

After a Sudden Death

A family finding out their loved one has died will always come as a shock.

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 also able to support you.

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 period of time. This can place additional stress on loved ones who are grieving.

More information on sudden death and bereavement can be found at sfad.org.uk

Specialist Support Services

Bereavement Support Group

Barnardo's run a weekly group at Brick Lane Studios in Paisley as part of a wider family support programme in partnership with CIRCLE.

madeleine.bell@barnardos.org.uk

0771 5633809

PETAL

Bereavement counselling and support for people experiencing trauma and loss.

petalsupport.com

01698 324502

Support After Suicide Partnership

supportaftersuicide.org.uk

Information for anyone who has experienced a bereavement by suicide.

Scottish Families Affected by Alcohol and Drugs

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

sfad.org.uk

08080 101011

Sudden

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

sudden.org

0800 2600 400

Child Bereavement UK

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

childbereavementuk.org

0800 02 888 40

The Compassionate Friends

Provides support for bereaved parents and their families.

tcf.org.uk

0345 123 2304

Support after a Bereavement



This leaflet contains general information on bereavement as well as specific information for people who have lost someone suddenly due to drugs or suicide.

Making Arrangements

When someone dies there are a number of arrangements that need to be made. The local registrar service needs to be informed.

You can contact the Renfrewshire registrar service on **0300 300 0310**.

They will give you details of the 'Tell Us Once' service which means you can report the death once and other services will be notified.

Some other services that may be helpful are:

You First Advocacy

For support with money, housing or health care
youfirstadvocacy.org
0141 849 1229

Procurator Fiscal Service

To contact the service or find out about their role after sudden deaths.
copfs.gov.uk
0300 020 3000

Information on arranging a funeral

mygov.scot/arrange-funeral

Funeral Support Payment

mygov.scot/funeral-support-payment

Support for You

Family and friends may be the main support, especially shortly after someone has died.

Support or guidance is also available through the following organisations:

Recovery Across Mental Health

Provide a range of mental health services including FIRST Crisis; a short term support to anyone in Renfrewshire aged 16+ who is experiencing a crisis in their mental health.
ramh.org
freephone **0800 221 8929**

Samaritans

Provide emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide.
samaritans.org
116 123

Breathing Space

Confidential phone service for anyone over 16 experiencing low mood, depression or anxiety.
breathingspace.scot
0800 83 85 87

If the person who has died was engaged with the Alcohol and Drug Recovery Service (ADRS), and has named you as a contact, then staff will be in touch.

ADRS: 0300 300 1199 (option 2).

Experiencing Grief

Grief is an emotional response when someone dies and is an individual experience. What is helpful for one person could be unhelpful for someone else.

There is help and support available, you do not need to do it alone.

Bereavement support can be accessed from:

Renfrewshire Bereavement Network

renfrewshire.gov.uk/renfbn
08000 38 6020

Cruse Bereavement Care

crusescotland.org.uk
0808 802 6161

Marie Curie Scotland

Free helpline to anyone affected by the death of a loved one at any time in their life.
0800 090 2309

Bereavement Trust Helpline

0800 435 455
Available 6pm-10pm every evening.