

EAST AYRSHIRE COUNCIL



SUICIDE SUPPORT DIRECTORY



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INTRODUCTION

Suicide is one of the main causes of death in Scotland today, with two people dying by suicide each day. Every life lost to suicide is a tragedy.

Suicidal feelings can affect anyone; of any age, gender or background at any time, but you are not alone. There is support, both locally and nationally, that can help you cope with the problems that may be causing you to feel suicidal.

However, many people don't know where to find what support is available and therefore we have developed this '**Suicide Support Directory**'. This Directory can signpost you to a variety of supports that are available, whether you prefer talking to someone face to face, online or via the telephone.

The best way to find out if someone is thinking about suicide is to ask directly. Open talk and genuine concern about someone's thoughts of suicide are a source of relief and are key elements in preventing immediate danger of suicide.

Suicide prevention is often made difficult by the stigma attached - people find it difficult to speak freely about it. This stigma leads to misunderstanding and intolerance. East Ayrshire's **Here to Listen** suicide prevention strategy aims to change these attitudes by increasing awareness and understanding in our communities.

It is important that if you find yourself in a situation where someone has told you they are thinking about suicide that you know what to do next. You are not expected to know all the answers - the most important thing is to listen and to know where to get further support.

Together with the host of organisations within this Directory, there is also a list of Suicide First Aiders at www.east-ayrshire.gov.uk/suicideprevention that can provide support if you, or someone you know is feeling suicidal.

If, however, you don't feel you can keep yourself or someone you care about safe right now, seek immediate help by calling 999.

EMERGENCY HELP



If someone is at immediate risk of suicide and harm is occurring or about to occur, the best course of action to protect that person may be to get them to Accident and Emergency for urgent professional help.

If this is the case, consider what the safest option is to get them to A&E as soon as possible. They may agree to go with you or may prefer to go with a member of their family, a friend or a work colleague.

If they are unwilling to go and are at immediate risk of harm, call 999 for the police and stay with them until the police arrive.

Another available route of support, which in some circumstances may be most suitable option, is to encourage the person in crisis to see their GP. With their permission, you can call their GP surgery to make an appointment or take them straight there if they are willing to go. Many GP surgeries in East Ayrshire now have dedicated Mental Health Practitioners who can provide support.

WELLBEING

If you start to feel anxious or overwhelmed try using the '**5 Senses**' technique to reduce those feelings:

- Look for **5** things you can see around you
- What are **4** things you can touch?
- Listen for **3** things you can hear
- Concentrate on **2** things you can smell
- And **1** thing you can taste

If you are feeling **particularly anxious** or feel you may be experiencing a panic attack, use this quick and effective technique until you start to relax:

- Breathe in for **4** seconds
- Hold your breath for **7** seconds
- Exhale for **8** seconds
- Repeat as necessary

SUICIDE PREVENTION



If you need someone to talk to, call [The Samaritans](https://www.samaritans.org) any time, 24 hours a day for free on **116 123** from any phone. They won't judge or tell you what to do. They will just listen. Alternatively, it may be easier to write down how you are feeling. Contact jo@thesamaritans.org



Beautiful Inside and Out, a charity which has been involved with a number of Youth and Philanthropy Initiative (YPI) participating schools, was set up by Pauline Moriarty in 2013 following the suicide of her 13 year old daughter Jenna. The charity provides bespoke counselling and bereavement support to anyone in crisis.

Call **07984 328808** or visit www.facebook.com/beautifulinsideandoutscio/



Campaign Against Living Miserably (CALM) run a free and confidential helpline and webchat 7 hours a day, 7 days a week for men or anyone who needs to talk about life's problems.

Call **0800 58 58 58** – 5pm to midnight every day or visit the [webchat page](https://www.calm.org.uk/webchat)



Childline is a free, private and confidential service where you can talk about anything. Whatever you are worried about, whenever you need help, Childline is there for you online, on the phone, 24 hours a day. **Call 0800 1111.**



Young Minds provides information and advice about young people's mental health. If you need urgent help text **YM to 85258.**



Papyrus is a national charity dedicated to the prevention of suicide for those under 35. If you are having thoughts of suicide or are concerned for someone, phone **0800 068 4141** or text **07860 039967** for confidential support and practical advice. Alternatively email pat@papyrus-uk.org.



The **Stay Alive app** is a suicide prevention resource for the UK, packed full of useful information and tools to help you stay safe in crisis. You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide.

Download from Google Play at

<https://play.google.com/store/apps/details?id=uk.org.suicideprevention.stayalive> or download on the Apple Store at

<https://itunes.apple.com/us/app/stay-alive/id915458967>



Better Stop Suicide, a free app created by a team of leading psychologists and digital health experts, has been launched globally.

The app helps people to press their own stop button should suicidal thoughts come to them and to buy time so they can find further help and support.

Download from Google Play at <https://play.google.com/store/apps/details?id=com.betterappcompany.betterstopsuicide> or on the Apple Store at

<https://itunes.apple.com/gb/app/better-stop-suicide/id1451620546/?platform=iphone>



Join the movement at Scotland's new Suicide Prevention approach at <https://unitedtopreventsuicide.org.uk/>. Sign up to receive resources that can help have healthy conversations and break down the stigma.

VETERANS SUPPORT

There are various organisations that can help former servicemen and women deal with issues such as post-traumatic stress disorder (PTSD), anxiety and depression.

Go to [Combat Stress](#), call **0800 138 1619** or email helpline@combatstress.org.uk

[Veterans First Point Irvine](#) is based in Irvine and can be contacted at **01294 310400** or email clinical_veteransfirstpoint@aapct.scot.nhs.uk

[Poppy Scotland](#) is based in Kilmarnock and can be contacted at **01563 598000**.

[Soldiers, Sailors, Airmen & Families Association \(SSAFA\)](#) have a branch at Ayr. If you have any questions or need further advice call **01292 478103** or email ayrshire.branch@ssafa.org.uk

[Legion Scotland](#) have various branches throughout Ayrshire and further details can be found on their site or by contacting shirleysheep@aol.com

ALCOHOL AND DRUGS

[RADAR \(Rapid Access to Drug and Alcohol Support\)](#) is a new single point of contact for anyone concerned about their own or someone else's drug and/or alcohol use and they are based at North West Area Centre, Kilmarnock. Contact **01563 578770** for an appointment within 24 hours or call **NHS 24 on 111** for out of hours. They also offer Family Support using CRAFT interventions.

[East Ayrshire Recovery Hub](#) is a new innovative project, supporting individuals with drug and alcohol issues linking them with recovery support, training and development within the local community. Contact them at **07497 887458** or at socialmedia.earh@gmail.com. Their offices can be found at 3-9 John Finnie Street, Kilmarnock.

[Ayrshire Council on Alcohol](#) offer a free one-to-one confidential service to individuals who are concerned about their drinking. Call **01292 281238** during office hours or email info@acaayr.org.

[Alcoholics Anonymous](#) is a fellowship of people who share their experience, strength and hope and help others to recover from alcoholism. Call **0800 9177 650** or email help@aamail.org.

[East Ayrshire Recovery Service \(We are With You\)](#) provides free and confidential drug and alcohol support. Call **01563 558777** Monday to Friday 9.00am – 9.00pm and 11.00am – 4.00pm at weekends.

[Know the Score](#) provides free, confidential information and advice on drug use. Call the Helpline between 8am and 11pm 7 days a week on **0800 5875879**.

Scottish Families Affected by Alcohol and Drugs (SFAD) support anyone who is concerned about someone else's drug or alcohol use, wherever they are in Scotland. Call the free and confidential helpline on **08080 101011** Monday to Friday 9am-11pm.

Talk to Frank provides confidential advice and information about drugs, including legal highs, for young people. Call **0300 123 6600** 24 hours a day or email **frank@talktofrank.com**

East Ayrshire Advocacy offer a peer worker programme contact **irene@eaas.org.uk** for details or call **01563 574442**.

Patchwork Recovery Community work with partners to support those most marginalised in our communities with practical and emotional support. Contact **anniebrown@eav.org.uk**, **patch.work1@outlook.com** or call **07880 035471** for details.

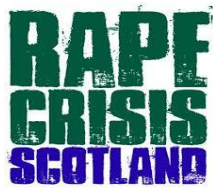
Recovery Enterprise Scotland run a social café providing affordable meals and volunteering opportunities and access to skills development training. Contact them on **07793 241895** or email **recoveryenterprises@outlook.com**.

East Ayrshire Families Service (Barnardos) provides a range of services and support to families and young people affected by substance misuse. Email **southwestscotlandservices@barnardos.org.uk** or call **01563 530646**.

SEXUAL ABUSE



[Break the Silence](#) is a registered charity with clinics in Kilmarnock, Cumnock and Dalmellington. It provides a range of supports for survivors of rape and childhood sexual abuse, aged 13 years and above. Call **01563 559558**.



[Rape Crisis Scotland](#) provides a national rape crisis helpline and email support and email support for anyone affected by sexual violence, no matter when or how it happened. Call **08088 01 03 02**.

[Speak Out Scotland](#) provides a support service for male survivors of childhood sexual abuse. Call **07488 399917** or email info@speakoutscotland.org

SELF HARM



[Mind](#) can help explain possible causes for self-harm and assist in accessing treatment and support. This site includes tips for helping yourself and guidance for friends and family. Call **0300 123 3393** or **Text 86463**.



[SAMH](#) is an online resource to help you understand why you self-harm and gives you self-help techniques, support and guidance.

MENTAL HEALTH

Clear Your Head is the new online resource from Scottish Government with tips and advice on taking care of your physical and mental wellbeing. Find further information at www.clearyourhead.scot.

Mental Health Foundation provides practical advice on mental wellbeing, parenting, talking to children, loneliness etc. www.mentalhealth.org.uk.

Living Well is a new website with a host of information to support your overall wellbeing. Find details at www.livingwellea.co.uk.

MENTAL HEALTH PRACTITIONERS

The Mental Health Practitioner (MHP) is a mental health professional who works within GP practices.

They offer assessment and provide guidance for adults who are experiencing mental health difficulties. The aim is to ensure people, who may be struggling with a change or deterioration of their mental health, receive a prompt, specialist mental health assessment which is accessible locally within their own GP practices.

The MHPs are based within most GP practices in East Ayrshire.

SEXUALITY



The Tie Campaign aims to combat homophobia, biphobia and transphobia in schools. Email hello@tiecampaign.co.uk, twitter [@tiecampaign](https://twitter.com/tiecampaign) or call **0141 212 2520**.



Galop works with and for LGBT+ victims and survivors of abuse and violence. Call **0800 999 5428**. Galop also provide Conversion Therapy call **0800 130 3335**.



LGBT Youth Scotland is a national charity for LGBT young people, working with 13–25 year olds across the country, delivering the LGBT Charter programme to schools, organisations and businesses. Their goal is to make Scotland the best place to grow up for lesbian, gay, bisexual, transgender and intersex young people, and play a leading role in the provision of quality youth work to LGBT young people that promotes their health and wellbeing. Call **0131 555 3940** or email [**info@lgbtyouth.org.uk**](mailto:info@lgbtyouth.org.uk).

FINANCIAL

If you are unsure if you should claim or are having difficulties with **Universal Credit** call the East Ayrshire UC Support Team on **01563 503280** or email [**UniversalCredit@east-ayrshire.gov.uk**](mailto:UniversalCredit@east-ayrshire.gov.uk). The UC Support team can help you make a claim for UC, access the internet, improve your digital skills, access a bank account, offer options to manage your rent, claim an advance payment and improve your budgeting skills.

East Ayrshire Money is a service which can help by putting you in touch with the right local organisation that can best provide the advice, information and support for any benefit or money issues. Contact them through the website at [**EAMoney.co.uk**](http://EAMoney.co.uk) or call the helpline on **0800 389 7750**.

If you need to apply for a Council Tax Reduction you can find details at **Our East Ayrshire**. If you need assistance contact Revenues and Benefits on **01563 554400** (option 3) or email [**benefits@east-ayrshire.gov.uk**](mailto:benefits@east-ayrshire.gov.uk).

[Citizens Advice](#) is Scotland's largest independent advice network and is free, confidential, impartial and available to anyone. Call **01563 553479** or **01290 429500**.

[Social Security Scotland](#) can help you apply for targeted benefits to help alleviate poverty such as Best Start, Young Carer and Funeral Support. Contact them on **0800 182 2222** for advice.

[Money Advice Scotland](#) provides signposting to free confidential and independent advice on how to deal with debt problems. Call **0800 731 4722** during office hours.

[Step Change](#) provide free, expert debt advice, no matter how large or small your debt problem is. Call **0800 138 1111** Monday – Friday 8am to 8pm and Saturday 8am – 4pm.

If you are having issues with your energy supplier or energy bills, contact [Citrus Switch](#) for assistance. Call the energy advice team on **07973 847981** or [email](#) ensuring you have a copy of your latest gas and electricity bills.

[Home Energy Scotland](#) offer free and impartial advice on energy saving, keeping warm at home, renewable energy, greener travel, water waste and more. Call free of charge on **0808 808 2282**.

[Gambling Anonymous Scotland](#) provide support on controlling gambling, dealing with debt as well as providing support to family and friends who may be affected. Call **0370 050 8881** 24 hours a day.

EATING DISORDERS

[The Scottish Eating Disorder Group \(SEDIG\)](#) is an online support that helps people across Scotland find the support, care and understanding they need to deal with eating disorders, whether they are affecting them directly, a family member or someone you care for. Email nhsg.sedig@nhs.net

[Beating Eating Disorders](#) run a number of online support groups or call **0808 801 0677** for further information.

DEPRESSION



Living Life offers free online courses covering low mood, stress and resiliency. Work out why you feel as you do, how to tackle problems, build confidence, feel happier and stay calm and much more. Call **0800 328 9655** or email enquiries@livinglifetothefull.com.



Breathing Space is a free and confidential phone service for anyone experiencing low mood, depression or anxiety. Call **0800 83 85 87** Monday – Thursday 6pm – 2am and during weekends Friday 6pm – Monday 6am.



Wellbeing Services is an online service offering a variety of self-help materials for all sorts of problems that you may be facing.



Beating the Blues is an effective treatment for people feeling stressed, depressed, anxious or just down in the dumps. Based on Cognitive Behavioural Therapy, the course is made up of 8 online sessions which last approximately an hour and help you to understand the link between how you think and how this influences your feelings and behaviours. The program teaches strategies to help you cope better in the short term and workable skills for life so that you can face the future with confidence. Contact your GP to access this online resource.

BULLYING



Respect Me provides practical advice and guidance on dealing with bullying behaviour. Call **0344 800 8600** or email ENQUIRE@RESPECTME.ORG.UK.

BEREAVEMENT



Cruse Scotland offers support, advice and information to children, young people and adults when someone dies. Call **0808 802 6161** Monday – Thursday 10am – 8pm and Friday 10am – 4pm.



Petal Support provides counselling and support services to people who have been affected by the loss of a family member or partner to homicide or suicide in Scotland. Call **01698 324502** during office hours or email: info@petalsupport.com

RELATIONSHIPS



The Spark Relationship Helpline is a free, confidential telephone and online chat service.

You will be listened to and supported with life's relationship challenges. Call **0808 802 2088** Tuesday and Wednesday 11am – 2pm for support with any relationship issue.



Relationships Scotland provide relationship counselling and family mediation and other family support services across Scotland. Their work supports individuals, couples and families experiencing relationship difficulties. Call **0345 119 2020** during office hours or go to www.relationships-scotland.org.uk.

Home Start East Ayrshire provide a range of support to families who may be struggling with isolation, physical health, bereavement or a range of other issues. Call **01563 526507** or email: admin@homestart-ayrshire.com

PROTECTING PEOPLE

If you think someone is in immediate danger phone the Police on 999.

If you know, or think you know, someone who is at risk, or is being neglected or harmed, please tell us. You can call East Ayrshire Council on **01563 554200** or **01290 427720** or email **HSCPcustomerfirst@east-ayrshire.gov.uk**.

If you are worried about someone out of hours or over the weekend contact Ayrshire Urgent Care Service on **0800 328 7758**.

ADULT PROTECTION

If you are worried that you or someone you know is being harmed, suffering from neglect or being abused you should tell someone. The person who is causing harm may also be doing it to others, or the person who is being harmed or neglected may not be able to report it themselves.

Any information you give will be treated with care. Even if you don't want to give your name, we can still make sure the person's care and welfare are protected.

To request a copy of the **Adult Support and Protection Guide** to recognising and helping adults at risk of harm or to contact us to report an Adult Protection issue, please call the numbers above.

CHILD PROTECTION

Action for Children protects and supports children and young people, providing practical and emotional care and support, ensuring their voices are heard, and campaigning to bring lasting improvements to their lives.

Contact them on **0300 123 2112** from 9am to 5pm Monday to Friday.

Children 1st, previously known as the Royal Scottish Society for Prevention of Cruelty to Children, is a Scottish charity which aims to give every child in Scotland a safe and secure childhood.

Email **cfs@children1st.org.uk** or call **0131 446 2300**.

Barnardo's is the largest Children's charity in the UK and it is committed to work with children, young people and their families or carers to help build stronger families, safer childhoods and positive futures. Call **0131 446 7000**.

The **NSPCC** help children who've been abused, protect children at risk and find the best ways to prevent child abuse from ever happening. Email **help@nspcc.org.uk** or call **0808 800 5000**.



www.east-ayrshire.gov.uk/suicideprevention

Contact HealthandSafety@east-ayrshire.gov.uk for further resources and Applied Suicide Intervention Skill Training (ASIST)