

Survivors Support Toolkit

1. Ongoing Emotional Impact

Survivors of suicide often face waves of guilt, shame, anger, and deep sadness. These emotions

2. Long-Term Health Effects

PTSD, anxiety, depression, and physical health problems (such as disrupted sleep, headaches,

3. Social Challenges

Some survivors experience isolation or stigma. Friends may withdraw out of discomfort. Building

4. Helpful Strategies

- Journaling emotions without self-judgment.
- Grounding and relaxation tools (breathing, mindfulness).
- Setting anniversaries as gentle remembrance days with supportive rituals.
- Therapy options: trauma-focused CBT, EMDR, group therapy.

5. Regional Support Links (UK & Scotland)

- Samaritans – 116 123 (24/7).
- Survivors of Bereavement by Suicide (SOBS): <https://uksobs.org>.
- Cruse Bereavement Support: <https://www.cruse.org.uk>.
- NHS Inform Scotland: <https://www.nhsinform.scot>.
- Local suicide bereavement services can be accessed via your GP.

6. For Families and Friends of Survivors

Loved ones of suicide survivors can also experience long-term distress. Encourage open conversation