

Scottish Families Affected by Alcohol and Drugs is a national charity that supports anyone concerned about someone else's alcohol or drug use in Scotland. We give listening support and information to many people and help them with confidence, communication, general wellbeing, and we link them into local support. We also help people recognise and understand the importance of looking after themselves.

When we say family, we mean who you see as your family. It could be your spouse, your parent, your sibling, your partner, your friends, your friend's family, your colleagues, your neighbours, and anyone we may have missed.

We have a number of local and national Family Support Services. Our four national Family Support Services are our Helpline, Bereavement Support, one to one Telehealth Support, and Holding On. This leaflet is about our Bereavement Support Service for anyone who is bereaved through alcohol or drugs. You can find out more about our other local and national services on our website or by contacting our Helpline.

08080 10 10 11
helpline@sfad.org.uk
www.sfad.org.uk

Contact our helpline:
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Scottish Families Affected by Alcohol and Drugs

Main Office: Edward House, 199 Sauchiehall Street, Glasgow, G2 3EX

Helpline: 08080 10 10 11
helpline@sfad.org.uk
webchat available at: www.sfad.org.uk

Twitter: @ScotFamADrugs
Facebook: @ScottishFamiliesAffectedByDrugs
Instagram: @scottishfamilies

General Enquiries: 0141 465 7523
Email: info@sfad.org.uk
Website: www.sfad.org.uk



Registered Scottish charity: SC034737



Bereavement Support

What is our Bereavement Support Service?

If you have lost someone who used alcohol or drugs, our Bereavement Support Service is here to support you. We can chat and offer some advice and information. We also can put you in touch with an accredited counsellor who is local to you. Sessions are available in-person, or can be arranged over the phone or online such as on Zoom.

Our service is free and is available across Scotland.

Our service is for anyone aged 16+ but if you are under this age we can help find suitable support for you.

How can I get in touch?

If you are seeking support, please contact our Helpline 08080 10 10 11, use the webchat on our website www.sfad.org.uk, or email helpline@sfad.org.uk.

Our helpline advisers will listen to you and then, if appropriate, they will refer you to our bereavement support team. The helpline adviser will take your

name and phone number and the bereavement support team will be the only people in our organisation who have your contact details.

What happens next?

Once our helpline advisor has referred you, a practitioner from our bereavement support team will contact you to find out how we can best support you. We will chat about the service and will answer any questions you may have.

If we recommend counselling to you and you agree, we will take your contact details and ask you where you live so that we can find the closest counsellor to you. The counsellor will contact you and will arrange a suitable time for your sessions.

What happens in the sessions?

Your counselling sessions will last around 50 minutes. We usually offer up to six sessions but if you need less or more we can sort this out.

Who are the counsellors?

To be able to support families from all areas in Scotland, we have a bereavement counsellor network with accredited counsellors from across Scotland.

Counsellors provide bereavement counselling on our behalf and are added to our counsellor register.

What if I can't make a session?

If you are unable to attend your session, please give your counsellor at least 24 hours notice so that it can be rescheduled. If you miss a session without notice, this will count as one of your sessions.

