

## Information for Families / Carers on the Death of a Relative or Friend

The death of someone close to you can be a difficult and worrying time. You may need practical advice to help you cope, or someone to talk to about how you feel. If you are registered with us at Portlethen Medical Centre and feel you might need extra support our GPs can help, please arrange an appointment.

For official information on what to do after a death please see the Scottish Government web page below. It covers everything from registering the death to planning the funeral and financial support that may be available.

<https://www.gov.scot/publications/death-scotland-practical-advice-times-bereavement-revised-11th-edition-2016-9781786522726/>

In Scotland a death must be registered within 8 days. You have the option to register the death at any Registration office in Scotland. Death registration can be done remotely via telephone call and face to face appointments are no longer required but are available by arrangement on request.

To book an appointment with the Aberdeenshire Registrars please call 01467 468 468 weekdays 8:45am to 5pm or email [registrars@aberdeenshire.gov.uk](mailto:registrars@aberdeenshire.gov.uk)

Or for Aberdeen City Registrars call 01224 522616 weekdays 9am to 5pm

The registrar must have received the Medical Certificate of the Cause of Death before a registration can commence. This document may be referred to as a 'Form 11'. The certifying doctor will email this document directly to the Registrars.

**There are several organisations that can offer you counselling or emotional support. We have listed some national and local services below:**

Cruse Scotland, bereavement support. [www.crusescotland.org.uk](http://www.crusescotland.org.uk) Free Helpline 0808 802 616  
Cruse offer one-to-one counselling across Scotland. They also give support through their helpline for anyone who has been bereaved.

Age Scotland. [www.ageuk.org.uk/scotland](http://www.ageuk.org.uk/scotland) Helpline 0800 12 44 222 Monday to Friday 9am-5pm  
Support for older people, their carers and families in Scotland.

Child Bereavement UK. [www.childbereavementuk.org](http://www.childbereavementuk.org) Helpline 0800 02 888 40  
Support for families, children and young people when a child grieves or when a child dies.

Survivors of Bereavement by Suicide. [www.uksofs.org](http://www.uksofs.org) Support Line 0300 111 5065 Monday & Tuesday 9am to 5pm. Support for people over 18yrs who have been bereaved by suicide.

The Archie Foundation. [www.archie.org](http://www.archie.org) Helpline 01224 554152 Monday to Friday 9:30-2:30 pm  
Grampian-wide charity providing support for bereaved children and young people.

Sands. [www.sands.org.uk](http://www.sands.org.uk) Helpline 0808 164 3332

The Lullaby Trust. [www.lullabytrust.org.uk](http://www.lullabytrust.org.uk) Information Line 0808 802 6868  
Offering support to anyone affected by the death of a baby or young child.