

Meeting Venue's

Glasgow	102 Kingsway, Scotstoun, Glasgow, G14 9YS 3 rd Monday of the month 7pm - 9pm
Kilmarnock	Daniel Coffey Suite, North West Area Centre, Western Road, KA3 1NQ last Thursday of the month 7pm- 9pm
Whitburn	Whitburn Community Centre West Lothian EH47 8EZ Last Tuesday every month 7pm- 9pm
Kilbirnie	Radio City 1a Bridgend Kilbirnie KA25 7DF 2 nd Wednesday of the month 7pm-9pm
Ayr	John Pollock Centre Mainholm Road KA8 0QD 1 st Tuesday of the month 6.45-8.45pm
Largs	The Woodhouse Hotel, 2 Barr Crescent, KA30 8PX 2 ND Monday of the month 7pm-9pm
Girvan	Carrick Opportunity Centre, Henrietta St, KA26 9AL Last Wednesday of the month 7pm-9pm

Telephone Helpline

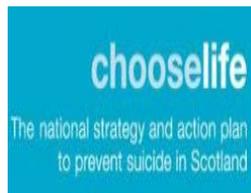
Contact: Linda 01294 274273/01294 216895

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

Registered Office

Touched by Suicide Scotland
102 Kingsway Scotstoun
Glasgow G14 9YS 0141 584 3211
www.touchedbysuicidescotland.org

Supported by



“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.