



BEREAVEMENT SUPPORT INFORMATION SHEET

Have you lost someone you care about as a result of a drugs related death? If so you are undoubtedly feeling mixed emotions. You may be asking yourself if these feelings are normal. Although you probably expected to feel a deep sense of sadness or hurt, you may be surprised to find other feelings surface, such as anger, guilt or relief. Certainly the loss of an important person in our lives confronts us with a sense of helplessness and may leave us feeling abandoned and frustrated. We may find ourselves wishing we could have done something differently. Relief, on the other hand, may come from knowing that your loved one is no longer suffering and what may have been a difficult time for your family has ended. It is normal and natural to feel relieved; it does not mean you are not grieving.

Scottish Families offer a free service to anyone over the age of 16 who has lost someone where drugs have been implicated in their death or they have a history of drug use prior to death. We understand the journey families travel after the loss of a loved one and provide a confidential listening ear to allow you to talk through your thoughts and experiences. The Bereavement Coordinator can discuss with you the support options available from information and advice through to counselling.

How to access the service

Contact our Helpline 08080 101011 or email bereavement@sfad.org.uk.

You will receive your initial telephone appointment from our Bereavement Coordinator within 5 working days of making contact with the Helpline.

You may know other family members and friends who may benefit from the support that we provide; feel free to pass these details on to them. If you would like to access support or have any questions regarding the service we offer you can contact us on our confidential Freephone Helpline

HELPLINE – 08080 10 10 11
Monday to Friday 0900-2300 hours
Saturday/Sunday 1700-2300 hours