confidential telephone helpline 0800 121 6027 (9am to 11am Monday to Friday)
- A one stop service for help to access historical records from childhood care settings
- An informative website at www.incaresurvivors.org.uk and
- Help for survivors to access the Criminal Injuries Compensation scheme and support to pursue some legal issues.

The organisation is currently seeking referrals in Fife. Contact Catriona on 07739 859076 or email Catriona@incaresurvivors.org.uk for details.

New Samaritans helpline number

The Samaritans have a new helpline number available 24 hours a day, 365 days a year. The new number is 116 123 and is free to call from mobiles and landlines.

Callers to the old 0845 number will be instructed to hang up and redial the new number.

Contact number for Circles Network Fife

It has been pointed out that the number given for Circles Network in Fife in the Keeping Connected Fife leaflet is incorrect. This should be 01592 645360.

If you spot any other changes to details in the leaflet or would like to make any other suggestions for content please let Dorothy know.

Dorothy Woolley, Fife Choose Life Development Officer
Tel: 01592 226425   Email: dorothy.woolley@nhs.net