

Suicide Prevention is Everybody's Business
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penumbra
your way to a brighter future

Angus Suicide Prevention and Support Service

Available to all adults living in Angus who experience thoughts of suicide or who may have attempted suicide. Support is also available for family members, carers or friends of adults experiencing suicidal thoughts. Support available Monday to Friday 9am – 5pm.

Free phone 0800 135 7899 or Email:

aspss@penumbra.org.uk

General Enquiries: 01241 873900

www.penumbra.org.uk



Angus Adult Bereaved by Suicide Service

Available to any adult living in Angus who has been affected by being bereaved by suicide. The service offers adult one-to-one counselling and/or adult family support to adults who have been impacted by being bereaved by suicide. This is a Monday to Friday Service.

Telephone: 01382 305706

Email: receptionist@insightcounselling.org.uk

www.insightcanhelp.org.uk

To find out more, please drop by to see us:

January

Date	Time	Location
Friday 25 th January	9.30am – 11.30am	Voluntary Action Angus Forfar
Wednesday 30 th January	10am - 12pm	Montrose Football Club

February

Monday 4 th February	11am - 1pm	Strathairlie Building Arbroath
Wednesday 13 th February	10am -12pm	Friockheim Hub
Thursday 14 th February	10am – 12pm	Academy Medical Centre Forfar
Friday 22 nd February	9.30am - 11.30am	Voluntary Action Angus Forfar
Thursday 28 th February	10.30am – 12.30pm	Brechin Fire Station

March

Friday 1 st March	9.30am – 11.30 am	Kirriemuir Connections
Thursday 14 th March	10am – 12pm	Academy Medical Centre Forfar
Wednesday 27 th March	1pm - 3pm	Friockheim Hub
Thursday 28 th March	10.30am – 12.30pm	Brechin Fire Station
Friday 29 th March	9.30am – 11.30am	Voluntary Action Angus Forfar
