

**CHRIS'S HOUSE** services are free and offered within a safe and confidential environment.

**We aim** to achieve first visits (and assessment) by guests who contact us via social media/telephone within 5 working days and agree a tailored programme of support for ongoing contact.

**We offer** our services to all sections of our community by volunteers from the community.

**We strive** to provide a service that is flexible to our guests needs and can adapt to feedback from those who experience our service as well as from the wider community.

**We invite** your support and help by volunteering with us (training and support will be given), assisting us with fundraising, raising awareness about Chris's House services and/or making a donation.



**Guest Quotes:**

"I would say that Chris's House has helped me to stay alive over the last couple of months," - A guest who was in crisis

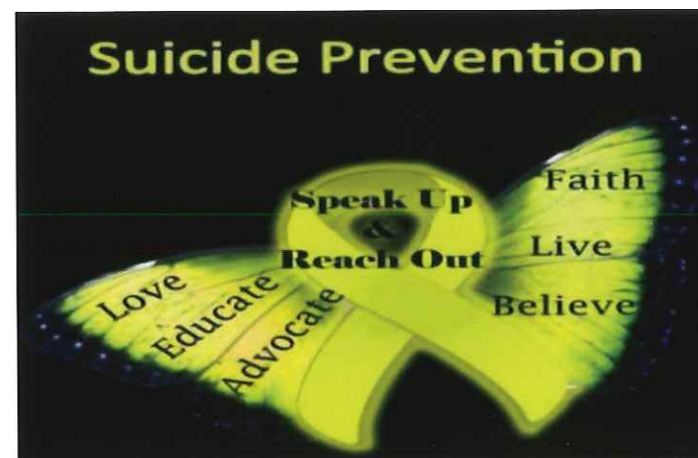
"It's all about the person who comes through that door. It's very personal. They are interested in how you are and how you are coping. You don't get that in some of the big organisations." - A guest who lost a loved one to suicide

"No judgments, no labels, no blame. Just love. Those eight words perfectly sum up Chris's House, a charity set up to help those feeling suicidal or those affected by suicide...." - Kevin McAllion, Journalist and author of Moristoun



**CHRIS'S HOUSE**

**We are here for you...  
Lets Talk**



**Contact us:**

**01698 373570**

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**Find us on Facebook & Twitter**

**Scottish Registered Charity: SC045583**



**CHRIS'S HOUSE** is a Scottish Charity set up to provide support and assistance to individuals (with their loved ones also) experiencing thoughts of suicide. We provide a safe and homely environment to work with individuals through their recovery and aim to replace despair and emotional pain with hope. We provide crisis intervention for the benefit of individuals who have or are experiencing suicidal thoughts with a particular focus on the protection and promotion of good physical and mental health.



**OUR VOLUNTEERS:** have a wide range of skills and experience allowing them to offer an array of approaches for our guests that are tailored to needs:

- **Information & Advice**—information and feeling informed is empowering and we liaise with other statutory and voluntary agencies to support recovery.
- **Group Support**—befriending; arts & crafts; socialising; volunteering; fund raising and peer support.
- **Complimentary therapies**—reflexology, reiki, massage and aromatherapy.
- **One to One counselling**—with our own trained therapists and volunteers who offer a range of supporting programmes.

**OUR ENVIRONMENT:** We provide a comfortable and safe space that accommodates the various groups and therapies we deliver as well as a family room and a large training/meeting room.



Our reiki/massage/reflexology room is a very special room which has an instant calming effect on entering. We also use this room for aromatherapy.



**OUR ACTIVITIES** include:

- Delivering our service for guests at the time of crisis, or following a suicide attempt, as well as families affected by suicide or trauma.
- Peer support group for people affected by suicide.
- Group support and 'share' (experiences) for volunteers and guests.
- Awareness raising programme on suicide and self harm for schools and community youth organisations.
- Referrals and ongoing partnership with others such as Rape Crisis, Foodbanks, Moira Anderson Foundation, Phoenix Future and other drug and alcohol support agencies.
- Mentorship and ongoing training for all of our volunteers including Safe Talk, Self Harm, Reiki, Telephone Training, ASIST, Mental Health First Aid with spaces opened up to the general public where possible.
- Ongoing contact via our social media and website.