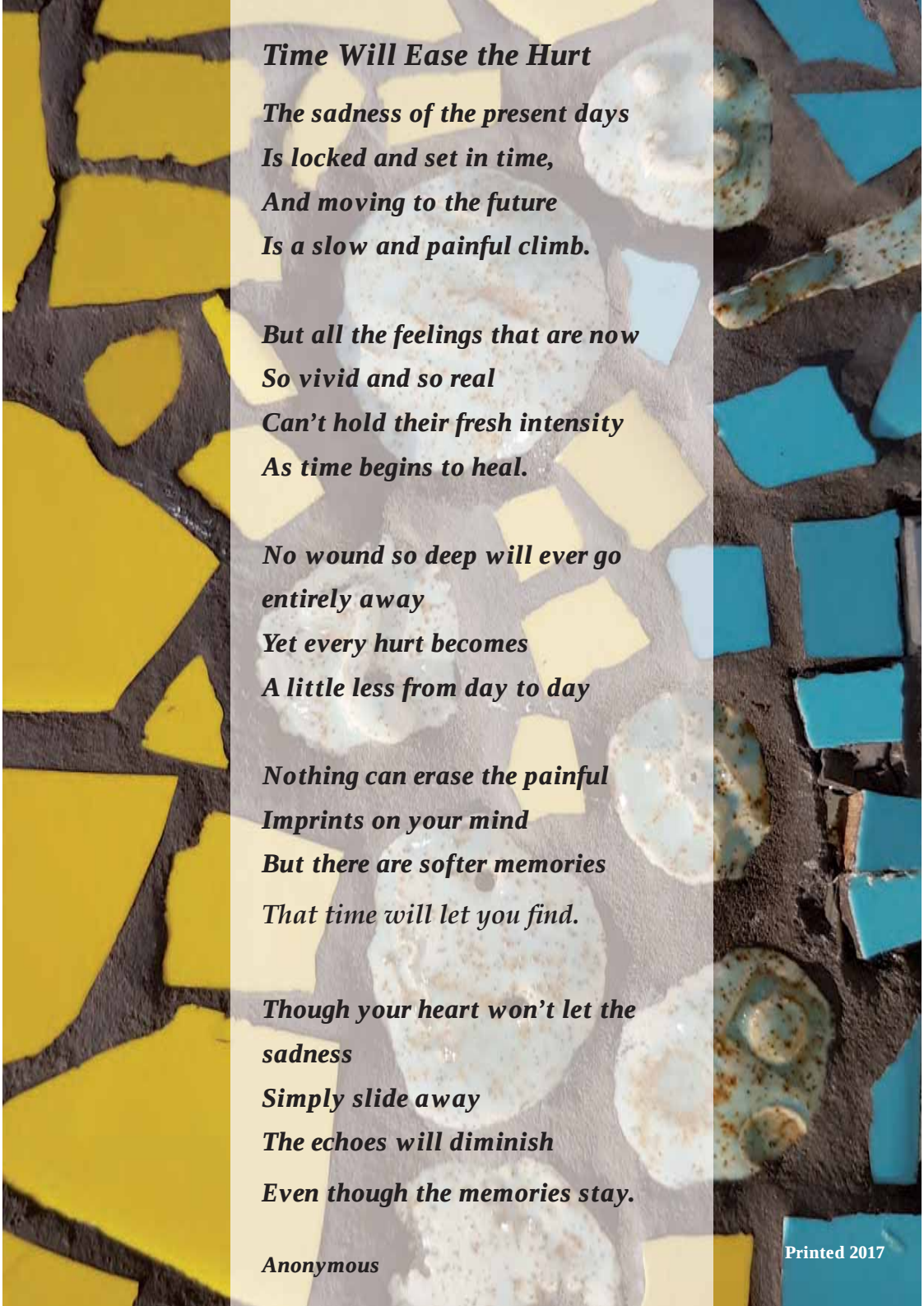




East Cork

Lighting the Way

An information resource to support
people who are bereaved through suicide



Time Will Ease the Hurt

***The sadness of the present days
Is locked and set in time,
And moving to the future
Is a slow and painful climb.***

***But all the feelings that are now
So vivid and so real
Can't hold their fresh intensity
As time begins to heal.***

***No wound so deep will ever go
entirely away
Yet every hurt becomes
A little less from day to day***

***Nothing can erase the painful
Imprints on your mind
But there are softer memories
That time will let you find.***

***Though your heart won't let the
sadness
Simply slide away
The echoes will diminish
Even though the memories stay.***

Anonymous



Acknowledgements

Lighting the Way - East Cork has been compiled by the East Cork Lighting the Way Development Committee. This book is the end product of a creative collaboration between representatives from the following services: Cork North Community Work Department, An Garda Síochána, Caring for Carrigtwohill, Carrigtwohill Family Resource Centre, Macra na Tuaithe, Midleton Family Resource Centre, Youghal Community Health Project and Breaking the Silence Cobh. Thank you to all involved for your enthusiasm and commitment.

External support and advice was provided by Health Action Zone Community Health Work and Community Work Team with additional support and advice from Cork Kerry Community Healthcare Resource Officer for Suicide Prevention and the Suicide Crisis Assessment Nurse for East Cork.

This fifth edition of Lighting the Way covering East Cork has benefited greatly in terms of the experience brought to it owing to the four preceding editions of this resource. Lighting the Way now represents a series of supportive and informative resource booklets that are valuable to communities, services and organisations across all of Cork City and County. Particular thanks are due to all who have worked on this project from start to finish since 2013.

Many organisations have provided information about their services for inclusion here, thank you for taking the time to help build a picture of the supports available locally, regionally and nationally.

The artwork “Betwixt and Between” brings a special dimension to Lighting the Way East Cork. This collaborative work was facilitated by visual artists who worked with participants of East Cork Music Project. During a series of creative workshops the young people and the artists began the creative process by initiating conversations about their own personal mental wellness and their experience of loss.

We would sincerely like to thank the National Office for Suicide Prevention (NOSP) for its funding of the creation of all five ‘Lighting The Way’ Resources through its community resilience funding initiative, which was facilitated through the Cork Kerry Community Healthcare, Mental Health Manager’s Office.

Mags Creed, Community Worker, Cork North Community Work Department.
Cork Kerry Community Healthcare.

Lighting the Way

“Even the darkest night will end and the sun will rise”

Victor Hugo – Les Misérables



Introduction

When someone close to us dies it may be one of the most difficult life experiences we ever have to face. When the death is through suicide, family, friends and communities must cope with the sadness of their loss plus all their additional heightened feelings like confusion, shock, blame, despair, fear, abandonment, guilt and anguish. It is possible to experience grief in many different ways and every individual's loss will be unique to them. For some people it will be important to talk to someone quite soon after the death. For others it may be a longer time. In the days and weeks following a death additional support may be needed and for those going through this heartbreaking time, information on the range of supports available is an essential contribution.

Lighting the Way is an information support for those bereaved or affected by suicide and it is also a resource for those working directly with individuals and families who have lost loved ones. The resource aims to improve the level of information and support in the community following a suicide and assist those bereaved in finding and accessing appropriate supports locally, regionally or nationally. Importantly, it also provides clear information on the process involved, both medically and legally, following a suicide.

This project represents the fifth edition of the Lighting the Way resource booklets to cover Cork City and County. The concept of Lighting the Way was originally developed in 2013 through the Health Action Zone Initiative, which is based in the Cork North Community Work Department, Cork Kerry Community Healthcare. This resource represents a planned response to what started as a conversation around how supports could be improved in local communities to Cork City's Northside and developed as a response that was needed and valued in many communities around Cork City and County. Lighting the Way was designed as a project which could be rolled out to other areas and so there is a structure to its planning and development process starting with the formation of a multi agency/service development committee.



This Fifth edition of *Lighting the Way* is a collaborative initiative between the Cork North Community Work Department and Health Action Zone with An Garda Síochána, representatives of key community and voluntary organisations and supported by Regional Suicide Resource Officer with the National Office for Suicide Prevention NOSP. The geographical area of coverage around East Cork extends from the city suburb of Glanmire to the border with county boundary with Waterford and includes Carrignavar, Knockraha, Glenville, Carrigtwohill, Dungourney, Mogeely, Leamlara, Cobh and Great Island, Midleton, Cloyne, Shanagarry, Ballycotton, Aghada, Whitegate, Ballintotis, Castlemartyr, Garryvoe, Killeagh, Ballymacoda and Youghal.

Lighting the Way was developed initially in response to specific actions outlined in *Reach Out: Ireland's National Strategy for Action on Suicide Prevention 2005 - 2014*. *Connecting for Life: Ireland's new National Strategy to Reduce Suicide 2015 - 2020* has a vision which also encompasses and emphasises the continued support of persons, families and communities bereaved through suicide.

Lighting the Way is designed to be multi functional and used through a range of services locally, regionally as well as nationally including An Garda Síochána, frontline staff in the healthcare services, community services listed within the resource, in the provision of information and support to those bereaved by suicide. It continues to be an important resource to all those affected by a bereavement through suicide.

We know that the previous editions of *Lighting the Way* have proved invaluable and we feel confident that this resource will be as valuable to communities and services in East Cork.

Sinead Glennon
Head of Mental Health Services,
Cork Kerry Community Healthcare.

Please note: the information in this booklet is accurate at the time of writing, but may be subject to change. The publishers and author(s) make no representation, expressed or implied, with regard to the accuracy of the information contained in this publication and cannot accept responsibility for any errors or omissions that may occur. Included in the booklet are some organisations/groups/services not in a funding arrangement with the HSE but who do offer supportive services for people who are bereaved. Inclusion of these organisations/groups/services does not imply endorsement by Cork Kerry Community Healthcare



Contents

	Page
Section 1: Following a Death	6
• Why the Gardaí are involved	6
• The Role of the Coroner	6
• What is a Postmortem	7
• Funeral Arrangements	7
• Financial Support for the Bereaved	8
• Death Certificate	10
• The Inquest	10
• Registration of the Death	11
Section 2: Dealing with the Loss	13
• Understanding Your Feelings	14
• Pyramid of Bereavement Supports	18
• Common Questions.	20
• Early Grief and Mourning	23
• Myths and Facts About Grief	25
• Helping Children with Grief	26
• Adolescence Grief and Loss	28
• Online Safety Resources and Support	30
• Memorialising and Removal of Social Networking Accounts	31
Section 3: Supports in the Community	33
• Introduction	33
• Health Services: The GP/Primary Care and Mental Health Services	34
• Community Supports and Information	35
Further Reading	74
Online Resources	75
Bibliography	77
Little Things	78
Artwork: Betwixt and Between	80



Following a Death

Why the Gardaí are Involved

In any event involving an unexpected death, including a suicide, the Gardaí are notified and an inquest will be held. In such instances the Gardaí are acting as Coroner's Officers and will enquire into the circumstances surrounding the death. They will inform the Coroner of the death and send him or her a report. The fact that uniformed Gardaí visit the relatives at their home or at the hospital does not mean that the death is regarded as suspicious. It will be necessary for them to take statements and have the body formally identified by a member of the family or relative of the deceased.

The Role of the Coroner

The Local Authority appoints the Coroner. To qualify for the position a person must be a practising Barrister, Solicitor or Registered Medical Practitioner (Doctor) of at least five years standing. In Ireland, it is a legal requirement that deaths from unnatural causes, including suicide, are reported to the Coroner. The purpose is to determine who died and the circumstances surrounding their death. To establish this, the Coroner may request a postmortem and, at a later stage, may call an inquest into the death.

Support Tip

You can talk to your local Garda before the inquest and he or she can provide tips and links to support the family.

You can also ask questions during the inquest at the Coroner's Court.

What is a Postmortem?

A postmortem is an internal and external examination of the body of the deceased, which takes place in a hospital and is performed by a Pathologist. It is usually carried out within twenty-four hours of the arrival of the body at the hospital. It is performed in a professional and sensitive manner. There is no visible disfigurement of the body.

Support Tip

Some people find it helpful to discuss the postmortem results with their family doctor or arrange to meet the Pathologist who performed the postmortem and discuss the findings with him or her.

Funeral Arrangements

A sudden or unexpected death, by its nature, denies relatives of the deceased the opportunity to say goodbye. The funeral gives families a chance to arrange and plan the service and say goodbye. Partaking in the funeral arrangements and deciding on such issues as the clothes in which the deceased will be dressed, the type of coffin and the time at which the removal will take place can achieve this. Some choices the family will have to make will be deciding where the body will repose.

By not rushing the funeral, taking time to come to terms with what has happened and being with the deceased, some sense of comfort may be experienced. Other families who have experienced a death by suicide have suggested that it is very important to spend time with the body. Even if family members do not wish to view the deceased, a vigil beside the closed coffin is often helpful. Other families emphasise the benefits of and comfort in having a public funeral. It allows them the opportunity to pay tribute to the life of their loved one. Funeral arrangements should not be made until the body is released to the spouse or next of kin, which usually takes place immediately after the postmortem examination has been completed.

Support Tip

Funeral Directors can assist with all arrangements related to funerals from the more major concerns people will have around finances to maybe more minor details such as arrangements for music at the service. Talk to the Funeral Director about what you need and they will support you every step of the way.

Financial Support for the Bereaved

Making funeral arrangements after losing a loved one can be difficult both emotionally and financially. Listed below are some options for financial supports which may be available to you.

Funeral Directors

Funeral directors can arrange payment plans to cover funeral costs if required. They can also provide support when dealing with other financial institutions in the event that the bereaved person wishes to make arrangements with their bank or credit union. Funeral directors will signpost you to other sources of financial support if needed to cover funeral expenses and often do much of the communication for you.

Banks

Each Bank has a bereavement support team who are there to help you in such difficult times. When a loved one or a close relative passes away you may need access to finances to pay funeral expenses for example. Learn about your bank's policy on releasing funds for things such as funeral expenses by looking on your bank's website where you will also find the relevant contact information to make appointments, access information you may need or even download forms you may require to pay for funeral expenses.

Department of Social Protection

A claim for assistance with funeral expenses under the Supplementary Welfare Allowance Scheme is operated by the Department of Social Protection and is referred to as an 'exceptional needs payment' subject to a means test. The primary consideration in determining that a payment is warranted is that there is an inability to pay the cost in part or in full by the family of the deceased person without causing hardship. The person applying for this should normally be resident in the area where application is made irrespective of where the funeral took place. There is an application form and accompanying verification needed e.g. Undertakers invoice, death certificate, copy of deceased will and any other documentation required by the Department of Social Protection. Contact your local Community Welfare Officer for more information.

St. Vincent de Paul

On an emergency basis a request for financial assistance towards funeral costs can be made to your local SVP. This request for support is reviewed at a weekly SVP team conference where a decision will be made on how best to support the family. A person can contact the SVP regional office and speak, in confidence, with a member of SVP on 021 427 0444 for further information and support with requests.

Credit Union

If the bereaved person was a member of the Credit Union they may have availed of Death Benefit Insurance. It is designed to provide financial assistance following bereavement through the Credit Union's own insurance policy. Talk to the local Credit Union if you are having difficulty financially after bereavement, support may be available through the Death Benefit Insurance or other means.

Death Certificate

The death cannot be registered until the postmortem report is received, which may take six weeks or longer. If the postmortem examination shows that death was due to natural causes, and there is no need for an inquest, a Coroner's Certificate will be issued to the Registrar of Births and Deaths who will then register the death and issue the death certificate. If death is due to unnatural causes, the Coroner is obliged to hold an inquest. The death will be registered by means of a Coroner's Certificate when the inquest is concluded (or adjourned in some cases).

Prior to the inquest being held, the Coroner's office will, on request, provide an Interim Certificate of the fact of death, which may be acceptable to banks, insurance companies and other institutions.

The Inquest

An inquest is an inquiry in public by a Coroner, sitting with or without a jury, into the circumstances surrounding a death and can take place at any time from four weeks to possibly over twelve months after the death. The inquest will establish the identity of the deceased, how, when, and where the death occurred and the particulars which are required to be registered by the Registrar of Deaths. A Coroner is not permitted to consider civil or criminal liability; he or she must simply establish the facts. A verdict will be returned in relation to the means by which the death occurred. The range of verdicts open to a Coroner or Jury includes accidental death, misadventure, suicide, open verdict, and natural causes (if so found at the inquest). An inquest will not tell you why a person died by suicide. The Coroner will decide which witnesses should attend and in what order they will be required to give evidence. The Pathologist and Gardaí always give evidence at an inquest into a death suspected to be a suicide. Any person may give evidence which is relevant to the purpose of the inquest. Likewise, any person who has a lawful interest in the inquest may ask questions or be legally represented by a Solicitor or Barrister.

Such persons include:

- The family and next of kin of the deceased
- Personal representatives of the deceased
- Representatives of insurance companies

All inquests are held in public and reporters may be present. In practice, a minority of inquests are reported in the press. The Coroner is aware of the tragic circumstances and will endeavour to treat each one sympathetically. The existence of suicide notes will be acknowledged, but the contents will not be read out, except at the specific request of the next of kin and then only at the discretion of the Coroner. Every attempt is made to ensure that the inquest proceedings are not unduly intrusive on families concerned.

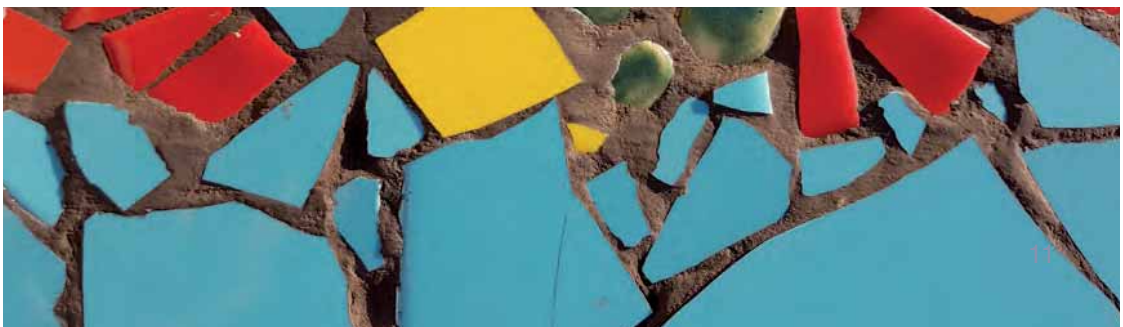
What happens if a suicide note is left?

If a suicide note is addressed to a specific individual, the individual can collect the letter from the Coroner's office. This must be done in person to ensure that it does not get lost in the post.

Registration of the Death

The death may be registered at any Registrar of Births, Deaths and Marriages office. The death can be registered in the council area where the person has lived or died.

A death must be registered in person and not by letter or telephone. If an inquest has been held the coroner will have registered the death within 5 days of the hearing and you will simply need to ask for a copy of the death certificate.

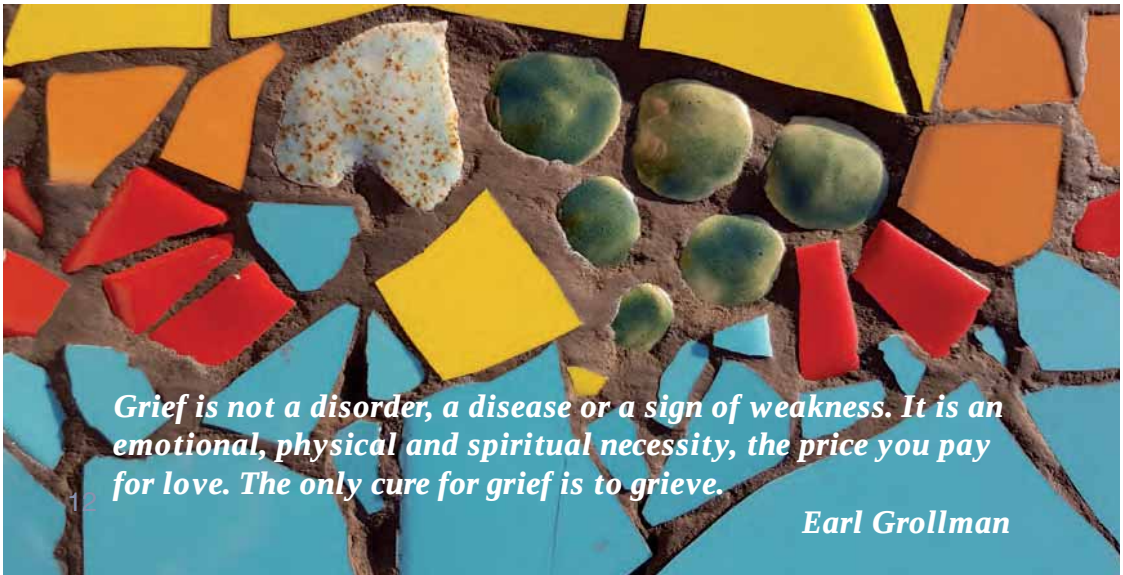


When registering the death you need to have the following:

- Full name of deceased
- The deceased's Personal Public Service (PPS) Number
- Sex, marital status, occupation and date of birth or age of the deceased
- Date and place of death
- If the deceased was a child, the occupation of the parent(s) or guardian(s)
- Medical Certificate of the cause of death

Other Supports you may need

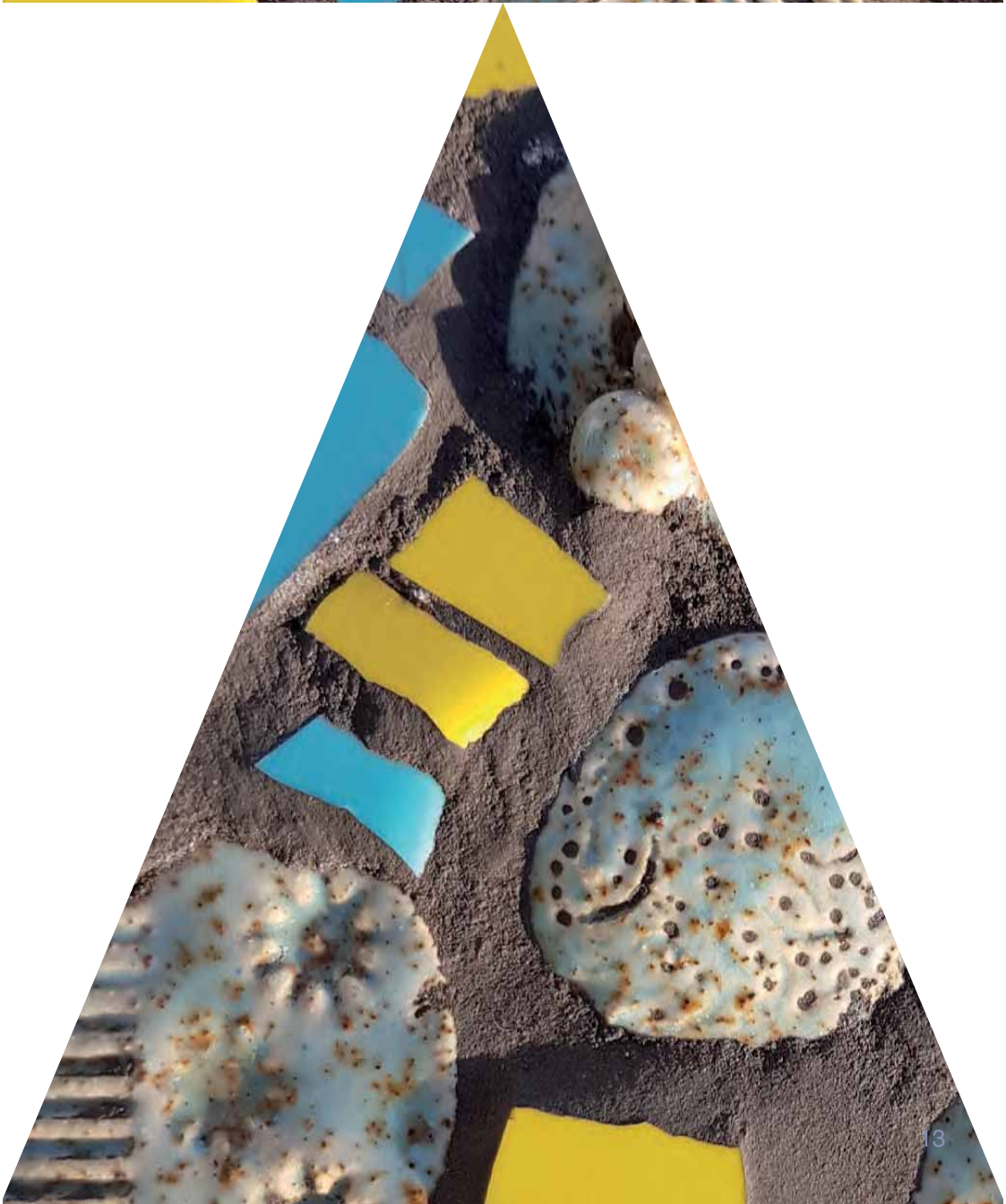
You may require support with a wide variety of issues after a death by suicide and in dealing with your loss over time as issues may emerge. Citizens Information Centres are wide spread in every community in Cork City and County. You can access a wide ranging variety of supports and information here as well as limited advocacy support. See p41 for more information about Citizens Information Centres.

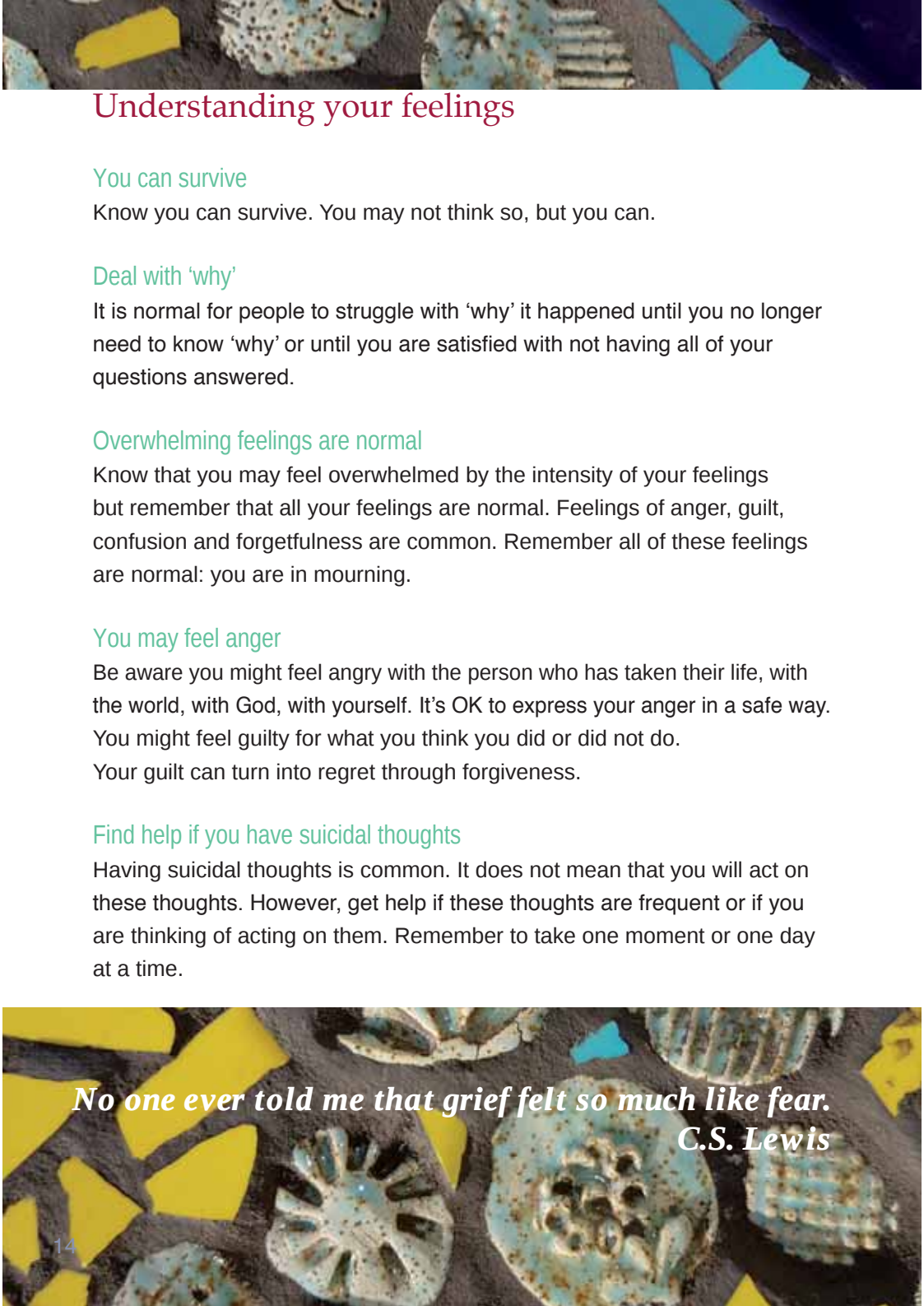


Grief is not a disorder, a disease or a sign of weakness. It is an emotional, physical and spiritual necessity, the price you pay for love. The only cure for grief is to grieve.

Earl Grollman

Dealing with the Loss





Understanding your feelings

You can survive

Know you can survive. You may not think so, but you can.

Deal with 'why'

It is normal for people to struggle with 'why' it happened until you no longer need to know 'why' or until you are satisfied with not having all of your questions answered.

Overwhelming feelings are normal

Know that you may feel overwhelmed by the intensity of your feelings but remember that all your feelings are normal. Feelings of anger, guilt, confusion and forgetfulness are common. Remember all of these feelings are normal: you are in mourning.

You may feel anger

Be aware you might feel angry with the person who has taken their life, with the world, with God, with yourself. It's OK to express your anger in a safe way. You might feel guilty for what you think you did or did not do. Your guilt can turn into regret through forgiveness.

Find help if you have suicidal thoughts

Having suicidal thoughts is common. It does not mean that you will act on these thoughts. However, get help if these thoughts are frequent or if you are thinking of acting on them. Remember to take one moment or one day at a time.

No one ever told me that grief felt so much like fear.
C.S. Lewis

Tears are healing

Let yourself cry if you want to. Find a good listener and call someone if you need to talk. Give yourself time to heal. (Remember there are many listening resources listed at the back of this book.)

It was not your choice

Remember the choice was not yours. No one person is the only influence in another person's life. People are influenced and guided by many different things and people in their lives.

Expect setbacks

Strong emotions can return from time to time. This is normal but it's a good idea not to make any major decisions when you're struggling with strong emotions.

Reading Supports for Adults

There are a number of titles listed on p74 which we recommend however there may be many others that suit your needs. Check out the **Your Good Self** catalogue available in local libraries for recommend titles. More information on **Your Good Self** is available on p75.

Online reading supports we recommend:

www.suicidesupportandinformation.ie This site provides evidence based information on bereavement following suicide and responding to people at risk of suicide. The information is tailored for people bereaved by suicide and for health professionals, including GPs and mental health professionals, as well as the general public.

www.hse.ie The publication 'You Are Not Alone' is available to download under the publications section of the HSE website. This Lighting the Way publication along with all others in the series is also available to download on the www.hse.ie website under publications.



Types of Supports Available

While not everyone will need bereavement counseling or other types of supports, some may. Many people find the support they need by talking with their family and friends. If this is not the case for you then don't be afraid to seek another type of support that suits your needs.

Therapeutic Group Work for those Bereaved by Suicide

These groups are organised in a more formal way and are facilitated by experienced counselors who facilitate participants in a more therapeutic way to help them navigate through their grief in a safe and gently paced way. Participants become more aware of elements of complicated grief after death by suicide where their grief reactions are normalised and supported. Often times these groups work with very small numbers and are a closed group format to enable a more intimate and safe environment to be fostered.

Regional/National Support Services: Pieta House Bereavement Services p62

Peer Support Suicide Bereavement Group

The transition for those left behind after a suicide can be very difficult. Following the funeral, many survivors are left on their own to grieve. While professional counseling is an option, many say they would also like to speak with someone who has been through a similar experience. A volunteer survivor usually facilitates informal community support groups and they provide a confidential and safe space for those who have experienced a loss by suicide to share and meet others who can understand and provide support. Sessions vary as determined by the needs of the group, but could include on-going and continuing support and assisting those with a recent loss.

Local Support Service: You Are Not Alone (YANA) p67

Listening Service Support

A listening service can be both a one to one and telephone support service. A telephone listening service offers an anonymous ear and confidentiality as well as ease of access. This type of service is provided by some organisations for people bereaved through suicide. Remember young people can also benefit from using listening services; Childline, through the ISPC, provide a one to one listening service run by trained volunteers. People accessing this type of service receive non-directive listening support. They can also access referrals/signposting to other statutory and voluntary services as necessary.

Regional/National Support Services: ISPC p53, Aware p36, Samaritans p64, Pieta House p62

Counselling Support

One to one Counseling provides the opportunities to reflect & talk through any concern or difficulty that you are experiencing, with an accredited counseling psychotherapist in a confidential, non-judgmental space. There are many counseling services in Cork City and County.

Regional/National Support Services: Pieta House Bereavement Service p62, CIPC p42, Coisceim p44

Local Support Service: Carrigwohill FRC p40, Cobh FRC p43

Text Supports/Email Supports

Many services now offer a text or email support service. This type of contact is started with a text or email and maintained that way. This option of accessing support may suit some people and perhaps can develop into a person accessing other types of support after a time and as appropriate.

Regional/National Support Services: ISPC p53, Samaritans p64, Aware p36 and Pieta House p62

Pyramid of Bereavement Supports

Types of supports most needed during and after bereavement



3

Needed less frequently

This type of support is specialised and provided by professionals (Psychotherapy, Psychology, Counselling, Medical type of supports). Some people develop complications or become stuck in their grieving process and extra support may be required. Some community-based services directly provide these supports. There are also services in the community who provide this level of support but bring professionals in to do so if requested by individuals.

2

Needed sometimes

Some people may need extra support processing their grief. This could be because of the additional traumatic nature of a death by suicide. It is generally short-term support but can be for longer also. Bereavement support groups, mental health groups and listening services can help. These supports, or information relating to such supports, is available from services across the community.

1

Needed most often

Most people who are bereaved will find the support they need, practical help with tasks and social support from people around them such as family, friends and local services. Providing information and signposting people onto services they need is a role that many community service providers fulfil in the community. Professional training is not necessary but an awareness of the grieving process and the ability to listen is required.

Caring for those bereaved

- Allow bereaved people to express the pain they may be feeling at this time.
- Allow them to talk about their loss as often and as much as they are able to and want to.
- Do not avoid mentioning the death because of fear of reminding them about the pain. They will never forget.
- Let your genuine concern and caring show.
- Be available for them to talk.
- Talk about memories and the special qualities of the person who died.

What can friends do?

Often friends may not know how to comfort and support someone who has been recently bereaved by suicide. These suggestions come from others who have lost a loved one to suicide and may be of assistance in helping friends to know what they can do.

- Keep in touch on a regular basis. Don't abandon your friend.
- There may be times when your offers of help are refused. Try again later. If you feel awkward because you don't know what to say, be honest - "I don't know what to say.. is there anything I can do?"
- Send a note - if you don't know what to say, you can just write "thinking of you".
- Offer to do something practical such as making a meal, paying bills or doing the shopping or washing.
- Offer to find resources and information for them.
- Anticipate birthdays, holidays, anniversary dates and other celebratory events where the person's absence will be felt more keenly.
- Be kind to yourself. It can be draining to share your friend's loss. You also may be affected by this loss and have your own grief to deal with. Take time to do some special things for yourself.



Common Questions

Why did it happen?

When someone dies it is not uncommon for the bereaved to question why the person died and to try and understand why it happened and create some meaning of the event.

However, with suicide, the questions seem endless. Why did it happen? Why didn't he/she tell me how they were feeling? Did I really know him/her? Why did this happen to me? Why do I have to suffer so much? Am I the only one who feels this way?

All these questions are normal responses to a suicide and an honest attempt to create some meaning. However, suicide often does not make sense to the bereaved. That is why it is important to mind oneself after bereavement by suicide and get support to deal with the grieving process.

Will it get easier?

Losing a loved one is always difficult and it takes time to grieve.

If you allow yourself to grieve and address the challenges that suicide brings (e.g changes within the family, anger with the person who died by suicide or how you communicate about them) appropriately, it will get easier.

Dealing with the pain of the death and living your own life does not mean that you are forgetting or dishonouring the person who died. You do not need to be in pain to remember a loved one.

It may help to make contact with support services to help you in dealing with the immense pain that you are going through after a death by suicide.



What about medication, drugs and alcohol, do they help?

After suicide emotions of sadness, anger, disgust, guilt or fear can be intense and sometimes overwhelming. Some people feel numb and others feel as if they are on an emotional rollercoaster. Therefore it can be helpful to discuss these emotions with your local GP, who can prescribe medication as a 'first aid' measure if necessary. Further on it may be helpful to speak to other professionals who are trained to deal with suicide bereavement, such as a counsellor or psychotherapist, as they can help you to work through the emotions and offer support throughout your grieving process.

Using alcohol or illegal drugs to escape the pain is not helpful as they will prolong and complicate your grief and add further problems to your situation.

Should I tell people if it was suicide?

Sometimes it can be difficult to talk about the cause of death and people can be fearful of other people's reactions in relation to suicide.

Give yourself some time to think about what you want to say if being asked and how you can stay truthful to yourself and your relationships, whilst supporting yourself and acknowledging that you might have different needs at different stages of your grieving process.

It is important that you do whatever you feel comfortable with when talking about the death of your loved one.

Also remember, that if people know it was suicide they may be able to support you more adequately or may be able to point you in the right direction for support services that will be able to help you through this difficult time.

What do I say when people ask me how many people are in the family?

This may be an awkward question for you. Your loved one will always be part of your life but it may be that you don't want to invite further questions. 'Do I include the person who has died or am I denying their existence if I don't include them?' Say whatever you are comfortable with. This may depend on who is asking the question and their reasons for it. It may also depend on how you are feeling that day.



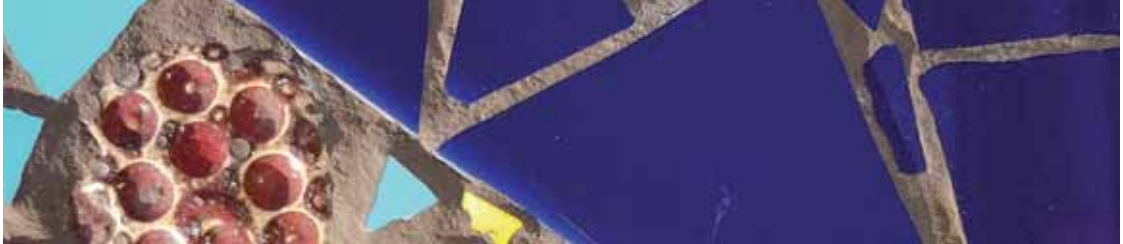
Early grief and mourning

Shock

The death of someone close to you comes as a tremendous shock. When someone dies unexpectedly this shock is intensified and when someone takes their own life the shock can be particularly acute in the days and weeks immediately following a death. Some experience it more severely and for longer than others.

Numbness

Following the death of someone you have been close to, you may experience feelings of numbness. What has happened may seem unreal or dreamlike. The thought 'this can't really be happening' may recur. The numbness of early bereavement may itself be a source of distress and misunderstanding if one wonders, for example, why one cannot cry at the funeral. In fact, this numbness is only delaying emotional reactions and may be a help in getting through the practical arrangements. This feeling of numbness gradually wears off allowing you move on in the process of grieving.



Disbelief

It is natural to have difficulty believing what has happened. Where a death was untimely and sudden it is even harder to grasp that the loss is permanent and real. While it is possible to “know” that a loved one has died, it can be difficult to “accept” and disbelief often surrounds the bereavement. A large part of you will resist the knowledge that the person who has died is not going to be around any more. Confusion, panic and fear are common during this struggle between “knowing” they have died and disbelief.

Searching

Numbness and shock tend to give way to an overwhelming sense of loss. Many bereaved people find themselves instinctively “searching” for their loved one, even though they know that they are dead. This may involve calling their name, talking to their photographs, dreaming they are back or looking out for them amongst people in the street. This denial of a painful reality is a natural part of mourning. Realising that a death has really happened and is irreversible takes some time.

Anguish and pining

The understanding that a loved one is really dead brings with it tremendous misery and sadness. As the loss begins to make itself felt, pining for the person who has died is common. Powerful and desperate longings – to see and touch them, to talk and be with them - may be felt. The intensity of emotions is often frightening and may leave the bereaved feeling devastated. Emotional pain is often accompanied by physical pain. It is common to go over and over what has happened, replaying things in your head or talking them through. The need to talk about a loved one, following their death, is part of the natural struggle to counteract their loss.

Physical and emotional stress

Losing someone close to you is a major source of stress. This stress may show itself in both physical and mental ways. Restlessness, sleeplessness and fatigue are common. You may also have bad dreams. Loss of memory and concentration are common. You may experience dizziness, palpitations, shakes, difficulty breathing, choking in the throat and chest. Intense emotional pain may be accompanied by physical pain. Sadness may feel like a pain within. Muscular tension may lead to headaches, neck and backaches. Loss of appetite, nausea and diarrhoea are also common and women's menstruation may be upset. Sexual interest may also be affected. The physical effects of shock usually pass with time.

Myths and Facts about grief

Myth: The pain will go away faster if you ignore it.

Fact: Trying to ignore your pain or keep it from surfacing will only make it worse in the long run. For real healing it is necessary to face your grief and actively deal with it.

Myth: It's important to 'be strong' in the face of loss.

Fact: Dealing with loss is not easy. Emotions can be quite overwhelming and intense. Expressing these emotions, e.g. crying, does not mean you are weak but will help you through the natural grieving process. You don't need to 'protect' your family or friends by putting on a brave front. 'Being strong' includes knowing what your needs are when dealing with loss and working through it. This may include speaking to your GP or seeking support services that will help you deal with your bereavement appropriately.

'Being strong' does not mean suffering in silence!

Myth: If you don't cry, it means you aren't sorry about the loss.

Fact: Crying is a normal response to sadness, but it's not the only one. Those who don't cry may feel the pain just as deeply as others. They may simply have other ways of showing it.

Myth: Grief should last about a year.

Fact: There is no right or wrong time frame for grieving. How long it takes can differ from person to person. It is important to mind yourself throughout the grieving process and consider outside support to help you through it.

Try to remember:

- You are NOT responsible for the death
- It takes time to heal
- The intense pain does not go on for ever – it does soften
- Gradually there will be more good days than bad days
- This does not mean you will forget and stop loving the person who died

Helping children with grief

Children express their feelings differently to adults. It is normal for a child to appear as though everything is ok. It is important for children to know that they don't need to feel sad all of the time. Unlike adults, children grieve in "bits and pieces". Many of the fears that parents/caregivers have about causing greater distress for their children are not realised, as most children, even very young children, take the news in a "matter of fact way"

Talking to your child about suicide

Often the first question that arises for a parent is "what should I tell my children about suicide?" Many parents/caregivers have had little experience talking with children about death let alone suicide, and are worried about how their children will react and how the news will affect their child in the long-term.

Parents often express great relief that they have spoken to their children about suicide.

- Be honest and consistent.
- Ask your child what death means to them, explain it to them and be sure they understand.
- Use simple language to explain suicide.
- Maintain routines and expectations such as bedtime, homework, sporting activities and playing with friends. This gives children a sense of consistency and security.

Suggested activities to do with young children

- Create a memory box. Put mementoes of your loved one into a special box and look at them anytime.
- Look at pictures of past good times.
- Read together. Books can encourage understanding and discussion (see suggested reading p74)
- Use a toy phone to talk about what happened.
- Draw or paint to show how you feel. You can make a 'feelings' book. Include some things that make you feel safe or loved. Put the date on each page to show how your feelings change as time goes on.

Reading Supports for Children

There are a number of reading titles for children of varying age that will help a parent or carer to support a child through grief listed on p74. We recommend you again refer to the Your Good Self Programme catalogue or indeed speak to the librarian in your local library for information on titles that are appropriate to the age of the child and type of loss or grief experienced.

Online reading supports we recommend:

There are lots of online sources of information that can be helpful in difficult times. We recommend www.childhoodbereavement.ie for supportive information. This website contains factsheets to download discussing topics such as Children and Grief. There are also teacher resources to use in class and this website is supported by TUSLA and The Irish Hospice Foundation.

Adolescence grief and loss

Adolescence is a time of great change in the life of a young person. Teenagers struggle with issues of identity and independence, as they try to bridge the gap between childhood and adulthood. When a death occurs their life can become very difficult. The most frequent deaths adolescents experience are those of parents, siblings or peers. The responses to their loss will depend on their age, the nature of the death, their relationship with the deceased, their personalities, how the family grieves and the changes the death creates in the family or life of the adolescent generally. Unlike young children, adolescents fully understand the concept of death; they know that death is final and inevitable. Each young person grieves in their own way. While there is no set formula to help them cope there are some more common reactions in bereaved adolescents which we can be mindful of.

Reactions in bereaved adolescents - they may:

- mask their fears with rebellion, acting out their protest at what has happened
- exaggerate their maturity and mask their inability to cope
- be moody, negative and rebellious, feeling life has become very unfair
- use drugs or drink to numb the pain they experience
- express blame at anyone they feel might be responsible for the death
- drop out of their activities, lose enthusiasm and become disconnected
- try to find some meaning in the fact that they are powerless over what has occurred
- struggle in preparing for an uncertain future
- feel different from their peers and won't always want to talk
- use sport as a release, watch sad movies or read books on loss, giving them an excuse to cry

How can we help them?

Adults who are willing and able to listen to teens, who accept their feelings as real and important and who model openness in discussing issues of life and death can be a resource to young people as they try to cope with loss and bereavement.

- we need to be present for them
- we need to listen to them and hear what they are not saying
- we need to give them time to unfold their struggles
- they may talk to another adult who can support them, they do this to protect parents from their pain
- it is important to be patient and not react to their responses to loss

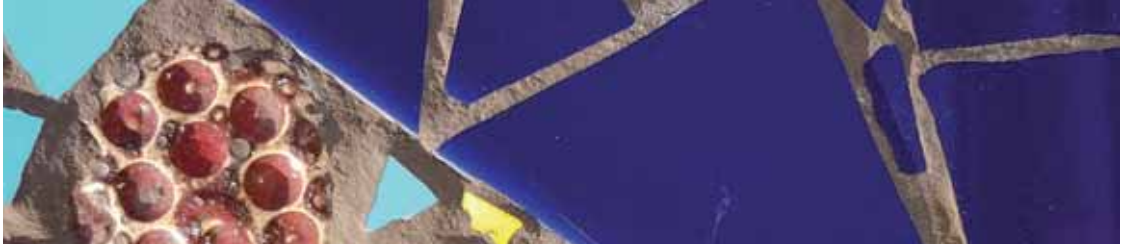
While doing all of the things mentioned above is helpful and supportive, there may also be times when adolescents need additional help while they try to cope with grief and loss in their lives.

Adolescents need additional help if they are suffering:

- panic, anxiety, fear or physical ailments without medical causes which interfere with life
- physical ailments that continue without identifiable medical causes
- prolonged feelings of guilt or responsibility for the death
- chronic depression, anger or hostility
- behaviour that is reckless and life-endangering to self or others
- prolonged changes in personality, personal appearance and/or behaviour
- consistent withdrawal from friends, family members and prior interests
- prolonged changes in sleeping patterns
- continuing problems with eating (overeating, under-eating, bingeing)
- drug/alcohol abuse or sexual promiscuity
- self-harming and or suicidal thoughts or actions

Support Tip

Talk to your GP about any concerns you have about your child/teen following bereavement and in particular suicide bereavement. Further online sources of information and support can be found on p75/76 The **Your Good Self** catalogue in local libraries also has more titles around grief and loss, see p74/75



Online Safety Resources and Support

We all use the Internet for so many reasons. It is one of the most powerful inventions ever created by mankind, one that must be respected and used responsibly. While being an informed parent and educator about technology is imperative to the safeguarding of young people online, we all play an important role in our community. Listening and keeping an open conversation with young people is at the heart of online safety education.

Encouraging a healthy digital life from an early age will nurture the idea of creating and maintaining an online presence that they are proud to own and a space that they can enjoy safely.

The websites below are useful resources that will answer many questions for you, information about the latest apps, social networks, games, new technology, safety, privacy, cyberbullying, sexting, security online and so much more.

Webwise is the Irish Internet Safety Awareness Centre, which provides information, advice, and tools to parents to support their engagement in their children's online lives. It provides teaching resources and advice on Internet safety topics including cyberbullying, social media, privacy and much more. www.webwise.ie

Common Sense Media improves the lives of kids and families by providing independent reviews, age ratings and other valuable information about all types of media. Everything you need to know about the latest movies, books, games, apps and social networks and much more.

www.commonsensemedia.org

Connect Safely is a non-profit organization dedicated to educating users of connected technology about safety, privacy and security. Here you'll find research based safety tips, parents' guidebooks (to Snapchat, Instagram etc), advice, news and commentary on all aspects of tech use.

www.connectsafely.org

Trend Micro's Internet Safety for Kids and Families Programme offers complimentary Internet Safety talks as part of their global *Corporate Social Responsibility* commitments. If you would like a parent talk in your local community, please contact Trend Micro directly on 021 730 7300.

An Garda Síochána also offers a Gardá Schools Programme, which is an initiative around educating parents and children about the procedures to follow for respectful online communication. Contact your local Gardá for more information.

Memorialising and Removal of Social Networking Accounts

People will usually want to do a couple of things if a person dies and they want to deal with social networking accounts and that is reporting an account to be 'memorialised' and removal of an account. Here are some steps that you can take with a number of social networking website to do this and while we cannot cover all social networking website, these are the larger and more popular ones.

Facebook: If a Facebook user has passed away Facebook will help you to memorialise or remove an account. Click on the question mark located at the top right hand side of Facebook. Type your request to either 'Memorialise an account' or type a key word like 'Deceased' into the search field entitled 'How can we help?' This will provide you with several questions and answers to assist you in memorialising and removal of the account.

Instagram: If you see an account on Instagram that belongs to someone who's passed away, you can report it to Instagram for memorialisation of that person. If you're a verified immediate family member you can request the account be removed from Instagram. To begin this process, go to <https://help.instagram.com/> and search 'Report a deceased person's account'

Twitter: In the event of death of a Twitter user, Twitter will work with a verified immediate family member of the deceased to have an account deactivated. To begin this process go to <https://support.twitter.com/> and enter 'Removal of a deceased users account' into the search bar as highlighted below.

Google: They do recognize that many people pass away without leaving clear instructions about how to manage their online accounts. Google can work with immediate family members and representatives to close the account of a deceased person where appropriate. To begin this process, go to Google and enter 'Submit a request regarding a deceased user's google account' into a search bar.

Snapchat: They do not currently allow you to nominate a digital guardian or legacy contact as Facebook does (see tip box below), your account simply becomes inactive with time, as your content isn't saved on Snapchat for a long enough duration of time, being viewed after death would not be a concern.

Support Tip

What is a legacy contact?

A legacy contact is someone you choose to look after your account if it is memorialised, some people will have done this and it's recommended that we all do this to make dealing with social networks easier for our loved one if we are not around. Facebook allows this nomination and other social networks may also do so it's worth checking.



Community Supports

Introduction

There are many organisations, services and information providers that can support people through a bereavement by offering support and understanding on the wide range of issues connected to suicide. These supports range from signposting to information, listening services to counselling and medical type supports.

This section contains a list of community services, organisations and groups who can provide various levels of support, access to activities and connections with supportive groups. Becoming involved in a group or activity can be a great support in itself.

Several national organisations facilitate bereavement/mental health specific groups in your local community. These groups provide a safe setting where free expression of grief is acceptable, confidentiality is observed and compassion and non-judgemental attitudes prevail.

If you are looking for a specific level of support such as one-to-one counselling or an informal listening service please note the triangular symbols, which indicate what different services can offer in the community (see Pyramid of Bereavement Support p18 for more information)

 **1 Needed most often...**

 **2 Needed sometimes...**

 **3 Needed less frequently...**



Health Services

Your GP/Primary Care and Mental Health Services

In Ireland the main route to accessing all health services is through your GP – this is equally true for mental health services – in what is called a Primary Care setting. GP/Primary Care Services manage many mental health needs and this is where an initial assessment is completed. Individuals may be guided towards Counselling services within primary care by their GP (for example Counselling in Primary Care (CIPC), Social Health Education Project – Coiscéim Counselling, Addiction services, Pieta House etc.)

If a person's needs are more complex or a person needs more support the GP may refer to the Suicide Crisis Assessment Nurse (SCAN), the Community Mental Health Team (CMHT) or the Acute Mental Health Unit (St. Michael's Unit, Mercy University Hospital).

The SCAN service is available to all GPs in East Cork whereby a mental health assessment can be facilitated in the GP surgery. The CMHT consists of a Team Co-ordinator, Consultant Psychiatrist, Non Consultant Hospital Doctors, Community Mental Health Nurses, Occupational Therapist, Social Worker, Psychologist, Family Therapist and Clinical Nurse Specialist, Psychotherapy.

The CMHT can also access the East Cork Home Treatment Team (ECHTT), when more intensive support is needed during periods of mental health crisis. The aim of the Home Treatment Team is to offer an alternative to inpatient care and support for the individual and their family within their own community.

The CMHT provides a wide range of interventions to meet the needs of people within their own community, including mental health assessments, psychological interventions, occupational and social needs support. The CMHT and ECHTT can also provide home visits if needed.

All aspects of the mental health services are recovery orientated where team members work collaboratively with the client and family or support network. Interventions available include: anxiety management, relaxation techniques, healthy lifestyles, stress management, and management of symptoms of mood or thought disturbance.

Anam Chara

Parental and Sibling Bereavement Support

What is available

Anam Cara is an all-Ireland organisation founded by bereaved parents to ensure families have access to information and support. We provide a range of bereavement support services, the main one in West Cork being monthly meetings in Bantry which give you a chance to meet other bereaved parents in a safe and comfortable environment. We offer peer support and understanding to parents who have experienced the death of a child, including by suicide. We also offer resources such as our Information Pack and our online videos.

How it works

Our online and face-to-face services are available to all parents, no matter what the age or circumstances of your child's death, or whether the death was recent or not. At Anam Cara we focus on the similarities of our loss rather than the differences. We provide a level of support and understanding that others cannot offer. Our bereavement as parents unites us.

Referral process: Please call our Information Line on 085 288 8888 for details about the next West Cork meeting.



**HCL House, Second
Avenue, Cookstown
Industrial Estate, Tallaght,
Dublin 24**



085 288 8888



info@anamcara.ie



anamcarabereavement



www.anamcara.ie



**9am to 5pm (leave a message
anytime for call back)**



All ages



**Free and for as long as
needed**



Yes



Yes



No childcare available

Aware

What is available

Aware is a nationwide organisation that supports individuals affected by depression or bipolar disorder, and their relatives. Support services include: 37 Nationwide Support Groups, Support Line and Support Mail. Education services include free programmes for adults (Life Skills – group and online options and a Relatives & Friends programme), free secondary school programmes (Life Skills in Schools, Beat The Blues Talk), and a Wellness@Work programme. Extensive information on depression, bipolar disorder, Aware services and self-help tips are available at www.aware.ie

How it works

If a person wants to attend one of the Aware groups they operate in various locations:

Cork Support Groups: Inniscarraig Centre, Western Road, Cork City, every Tuesday and Thursday at 8pm and Relatives Information on the 1st and 3rd Tuesday of each month at 8pm.

The Support Line operates 10am-10pm, 365 days a year.

Support Mail operates 365 days a year and all emails are answered within 24 hrs.

Life Skills programmes run several times a year and people are invited to register online at www.aware.ie.

If a person needs support around a bereavement through suicide we would offer what support we can in groups and signpost to a more appropriate service if needed. There is no wait time for the support groups, all are welcome and no referral is necessary.



Adults 18 +



Aware Support Line

1800 804 848 (Freephone)



No Charge



support@aware.ie



Yes: Pedestrian & Vehicle access via the Western Road



www.aware.ie



Yes



10am–10pm 7 days a week



No childcare available

Barnardos, Youghal Community and Family Support Project

What is available

The project supports children, parents and carers to achieve their full potential. We do this by:

- Working with families to identify what the strengths are, and what they may need help with to make family life better; This includes working in their home;
- Completing an assessment with the family, and regularly reviewing our work together to make sure the plan is working, and making any changes that may be needed;
- Keeping a record of the work with the family;
- Working with any other agencies that are involved with the family to give the best service possible

How it works

In the event that a person bereaved through suicide is in contact with our service or already engaged with our service we would work with the family to signpost the most appropriate service to offer bereavement supports to them. We would also offer advocacy in this regard when needed. We offer a caring and supportive service that aims to strengthen family functioning and build parenting skills.

Referral process: Self referrals and professional referrals are accepted

Waiting time: A waiting list for the service may be in operation depending on the demand, this can be discussed during the initial contact



**Cumann na Daoine,
Catherine Street, Youghal**



**086 - 701 5250
024 – 85331**



**valerie.bannerman@
barnardos.ie**



www.barnardos.ie



9am – 5pm Mon-Fri



0-18yrs



No charge



On street parking



Yes



No childcare available

Breaking the Silence

What is available

Breaking The Silence are a voluntary group who provide FREE Suicide Intervention & Prevention training as well as some post-vention support to communities across Cork. We have been doing this since 2008 and to date have trained over 7500 people in this life saving skills.

Support after suicide (post-vention):

Breaking the Silence specialises in providing training courses, however we are sometimes contacted in the aftermath of a suicide for support information due to our experience in this area. When this happens we respond as best we can to provide what is needed and will continue to follow up with the group, service, company or community we have engaged with.

Suicide Intervention and Prevention Training:

We offer two accredited training programmes. The first is safeTalk which is a 3.5 hour workshop designed to increase participant's suicide alertness skills. The second course is called ASIST, which stands for Applied Suicide Intervention Skills Training. ASIST is a 2-day course, which trains participants in suicide intervention first aid skills. There are no prior qualifications needed to complete SafeTALK and if you would like to complete the ASIST course then it is advisable to firstly complete a SafeTALK workshop. Please note that participants need to be over 18, and if you have recently been bereaved by Suicide please ensure to let us know. You are also welcome to get in contact with us if you would like to hold training in your Company or local Community Group. To find out about upcoming courses and our group please check our Facebook page or email us.

Referral process: Email us with your query around training or other supports

Waiting time: To speak to a member of BTS there is no wait time. To attend training will depend on when training is coming up. To organise training with us can depend on availability of dates for training with our trainers.



Over 18s



No charge



breakingthesilencecobh@gmail.com



Varies depending on where trainings are being run



Breaking The Silence Cobh



Varies depending on training location



**9.30am-4.30pm Mon- Thurs
9.30am-1.30pm Fri**



No childcare available

Caring for Carrigtwohill

What is available

We are a community based voluntary organisation consisting of representatives of in excess of a dozen local groups. Caring for Carrigtwohill has the following main aims:

- Increase mental health awareness and build resilience in our community.
- Promote appropriate training to prevent suicide in our community.
- Normalise conversation around mental health so people can seek appropriate support.
- Build up a network of trained people within our community to support those who are feeling vulnerable and support them around accessing appropriate services.

How it works

Our Facebook page provides regular updates on any upcoming training, which may be related to suicide prevention, intervention, self harm and bereavement. We have developed a wallet card with contact information on support services available to a person who needs support around suicide or bereavement. Local services providing support in the community are listed on this wallet card with many others from outside of the community providing support around suicide or bereavement. Caring for Carrigtwohill will ensure distribution of these wallet cards across the community.

Referral process: just contact via mobile number below

Waiting time: we aim to respond promptly to queries



085 756 6662



Caring for Carrigtwohill



Training available to anyone over 18 years



Free



Dependent on the venue for training



We always use training venues that have disabled access and parking.



No childcare available

Carrigtwohill Family Resource Centre

What is available

At the Carrigtwohill FRC we offer a wide range of services including the following:

- family support
- low cost counselling
- mentoring
- Schools Support Programme
- AA meetings
- GROW meetings
- Tea & Talk Programme
- Breakfast Club
- After School Support Programme
- Pre-school
- Parent & Toddler Group
- Literacy Group

How it works

If support is needed by an individual or family we would invite the person to meet with two staff members. If the issue is related to a suicide bereavement we will do what we can to provide support to the person or family affected. The centre can provide assistance to persons in the immediate aftermath of a death by suicide by liaising with all support agencies including Gardáí, Funeral Directors, clergy, relevant foreign embassy staff, Department of Foreign Affairs, etc. whatever response is needed we will assist in whatever way we can.

If a person or family were in need of extra support, more than the listening ear our staff provide all of the time, then we can arrange further support: e.g. counselling, or assistance in accessing other services.



**Main Street,
Carrigtwohill**



086 869 3333



frccarrig@eircom.net



www.svp.ie



9am-4.30pm Mon-Fri
24 hour phone service also available



All ages



**Voluntary contributions
appreciated**



Yes



Yes



**Pre-school & After-school
services are provided**

Citizens Information Centres

What is available

Citizens Information centres provide free, independent and confidential information, advice and advocacy service. Citizens Information staff are there to assist you when you need help to access your rights and entitlements, particularly at times where you may be experiencing upheaval or change in your life. Staff are available to provide information, advice and advocacy on a variety of topics.

How it works

In relation to assisting an individual or family bereaved through suicide, support can be provided around a lot of immediate and medium term as well as more longer term issues such as registering a death, what is needed to access finances for funeral expense, issues related to the deceased's estate, any other financial issues after a death which may occur for a person or family. Information and assistance can be provided about accessing social welfare payments, completing forms and writing letters. Assistance can also be provided to access counselling or support services for the bereaved person if that is required. **Referral process:** drop-in or telephone the offices listed below. **Waiting time:** none, and no appointment is necessary.



Cobh CIC, St. Colmans Parish Centre, (Beside St Colmans Cathedral), Roches Row., Cobh
Youghal CIC, 128 North Main Street, Youghal
Midleton CIC, My Place, Midleton



Cobh 076 107 7960
 Youghal 076 107 8040
 Midleton 076 107 7960



All ages



check website for email addresses
 of different centres



Free



www.citizensinformation.ie



Available



check website for opening hours
 of different centres



Depends on location

1

2

3

Counselling in Primary Care (CIPC)

What is available

People sometimes experience difficulties in life with which they would like help. Counselling in Primary Care (CIPC) is a short-term counselling service that provides up to 8 counselling sessions with a professionally qualified and accredited Counsellor/Therapist. This service is open to medical card holders who are 18 years of age or over. The service is suitable for people who are experiencing certain difficulties such as: depression, anxiety, panic reactions, relationship problems, loss issues, stress.

How it works

The referrer sends in the referral form and you phone to opt in to the service. If a voicemail service answers just follow the instructions and give the details required. The referral is reviewed by the Counselling Coordinator. When a appointment space becomes available a counsellor will contact you.

Referral process: Referred by GP or Primary Care team member

Waiting time: Varies



021 468 1006



www.hse.ie



9am to 5pm Mon- Fri



Over 18



Medical card holders only



Depends on location



Disabled access - parking depends on location



No childcare available

Cobh Family Resource Centre

What is available

Based on Community Development principles, Cobh Family Resource Centre provides family support, using a universal approach to encompass the whole family and individuals. Services include: Childcare, Afterschool, Parenting supports and courses, Job supports, Care and Repair for those over 65, Family Support Outreach, Men's group, Women's group, Toddler groups, Carers Group, Parents of children with Autism Spectrum Disorder (ASD) support group, ASD activity group, Counselling, Play Therapy and Art Therapy in the Centre. We also run adult education classes.

How it works

Our approach is to support and empower individuals, build on family strengths, enhance self-esteem and engender a sense of being able to influence events' in one's life. We focus on early intervention with the aim of promoting health and well-being of individuals and families within the community. In the sad event that a service user has been bereaved through suicide and needs support we would talk to them and see what supports we could offer from the resource centre. If needs be we can also support the person by signposting them with support to another service.

Referral process: Self-referral **Waiting time:** up to 4 weeks for some services



**Park House, Cloyne Terrace,
Cobh, Co Cork**



All ages



021 481 6103



€35 per session for Therapies



cobhfamilyresourcecentre



Available



**www.
cobhfamilyresourcecentre.ie**



**Limited access on lower
building level**



9am to 5pm Mon- Fri



**childcare services but not
drop in services**

Coiscéim

What is available

Coiscéim is a low cost counselling/psychotherapy service. The counselling provided supports people to gain understanding and coping skills with many difficult life events, relating to bereavement, general loss and change, relationships, stress, illness, mental health concerns etc. which in turn helps to change and move forward in their lives. All Coiscéim counsellors are fully qualified and are based in different locations throughout Cork City and County and as well as in Co. Kerry.

How it works

People can self refer by ringing the number below. You will be contacted by one of the Coiscéim staff and depending on the urgency of your situation you may be put on a waiting list which generally means 3-6 weeks waiting before your details are taken and you are referred to a counsellor. The fee to be paid is dependent on your personal circumstances and is agreed with the Referral Counsellor. It is a confidential service and every effort is made to refer you to a counsellor that suits your needs. **Referral process:** Self-referral

Waiting time: 3-6 weeks



Varies



**021 466 6180
087 799 8602**



socialandhealth@eircom.net



www.socialandhealth.com



9am-1pm + 2-5pm Mon-Fri



Adults, limited service for couples and under 18's.



Based on ability to pay



Yes



Yes



No childcare available

Cork Gay Community Development Company LTD

What is available

The Cork Gay Community Development Company is a community development organisation working with gay and bisexual men and their families in Cork city and county. We at the project offer activities such as drop in, education programmes, a number of different support and social groups throughout the city and county.

We also offer confidential support through our involvement with the National LGBT Helpline on 1890 929 539 or at www.lgbt.ie

How it works

People access the service for different reasons including the struggle of family members with their sexual orientation, support around sexual health and mental health issues. The project will signpost to appropriate services around bereavement support and specifically bereavement through suicide if more support outside of groups and services is needed.

Referral process: Self referral

Waiting time: No waiting time, just drop in



4 South Terrace, Cork



**021 430 0430
087 638 1578**



info@gayprojectcork.com



www.gayprojectcork.com



10am-6pm Mon-Sat



Service for gay and bisexual men and their families



No charge for services but donations accepted



On street parking



Yes



No childcare available

Cork Mental Health Foundation & Housing Association

What is available

Cork Mental Health Foundation and Housing Association provides education and awareness on Mental Health. We deliver mental health talks to primary schools, work places and community groups. We also have several projects aimed at secondary school level such as our annual mental health seminar and public speaking project. Our reflecting through art project is open to mental health service users. The housing association provides housing to people with mental health difficulties; we currently have 33 houses with over 110 residents.

How it works

We do not provide any specific bereavement support or counselling service but if a person within our service needed support around bereavement through suicide we would be able to signpost them to the most relevant service.

Referral process: No referral necessary

Waiting time: No waiting time



**Nore House, Bessboro
Road, Blackrock, Cork.**



021 451 1100



**admin@corkmentalhealth.
com**



www.corkmentalhealth.com



corkmentalhealth



9am–5pm Mon-Fri



All ages



No Charge



Available



Yes



No childcare available

Cumann na Daoine, Community Development Project, Youghal

What is available

At Cumann na Daoine we offer a wide range of services including:

- weekly adult education classes and programmes, e.g. community development, culinary skills, art and heritage
- Group Development work for men, women, Residents Associations, people with disabilities and Travellers later in 2017)
- weekly activities such as Zumba, Bingo, Bowls, Art
- employment notice boards and support services
- drop in space to get information or request support or make an appointment
- Social Services such as SECAD employment supports, Department of Social Protection supports, Mental Health and Addiction services

How it works

If anybody approaches our service in need of support around bereavement through suicide our reception staff would welcome the person, offering a cup of tea to relax and chat in a friendly atmosphere. We would tell the person all about Cumann na Daoine and what is on offer at our centre. Our front line staff can offer information, provide assistance with making appointments to other services or organisations if the person wishes. This service can also contact a Regional Suicide Resource Officer for supports if needs be. We have a policy at Cumann na Daoine that no one should leave the front office reception without having received assistance in whatever form that takes.



**Catherine Street, Youghal,
Co. Cork**



Adults 18+



024 91900



No Charge



cumann na daoine



Yes



www.cumannnadaoine.com



Yes



**9am-9pm Mon-Fri
(to 5pm July and August)**



No childcare available

The GAA

What is available

There are approximately 275 GAA clubs in Cork focused on promoting Gaelic games including Hurling, Camogie and Gaelic Football. Your local GAA club is often at the heart of the community and can be a great place to seek support. GAA clubs are actively involved in the area of Health and Wellbeing and many clubs now have a Health and Wellbeing Officer who can help a member looking for support.

How it works

The Club Health and Wellbeing Officer will guide someone who has been bereaved by suicide to appropriate local services where necessary. The Club Health and Wellbeing Officer is supported by the wider club structures and the Cork GAA County Health and Wellbeing Committee. There are a number of GAA specific resources available to support club members and the wider community in times of difficulty and need. Please check with your club secretary for contact details of your Health and Wellbeing Officer. Samaritans are the official mental health partner of the GAA and are available 24 hours a day to offer emotional support. (See p64 for further information on Samaritans.)



Local GAA club



County Health and Wellbeing Committee
Noel O'Callaghan (Chair)
086 259 4421
Janas Harrington
(Secretary) 087 417 5353



chair.hwc.cork@gaa.ie



All ages



No charge



Depends on location



Depends on location



No childcare available

Garda Youth Diversion Project, Foróige, Youghal

What is available

Youghal Garda Youth Diversion Project is one of many Foróige Projects throughout the country supporting thousands of teenagers to be the best they can be. It offers young people opportunities to develop their skills and talents in a safe and supportive environment and addresses any concerns or difficulties they may have. Foróige Projects employs trained professional staff, who often work in conjunction with trained volunteer adult leaders. Through Foróige, young people can become more self confident and self reliant, develop their views beliefs and values, make friends and have fun, contribute to the development of the community, learn to accept and exercise responsibility and enjoy a safe social outlet.

How it works

In the event of a person approaching our service who has been bereaved by suicide and is possibly seeking support that young person will be offered advice on more appropriate services to address their need for support around bereavement and suicide e.g. Youth Health Service and Pieta House. **Referral process:** Some young people are referred by the Juvenile Liaison Officer or Community Guard.

Other services in the community and parents can refer young people to the project.

Waiting time: Waiting can be up to one month. Once a referral is approved and parent permission forms are completed, young people are seen within a week.



**Foróige Youth Centre and
Café, Nagle House, South
Abbey, Youghal, Co. Cork.**



**086 048 1956
086 170 2347**



**catherine.ryan@foroige.ie
marett.odriscoll@foroige.ie**



www.foroige.ie



9.30am-6pm Mon-Fri



12 – 17 years



No charge



**On street parking (free
parking 300 metres away)**



Downstairs only



No childcare available

GROW

What is available

GROW is a Mental Health Organisation which helps people who have suffered, or are suffering, from mental health problems. Members are helped to recover from all forms of mental breakdown, or indeed, to prevent such happening. GROW hold regular meetings throughout Ireland.

How it works

GROW members attend a weekly meeting lasting about two hours, during which a specific Group Method is followed which enables them to learn a practical psychology of mental health, known as the GROW Program. People can just come along to the meetings, where they will be given a warm welcome. In the event of a person needing specific support around a bereavement through suicide we would support that person to access appropriate services.

Local meetings to East Cork area:

Wednesday 7:30pm - 9:30pm at Youghal Community Health Project, Blackwater Heights, Youghal. Contact Finola O Callaghan 088 770 2807

Thursday 7:30pm - 9:30pm at the Carrigtwohill Family Resource Centre, Carrigtwohill. Contact Treasa on 087 905 1275

Referral process: Self Referral **Waiting time:** None



Cork GROW Office, 1st Floor, 34 Grand Parade, Cork



**Info line: 1890 474 474
Cork Office: 021 427 7520**



southernregion@grow.ie



www.grow.ie



GROW Ireland



**Info line: 9am-1pm
Cork Office: 9am-2pm
Mon - Fri**



Service for adults 18+



No cost



Access to parking varies depending on location.



No disability access in Grand Parade

Healthy Minds Traveller Mental Health Project

What is available

Healthy Minds is a one to one confidential service offering support, listening services, advice, information, referrals and advocacy. We can also arrange for group workshops such as ASIST, SafeTALK and mental health related workshops. People attend if they are depressed, have anxiety or other mental illness. If a person is seeking support around a bereaved (through suicide or other) we can provide support or support a person to access another service to meet their needs. This service is specifically for the Traveller Community.

How it works

Referrals to our service can be made by GPs, Social Workers, Community Health Workers or by the individual seeking support themselves. Once the referral is made then arrangements are sorted to meet person(s) either in our offices, the person's home or place of their choosing. This meeting will give the person(s) the opportunity to talk about their current situation, including any problems in regards of their mental health or their bereavement. Talking face to face can provide an opportunity to discuss things in more depth and find a way through the grieving process or with their mental health issues. If the person wished to remain with the service we can provide :telephone support, individual appointments and advocacy support to other services such as Social Services etc.

For Clinical referrals/ appointments contact John Walsh: 087 759 0050

For community groups or training contact Helen O'Sullivan: 087 189 3445



**Cork North Community Work
Department, Old Library Building,
St Marys Rd, Cork**



021 492 8381 / 8374



john.walsh2@hse.ie



9am-5pm Mon-Fri



Age 16+



No Charge



**Yes, on street disc
and pay parking**



Yes



No childcare available

Irish Farmers Association Cork

What is available

The I.F.A. farm family and social affairs committee represents the interests of farm families at national and local level to improve the welfare of rural people in relation to education, health and social security.

The farm family group address issues including pensions, spouse pensions, child benefit, fair deal scheme and the promotion of better health including mental health for rural families.

How it works

In relation to issues of suicide and bereavement we speak with people and refer them on to suitable professional support services such as Pieta House.

Referral process: Self-referral

Waiting time: We respond to queries as soon as possible, usually within a day.



**Technology Centre,
Curraheen Road,
Bishopstown, Cork**



021 454 5944



cork@ifa.ie



www.ifa.ie



9.30am-5.30pm Mon - Fri



Service for adults 18+



None



Yes



Yes



No childcare available

ISPCC Child & Family Support Services

What is available

We provide a free, comprehensive, community based one to one support service (including out of hours access) to children and young people who may be experiencing emotional and behavioral difficulties. This is provided by professional ISPCC support workers. Children and families come to us with a wide range of issues, they are often in a crisis situation and we are here 24 hours a day to respond to them. Working with, and empowering children and families to overcome problems and lead happier healthier lives is just part of what we do. We actively target improving social inclusion through building connections and supporting relationships within families, giving them the skills to build a brighter future for their children.

How it works

If a child/young person who had experienced bereavement through suicide is referred we would firstly meet with them and their family to explain the service. We can meet the child or young person where they would be most comfortable - either at our office in Cork city, or in their home, school or local community centre, once a week for up to 6 months. We work to create an individual intervention plan tailor-made to suit their needs. Some children/ young people may wish to use their sessions to express and articulate how they are feeling about their loss. Others may wish to learn new practical coping skills that will ease stress levels and assist them to deal with this difficult situation. As with all our services, we try to promote psychological resilience and psychological wellbeing. **Referral process:** self-referral or professional referral **Waiting time:** Minimum 6 months.



**First Floor, Penrose Wharf,
4/5 Alfred St, Cork**



021 450 9588
Childline 24hr Freephone
1800 666 666



Text 'talk' 50101



www.ispcc.ie
www.childline.ie



ISPCCChildline



10am-6pm Mon-Sat



Service 0-18 years



Free service



**Penrose Wharf at €3 per hour or
on street disc parking available on
Alfred Street**



Yes

Jigsaw Cork

What is available

Jigsaw Cork is part of the National Centre for Youth Mental Health. We offer a free mental health support service for young people aged 12-25. We offer workshops on youth mental health for young people, families, professionals and communities. We also engage young people directly in our work through our Youth Advisory Panel (YAP), where we collaborate on everything from the design of our hub to local community campaigns and events. We offer a brief, early intervention, one-to-one support for young people with common concerns (break-ups, exam stress etc) and mild-to-moderate mental health difficulties. Our catchment area currently includes any young person living, working or in education (formal and informal) in Cork City. We hope to expand further across the county of Cork in 2018. Jigsaw does offer workshops and recruit YAP members countywide.

How it works

When you contact us, by phone or email, we will invite you for an initial meeting to find out if Jigsaw is the right fit for you. You will then be offered support which can last for up to 1-6 sessions. Our sessions are focussed on each young person's own strengths and goals. If this service can't meet your needs we will support you to find one that does.

Referral process: Young people can phone or email to make an appointment themselves. Parents and professionals are also welcome to phone or email to request a referral form



**Unit 8 South Bank,
Wandersford Quay,
Crosses Green, Cork**



021 245 2500



cork@jigsaw.ie



www.jigsaw.ie/cork



jigsawcork



**9am-5:30pm Mon-Thurs
9am-5pm Fri Closed 1-2pm**



Ages 12-25



No charge for service



**Local Q-Park and on street
disc parking**



**Please contact us in advance to
ensure accessibility of services**

The Keystone Clinic

What is available

We provide a confidential counselling service of the highest ethical and professional standard to all members of the community regardless of financial means, religious beliefs, race, sexual orientation and educational background. Our approach is evidence-based and integrative as we aim to meet the individual needs of each client. Every individual is different and we work in a way to best help clients with their particular concerns. We work with adults, adolescents, couples and families.

How it works

In the event of a person approaching our service that has been bereaved by suicide and seeking support, they would be offered an initial appointment usually with very little delay. The client would meet with a qualified counsellor and be offered the appropriate level of support required. The counsellors in our service all have extensive training and experience working with individuals bereaved through suicide and we understand the complexities involved. The client would also be offered telephone support if needed and, depending on the circumstances, individual counselling could be supplemented with family sessions if appropriate. **Referral process:** We require that clients self-refer, but other organisations or individuals are welcome to contact our service on a client's behalf or to get more information. We work in collaboration with local health care professionals such as GPs, Youghal Community Health Project whilst also adhering to Irish Association for Counselling and Psychotherapy ethical guidelines. **Waiting time:** Our average waiting time is two to three weeks but clients in crisis are usually seen within a day or two.



St. Mary's College, Emmet Place, Youghal, Co. Cork



024 81802



info@keystoneclinic.ie



www.keystoneclinic.ie



9am-6pm Mon-Fri evening & weekend appointments as required



Adults, Adolescents (from age 12), Couples, Families



Full Individual fee €60. Couple and Family €70. Fees are negotiable depending on financial means.



Limited visitor parking is available at the clinic. Street parking (pay-parking) is available.



Yes

Killeagh/Inch Monday Club

What is available

The Killeagh/Inch Monday Club is a community based organisation that meets once a month (on a Monday morning). Guest speakers and/or entertainment are provided for our members along with a cup of tea and the opportunity to meet up and chat. Our members are retired people and the age range is from 55 years – 90+ years. Throughout the year courses are run in art/craft, health/mental health/well-being, dancing and exercise. Day trips and cultural evenings are also arranged. This club is a social outlet for many people who may otherwise be isolated in their advancing years.

How it works

If a person with our service is bereaved through suicide we don't currently have any formal referral channels in place (hasn't occurred within our group to date). We would however be happy to signpost the person to appropriate services following the recommended referral channels as advised to us by the health services. We can also provide a lot of support within the club to our members if needs be. **Referral process:** Self referral **Waiting time:** None



**Killeagh Community Hall,
Killeagh, Co Cork**



087 631 9608



Mariam_Ryan@yahoo.co.uk



**1st Monday of the month
10.30am - 12.30pm**



Retired people



€3.00



Yes



Yes

Library Services County Cork

What is available

The Library service operates through 28 branches and 4 mobile libraries throughout Cork County. It offers a full range of services, lending adult and children's materials as well as a reference and local studies service. You may borrow fiction and non fiction ranging from current best sellers to biographies as well as books on grief/loss/bereavement. You can also borrow dvd's, books on CD, large print editions as well as access to a wide range of e-books, e-audiobooks, e-magazines and a huge variety of courses and language learning sources. We also offer free wifi, as well as internet access computers.

Your Good Self (see p75), the award winning positive mental health programme, run in conjunction with the HSE, is now set up in 13 branch libraries and materials from the programme are available through all service points. Branches are located in Glanmire, Cobh, Middleton and Youghal Further details can be found on www.corkcoco.ie/library.

How it works

If you want to borrow a book about a topic such as grief/bereavement, we have a selection of books to suit adults and children. These can be found in our Your Good Self collection and have been reviewed by HSE Psychologists. If a book isn't available, please ask the staff to request it from another branch. If you have any queries please ask- we are there to help. The library is free of charge and very easy to join: just bring a proof of identity and proof of address along to your local branch or mobile library. You can borrow up to 10 items for 2 weeks. Libraries, mobile library stops and opening times can all be found at www.corkcoco.ie/library



Open to everyone



www.corkcoco.ie/library



[corkcocolibrary](https://www.facebook.com/corkcocolibrary)



[corkcolibrary](https://twitter.com/corkcolibrary)



No membership fees but charges apply for printing



Parking available



Yes



No childcare available

LINC (Advocating for Lesbian & Bisexual women in Ireland)

What is available

LINC is a city centre community resource centre open to the public Tuesday, Wednesday and Thursday as a drop in, support and advocacy service for lesbian and bisexual women and their family members.

The centre is open some evenings offering information, peer support groups and social activities. One to one support and subsidised counselling is also available.

How it works

LINC encourages you to drop in and talk to us about the services we offer, you will be greeted with a warm and friendly welcome. In the event of a person approaching our service who has been bereaved by suicide and is possibly seeking support we can help you with this should you require it. We can also help you choose another appropriate bereavement service to access.

LINC is part of the national LGBT Helpline network 1890 929 539

Referral process: No referral necessary to access LINC supports

Waiting time: No waiting list



11A White St. Cork



021 480 8600



info@linc.ie



www.linc.ie



LINCcork



LINCwomen



11am-3pm Tues, Wed & Thurs



All ages



No charge but donations are welcome



Disc parking available



**Only to main room.
No access to toilet at present**



**No childcare available but
children & family welcome**

Macra Na Feirme

What is available

Macra na Feirme is a rural youth organisation aimed at people aged between 17-35 who are interested in getting involved in a wide range of social activities such as sports, travel, drama or debating. Although we do not have specialised services for bereavement through suicide, Macra na Feirme clubs in East Cork have attended talks about mental health issues.

How it works

The door is always open to people who are suffering bereavement through suicide. If someone comes to us, we would talk with them about the difficulties they are experiencing and would refer them to specialised services in the area.

Referral process: Self-referral.

Waiting time: None



**Irish Farm Centre
Bluebell
Dublin 12**



01 426 8900



www.macra.ie



macra@macra.ie



MacranaFeirme



9.15am-5pm Mon -Fri



Ages 15 – 35



No charge



Depends on location



Depends on location



No childcare available

Midleton Community Forum (CLG) Family Resource Centre

What is available

We offer a wide range of general supports to children, families and individuals living in the East Cork area. We provide a host of programmes that respond to the identified needs of our service users; older people, women, men, ethnic minorities, Traveller community and people with identified developmental or physical needs. We offer training and educational supports and we provide information on a variety of issues. We also offer a sign-posting service to individuals who may require specialist support services.

How it works

As we all need support going through life at times and especially in times of loss, distress and loneliness. Our service is accessible to all, we pride ourselves on being approachable and non-judgemental and we offer a safe and caring environment and the space to express yourself. If you need support all you need to do is phone or drop in for a cup of tea and a chat and we will take it from there. We can listen to you, provide information when needed, offer support and find the best possible service if we cannot meet your needs. But the first step starts with the cup of tea!

Referral process: self-referral, GP and other community services and organisations

Waiting time: same day if possible, or you will be contacted within 48 hours.



**Old Youghal Rd,
Midleton, Co. Cork**



021 463 3522



coordinator@midletonfrc.com



www.midletonfrc.com



9am-5pm Mon - Fri



All age groups



No charge



Yes, free parking



Yes



No childcare available

MyMind

What is available

MyMind provides counselling and psychotherapy services to children, adolescents and adults. MyMind charges clients fees based upon their employment status.

MyMind is a self-referral service offering appointments within 72 hours of a client contacting our office. Additionally, MyMind has a multidisciplinary, multicultural team that is able to provide services in more than ten languages

How it works

MyMind is a self-referral service so sessions can be schedule by call 076 680 1060 or online by visiting MyMind.org. A client can select their preferred professional by reviewing our professional's bios on our website or speak to one of our office team members who can assist in finding the most suitable professional

Face-to-face services are delivered out of four centres nationally: Cork city, Limerick city, Rathmines Dublin 6 and Store Street Dublin 1

Clients can avail of online consultations via video conference

Referral process: Self referral

Waiting time: From initial contact to first session is usually less than 72 hours



**9 Dyke Parade, Mardyke,
Cork**



076 680 1060



cork@mymind.org



www.mymind.org



**9 am-10 pm Mon to Fri
9am-5pm Sat**



5 years and over



**Clients charges based on
ability to pay**



Street parking



No



No childcare available

1

2

3

Pieta House Bereavement Services

What is available

Pieta House Bereavement Services provides:

Individual, couple and family counselling or therapy for anyone bereaved by suicide; Practical information for people who have been bereaved by suicide, including guidance, literature and other services; Counselling and therapy for children and adolescents who have been bereaved by suicide; Support groups or therapeutic grief programmes for anyone bereaved by suicide; Training and awareness programmes to community groups and agencies particularly when they have been affected by suicide.

The national 24/7 suicide helpline provides free professional counselling, support for anyone in suicidal crisis or who has been bereaved by suicide.

How it works

Referral process: To access counselling a referral form needs to be completed and delivered to address below. Referral forms are available by phoning either of the following numbers: 021 434 1400 or 1800 247 247

Waiting time: Once a Referral Form is received an initial meeting will be arranged with you within a week



**Highfield Lawn,
Model Farm Rd,
Bishopstown, Cork**



021 434 1400



info@pieta.ie



www.pieta.ie



**9am-8pm Mon-Thur
9am-6pm Fri, 10am-2pm Sat
Evening appointments available**



All ages



No charge



On street parking



Yes



No childcare available

ReachOut.com

What is available

ReachOut.com is a youth mental health service offering engaging mental health content and signposting a range of supports throughout the community. There are over 1,000 pieces of content on ReachOut.com covering traditional mental health topics such as depression, anxiety and suicide, along with content on everyday issues that impact mental health. These everyday issues include bullying, sexuality, relationships and school life. There is a dedicated section for college students which was developed with student counsellors. There is a strong focus on self-help and ways to engage social support. Real stories, blogs and short videos are among the most popular content.

How it works

All of the content on ReachOut.com is free to access. A section called 'Inform Yourself' is part of the primary navigation within the site and that section contains a sub-section entitled 'Suicide and self-harm'. Within 'Suicide and self-harm' there are eight articles including one called 'When someone takes their own life'. Linked to that article, there is further content on managing grief, dealing with other people when you have been bereaved by suicide and details of face to face support services (i.e. Pieta House).

Referral process: Self referral

Waiting time: available to access for free, anytime, anywhere.



**32 South William Street,
Dublin 2**



01 764 5666



general@reachout.com



www.reachout.com



**24 hours per day
7 days per week**



suitable for 12 to 25 years old



No charge

Samaritans

What is available

The Samaritans is available 24 hours a day to provide confidential emotional support to people who are experiencing feelings of distress, despair or suicidal thoughts. The organisation's ethos is to provide "non-directive, non-interventionist listening". Cork Samaritans offers a free confidential 24/7 phone service, a text service and an email service. People can also drop into the organisation's centre in Cork city. Additionally, volunteers are available to give talks to schools and other organisations on the importance of emotional health.

How it works

A person who has been bereaved by suicide can call the Samaritans number any time on any day of the year. Alternatively, you can text or email the service anytime or drop into the Centre in Cork city. Cork Samaritans will offer a listening and sympathetic ear, without judgment or advice. Every call and conversation is entirely confidential between the caller and the volunteer.

Referral process: Self Referral

Waiting time: We are always there for you, available 24 hours a day 365 days a year.



**7/8 Coach St,
Cork**



**24hr Free Phone 116 123
24hr Text Service 087 260 9090**



jo@samaritans.org



www.corksamaritans.ie



**24 hours on the phone,
9am-10pm drop in service**



All ages



No charge



Yes



Yes



No childcare available

SHINE - Supporting people affected by mental ill health

What is available

Shine is the national organisation dedicated to upholding the rights and addressing the needs of all those affected by mental ill health, through the promotion and provision of high quality services and working to ensure the continual enhancement of the quality of life of the people it serves.

How it works

In the event of a person approaching our service who has been bereaved by suicide we offer supports for individuals or families in our Basement Resource Centre. This is a safe & supportive membership-based drop-in community centre for people with self-experience of mental health difficulties, offering information, support, friendship, learning and advocacy. At our Regional Development Office we offer information, advice, public presentations, and training. Support groups for people with mental health difficulties, and for relatives/carers. Shine offers a Counselling service where therapeutic work is done to assist people with mental health difficulties and relatives build coping skills to deal with challenges. We also offer a confidential email support service and this is available for anyone who doesn't feel ready or able to speak to someone in person or on the phone. We offer an open day drop in service on Fridays.

Referral process: Self Referral **Waiting time:** Depends on availability



Basement Resource Centre, 14A Washington Street West, Cork



**Basement 021 422 6064
RDO 021 494 9833 086 8525755
Counselling 086 040 1657**



**phil@shine.ie
dillis@shine.ie**



www.shineonline.ie



**Basement (Membership required)
9.30am-4.30pm Mon-Thurs
9.30am-3.30pm Fri**



Service for adults



Free



On street parking available



Limited access



No childcare available

TENI

Transgender Equality Network Ireland

What is available

Transgender Equality Network Ireland (TENI) provides advocacy and support to transgender people, their family and friends, including the following:

- Signposting, to specific suicide prevention services and/or to TENI peer support group
- Peer support for parents of transgender children, and their siblings.
- Support for transgender children.
- Informal one to one chat with a support worker
- Resilience and stress management workshops for transgender people and family members.

How it works

If a person has been bereaved by suicide, they can call our national phone number and we will talk with them and signpost them to relevant local services. Our service is specifically for Transgender people and their families..

Referral process: Self-referral

Waiting time: If the phone line is busy or you call after office hours, please leave a message and someone will get back to you as soon as possible, at the most within a few days.



**Unit 2, 4 Ellis Quay,
Dublin 7**



01 873 3575



office@teni.ie



www.teni.ie



10am-6pm Mon - Fri



**All ages, under 18 with
consent**



No cost



No childcare available

You Are Not Alone (YANA)

What is available

As parents that have lost a daughter through suicide, we saw a need set up a peer support group for families bereaved by suicide. We can offer peer support through our monthly coffee morning in the Montenotte Hotel, Cork. There is no charge for this service. In addition to this we follow people up on telephone calls and house visits if needed. We also invite people to our home when the need arises. We run an annual *Concert of Hope* in Cork City Hall supported by the Lord Mayor. The coming together of those similarly bereaved can offer the opportunity to gain strength and understanding from individuals who have experienced the loss of a loved one through suicide.

How it works

In the event of a person approaching our service who has been bereaved by suicide and is possibly seeking support, we listen openly when and if they want to talk about their loss. This is a safe environment where people can relate to the issues facing them. At YANA we support each other in our grief and provide the opportunity for families bereaved by suicide to meet others that are grieving in similar circumstances.

Referral process: Self referral to our support group **Waiting time:** None



Anthony & Collette Wolfe
3 An Sruthan, Cul Ard,
Carrigtohill Co. Cork



Collette 087 189 7315
Anthony 087 683 8861



anthonywolfe150@gmail.com



Monthly coffee morning and
annual Concert of Hope
Please contact us for details



Peer support group, for all ages



No charge for service



Free parking



Yes, building and parking



No childcare available

Youghal Community Based Drugs Initiative

What is available

This service offers a key working role with young people and adults who are misusing drugs and /or alcohol. Support is also available to concerned persons and family members via the Youghal Family Support Group. The Community Drugs Worker provides one to one support for service users and develops a care plan for each individual. Engagement in the project can be offered on a short term brief intervention basis or form part of a long term care plan in supporting a client in their recovery. All of these things can be explained on first contact with the service. The Youghal CBDI provides referral pathways to additional supports in the community and beyond if needed.

How it works

In the event of a person approaching our service who has been bereaved by suicide and is possibly seeking support, the Community Drugs Worker would provide brief intervention support and access to a peer led family support group specific to drug / alcohol misuse or addiction if deemed appropriate. A referral would then be made to general or bereavement counselling at the request of the service user.

Referral process: Self referral **Waiting time:** None



**Nagle House, South Abbey,
Youghal, Co Cork**



12 to 24 years



086 384 2183



No charge



On street parking



www.drugs.ie



Limited access to ground floor



9am-5pm Mon-Fri



No childcare available

Youghal Community Health Project

What is available

The Youghal Community Health Project is a social gain initiative aimed at improving the health and wellbeing of the community through better access to community health supports, programmes and information services.

How it works

In the event of a person approaching our service bereaved by suicide and is possibly seeking support, the Community Health Worker would meet the person and discuss with them the kind of supports that the person felt they needed in order for them to cope with their bereavement. The Community Health Worker would identify local supports that the person could avail of and create pathways to accessing additional services. On-going contact would be maintained with the person for the duration of the time that support was required.

Referral process: Self-referral or referral via another local/regional service.

Waiting time: Where a person contacts the Community Health Project regarding suicide bereavement supports the Community Health Worker will aim to meet with that person within 24-48 hrs.



Youghal Community Health Project, Blackwater Heights, Youghal, Co.Cork



086 466 8484



youghalcommunityhealth@hotmail.com



Youghal community health project



9am-5pm Mon-Fri



All age groups



Some of our groups and services charge a small fee



Yes



Yes



No (but can be arranged with prior notice, depending on availability)

Youthreach East Cork

What is available

The National Youthreach programme aims to help young people aged 16 – 20 to make the transition from school to work through the provision of co-ordinated and integrated education, training and work experience. Its beneficiaries are young people who find it most difficult to make the transition from school to work. It offers a 2 year programme to unemployed early school leavers without any qualifications or vocational training with the aspiration that young people will leave the programme with a QQI Level 4 Award. Young people are then supported into further education, training or employment.

How it works

One to one work with learners is essential for the development of the effective relationships which are the basis for the programme. It ensures holistic support for learners, addresses social and emotional needs and ensures that the programme responds to individual needs. If a bereavement through suicide occurs for a young person in Youthreach we would provide as much support as possible and if there were a need for further support that we could not provide we can signpost to appropriate services and support the young person in accessing this service.

Referral process: Application is by means of an official application form available in the Youthreach Centre. **Waiting time:** in the absence of a waiting list, applications are processed within a couple of weeks



East Cork Further Education & Youthreach Centre, Golf Links Road, Youghal, Co. Cork



16 – 20 years



024 93869 / 087 238 1681



No charge



yry@eircom.net
facebook: Youthreach Youghal



Yes



www.youthreach.ie



Yes



8.30am-5pm Mon-Thurs
8.30am-2pm Fridays



No childcare available

Youth Health Service

What is available

The Youth Health Service provides a broad range of services under the one roof including:

- General advice and support in relation to sexual health.
- STI screening/clinic
- Contraceptive clinic
- Pregnancy Information and Support
- Post abortion medical check-ups & Counselling
- Unplanned pregnancy counselling
- Drug & alcohol Support
- General Counselling
- Advocacy Support

How it works

Youth Health Service is a young person centred service. It is warm and welcoming. Our staff is non-judgemental and the atmosphere is friendly and relaxed. If a young person approaches the YHS in need of support around bereavement through suicide we would work with that young person to meet their support needs. This may be within the Youth Health Service or by signposting to another appropriate service. **Referral process:** Self referral or through the GP. If the client is under 17 an initial visit is made with our youth worker. **Waiting time:** Currently 3 months for an appointment with our counsellor. However once a client is on YHS's waiting list our counsellor will make contact over the phone within a short period of time. We also provide information on other services that clients may wish to access.



Penrose House,
Penrose Quay, Cork



076 108 4150



yhs@hse.ie



www.yhs.ie



8.30am-3.30pm Mon
8.30am-5.00pm Tues & Wed
8.30am-7.30pm Thurs
8.30am-1pm Fri



23 and under



No charge



No parking



Yes



No childcare available

Youth Services East Cork

Cloyne Diocesan Youth Services (CDYS)

Cloyne Diocesan Youth Services is a voluntary and not for profit organisation that works with young people in the Dioceses of Cloyne since 1962. We work together with community groups, youth clubs and government organisations to deliver youth programmes where young people participate voluntarily.

Our service is open to all young people. Most activities are free or low cost. Based in My Place, Midleton this project provides Personal Development groups, peer activity groups, One to One support and youth club activities.

Contact:

Ross Bonner



ross@cdys.ie



086 803 1291

Susan O'Shea

susan@cdys.ie

086 803 1227

CDYS Midleton also offer a Low Cost Counselling Service/

Contact: Paddy Boyle at 089 234 8088 for further information.

CDYS also run East Cork Music Project; contact CDYS HQ for details.

Cloyne Diocesan Youth Services, Cobh

Feabhas Garda Youth Diversion Project, Cobh works with young people aged 12-18 years of age. The project encourages participation in individual and group work, provides and facilitates activities that engage young people's growth and development. The project works closely with schools and other agencies in the wider community.

Diversion Project
Coordinator



Jimmy Dunlea
jimmy@cdys.ie



086 417 9332

Youth Diversion
Worker

Niamh Ryan
niamh@cdys.ie

086 803 1227

Cobh Youth Services LTD.

Cobh Youth Services Ltd is a charitable organisation managed by a Board of Directors dedicated to providing a high quality service to all children and young people to empower them to reach their full potential. CYS provides a safe and stable environment for children and young people aged 7 - 18 years at the Chill on the Hill in Midleton Street where we run a youth project and Youth Café.

Chill on the Hill has various activities running on different nights including party nights, karaoke competitions, card tournaments, wii nights. Cooking lessons are every Saturday afternoon from 2-5pm. The Youth Cafe is a place for young people to relax and chill out.

Angela Bertels



16, Midleton Street,
Cobh, Co. Cork.



021 481 4640

YMCA Cobh

For the past number of years COBH YMCA has managed a local community drugs project providing support for young people and their families who are experiencing issues with substance misuse. It also offers a family support programme PAKT which works with the whole family in providing a suite of activities and services. It also provides a pre-vocational training programme, STEP offering accredited training in a number of modules including digital media. Cobh YMCA also offers support to young people in relation to their information needs.

The project hosts safeTALK training suicide prevention training for those working with young people. YMCA – Cobh is managed by YMCA Ireland in partnership with a local advisory group.

james@ymca-ireland.net



Ticknock
Commercial Park,
Cobh



021 481 4060

Foróige

Foróige is the leading youth organisation in Ireland working with young people since 1952. Our purpose is to enable young people to involve themselves consciously and actively in their development and in the development of society.

We work with young people aged 10-18 each year through volunteer-led Clubs and staff-led Youth Projects, the Big Brother Big Sister mentoring programme, the Foróige Youth Entrepreneurship programme, our Youth Citizenship and Youth Leadership programmes. We encourage young people to take responsibility for themselves and to be part of shaping the world around them while developing their talents, skills and abilities.

We also work with vulnerable young people who require additional support through a full range of targeted services. Targeted services help young people to deal with issues associated with poverty, marginalisation and social exclusion, under-achievement at school, early school leaving, youth crime, substance abuse and family difficulties in a safe friendly environment.



Riverstown Cross,
Glanmire, Co. Cork



Brian O'Toole &
Adam Peerbux
brian.otoole@foroige.ie



086 8104662

Nagle House, South Abbey,
Youghal, Co. Cork

086 048 1956



Further Reading

All of the books below are available in your local library or available through interlibrary loan. Ask the librarian for assistance.

List of books for adults:

- **Overcoming Grief:** Morris, Sue. Practical, helpful book. Outlines realistic expectations about bereavement and tips on how to manage challenges such as dealing with grief triggers.
- **A Voice for Those Bereaved by Suicide:** McCarthy, Sarah. An honest, moving and valuable book. Suicide has been denied and hidden for too long; Sarah McCarthy's decision to tell her story provides a voice for all those bereaved in this tragic way.

List of books for children:

- **Finding a Way Through When Someone Close Dies:** Mood, Pat & Whittaker, Lesley; Workbook for children and teenagers who have experienced the death of someone close to them. Discusses feelings and provides tips on how to cope. Also helpful for adults in relation to how to support children going through a bereavement.
- **All Kinds of Feelings:** Brownjohn, Emma; This is a short "lift the flap" book that is helpful to teach children that there are lots of different feelings and that all feelings are okay. Lists different feelings (e.g. happy, sad, and angry) but does not go into detail. Useful starting point to encourage children to talk about feelings.
- **I Miss You, A First Look at Death:** Thomas, Pat; This reassuring picture book explores the difficult issue of death for young children. Children's feelings and questions about this sensitive subject are looked at in a simple but realistic way. This book helps them to understand their loss and come to terms with it. Books in the series give advice and promote interaction between children, parents, and teachers on a wide variety of personal, social and emotional issues.

Your Good Self



The 'Your Good Self' programme aims to provide quality information to the people of Cork on how to look after their emotional well-being as part of their overall health. An extensive list of recommended books, websites and other resources have been compiled and reviewed by psychologists and other professionals working in the HSE.

These materials which have been approved by experts in Primary Care Psychology Services in Cork provide information, knowledge and ideas on how best to deal with life's challenges. The resources are practical and helpful and cover an extensive variety of topics including parenting, stress management and self-esteem. Your Good Self catalogues are available in your local participating library and on the Cork County and City Library websites. See Library Services listing on p57 for contact details

Online Resources

aware.ie support and information for people who experience depression or bipolar and their concerned loved ones.

barnardos.ie/teenhelp a guide for teenagers in Ireland looking for advice on their personal problems or issues in life.

belongto.org an organisation for Lesbian, Gay, Bisexual and Transgendered (LGBT) young people, aged between 14 and 21.

citizensinformation.ie this site provides information on public and social services. One stop shop for information about a whole range of issues.

corksamaritans.ie website provides confidential, emotional support and information to people who are experiencing feelings of distress or despair, including those which may lead to suicide.

connectingforlifeireland.ie information on Ireland's national strategy to reduce suicide.

Online Resources (cont.)

childhoodbereavement.ie a hub for professionals working with bereaved children, young people and their families in Ireland

childline.ie 24 hour confidential phoneline for children and young people up to 18.

nosp.ie National Office for Suicide Prevention website

pieta.ie Centre for the Prevention of Self-harm or Suicide. Provides information on the prevention of self-harm and suicide and suicide bereavement counselling centres.

reachout.com information on stress, anxiety, bullying, suicide, depression, bipolar and other issues that can affect your mental health and well-being.

spunout.ie a not-for-profit website created by young people to promotes general wellbeing and healthy living for young people.

shineonline.ie upholding the rights and addressing the needs of people affected by mental health.

seechange.ie to reduce stigma and challenge discrimination associated with mental health.

suicidesupportandinformation.ie provides evidence based information for people bereaved by suicide or at risk of suicide, it can be used by health professionals, including GP's and mental health professionals, and the general public.

IACP.ie – Irish Association for Counselling and Psychotherapy. Find a Counsellor/Psychotherapist in your local area.

welfare.ie Department of Social Protection website

yourmentalhealth.ie Website promoting positive mental health.

Facebook

Caring for Carrigtwohill Local Suicide Prevention/Awareness Group. This group are working locally to prevent suicide within the community and respond accordingly when needed.

Breaking the Silence Local group delivering suicide intervention training in the Cobh area and surround communities.



Bibliography

HSE Publications

- Reach Out: The Irish National Strategy for the Prevention of Suicide 2005 - 2014, HSE (2005)
- You Are Not Alone: Help and advice on coping with the death of someone close, HSE National Office for Suicide Prevention (2007)
- Bereavement: When someone close dies, HSE, (2007)
- Suicide Prevention in the workplace: A resource for organisations and workplaces responding to supporting persons who are at risk of suicidal behaviour, HSE National Office for Suicide Prevention (2009)
- Suicide Prevention in the Community: A Practical Guide, HSE (2012)
- Connecting for Life: Ireland's National Suicide Prevention Strategy, 2015 - 2020, HSE (2015),

Other Publications Referenced

- Bereavement: Information for those affected by bereavement, published by Citizens Information Board
- Commonwealth of Australia, Information & Support Pack: for those bereaved by suicide or other sudden death, Canberra, Commonwealth of Australia 2010.
- Noonan, K. & Douglas, A. As part of the Children Bereaved by Suicide Project. NSW Health Department (2002)



Little things can make a big difference

yourmentalhealth.ie
#littlethings

HE

116 123

SAMARITANS
HELPLINE

PROBLEMS FEEL SMALLER WHEN YOU SHARE THEM

Talking about your problems is proven to have
a positive impact on how you feel.



HE

116 123

SAMARITANS
HELPLINE

DO THINGS WITH OTHERS THERE'S STRENGTH IN NUMBERS

Being involved in activities that you enjoy is proven
to have a positive impact on how you feel.



HE

116 123

SAMARITANS
HELPLINE

LENDING AN EAR IS LENDING A HAND

Talking about our problems is proven to have
a positive impact on how we feel.



HE

116 123

SAMARITANS
HELPLINE

THE MORE YOU MOVE THE BETTER YOUR MOOD

Getting regular exercise is proven to have
a positive impact on how you feel.





116 123

SAMARITANS
HELPO

IF A FRIEND SEEMS DISTANT CATCH UP WITH THEM

Being in touch and connecting with other people is proven to have a positive impact on how we feel.



116 123

SAMARITANS
HELPO

BOOST YOUR MOOD WITH HEALTHY FOOD

Eating a healthy, balanced diet is proven to have a positive impact on how you feel.



116 123

SAMARITANS
HELPO

8 HOURS SLEEP MAKE THE OTHER 16 EASIER

Getting a good night's sleep as often as you can is proven to have a positive impact on how you feel.



116 123

SAMARITANS
HELPO

DRINK LESS AND GREAT NIGHTS BECOME GOOD MORNINGS

For the average Irish drinker, drinking less alcohol will have a positive impact on their health and mental wellbeing.





‘Betwixt and Between’

This collaborative piece was facilitated by visual artists Lucia Parle and Belinda Walsh with participants of East Cork Music Project.

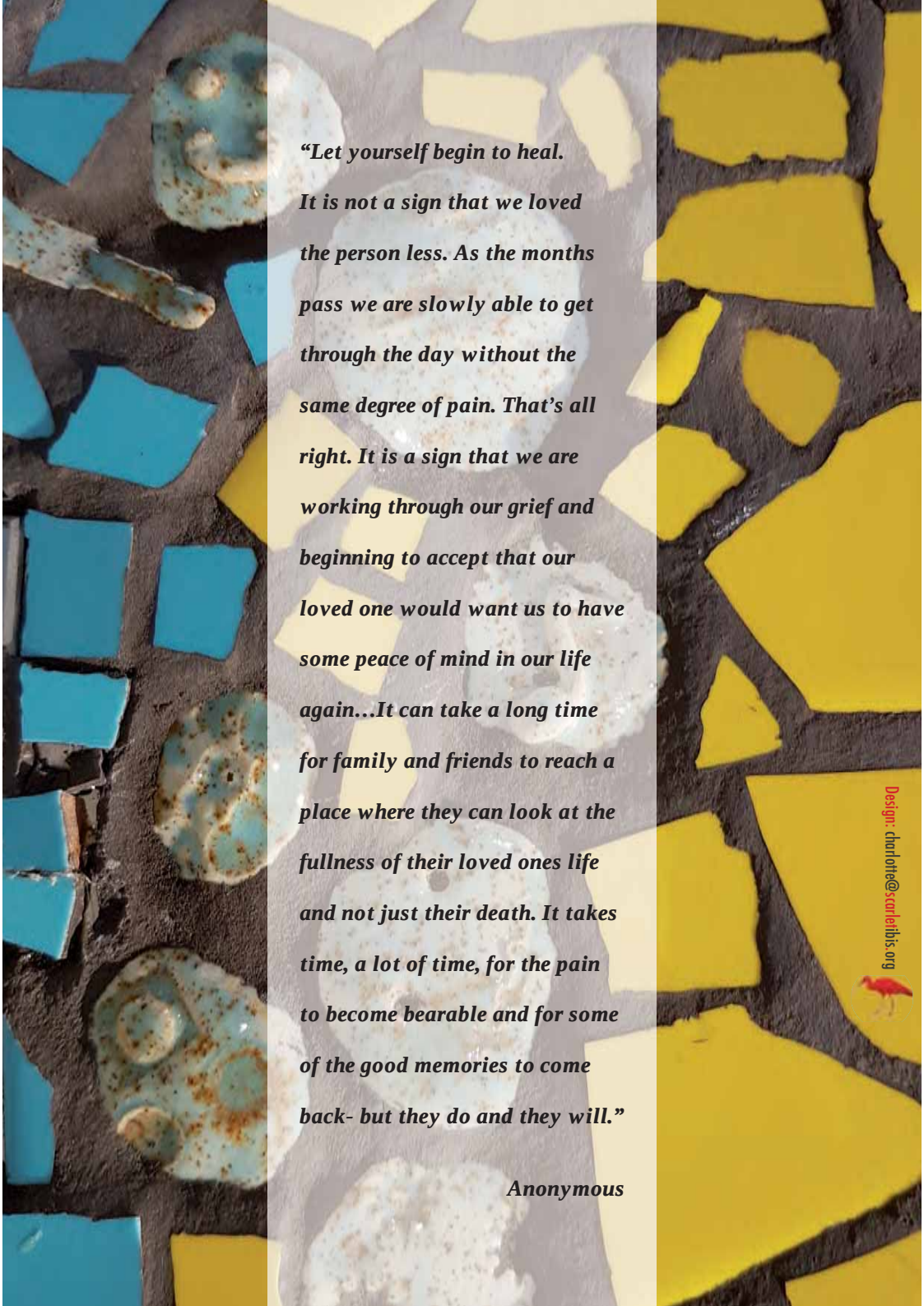
During a series of creative workshops our process began by initiating conversations about our own mental wellness and experience of loss. As a group we decided on the medium of mosaic. We felt it represented how shattered and broken fragments can be pieced together to form something whole and beautiful. While we spoke about our own experience the group made ceramic components, which allowed the participants to put their own personal stamp on the artwork.

The mirror is the central focus. It offers everyone a chance to interact as it creates space and additional light. The colours were an important factor in the design. As the mosaic developed organically we used colour as a way to depict emotions: for example yellow can be seen to represent light, joy happiness, communication and laughter, while the darker colours like black and navy can be seen to represent sadness and isolation. It became clear that there are two different sides and two different outlooks so the project organically split into two separate artworks. The lighter piece could be seen to reflect a positive outlook while the darker piece reflects an acceptance that there will be times of darkness and sadness. The creative process and the healing process arise from a single source. When you create art you help to heal yourself. Each session was documented with photography and a short slideshow was compiled to share the process.

For further information related to the art project aspect of *Lighting the Way*, and if you would like to watch and listen to some of the visual and audio recordings of this project, as well as view some of the artwork created for the previous three editions, please see:

www.lightingtheway.ie





“Let yourself begin to heal.

***It is not a sign that we loved
the person less. As the months
pass we are slowly able to get
through the day without the
same degree of pain. That’s all
right. It is a sign that we are
working through our grief and
beginning to accept that our
loved one would want us to have
some peace of mind in our life
again...It can take a long time
for family and friends to reach a
place where they can look at the
fullness of their loved ones life
and not just their death. It takes
time, a lot of time, for the pain
to become bearable and for some
of the good memories to come
back- but they do and they will.”***

Anonymous





Connecting For Life



Macra na Feirme

