

Connections for Life Project

Supporting Carers of Those at Risk of Suicide

Supporting someone you care about when they're experiencing dark thoughts can be overwhelming. We recognise that family and friends often find themselves uncertain of available supports and resources, and feeling as though there's nowhere to turn.

What We Can Offer

After you first get in touch with us, a Carer Support Worker will contact you to introduce ourselves. We'll try to get a sense of how things are for you and the challenges you face, before working out together how we can best support you.

We run small group sessions to provide you with information on available resources and to help you feel more confident in supporting the person you care for through these difficult times. You'll also have regular contact with your Carer Support Worker by phone or video to talk things through.

How to Access Our Support



Give us a call on [0131 665 0135](tel:01316650135) (10am-4pm, Mon-Fri)



Self-refer to us via our website coel.org.uk