

# Bereavement by Suicide

Sharing practice and shaping future strategy online event

**TUESDAY 24<sup>TH</sup> MAY 2022, 13:00 – 16:15**

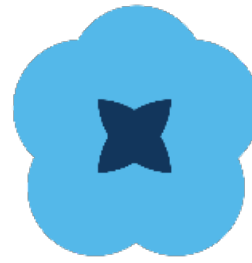
## Workplace support: Cruse Scotland

Fiona Arnott-Barron  
Chief Operations Officer  
Cruse Scotland, Bereavement Support

Family support

Needs of children and young people





**Cruse  
Scotland**  
Bereavement Support

# **Support for Workplaces in the Aftermath of Suicide**

Fiona Arnott-Barron  
Chief Operating Officer

# CRUSE SCOTLAND – WHAT WE OFFER



## Bereavement Support

- for all bereavements
- from the day of a death, and months/years later
- for all ages including children and young people
- for family, friends and colleagues
- across Scotland

## Range of Support

- Helpline
- Live webchat with bereavement counsellor
- 1-2-1 Counselling Sessions (in-person, online, phone)
- Support Groups
- Early Support Service for adults recently bereaved

# TRAINING FOR WORKPLACES

**Workplaces interested in bereavement and loss training can book or find out more via our website at:**

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

- Introduction to Grief and Loss**
- Talking Compassionately about Death, Dying, and Bereavement**
- Self-Care Following Distressing & Traumatic Experiences**
- Talking about Death and Dying with Children & Young People**
- Creating a Bereavement-Friendly Workplace: A Guide for Managers**
- Wellbeing when Working with Clients' Grief, Distress and Trauma**

# FACILITATED SUPPORT FOR WORKPLACES IN THE AFTERMATH OF SUICIDE

**WHO IS IT FOR:** it's for ANY workplace  
affected by suicide

**WHERE:** within the workplace, in person,  
and delivered by two facilitators

**COST:** costs covered by Scottish Government

**WHAT ITS NOT:** it's not training, it's facilitated support\*

**WHAT TO EXPECT:** [see over.....](#)



**Cruse  
Scotland**  
Bereavement Support

## Initial Conversation

- Talk with manager to collate facts, share information on support available and provide immediate go-to resources for all

## Group Session

- Create safe space and opportunity to share
- Discuss feelings commonly experienced following bereavement and any differences in feelings after a death by suicide
- Explore feelings of guilt and 'could I have helped prevent this'
- Awareness of being at heightened risk ourselves following suicide
- Discuss 'normal' reactions and 'danger signs' in ourselves & others
- Explore the support systems individuals have, what could they add? what can the workplace and/or team do for each other?
- Create a individual toolkits of strategies to support wellbeing and resilience including information on how to access further support\*

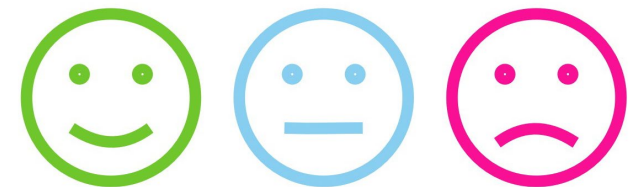
## Follow Up

- Establish whether additional group support required at this time
- Collate Feedback from Managers and Employees

# FEEDBACK FROM MANAGERS AND EMPLOYEES

“I cannot thank you enough. Following the suicide of XXX a loyal and long-serving manager of 29 years, the team struggled, particularly those who had worked with her for a long time. XXX was a confidante to so many, the impact was significant. Having to cope with the emotions of her sudden loss and the circumstances surrounding it, alongside needing to adapt to working with the new manager was an incredibly difficult time for everyone. The support from Cruse was outstanding and helped us to turn a corner. The team appreciated Cruse coming to deliver the support in person which I feel helped them engage to the full”

Human Resource Manager, Clydebank



FEEDBACK



# FEEDBACK FROM COLLEAGUES AFFECTED BY THEIR CO-WORKER'S SUICIDE

**“for my colleagues to bravely speak out about their experience was testament to how comfortable the trainers made us feel”**

**“I found it very nurturing and a safe space to ask questions”**

**“the facilitators were happy to hear our story, we had not been given that opportunity until now, they even listened to our grievances about how badly our management had handled the situation, it felt good to get it all out”**

**“I found it really useful to understand about grief and the grief process”**

**“the openness and honesty from the trainer, made it feel much more human and reminded me that all of us can feel grief, even when we are working - we are not robots!”**



# TO ACCESS SUPPORT OR INFORMATION



## Training or Workplace Support

WEBSITE	<a href="http://www.crusescotland.org.uk/training">www.crusescotland.org.uk/training</a>
EMAIL	<a href="mailto:training@crusescotland.org.uk">training@crusescotland.org.uk</a>
BUSINESS TEL	01738 444178

## Client Services

HELPLINE		
Tel: 0808 802 6161	weekdays	9am - 8pm
	weekends	10am - 2pm
WEBCHAT		
via website main page	weekdays	9am - 9pm
	<a href="http://www.crusescotland.org.uk">www.crusescotland.org.uk</a>	
CLIENT EMAIL	<a href="mailto:support@crusescotland.org.uk">support@crusescotland.org.uk</a>	

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## Workplace support: Fife work with SFRS

Mary-Grace Burinski, Senior Health Promotion Officer - Suicide Prevention  
Alison Ramsay, Health Promotion Officer – Workplace Team  
Fife Health and Social Care Partnership

Family support

Needs of children and young people



# Fife Health & Social Care Partnership



Supporting the people of Fife together

## **Fife Fire & Rescue Service Bereavement Support Project**

Mary-Grace Burinski, Senior Health Promotion Officer

Alison Ramsay, Health Promotion Officer



## What the presentation will cover

- Why the project was initiated
- Project brief
- What we developed
- Evaluation and next steps



## Why the project was initiated

- Response to local need
- #ItsEveryonesJob workplace campaign
- Scottish Fire & Rescue involvement in Fife Suicide Prevention Groups (Multiagency Core Group and Locations of Concern Group)



## Project Brief

- Needs identified:
  - Additional to existing SFRS materials
  - Inclusive support
  - Immediate and longer term support
  - Discretion
- Barriers to consider:
  - Accessibility issues with national support
  - Emotional impact on crew
  - Responsive service



## Project Proposal

- Developed a series of video resources
  - Bereavement after suicide, presented by Cruse Bereavement Support
  - Post Traumatic Stress Disorder, presented by Families in Trauma and Recovery
  - Understanding Suicide
  - Personal Resilience, presented by Health Promotion Workplace Team
  - Low Mood, presented by NHS Fife Psychology Department
  - Supporting Colleagues, presented by SFRS
- General support video and additional signposting information





## Evaluation and Next Steps

- Quantitative and qualitative feedback
- Interest from other workforces
- Using materials with wider audiences



## Feedback from SFRS

*“The narrative was brilliant in Video 1, covered so much more than expected and will reach out to all (his) colleagues in some way or another. You can tell Nicola (Cruse Bereavement Support) knows what she’s talking about!”*

*“I love the professional feel of the layout and intro talk over.”*

*“I think the extra support offering specific help to the Fire Station adds another personal touch. I am so grateful for all the work you have all put in.”*



**Thank you!**

Information on #ItsEveryonesJob and links to view the video  
will be circulated after todays event

[mary-grace.burinski@nhs.scot](mailto:mary-grace.burinski@nhs.scot)

[alison.ramsay2@nhs.scot](mailto:alison.ramsay2@nhs.scot)

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## Family support: National Pilot

Isobel Murray  
Head of Services (West)  
Penumbra Mental Health

Family support

Needs of children and young people





# Pilot Suicide Bereavement Support Service

PENUMBRA MENTAL HEALTH AND SUPPORT IN MIND SCOTLAND

# Background

- ▶ Scottish Government funded pilot in response to Action 4 of Scotland's Suicide Prevention Action Plan – Every Life Matters
- ▶ Penumbra Mental Health and Support in Mind Scotland are established delivery partners with shared values and approaches
- ▶ Delivery arrangements:
  - ▶ Penumbra Mental Health - Ayrshire and Arran
  - ▶ Support in Mind Scotland - Highland
- ▶ Service launched 12 August 2021



# Service Aims

- ▶ To provide support to people bereaved by suicide.
- ▶ To provide a quick response to people bereaved by suicide.
- ▶ First response within 24 hrs of a referral.
- ▶ Follow up support within 7 days of a referral.
- ▶ Available 365 days per year.



# Service provides:

- ▶ Compassionate person-centred support
- ▶ Opportunity to talk and be listened to
- ▶ Practical support as necessary
- ▶ Signposting and referral to other services as required

# Referral Pathways and Criteria

- ▶ Initially Police Scotland
- ▶ Community wide including self-referral pathway open since December 2021
- ▶ Same point of contact for all referrals
- ▶ Email or phone
- ▶ 3rd party referrals for bereavements since August 2020
- ▶ No time limit for self-referrals
- ▶ Referrals for individuals/families in following additional circumstances:
  - ▶ Death occurred outside pilot area but family live within pilot area
  - ▶ Death occurred inside pilot area but family live outwith pilot area

# In practice:

- ▶ Whole team approach across two organisations
- ▶ Delivery hours:
  - ▶ Highland: 105
  - ▶ Ayrshire and Arran: 112.5
- ▶ Initial comprehensive training programme including trauma informed practice and safe planning
- ▶ Staff wellbeing
  - ▶ Reflective practice sessions
  - ▶ Daily de-brief sessions
  - ▶ Ongoing training

# Some statistics:

Description	Ayrshire and Arran	Highlands
Referrals	35	48
Gender	26 Female 9 Male	29 Female 19 Male
Average Age	44.4 years	39.75 years
Average No. of support sessions per service user	9.5	7.7
Average length of support sessions	45 minutes	43 minutes

# Some feedback:

"there's been so many times since losing [X] that I've, you know, I've been suicidal. I just feel like having somebody that I can talk to, away from the family, really has made a massive difference for me. Its been a big help. And I'm so grateful."

"The advisor I've got has been really good, she's finding stuff for my kids as well because that's one of my concerns is the kids and how best to support them whilst trying to get through stuff myself. She gives advice, we've also been through some other stuff, and we can talk about anything that's impacting me. She's been really good and going out and seeking other things that might be available in the area."

"I think I could have used it sooner, but it wasn't available. There was absolutely nothing. So when it first happened, there was nothing, we were just sort of left to get on with it because there wasn't anything there."

"And knowing that I've got that there, and I can pull it forward if I need to, at any point I can say, can I have a call? It gets me through the week knowing that I'm going to have that at the end of it."

"And so it was sort of talking about that kind of thing I found really helpful, because I would take it on board and then of course, a week later it kinda.. It was the same thoughts would kind of come back to me, but she was just really good at kind of talking me through that and helping me understand the situation a bit better."

"So without it there I think I would find it harder because you do have other things going on, and life does have to go on and move on but.. sorry, I'm just finding it hard to describe. Its just somewhere to go that's totally impartial of anything else going on in my world. So I can go and I can get rid of all that emotion and work through my grief, as I need to do, with somebody and not feel bad talking to friends all the time about it, not putting things on them, and I know its not putting things on people, but not being so emotional with them all the time."

# Some learning:

- ▶ Person centred approach to support is crucial
- ▶ Emotional support more prevalent than practical support
- ▶ Challenges engaging young people
- ▶ Staff wellbeing and ongoing training crucial for continued service development and improvement



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**Family support: Insight counselling Dundee**

Georgina Evans  
Clinical Manager  
Insight Counselling

Family support

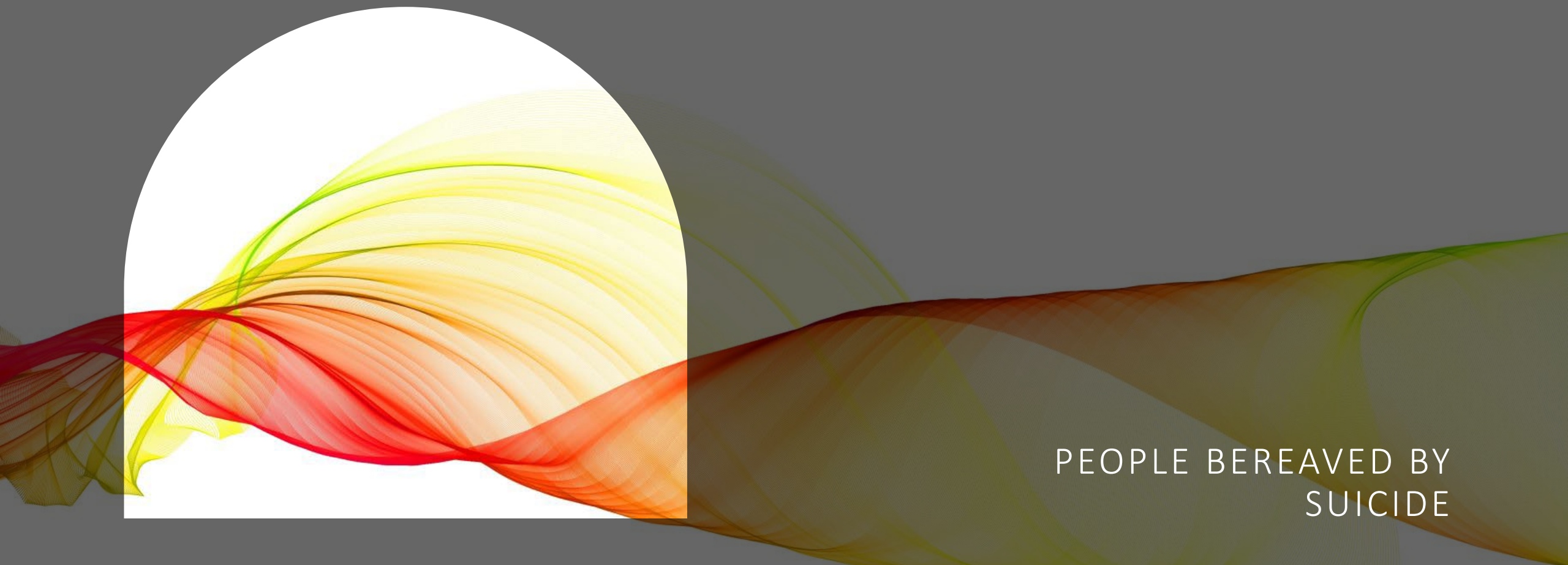
Needs of children and young people





# Insight (noun)

*(the ability to have) a clear, deep, and sometimes sudden understanding of a complicated problem or situation.*



PEOPLE BEREAVED BY  
SUICIDE

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# Insight Counselling

# Bereavement by Suicide

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“Grief is like waves coming in from the Ocean. At times, the waves are small and barely noticeable. But, when you least expect it, a huge wave pulls your feet right out from under you. No two people ever see these waves exactly the same way, and no-one reacts in the same way to each incoming wave.”

Alan Wolfelt (1992) The Center for Loss & Life Transition, Colorado, USA

# History of Support Groups - Past

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Insight started its first support group for PBS (people bereaved by suicide) in 2009.

The group continued for several years until it became apparent that the experience of the participants was very mixed and, in some instances, not actually as helpful/supportive as hoped.

In 2014, a colleague and I (Alastair Lucas) began to look around for an alternative structure for group support. We decided that the format which aligned most with our experience and thinking, was group work being done by Susan Wesner, R. N., M.S.N, Pittsburgh University.

Around the same time, Insight and the Big Lottery funded Professor Denis O' Harra (University of Abertay) to carry out a review of the PBS (people bereaved by suicide service) Insight had been providing since 2009.

# Learnings and Outcomes

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The benefits of the new programme as we saw it were:

The provision of a safe, confidential, non-judgemental space.

The opportunity to share and be heard by peers as well as professionals.

A programme which had a more formal structure with a beginning, middle and end.

A follow up service which involved a monthly drop-in session for anyone who had completed the 8-week programme.

During the drop-in sessions, the idea of a newsletter was suggested, agreed and produced by the group.

# People Bereaved by Suicide - Present

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At the current moment, Insight is not offering group support for this client group.

However, Insight continues to offer one-to-one sessions, either Face to Face or via telephone/video call.

# STATS

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## 2020

21 refs, 109 appts offered, 86 attended 79%

## 2021

18 refs, 140 appts offered, 94 attended 67%

## 2022 (so far)

12 refs, 68 appts offered, 52 attended



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**Family support: SOB**

Jacqui  
Edinburgh Group Facilitator  
Survivors of Bereavement by Suicide

Family support

Needs of children and young people



# Survivors of Bereavement by Suicide



# Introduction

## Survivors of Bereavement by Suicide

Jacqui Walton

Volunteer

Edinburgh Group Facilitator

## Who are we

Survivors of Bereavement by Suicide is a registered charity that started in 1991 to support those who are left behind after a suicide .

Those who have lost some one to suicide may suffer from an intense form of grief that can last for many years and carries with it many complexities of guilt, shame and stigma.

To address these needs we currently operate a national helpline, self-support groups, support by email, an online forum, Virtual support groups throughout the UK, bereaveMENT virtual support group for men only and a Punjabi speaking women's group held over the virtual platform. We also have a number of conferences, forums and support days for survivors.

## How survivors contact us

- ❑ National helpline available 12 hours a day, Monday to Friday. 8136 calls were received during 2021
- ❑ Support is offered through an email service. approximately 1193 emails answered during 2021
- ❑ Many people find our website when they search the internet. 212,378 visitors from June 2020 to June 2021
- ❑ Local groups have their own contact number which allows direct contact for those seeking support, Some groups also offer support through other means such as emails and Facebook. On average each group takes 10 calls per month 60 groups equates to 7,200 calls per year in addition to the national helpline.



## Why self-help support groups

- ❑ Something that helps many survivors is being able to listen and talk to those that have been bereaved in a similar way.
- ❑ Our user led Support groups are currently run on a monthly basis and groups are open to anyone aged 18 plus.
- ❑ Group leaders and facilitators are survivors of suicide bereavement themselves.
- ❑ we provide a safe environment where survivors can express their feelings and experiences as well as seeking support from others.
- ❑ There are currently 61 groups nationwide with new groups pending.

## SoBS in Scotland

❑ Gained Charitable Status in 2010

❑ Edinburgh

❑ Scottish Borders

❑ Elgin

❑ Aberdeen





# Edinburgh Group

- ❑ Monthly Meetings Face2Face since August 2010

- ❑ Supported approximately 400 individuals

- ❑ Period of Time since Bereavement

- ❑ Dynamics

- ❑ Age

- ❑ Geographical Reach :

  - Edinburgh & Lothians

  - Fife

  - Glasgow

  - Scottish Borders

  - Ayrshire

  - Perth & Kinross

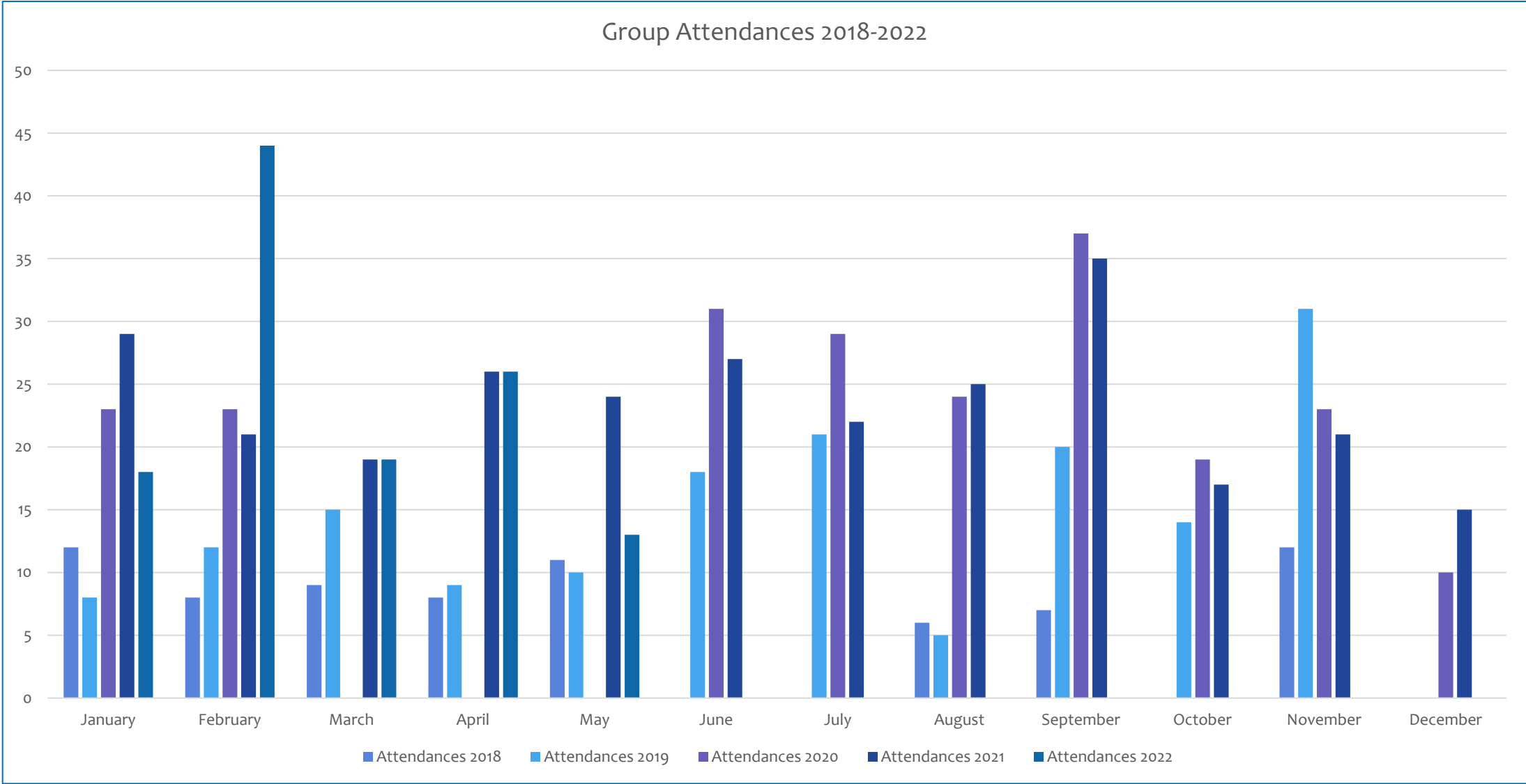
  - Stirling

  - North Lanarkshire

  - Aberdeen

  - Tyne & Wear

# Edinburgh Attendance



## Edinburgh Group

- ❑ June 2020 Virtual Meetings

- ❑ Resumed Face to Face Meetings February 2022

- ❑ Offer 2 meetings per month :

  - Last Thursday of the Month 7pm-8.30pm via Zoom

  - Second Tuesday of the Month 6.30pm-8.30pm F2F in a Central Edinburgh Location



# Impact

- ❑ Contributed to research Suicide Cultures Research Program
  - ❑ Input National Strategy Suicide Prevention
  - ❑ Breakfast with Health & Social Committee at Scottish parliament
  - ❑ Worked with Police to establish a Protocol
  - ❑ OOSOOM Exhibition 2021
- 
- ❑ Instagram
  - ❑ Lyrics for Life Campaign EHSCP
- 
- ❑ Interviews Edinburgh Live
  - ❑ Songs of Praise (Sunday 24<sup>th</sup> April 2022)
  - ❑ lejog



## Contact Details

National Head Office: 0115 944 1117

National Helpline: 0300 111 5065 (9am-9pm)

Email support: [email.support@uksobs.org](mailto:email.support@uksobs.org)

Email: Head Office: [admin@uksobs.org](mailto:admin@uksobs.org)

Website: [www.uksobs.org](http://www.uksobs.org)

Edinburgh Group: 07787580998

Email: [edinburgh@uksobs.org](mailto:edinburgh@uksobs.org)

Facebook

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## **Family support: Needs of children and young people**

Denisha Killoh

Project Lead

National Childhood Bereavement Coordinator

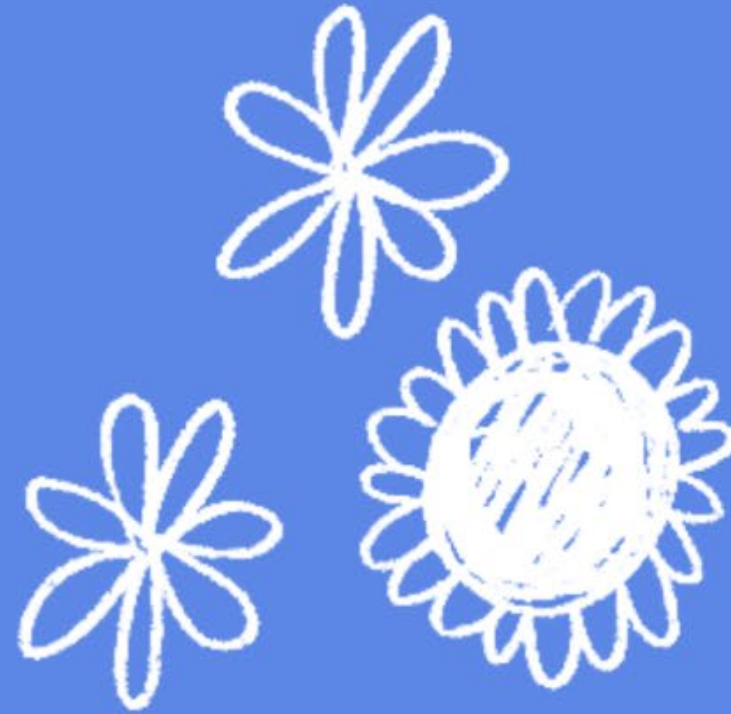
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Family support

Needs of children and young people



# National Childhood Bereavement Project

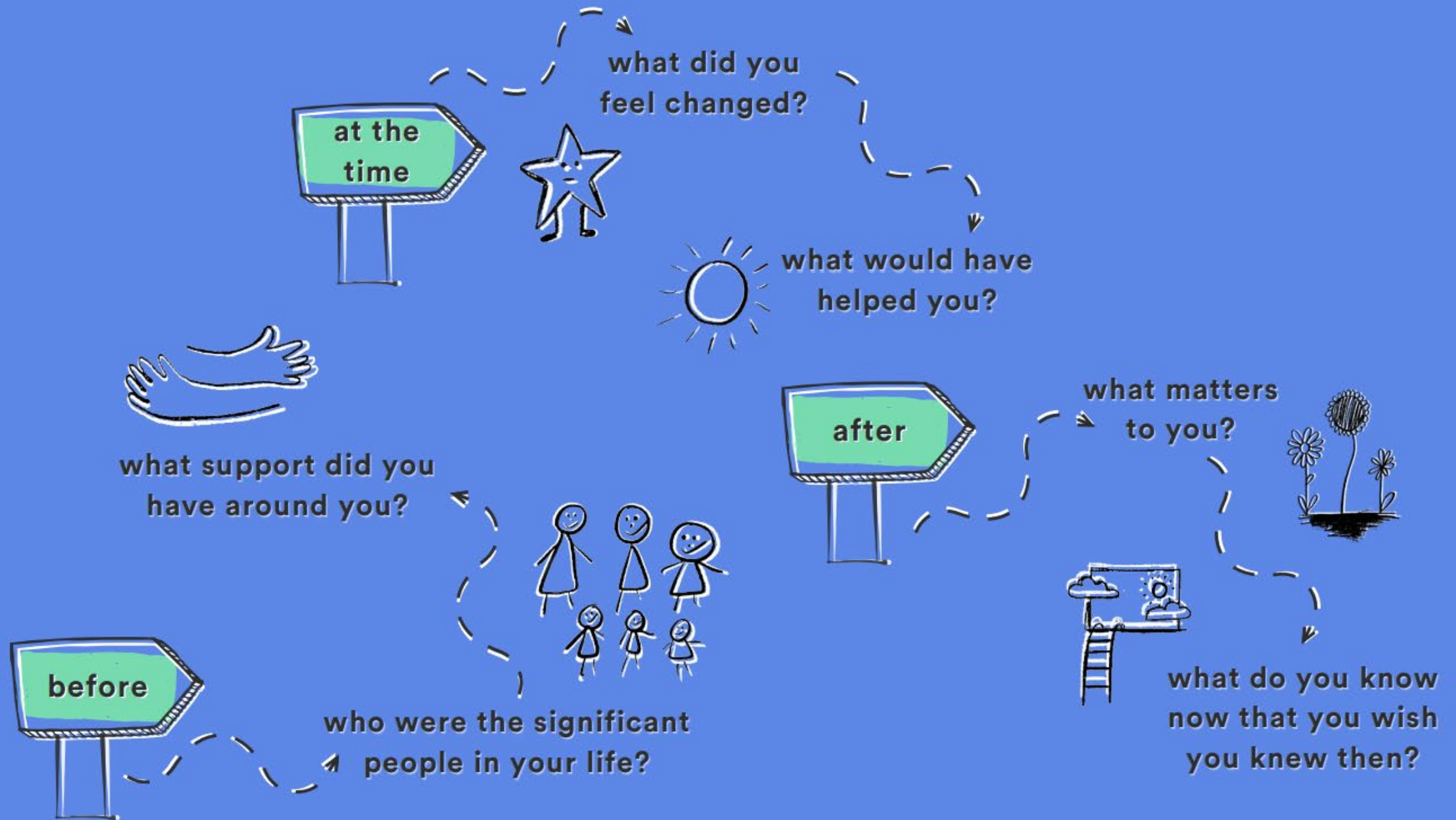


Project Lead, Denisha Killoh  
[denisha.killoh@includem.co.uk](mailto:denisha.killoh@includem.co.uk)



we looked at all the significant people in the lives of those under the age of 26





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## Capacity Building Glasgow

Rachael Baker  
Training officer  
Glasgow Association for Mental Health

Family support

Needs of children and young people





# Building Capacity: Developing a Compassionate Response to Suicide Bereavement in Glasgow City

**Rachael Baker**

[r.baker@gamh.org.uk](mailto:r.baker@gamh.org.uk)

Training Officer

Glasgow Association for Mental Health

**Ruth Donnelly**

[Ruth.Donnelly3@ggc.scot.nhs.uk](mailto:Ruth.Donnelly3@ggc.scot.nhs.uk)

Health Improvement Lead

Glasgow City HSCP

**“This is a life-shattering event that has just happened to this person ... How can we make our interactions that little bit easier?”**

# Glasgow City Scoping Report

- Suicide bereavement training should be freely available for frontline staff who are likely to come into contact with those bereaved or affected by suicide.
- There are benefits to including experts by experience in co-delivering training for staff and co-designing training materials.

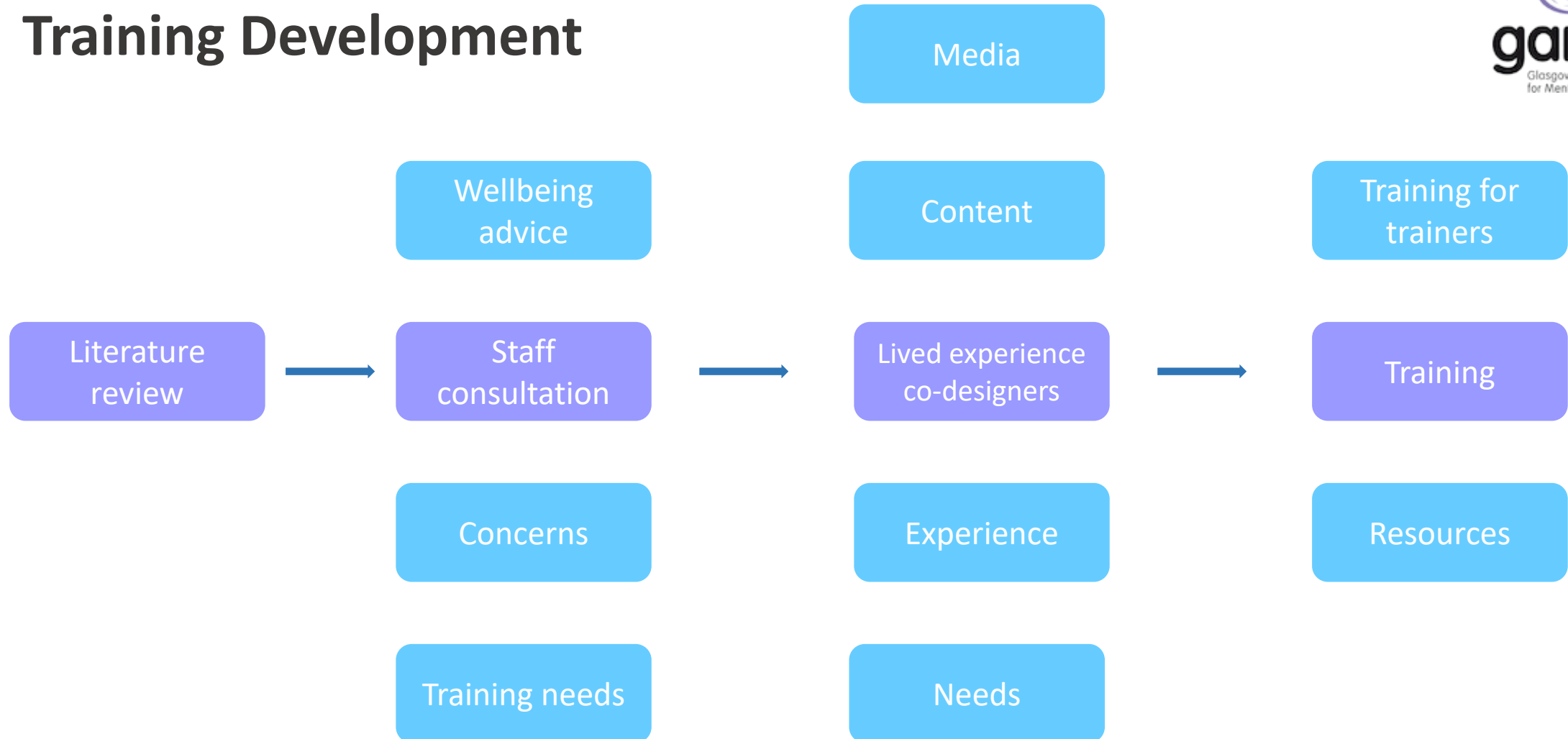




- For all staff, peer supporters & volunteers
- Open access
- Co-designed by lived experience



# Training Development



# Key Learning

- Engagement and demand
- Ensuring safety
- Lived experience is essential
- Suicide bereavement work is more than suicide prevention
- Future training needs



# Challenges

How do we recognise breadth of different experiences?

Monitoring roll out and usage

Information sharing and procedural difficulties



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## Capacity Building Borders

Jenny Lees

Health Improvement Specialist - Suicide Prevention

NHS Borders

Family support

Needs of children and young people





# Capacity building in the Scottish Borders

Jenny Lees

Health Improvement Specialist (Suicide Prevention)



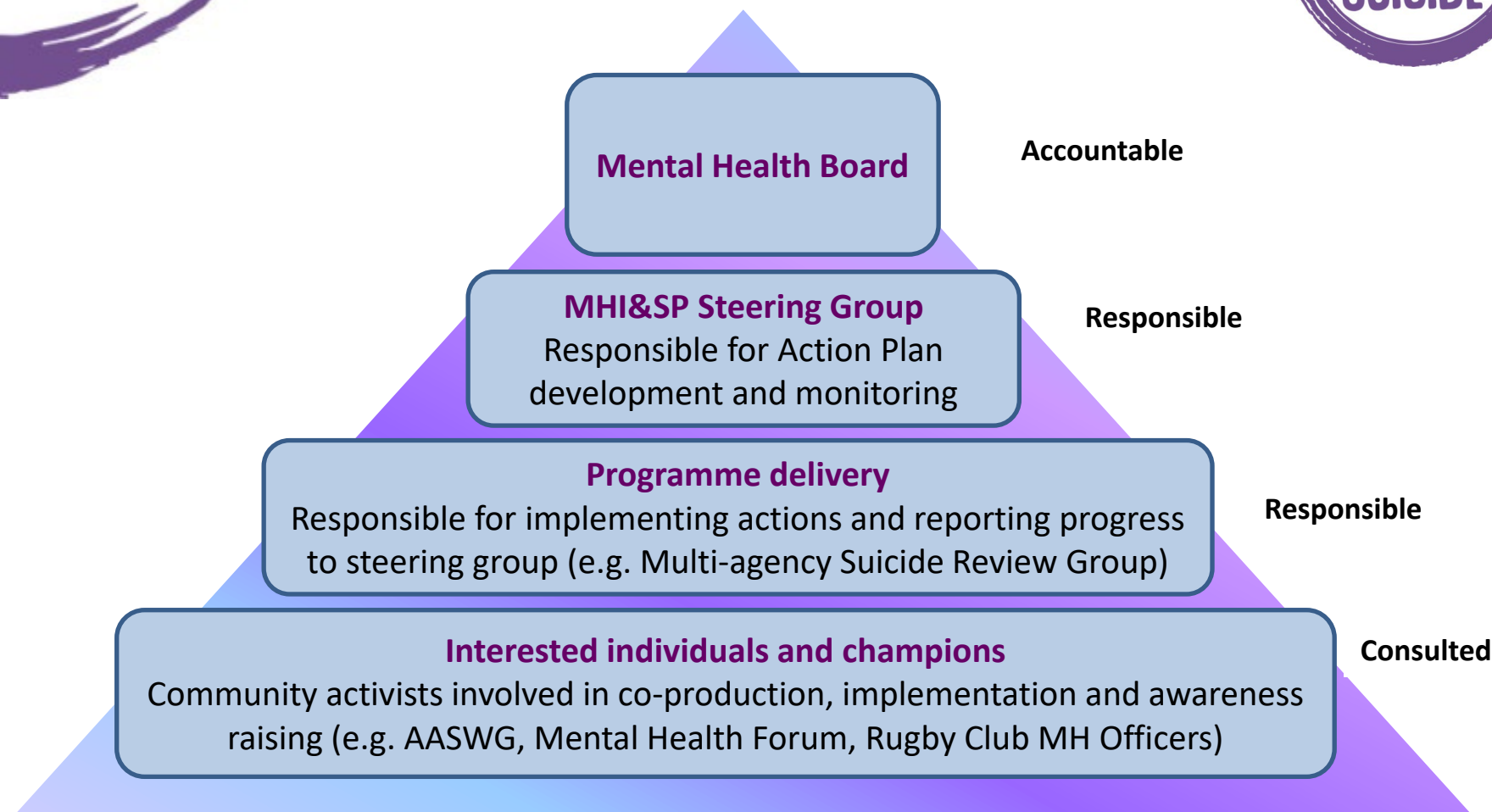
# After A Suicide Working Group



- Local volunteers with lived experience of bereavement by suicide
- Feed into local policy and practice – not a support group
- Chaired by Health Improvement Specialist (Suicide Prevention)
- Identified priority activities around improving support for people bereaved by suicide in the local area
- Co-production as a principle in development and delivery

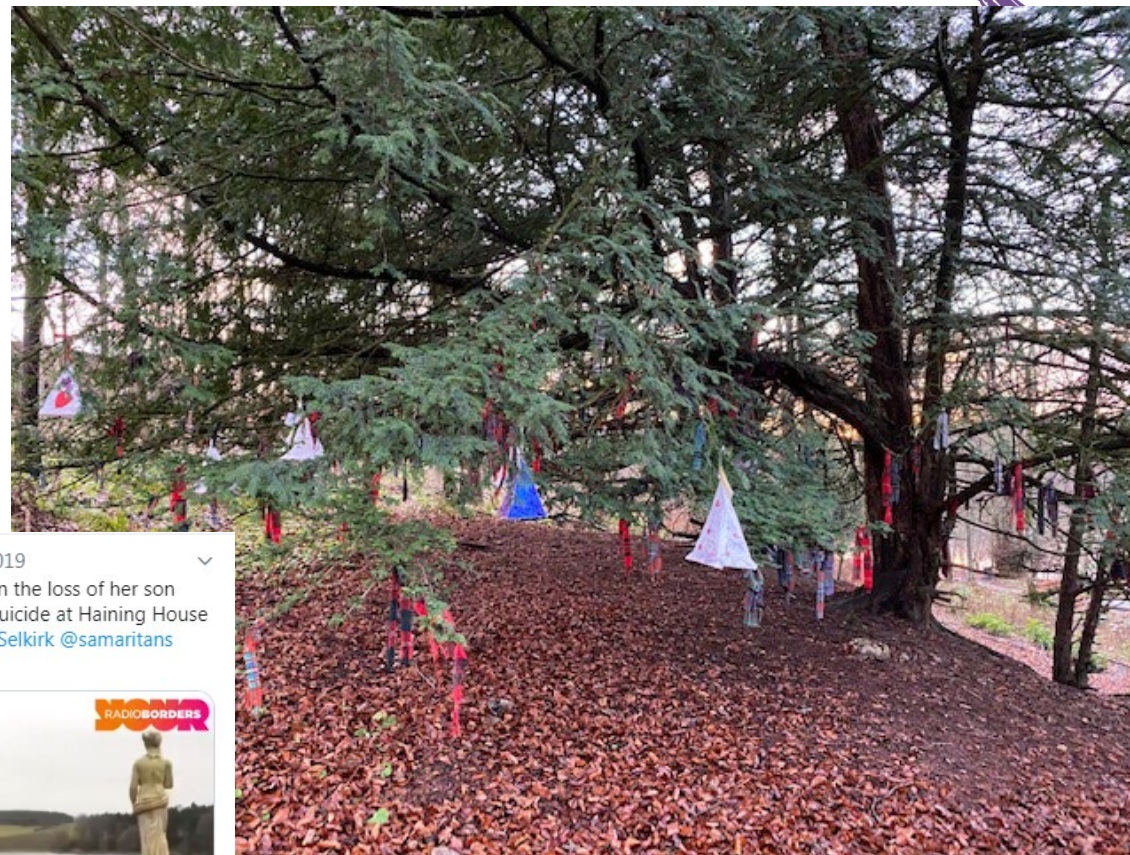


# Structure and breadth of work





# Memorial Event & the Cloutie Tree



Radio Borders News @yourbordersnews · Dec 6, 2019

WATCH: #Jedburgh mum Lesley Stewart opens up on the loss of her son ahead of a memorial event for people bereaved by suicide at Haining House in #Selkirk on Saturday. Starts at 12.30pm @HainingSelkirk @samaritans @lochcarronscot



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2

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**NHS**  
Borders

 **Scottish  
Borders  
COUNCIL**



# Scottish Mental Health Arts Festival

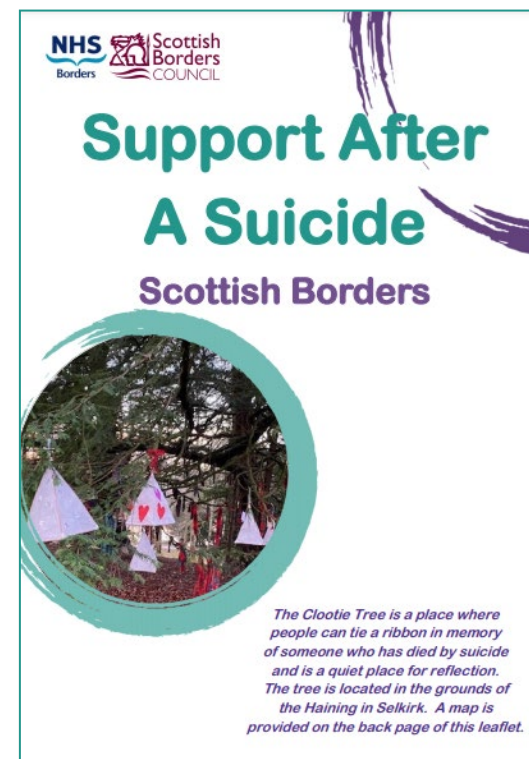


<https://alchemyfilmmandarts.org.uk/film-healing-the-loss/>



# Community capacity building

- Local Survivors of Bereavement by Suicide Group (SoBS)
- Geek Retreat – local bereavement support group
- Adult Community Mental Health and Wellbeing Fund
- Regular walking group
- Clootie Tree
- Training survey



# Reflection



- Inclusion – representatives on the Steering Group , local media spokesperson, tension with staff role, representation burnout
- Methods and support – online meetings, support, sustainability of the group, informal e.g. training survey
- Planning – activities have been driven by their ideas, identify lived experience involvement at the start, co-production takes time, different ways of working





“There is no one voice for  
people with lived experience”

*Scottish Borders Co-Production Charter*

<http://www.borderscarevoice.org.uk/wp-content/uploads/2019/03/BCV-Co-Production-Charter.pdf>



# Contact

Jenny Lees

Health Improvement Specialist (Suicide Prevention)

[Jenny.Lees@borders.scot.nhs.uk](mailto:Jenny.Lees@borders.scot.nhs.uk)

