

**Scottish Families Affected by Alcohol and Drugs** supports anyone who is concerned about someone's alcohol or drug use. By family we mean family members, carers, friends, neighbours, work colleagues, or any other concerned significant other. We provide a range of national services from our base in Glasgow.

Our bereavement service is for anyone who has lost someone where drugs may have been a reason for their death. This doesn't mean that drugs need to be the main cause of death - if the person was a drug user and has died, our bereavement service can offer support.

This service is free. We will fund your counselling sessions.

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

**Contact our helpline:  
08080 10 10 11  
helpline@sfad.org.uk**

**Follow us on social media**

 @ScotFamADrugs

 @ScottishFamiliesAffectedByDrugs

 @ScotFamADrugs

General enquiries: 0141 465 7523 | info@sfad.org.uk  
Edward House, 199 Sauchiehall Street Glasgow G2 3EX  
Recognised Scottish Charity (SC034737)



**Scottish  
Families**  
Affected by Alcohol & Drugs



**Bereavement  
Support  
Service**



## How can I contact the service?

We can refer you to the service if you contact our helpline 08080 10 10 11 or use the web chat on our website. If you would like to use the service, the adviser will take your name, location, and phone number to pass it onto our team. We ask for your location so that we can find a counsellor closest to you. You can also let us know if there is a specific day or time you would like to be called. Our team will contact you within five working days to explain how our service works and answer any questions you might have. If you are happy to go ahead, we will find a counsellor near you who will contact you and arrange a suitable time, date and venue for your sessions.

## What happens?

The counselling sessions will last around 50 minutes and the counsellor will give you time to talk and offer support. We usually offer six sessions but everyone is different so if you and the counsellor agree that you would benefit from more, we can arrange this. If your sessions have ended and you feel you still need support, this could be a few days, months or years later, you can contact us again to use the service.

## What areas are covered by this service?

Anybody who is a resident in Scotland and over the age of 16 is eligible for our bereavement service. We have a network of counsellors across Scotland.

## Will this be confidential?

Yes. We will not share your details with other organisations, only your allocated counsellor.

## 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.

## Funeral Funding Advice

If you are on a low income, Down to Earth can help with organising a funeral. They do not provide grants but can help you find money that you may be entitled to from other sources.

Helpline: 020 8983 5055

Email: [downtoearth@qsa.org.uk](mailto:downtoearth@qsa.org.uk)

## Are you a counsellor?

If you are a registered counsellor in Scotland and would like to join our network, contact us by email [helpline@sfad.org.uk](mailto:helpline@sfad.org.uk) or phone 0141 465 7523.

08080 10 10 11

[helpline@sfad.org.uk](mailto:helpline@sfad.org.uk)

[www.sfad.org.uk](http://www.sfad.org.uk)

'I had tried for so long to come to terms with the loss of my husband. I was apprehensive of getting counselling as I didn't like to talk about it but I knew something had to change. From the first call to Scottish Families everything seemed so easy and within a week I had my first counselling appointment booked.'

**'It's been 13 months since I had my counselling and my life is back on track.'**