

## Welcome to S A G !

We at SAG are sorry to say that from the 1 may sag would be closed due to the fact that the chairperson has a terminal illness and has long spells of hospital treatment . But we wish to thank everyone who has helped us over the past five years to make a difference. Thank you all, George Campbell & Joyce Macrae. Inverness Suicide Awareness Group was established in May 2004 after a small number of individuals got together to share their experiences of losing a loved one to suicide.

We are a completely non-profit making organisation that operates solely on the efforts of volunteers who have all unfortunately had first hand of dealing with the traumas associated with suicide.

We are not professional counsellors, in the paid sense, but are a small help group of ordinary people that have suffered through suicide.

By using our personal experiences and interacting with other groups, and hopefully, with more research we can help those in need and find the answer we all ask....WHY? We as a group have found that by simply listening to people and letting them talk, enables us to gain their confidence. This then lets us move on to dealing with their problems. Our Helpline is manned 24 hrs everyday and individuals are welcomed at our offices anytime for a chat or just for a cup of tea or coffee. We are a friendly bunch and welcome those in need with open arms. This website was created to give people dealing with suicide in the highlands another point of contact with our organisation. Please feel free to contact us using any of the methods available on our site.

Our Mission: Is to prevent suicide through public awareness and education, eliminating the stigma attached and serving as a locally based resource to those touched by suicide.

- We aim to increase public knowledge about depression and suicide prevention.
  - Increase knowledge about the symptoms of depression and the warning signs of suicidal behaviour.
  - Increase the knowledge of and highlight the use of intervention skills that help prevent suicide.
  - Highlight the resources available within the community.
  - To act as a vital resource centre for those touched by suicide. suicide can affect anyone at any time ! We are available for you 24/7
- Prevention: SAG is vitally aware how successfully suicide can be prevented by educating ourselves and others about the symptoms depression and the warning signs of suicide. Suicidal feelings can develop for no apparent reason and strike people regardless of age, race or economic position.

The stigma attached to depressive illness can stop individuals from seeking help. The willingness to talk about it with a friend or family member can be the first steps to getting help.

- Suicide is not a cry for help..... it's a cry of pain!
- Acknowledging the pain and offering to work together to seek help...., something as small as helping to make a phonecall or accompanying someone to an appointment is part of the vital support needed.
- Don't try to trivialise problems it will only increase feeling of guilt and hopelessness. Simple reassurance that help and treatment are temporary should help alleviate problems.