

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 and 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 a '**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.

Remember the important thing is to talk to someone and share how you are feeling – whether that's a friend, family member or by reaching out to one of these organisations.

If you have concerns about someone, the best way to find out if they are thinking about suicide is to ask them directly. This can be an enormous source of relief for someone in crisis and can prevent the immediate danger of suicide occurring.

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.

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

Or visit the Ayrshire branch at 22 The Foregate, Kilmarnock.

Opening hours are:

Tuesday	5pm – 9pm
Wednesday	8am – 11am and 3pm – 9pm
Thursday	6pm – 9pm
Friday	8pm – 9pm
Saturday	5pm – 9pm
Sunday	5pm – 9 pm



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 parents and young people 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.

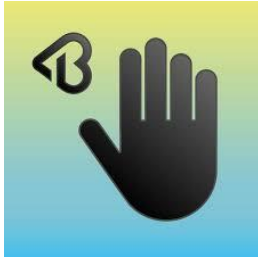
Call **0800 58 58 58** – 5pm to midnight every day or visit the [webchat page](#)



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 **07786209697** for confidential support and practical advice. Opening hours are Monday to Friday 10am to 10pm, weekends 2pm to 10pm, bank holidays 2pm to 5pm or email [**pat@papyrus-uk.org**](mailto: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**](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**](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>

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](#) or call **0800 138 1619**.

[Veterans First Point Irvine](#) is based at 12-14 Bridgegate, Irvine and have a drop in centre every Wednesday from 10.00am – 12.00pm. For further advice call **01294 310400**.

[Poppy Scotland](#) is based in King Street, Kilmarnock or call **01563 598000**.

The [SSAFA](#) have a branch at 10-12 Arthur Street, Ayr and are open from Monday to Friday from 10.00am – 12.00pm. 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 garyshelaghlegion@gmail.com

Additionally, **East Ayrshire Council** together with Legion Scotland and Poppy Scotland, run a [monthly breakfast club](#) for veterans at Kirkstyle Campus, Kilmarnock.

ALCOHOL AND DRUGS

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**.

NHS Ayrshire & Arran Community Addiction Services offer a number of different interventions including support to stop taking drugs and alcohol and mental health services-related treatment and support. Call **01563 574237** during office hours or **NHS24 111** outwith these times.

Alcoholics Anonymous is a fellowship of men and women 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 (Addaction) provides free and confidential drug and alcohol support at The Cross, Kilmarnock. Call **01563 558777** Monday to Friday during office hours with a late night opening on Tuesdays.

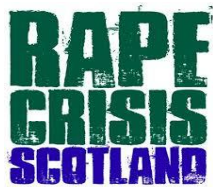
Know the Score provides free, confidential information and advice on drug use. Call the Helpline between 8am and 11pm 7 days a week on **0800 5875879**.

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.

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 0141 332 9326.**

SEXUALITY

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

FINANCIAL

If you have debt worries, [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 that you need. Call **0800 389 7750** or email info@eamoney.co.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**.

[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.

[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.

If you are having difficulties with [Universal Credit](#), call the East Ayrshire Support Team on **01563 503280** or the DWP Helpline on **0800 3285644**.

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.

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 **0844 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 **0845 600 2227** 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.

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.