

Meeting Venue's

Glasgow West	102 Kingsway, Scotstoun, Glasgow, G14 9YS 1st Monday & 3rd Monday of the month 7pm to 9pm
Glasgow East	East Bank Health Promotion Centre Academy Street Shettleston G32 1st Thursday of the Month from March 12 5.45pm – 7.45pm
Whitburn	Whitburn Community Centre West Lothian Last Tuesday every month 7pm – 9pm
Kilmarnock	Daniel Coffey Suite, North West Area Centre, Western Road, KA3 1NQ Last Thursday of the month 7pm to 9pm
Kilbirnie	Radio City 1a Brigend Kilbirnie 2nd Wednesday 7-9pm every
Ayr	John Pollock Centre Mainholm Road KA8 0QD 1st Tuesday 6.45 pm – 8.45pm

Telephone Helpline Contact: Linda 01294 229087

Service Information & Advice please contact our Administrator Isabel
Dunsmuir c/o DRC Addiction Forum 0141 584 3211

Useful Contacts

NHS24 Helpline	0845 24 2424
Childline	0800 1111
Text phone	0800 400 222
The Samaritans U.K. helpline	08457 909090
Breathing Space	0800 83 85 87
Copeline	0800 056 8181
National Domestic Abuse Helpline	0800 027 1234
Young Peoples Helpline	0808 808 1677

Partner Organisations

DRC Addiction Forum	0141 584 5754
Fullerton Community House	0129 431 1701

Supported by

Choose Life East, West, North & South Ayrshire

Registered Office

Touched by Suicide Scotland SC040605

102 Kingsway Scotstoun

Glasgow G14 9YS 0141 584 3211

www.touchedbysuicidescotland.org.uk

“Touched By Suicide “

Scotland



The Parting

The day you decided to go
The pain you left you will never know
You are with the angels now
I will probably never know how
I wish there were more answers to see
Why all this should be
I think of you and wonder where you are
How near or how far
The hollowness lies cold and ahead of me
You are in eternity
Watch over me is all I ask
As I parade along, bearing my grim mask

Julia

Reflection

Another day for you to wonder, another day for you to mourn

*It wasn't my intention to go before the coming dawn
My pain was deep within my heart and troubled head
It wasn't my intention to go without words said.*

*My frame of mind seemed normal, or so I heard them say
It wasn't my intention not to see another day
I did not mean to make you suffer or cause you so much pain
It wasn't my intention to never see you again.*

*Despair and confusion left my aching mind unsure
It wasn't my intention to suddenly close life's door
If only I could give you reasons and brush the tears away
It wasn't my intention to leave and not stay.*

*I did not mean for you to grieve, now left alone to cry
It wasn't my intention to leave you, forever asking why
As the burdens of life's worries slowly ebb from my heart
It wasn't my intention to tear your soul apart.*

Y. Docherty

I Don't Know Why

*I don't know why.
I'll never know why.
I don't have to know why.
I don't like it.
I don't have to like it.*

*What I do have to do is to make a choice about my living.
The choice is mine.*

*I can go on living, valuing every moment in a way I never did before or I
can be destroyed by it and, in turn, destroy others.*

*I thought I was immortal, that my family and children were also.
That tragedy only happened to others.*

*But I know now that life is tenuous and valuable, so I am choosing to go
on living, making the most of the time I have, valuing my family and
friends in a way never possible before.*

Iris Bolton

Who Are We

We are a Self Help organisation, whom has been "Touched by Suicide", we exist to meet the needs and break the isolation of those bereaved by the suicide of a close relative or friend

What Do We Offer?

We offer emotional and practical support in a number Of ways.....

Confidential telephone helpline
Support information
Help by e-mail
Group meetings
Network meetings
Information relating to practical issues and problems

Our Aims

We aim to provide a safe, confidential environment where bereaved people can share their experiences, express their feelings, giving and gaining support from and too each other.

We strive to improve public awareness and work with many other statutory and voluntary organisations.

Suicide recognises no age, social, ethnic or Cultural boundaries – Neither Do We.