



This Is Paradise Support resources

If you have been affected by any of the themes or content of this performance, there are organisations who are able to support you. We've included details of a selection of local charities below, but there are many more available.

Held In Our Hearts - Baby Loss Counselling

Offers both bereavement counsellors and peer support. Specialist baby bereavement counsellors can support you by offering a therapeutic relationship for you to explore your grief in a more structured way; this service is free and available for as long as you need it. There are also Peer Supporters, who are bereaved parents that have voluntarily completed our training course and are qualified to support you. They will be at least a year bereaved and feel they are in a place to provide compassionate and flexible support.

<https://heldinourhearts.org.uk/> | 0131 622 6263 | info@heldinourhearts.org.uk

Edinburgh Women's Aid

Offers confidential support and advice, answers your questions honestly, gives advice on how you and your children can stay safe, provides temporary accommodation if you're unable to stay in your home, and offers help and support for a better future. Drop in, phone and email support available.

edinwomensaid.co.uk | 0131 315 8110 or 0800 027 1234 | duty@edinwomensaid.co.uk.

Shakti Women's Aid

Helps BME women, children, and young people experiencing, or who have experienced, domestic abuse from a partner, ex-partner, and/ or other members of the household. Shakti Women's Aid also provides training and consultancy for agencies working with BME women, children, and young people.

shaktiedinburgh.co.uk | 0131 475 2399 | info@shaktiedinburgh.co.uk

Samaritans

Whatever you're facing, a Samaritan will face it with you. Samaritans are here, day or night, for anyone who's struggling to cope, who needs someone to listen without judgement or pressure. Samaritans is not only for the moment of crisis, we're taking action to prevent the crisis. We give people ways to cope and the skills to be there for others. And we encourage, promote and celebrate those moments of connection between people that can save lives. We offer listening and support to people and communities in times of need.

The Samaritans phone line is free, available 24/7 and will not appear on bills.

samaritans.org | 116 123 | jo@samaritans.com