

## After A Sudden Death

It is natural to experience shock and bewilderment after being told that a family member or a friend has died suddenly. You do not need to manage alone. It will be helpful now or in time to speak about the person you have lost and how you are feeling to family, friends or a support service. Your GP is there to support you – think about making an appointment to see your GP very soon if you think it might help.

For people who have lost someone in traumatic circumstances, such as suicide or a death involving drugs or violence, there is a lot to take in. Certain processes involving the Police and Procurator Fiscal need to happen which will delay the usual ways that we mark a death for a number of days and even weeks. This can place additional stress on loved ones who are already grieving for the person who has died.

More information on these processes and what to expect can be found [www.yoursupportglasgow.org/bereavement](http://www.yoursupportglasgow.org/bereavement)

## Specialist Support Services

### PETAL (People Experiencing Trauma & Loss)

[www.petalsupport.com](http://www.petalsupport.com)

☎ **01698 324502**

Bereavement counselling and support for people experiencing trauma and loss.

## Support After Suicide Partnership

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

Practical information for anyone who has experienced a bereavement by suicide.

## Scottish Families Affected by Alcohol and Drugs

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

☎ **08080 101011**

Advice, information and counselling for anyone who has lost someone who used alcohol or drugs.

## Sudden

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

☎ **0800 2600 400**

Support and information for people who have experienced a sudden bereavement.

## Victim Support Scotland

[www.victimsupport.scot](http://www.victimsupport.scot)

☎ **0800 160 1985**

Free and confidential support for anyone affected by crime.

## Child Bereavement UK

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

☎ **0800 02 888 40**

Help for bereaved children, parents and families to rebuild their lives when a child grieves or when a child dies.

## The Compassionate Friends

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

☎ **0345 123 2304**

Provides support for bereaved parents and their families.

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# Support after a Bereavement

This leaflet contains information which may be useful to have to hand following your loss. Keep it somewhere safe until it is needed. As well as general information it contains specific information for people who have lost someone suddenly to suicide or drugs.

## Important Information



For more detailed information on bereavement services and support in Glasgow visit:



[www.yoursupportglasgow.org/bereavement](http://www.yoursupportglasgow.org/bereavement)



## Making Arrangements

When someone dies there are a number of arrangements that need to be made. The Registrar will give you details of the Tell Us Once service which means you can report the death only once and many government services will be notified. Here are the details of some other services that may need to be contacted.

### Glasgow Registrars

[glasgow.gov.uk/registrars](http://glasgow.gov.uk/registrars)

☎ 0141 287 7654

### Procurator Fiscal

[www.copfs.gov.uk](http://www.copfs.gov.uk)

☎ 0300 020 3000

### National Association of Funeral Directors

[nafd.org.uk](http://nafd.org.uk)

### Society of Allied & Independent Funeral Directors

[saif.org.uk](http://saif.org.uk)

### Funeral Support Payment

[www.mygov.scot/funeral-support-payment](http://www.mygov.scot/funeral-support-payment)

### Money Advice

[www.gain4u.org.uk](http://www.gain4u.org.uk)



## Support for You

Family and friends may be the main support, especially in the immediate period after someone has died. Support or guidance is also available through the following organisations:

### Samaritans

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

☎ 116 123

Samaritans provide emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide.

### Breathing Space

[www.breathingspace.scot](http://www.breathingspace.scot)

☎ 0800 83 85 87

Confidential phone service for anyone over the age of 16 experiencing low mood, depression or anxiety.

### Lifeline

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

☎ 0141 552 4434

Free one to one confidential counselling and group therapy for Glasgow residents.

### Cruse Bereavement Care

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

☎ 0808 802 6161

Help for anyone experiencing bereavement to understand their grief and cope with their loss.

### At A Loss

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

Searchable website of national and local bereavement support services.



## Experiencing Grief

Grief can differ from person to person depending on their relationship, the way in which the person had died, and the support they have. Grief is a natural and normal response to loss, however there is help available if needed and you do not need to do it alone.

While many of us manage with the help and support of family and friends, there is often a need for additional support or information and many people will speak with a GP or access a support service to help them.

As well as the advice included in this leaflet, more detailed information and links to support services as well as practical guides regarding what needs done and who you might have to contact when someone has died can be found at [www.yoursupportglasgow.org/bereavement](http://www.yoursupportglasgow.org/bereavement)