

Lighting the Way

An information resource to support people who are bereaved through suicide



Thanks
to all
those
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professional
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helping to develop
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provision of peer support for those bereaved and impacted
by suicide.

Working Group

Health Action Zone Project - This is a health initiative based on the
northside of Cork City. Community Health Workers use a community
development approach to health work.

The Gardaí Síochána - National Police Force of Ireland

LINC - Advocates for Lesbian and Bisexual women in Ireland

Traveller Healthy Minds Project- Aims to reduce the risk of suicide and to
provide bereavement support in the Traveller Community in Cork City.

Cork City Partnership - Local Development Company operating under the National
Development Plan

HSE Health Promotion Department - Working to promote health in Ireland

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Sinead Glennon - Head of Mental Health Services Cork Kery Community Health Care.



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"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



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 first edition of the Lighting the Way resource booklets planned as a series to cover Cork City and County. The concept of Lighting the Way has been developed through the Health Action Zone Initiative, which is based in the Cork North Community Work Department. 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. 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 first edition of Lighting the Way is a collaborative initiative between the Cork North Community Work Department, Health Action Zone Initiative, An Garda Síochána, and representatives of key community and voluntary organisations. The geographical area that this resource encompasses includes all of the Northwest of Cork City as well as other surrounding areas of Mayfield, The Glen, Blackpool and also Cork City Centre.

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. Since the initial development of Lighting the Way in 2013, Connecting for Life: Ireland's new National Strategy to Reduce Suicide 2015 - 2020 has come about. The vision of this new strategy 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 are confident that this edition of Lighting the Way will prove invaluable to communities and services that the resource services.

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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 post mortem and, at a later stage, may call an inquest into the death.

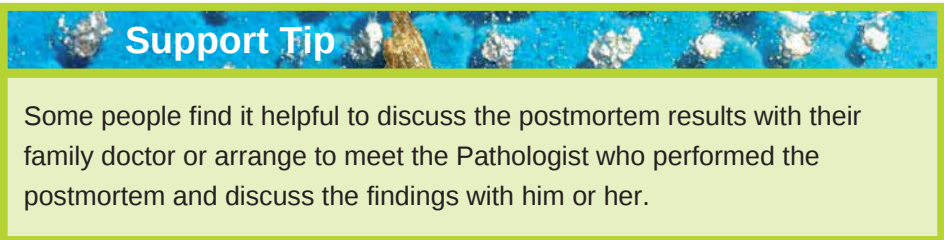
Support Tip

You can talk to your 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 good-bye. 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

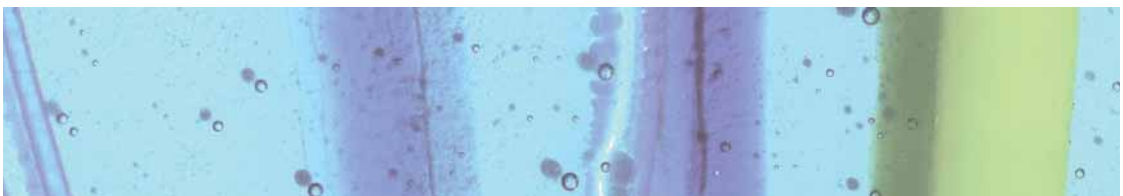
A claim for assistance with funeral expenses under the Supplementary Welfare Allowance Scheme is operated by the Department of Social Protection and is referred to as an 'exceptional needs payment' subject to a means test. The primary consideration in determining that a payment is warranted is that there 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 post-mortem 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 by 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

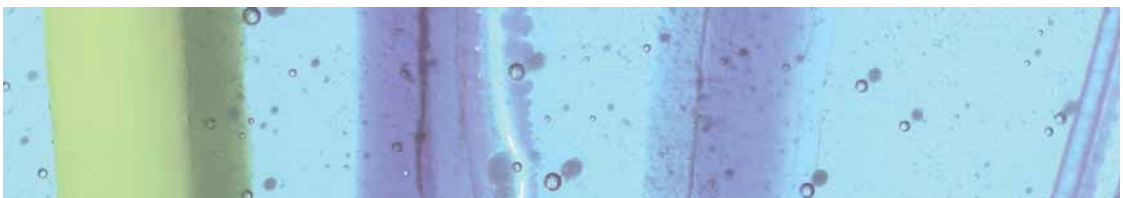
Registration of the death

When registering the death you need to have the following:

- Full name and surname of deceased
- The deceased's Personal Public Service 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.





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.

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.

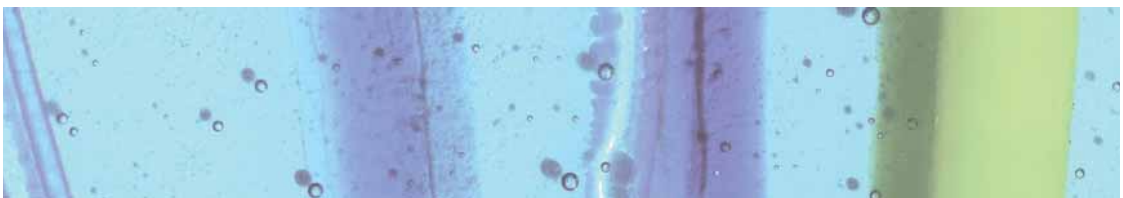
Reading Supports for Adults

There are a number of titles listed on p76 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 p77.

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.

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.

Listening Service Support

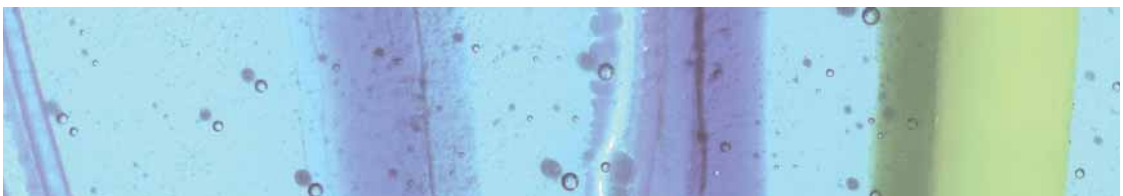
A listening service can be both a one to one and telephone support service. A telephone listening service offers an anonymous ear and confidentiality as well as ease of access. This type of service is provided by some organisations for people bereaved through suicide. Remember young people can also benefit from using listening services; Childline, through the ISPCC, 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.

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.

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: ISPCC P53, Samaritans P65, Aware P36 and Pieta House P63



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 this type of 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 with 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.

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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. Professionally 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 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 out 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 that way? Etc

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 that committed suicide or changes of communication 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 that 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 are 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 service 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. 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 "be strong" in the face of loss.

Fact: Dealing with loss is not easy. Emotions can be quite overwhelming and intense. Expressing these emotions for 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 service 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 forever
- 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 and further reading p 69)
- 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 p76. 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.

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. The Your Good Self catalogue in local libraries also has more titles around grief and loss.

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.

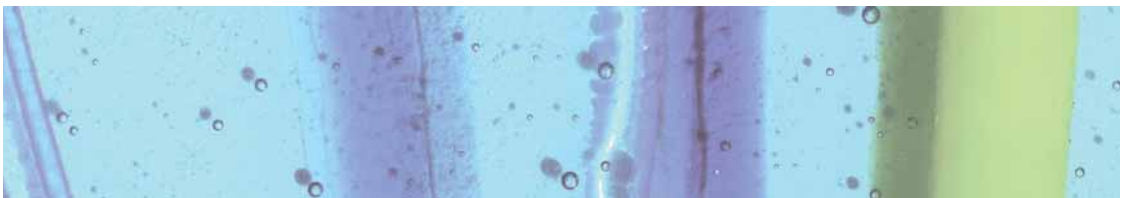
The websites below are useful resources that will answer many questions for you, information about the latest apps, social networks, games, new technology, safety, privacy, cyberbullying, sexting, security online and so much more.

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.common sense media.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 Gardá 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 who 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 and 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 p12 for more information)



1 Needed most often...



2 Needed sometimes...



3 Needed less frequently...



Health Services

The GP / Primary Care and Mental Health Services

In Ireland the main route to accessing all health care services is your GP, this is equally true for mental health services.

The GP can refer to St. Michael's Unit, Out Patients in Block 7 or the Home Based Crisis Team for City North West and City North East Sectors.

The Home Based Crisis Team was set up by the HSE Mental Health services to work with people in a mental health crisis in the community. The basic aim is to treat the person in their home where at all possible. A person can be referred by their GP to the Home Based Crisis Team and will then be supported for approximately 4 weeks at which time the case will be reviewed.

Selective GPs can refer to the Clinical Nurse Specialists in Primary Care who would do group work or individual work.

All teams have access to Consultants, Non Consultant Hospital Doctors, Nurses, Community Mental Health Nurses (home visits), Occupational Therapists, Social Workers, Psychologists, Counsellors and Addiction Counsellor, Cognitive Behavioural Therapist, Art Therapist, Family Support Nurse, Psychotherapist and Early Intervention with Psychosis Nurse.

This referral will be assessed firstly at the Out Patients and then referred to any of the above which will be based on the need of the referred person.

Below is a list of some of the support groups available in Community Recovery

- Hearing Voices
- Anxiety Management
- Relaxation Techniques
- Recovery from Depression
- Being Well Programme
- Healthy Lifestyles
- Food and Mood
- Stress Management
- Bipolar Management
- OCD
- Social Anxiety

Anam Chara Parental and Sibling

What is available

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



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

Citizen's Information Service

What is available

The Citizens information Service provides information on public services and entitlements in Ireland. This includes information on Social Welfare, Employment, Education and Training, Travel and Recreation, Housing, Moving Country, Money and Tax, Family and Relationships, Health, Justice, and Consumer Affairs. In relation to Death and Bereavement information and help can be provided on Making a will, When someone dies in Ireland, Registering a death, Bereavement counseling services, What happens the deceased's estate, and Money matters after a death.

How it works

Drop in to one of the local Citizens' information services offices or log on to the website to access information and download forms. You can also make an appointment

You will find Citizens Information Offices in Hollyhill Community Building, Foyle Avenue, Knocknaheeny; Blackpool Community Centre, 90 Great William O'Brien Street; Mayfield, Roseville House (Lower Level), Old Youghal Road, and in the City Centre, 80 South Mall, Cork



see above



0761 07 4000



citizensinfocork@eircom.net



www.citizensinformation.ie



10am-1pm, 2-4pm Mon-Fri
(may vary)



Service for adults



No charge



Varies depending on office



Yes



No childcare available

Cork City Partnership

What is available

This is a community based service working to improve the life chances and opportunities of people who experience the effects of poverty and social exclusion through promoting equality and inclusion for all. We work towards increasing access to services, education, employment, and recreational activities, facilitating local community groups to achieve active and effective community engagement and advocating for policies, supports and services that address gaps in relation to social exclusion. Each Cork City Partnership Community Outreach Office gives support to the Community through organizing residents meetings/ Committees, Community Education classes, and promoting services such as Friendly Call Cork and the Local Employment Service (LES).



**Parochial Hall, Knockfree
Avenue, Gurranaברה, Cork**



021 430 1770



info@partnershipcork.ie



www.corkcitypartnership.ie



9.30am-5pm Mon-Fri



All ages



Nominal charge



On street parking



Yes



No childcare available

How it works

Cork City Partnership Outreach Offices are a space for people to drop in and find out what services are on offer within the project. You will have face to face contact with a member of staff once you drop in and if bereavement support is needed you will be sign posted to a relevant service such as Coisceim which can be access at a very low rate through a local group working in partnership with Coisceim called Shine A Light Suicide & Mental Health Awareness P50 or Pieta House Bereavement Services P44.

Referral process: As appropriate

Waiting time: Drop in



**Knocknaheeny
Community Building
Foyle Avenue, Cork**



021 439 9503



**N.oregan
@partnership.cork.ie**



www.corkcitypartnership.ie



9am-5.30pm Mon-Fri



All ages



**Nominal fee requested for
some courses**



Free on street parking



Yes



No childcare available

Cork Mental Health and Housing Association

What is available

Cork Mental Health Foundation provides education and awareness on mental health. We run workshops in secondary schools and deliver presentations to community groups, workplaces etc on mental health. We run several projects throughout the year such as Public Speaking and Reflecting Through Art Exhibition as well as an annual seminar pitched entirely at young people. The housing association provides housing to people with mental health difficulties, we currently have 28 houses throughout Cork City and County.

How it works

We do not provide any specific bereavement support or counselling service but would certainly signpost to other more relevant support service when needed.

Referral process: we do not have a formal referral process, (apart from our housing which does through a form available from the office).

Waiting time: No



Nore House, Bessboro Road, Blackrock, Cork.



021 451 1100



**admin@
corkmentalhealth.com**



www.corkmentalhealth.com



9am-5pm Mon-Fri



Service for adults



No cost



Free parking



Yes



No childcare available

Cork Gay Community Development Company LTD

What is available

The Cork Gay Community Development Company is a community development organisation who work with gay and bisexual men and their families. The project offers activities such as drop in, education programmes, a number of different support groups, social groups, and advocacy/information service.

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 if more support outside of groups and services is needed.

Referral process: Self referral

Waiting time: Drop in



8 North Mall, Cork



**021 430 0430
087 638 1578**



info@gayprojectcork.com



www.gayprojectcork.com



9am-5.30pm Mon-Fri



Service for gay and bisexual men and their families



No charge for services but donations accepted



On street parking



Yes



No childcare available

Cork Traveller Visibility Group Ltd.

What is available

This is an advocacy service for the Traveller community. It also supports the community in health, accommodation, drugs and alcohol and provides crèche facilities. People attend the service for drug and alcohol support, group work, accommodation issues, crèche facilities, health information and health concerns.

How it works

No appointment is necessary, just drop in. In relation to bereavement issues basic support is provided; such as practical help with tasks and options, as well as providing information about other support services who deal specifically with the area.

Referral process: self-referral, service referral

Waiting time: none



25 Lower John St, Cork



021 503 3786
087 130 1756



tvgcork@gmail.com



www.tvgcork.ie



9.30am-5pm Mon-Fri



Service for Traveller community



No charge



Disc parking



Yes



Yes at Goras Community Crèche

The Fayre Project Farranree

What is available

The FAYRE Project is a Garda Youth Diversion Project and its catchment area is within the Farranree/Fairhill area. Garda Youth Diversion Projects are community based and supported youth development projects which seek to divert young people from becoming involved (or further involved) in anti-social or criminal behaviour. These projects facilitate personal development and promote civic responsibility.

How it works

Who can Access the Project - Young people referred by an Garda Síochána, identified as being at risk of becoming involved in anti-social or criminal behaviour or involved in anti-social or criminal behaviour. The project would offer one-one support and try to link the young person into the appropriate services that would offer professional support in this area.

Referral process: self referral or through other service providers

Waiting time: No



**Cushing House,
Popham's Road,
Farranree, Cork.**



Young people



021 439 2102



**noel.kelleher@foroige.ie
bridget.mcsweeny@foroige.ie**



Yes



www.foroige.ie



No, but can be arranged



**2-10pm Mon-Thurs
2-8pm Fri**



No childcare available

Health Action Zone (HAZ)

HSE South

What is available

The Health Action Zone Initiative operates in 5 areas mainly on the Northside of the city. Each area has a Community Health Worker based in it and this persons job is to respond to what the health needs are within that community. This may mean running groups like walking groups, health & wellbeing programmes, specific targeted health programmes for chronic conditions, theraputic type groups and sessions. Mental health is a key part of our work and many of the programmes and pieces of work including trainings focus on areas of mental health and wellness.

How it works

The HAZ areas are Mayfield, The Glen, Blackpool/Shandon, Fairhill Farranree and Gurranaברה and Churchfield. All inquiries about what is on in your area should be made to the Community Work Department office or to the website. HAZ occasionally run suicide awareness training called SafeTALK in association with the Suicide Prevention Office HSE South. The community health workers signpost on to local counselling services specifcally for suicide bereavement.

Referral process: Self Referral.



HSE Offices, Old Library,
St Mary's Rd. Cork



021 4928370



8.30am-2.30pm Mon-Fri



Contact the CHW for your
area through the website



All ages



www.healthactionzone.ie



€2 to €5
depending on the activity

Knocknaheeny/Hollyhill Youth Justice Project

What is available

The Justice project works with young people aged 12-18 referred by An Garda Síochána. The project encourages young people to engage in other activities and services in their area. We work to enhance the employability of participants by providing them with new skills in the areas of I.T and personal development.

How it works

Tuesday 7-10 drop in service for 12 to 18 year olds, Friday 2.30-4.30 drop in session for 8-12 year olds please note all other groups are referrals only. A young person going through bereavement would be supported by a youth worker informally and referred on to a more appropriate service if required.

Referral process: Juvenile Liaison Officer, Parent/Guardian, Schools, & Other agencies can refer young people to the project.

Waiting time: One week



**Knocknaheeny/
Hollyhill Youth Centre,
Harbourview Rd, Cork**



**021 450 3092
087 317 6754**



**knocknaheennyouthgydp
@gmail.com**



**Mon 10-6, Tues 2-10, Wed
10-9, Thur 10-8, Fri 11-6**



Young people aged 12-18



**Nominal fee requested for
some groups**



**Parking in shopping centre
car park**



Yes



No childcare available

Pieta House Bereavement Services

What is available

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 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



Parking available



Yes



No childcare available

LINC (Advocating for Lesbian & Bisexual women in Ireland)

What is available

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

Open some evenings for peer support groups and social activities. One to one peer support and subsidised counselling available.

How it works

LINC encourages you to drop in and talk to them about the services they offer. LINC refer on to other services as requested/required. For bereavement one to one peer support will be offered and the worker/volunteer will also help you choose another appropriate bereavement service to access.

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



**11am-3pm Mon & Tues
11am-8pm Thurs**



Service for lesbian/bisexual women and their families



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

Foroige Fairhill/Farrenree

What is available

The service provides personal and social development programmes in an informal educational setting for children aged 8 – 18 years who would be considered at risk. The reasons for accessing the service include prevention of early school leavers, self-esteem issues, family issues, lack of peer relationships

How it works

The project is not specific to bereavement. In the event of a young person or family experiencing loss, the services offers one-on-one support if desired. It also provides information on specific services where they can seek further professional support.

Referral process: Self-referral, school referral, HSE referral, Garda referral, parent referral.

Waiting time: There is a waiting list



Various



mary: 087 946 0607



mary.mcgahern@foroige.ie



www.foroige.ie



11.30am-8pm Mon-Fri



Service for young people aged 8-18



No cost



On street car parking



Yes



No childcare available

Lotamore Family Resource Centre

What is available

Family resource centre provides Pre-School and After School services and a Public Health Nurse in residence once a week. There is also an elder care programme with coffee mornings once every two weeks, adult education courses and an outreach worker attached to the centre. The youth initiative programme also runs from the Lotamore Family Resource Centre.

How it works

Typically the parents would be dropping and collecting their children during the day and people would attend the centre in the evenings for activity classes. In relation to someone seeking help with bereavement by suicide the Family Centre would signpost on to Mayfield Action On Suicide counselling service; Human

Referral process: No referral needed

Waiting time: One week



**20 Lotamore Park,
Lotamore, Mayfield**



021 450 3066



lotamorefrc@yahoo.ie



8.30am -5pm Mon-Fri



3 to 70yrs of age



No cost



Yes



Yes



**Pre-school and After-school
for children enrolled**

Jigsaw Cork

What is available

Jigsaw offers 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). 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.

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.

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



Ages 12-25



No charge for service



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



No childcare available

Mayfield Community Development Project Ltd.

What is available

A community resource centre providing a range of services including information provision, support to individuals and groups, a point of contact for Mayfield Action on Suicide, adult education classes, childcare. Support groups such as GROW and Overeaters Anonymous meet here weekly.

How it works

You can just drop in and meet with staff member who may direct you to other more specific support such as GP or counselling service. People who may need extra support with a bereavement by suicide will be referred to other services such as Mayfield Action On Suicide counselling service; Human

Referral process: Self-referral

Waiting time: none



Community Resource Centre, 328 Old Youghal Road, Mayfield, Cork



021 450 8562



mayfieldcdp2@eircom.net



**9.30am-1, 2-5pm, 7-9pm
Mon- Thurs.
9.30-1pm Fri**



Service for adults only



Nominal charge



On-street parking.



No



Childcare available

Shine a Light Suicide and Mental Health Awareness Group

What is available

Shine A Light are an interagency group made up of volunteers and people who work various services based in the areas the group operate mainly which is around the Northside of Cork City. One of the main services we provide and promote is counselling at a low cost through Coisceim counselling service to people in mental distress; including grief following a suicide and people with thoughts of suicide. Please note this service is not a crisis service. Family support and child counselling service for children over the age of 8 is also available.

How it works

We offer these services because of the great efforts made by people in fundraising for us and also with annual Shine Light fundraising efforts made by the group themselves. Shine a Light also work to deliver suicide prevention and intervention trainings in the community as need arises and we work to promote positive mental health messages in all that we do.



Shine A Light: 6 Imaal Court. The Glen. Cork City, Co Cork.



021 4666180



shinealightcork@gmail.com

Facebook: Shine A Light Suicide Awareness



**Office hours
Monday to Friday**



Shine a Light work mainly with adults but specialised services can be arranged



Nominal contribution to counselling and arranged directly with Coiscéim



Yes



No childcare available

Youth Work Ireland Cork, Gurranabraher

What is available

Supportive groups for youths from ages 7 to 25 these include; Girls Group, Teen Gym, Boys Soccer Group, Teen Drop-in Group, Short-term Drama Project, One to One Support Work, Youth Council, Homework Support, and the Cool Art Club.

How it works

Contact must be made with a youth worker to put your name down for all of the activities except for the Teen drop in evenings and the teen gym. All times of activities and more information can be found on the website. A young person going through bereavement would be supported by a youth worker informally and referred on if required.

Referral process: Self Referral.



**Youth & Community
Resource Building, 11
Gurranabraher Road, Cork.**



021 439 9862



admin@ywicork.com



www.ywicork.com



Dependant on activity



**Service for young people
aged 7-25**



**Nominal cost for some
activities**



**Some on-street parking
available**



Yes



No childcare available

Aware

What is available

Aware offer numerous services to support those suffering with depression, these services include local support groups, online support groups, a help line/information service and an email support service. The Aware website contains extensive information on all services listed above.

How it works

Aware Support Group: when people arrive at a meeting they will be greeted by the Aware volunteer support group facilitator and welcomed into the group. Meetings every Thursday at 8pm at Blackpool Community Centre, 90 Great William O'brien St. every Tuesday at 8pm at Inniscarraig Centre, Erinville Hospital complex. (Pedestrian access at western end of hospital, vehicle access off Mardyke Rd at rear)

Referral process: Self referral via helpline or email

Waiting time: None



Aware Helpline Call
1890 303 302



info@aware.ie



www.aware.ie



10am-10pm Mon-Sun



Service for adults 18+



Some on-street parking



Yes



No childcare available

Barnardos Brighter Futures

What is available

This is an early intervention and prevention service for children aged 0-10 and their parents. It includes support for preschool, crèche, parenting, parent-toddler, school-age. People basically attend to improve their lives through the support and services offered. The service helps with emotional wellbeing and capacity to learn and develop.

How it works

While there is some bereavement support through the 'Seasons for Growth' group for Junior Infants to Sixth Class; for more specialised support/ counselling children are referred to Barnardos Bereavement Counselling for Children.

Referral process: Self-referral, professional services referral

Waiting time: There is a waiting list



**Ardmore Avenue,
Knocknaheeny, Cork**



021 430 7964



Jenna.Russell@barnardos.ie



**www.barnardos.ie
twitter - @barnardos_IRL**



9am-5pm Mon - Fri



**Service for children aged
0-10 and their parents**



**Mostly free. The crèche costs
between €2-3 per day.**



Free on-street parking



Yes



**Childcare available at highly
subsidised rate**

Churchfield Community Trust

What is available

A community based organisation offering education, training and therapeutic support to young men in recovery from addiction. The Churchfield Community Trust aims to assist men maintain sobriety in the early days following treatment. It provides them a safe space and supports them in establishing a routine and structure in their lives. It offers support whilst waiting to go for treatment or during a detox phase prior to treatment.

How it works

The service specialises in the area of addiction which has been associated to criminal behaviour or at risk of being returned to prison. Grief occurs at various stages and phases for clients and this has been looked at initially whilst they have been in treatment. It is also facilitated by in-house staff as it arises.

Referral process: Men are referred through the Probation Service, Addiction Treatment Centres or other community based groups.

Waiting time: There can be a waiting list



**107/109 Knockfree
Avenue, Churchfield,
Cork**



**021 421 0348
087 659 9533**



**Service for young men in
recovery from addiction**



No cost



On street car parking



Yes



9.30am-5pm Mon-Fri



No childcare available

Foroige-Link Point Youth Services

What is available

Foroige-Link Point Youth Services engage with young people who do not currently engage with a youth service, to facilitate their growth and development. People attend to access the services provided, to be in a safe and caring environment and be in a place where they will be respected

How it works

The bereaved person will usually be known to them and will meet with a worker who they can trust. From there it is a process of beginning to work through the issues and also decide if this the appropriate service for them. If there is a greater need the service will refer onto a more appropriate one.

Referral process: Self referral, professional referral through the school, HSE, drop in during weekend open sessions

Waiting time: There can be a waiting list



LinkPoint Youth Building,
Harbourview Rd,
Knocknaheeny, Cork.



021 494 2780
086 607 6072



Each worker has a specific
email



www.foroige.ie



10am- 10 pm: Mon-Fri
2pm- 5pm Sun.



Service for young people



No cost



On street car parking



Yes



No childcare available

Grow

What is available

Grow hold regular meetings throughout Ireland. 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.

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.

Local meetings: Tuesday 2pm + 8pm, Wednesday 10.30am, Thursday 3pm + 8pm- all at GROW Office, 1st Floor 34 Grand Parade. Tuesday 7.30pm Gurrabraher Youth & Community Resource Centre. Tuesday 7.30pm Blackpool Community Centre, 90 Great William O'Brien St., Cork. Contact Treasa Twomey 087 905 1275. All welcome



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



Service for adults 18+



Infoline: 1890 474 474



No cost



contact via website



Yes



www.grow.ie



Yes



Phone line 9am to 5pm



No childcare available

Samaritans

What is available

We offer emotional support to anyone feeling distressed or needing to talk. We listen in a non judgemental, open way. As well as talking on the phone people can also visit the centre between 9am and 10pm every day. If you feel you don't want to call in or phone, you can always e-mail us at jo@samaritans.org. We are also available to give talks to schools and other organizations on the importance of emotional health. When supporting people, it's all about listening, not telling callers what they should do about a particular issue. So, there's no advice, and no judgement, just a listening and sympathetic ear.

How it works

Our volunteers would listen to what a caller needs to say, whatever it is. We would provide them with emotional support, without judgement, whatever time it is, 24 hours a day, every day of the year. . We could also offer a follow up call if it were wanted. 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



116 123



jo@samaritans.org



www.corksamaritans.ie



24 hours on the phone,
9am-10pm face to face



No Charge



Yes



Yes



No childcare available

The Cork Local Drugs & Alcohol Taskforce

What is available

The Cork Local Drugs & Alcohol Taskforce is part of the Community/Voluntary Sector funded by the Drugs Programme Unit (DPU), Department of Health. It provides:

- information, education, support, one to one interventions/counselling.
- referral service to other more appropriate services for those at risk of or currently experiencing drug or alcohol misuse/ abuse.
- support services for family members.
- information and training to professionals, other agencies and community members in the area of drugs and alcohol.

How it works

While the projects funded by CLDATF are drug and alcohol specifically, bereavement and loss are common issues presenting for the service users attending the projects and sometimes a contributory factor to their drug and alcohol misuse/abuse.

Referral process: Self-referral, GP referral, agency referral, family member/ concerned person referral

Waiting time: The waiting lists will vary depending on the project/service



**Floor 1, Kinvara House,
Dublin Hill,Cork.**



021 493 0102



www.corkdrugsinfo.ie



9.30am-5pm Mon-Fri



Service for all ages



**A pay plan can be drawn up
with the agencies/ services
where fees are applicable**



Parking available



Yes



No childcare available

Barnardos Bereavement Counselling for Children

What is available

A service for children and young people who have lost someone close to them, like a parent or sibling, through death. It aims to help children to understand, to grieve and to cope a little better. The service is based on and tailored to the individual needs of each child and their family. It provides specialist bereavement counselling, including trauma counselling to children and juveniles following the death of someone close.

How it works

The service takes into consideration development stage of each child, the relationship with the deceased, the nature of death and the particular circumstance of each family. Counsellors are based in Cork and Dublin but work with children from across the country.

Referral process: by anyone with permission from parent/carer; agencies can make referrals using Barnardos Bereavement referral form.

Waiting time: There is a waiting list



**8/9 Orchard View, Ring
Mahon Road, Mahon,
Cork**



**021 431 0591
Helpline: 01 473 2110**



bereavement@cork.barnardos.ie



facebook.com/barnardosireland



9am-5pm Mon-Fri



Service for children



No cost



Car park & disc parking



Yes



No childcare available

Before 5 Family Resource Centre

What is available

Early childhood care and education through Montessori pre-school, crèche facilities, afterschool service, parent toddler groups and Adult courses & classes.

How it works

Information on adult courses/classes such as women's health issues, stress management, Art, crafts, textiles, child development, family communication can be accessed from the office and one to one counselling can be arranged on request. In terms of bereavement support the one to one counselling would be offered or the person would be referred on to another service.

Referral process: Self referral



**Churchfield Hill,
Churchfield, Cork**



021 430 3561



before5centre@eircom.net



**9am-5pm Mon-Fri
open some eves for classes**



All ages



Costs vary



Yes



Yes



Enquire in Family Centre

Circle of Hope

What is available

Circle of Hope are a peer support and remembrance group. We meet for a coffee as a group on a monthly basis to support each other. Our group is open to anyone bereaved through suicide to attend. Circle of Hope run annual support and remembrance events, which we find, can help us remember our loved ones at special times throughout the year and on anniversaries which loved ones can find particularly difficult. We support each other through these events and openly welcome anyone who would like to join our monthly meeting and annual events. Contact is through Facebook please.

How it works

Our monthly meeting is held in Murphy's Rock the first Wednesday of the month at 3pm. Anyone can come along to this drop in coffee morning. If a person needs further support we give them what information we can and signpost them to appropriate services for further support when needed.

Referral process: None



Facebook Circle of Hope Dublin Hill/Ballyvolane

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.

Referral process: self-referral or professional referral

Waiting time: Minimum 6 months.



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



021 450 9588



Text 'talk' 50101



**www.ispcc.ie
www.childline.ie**



9am-5.30pm Mon-Fri



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

Faranree Family Resource Centre

What is available

The centre runs a variety of courses and a listing is available in the office or call and request an email copy.

How it works

The centre is located at the back of the church, there are double doors and a sign on the wall. People are dealt with on a personal level at entrance to the centre. People can walk in and tap on the office window with requests to speak with someone if necessary.

Referral process: Self Referral.

Waiting time: Can depend on individual circumstances



Closes Green,
Farranree, Cork



021 430 1030



farranreefamcen
@yahoo.com



8.30am-2pm Mon-Fri



Service for adults 18+



Nominal charge for courses &
counselling



Limited on street parking



On ground floor only



Check with centre

The Glen & District Neighbourhood Youth Project & Mayfield Neighborhood Youth Project Tusla

What is available

These projects provide intensive family support in the areas they are based. They offer services such as therapeutic supports, counselling, advocacy, advice, information, group work, therapeutic play, mentoring, networking.

How it works

If you are interested in these services then contact can be made using any of the details below. If a person is in need of support because of bereavement through suicide we would talk to the person or family and see if we can support them in the service, we can also help them access another service if that is what is needed.

Referral process: Self-referral, agency referral, families in need of support may be referred in by North Lee Social Work Dept. These projects will also sign post on to other appropriate bereavement services.

Waiting time: No waiting list



**23 Mangarton Close,
The Glen. (service is
due to move to Glen
Ave from June 2013)**



**021 239 0122
085 199 1123**



fidelmatwomey@gmail.com



Various



**Knockmahon House,
Old Youghal Rd,
Cork**



**021 4501674
0877871908**



Diarmuid.odriscoll@tusla.ie



Various

Healthy Minds, Traveller Suicide & 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.



3 Carraig Lee, Western Road



**021 492 8398
087 759 0050**



John.walsh2@hse.ie



Service for travelling community



No Cost



9am-5pm Mon-Fri

HSE Springboard

What is available

Springboard is a family support service aimed at supporting the most vulnerable families. People often seek out the service with stress related issues, anxiety, worry, mental health difficulties. The service operates a number of specific support groups and programmes at various times throughout the year.

How it works

When a person comes to the service for whatever the reason, an initial meeting is held with them to assess what is going on for them and determine what is needed for the person and situation. A Springboard Project Worker follows up this meeting on a one to one basis with the person. They then work toward connecting the person with appropriate resources and supports dependant on their situation and level of need.

Referral process: Self referral, GP, other community agency based referrals

Waiting time: No waiting list



**16 Cushing Road,
Farranree**



021 430 5300



**Days and evenings and
some weekends**



**Family support aimed at the
most vulnerable children**



No cost



On street parking



Yes



No childcare available

Mna Feasa

Domestic Violence Project

What is available

Mná Feasa is a community based - domestic violence project, which provides supports such as emotional support, support group, helpline, court accompaniment, one-to-one meetings, & a schools programme. The project also will make referral on to counselling services such as Cois Ceim Counselling Services for service users where appropriate.

How it works

The project offers a drop in service so all are welcome.

Referral process: Self referral, Gardai, Hospital & Social Work Dept etc.

Waiting time: None



**36 Ardmore Avenue,
Knocknaheeny, Cork**



**Office - 021 421 1955
Helpline - 021 421 1757**



mnafeasa@eircom.net



www.mnafease.com



10am-4pm Mon-Fri



Women aged 16+



No cost



Limited parking



**No, but arrangements can be
made to meet service users
in another suitable location**



Newbury House Family Centre Ltd.

What is available

The centre provides family support services. Also, low cost child and family counselling; as part of the overall service; can be provided. People attend the centre for a range of reasons, including bereavement counselling, risk of self-harm and suicide, depression.

How it works

You can drop in to the centre or phone. The coordinator works with individuals and tailors the level of support to their needs. For example, it might be a parent support programme that best suits. In relation to bereavement counselling (and other counselling) the person will be given the counsellor's number to contact directly. The counsellor usually arranges to meet on a Tuesday or Friday, but will try and accommodate other needs.

Referral process: Self-referral usually, GP referral, agency referral

Waiting time: There is usually a waiting list.



**Old Youghal Road,
Mayfield, Cork**



021 450 7999



newburyhse@yahoo.ie



8.30am-2.30pm Mon-Fri



Service for children & adults



**Low cost service based on what
the individual can afford**



Free car park



Yes



Childcare available

Niche Community Health Project

What is available

Niche provides a large range of services aimed at improving the health & quality of life of people living in the Knocknaheeney/Hollyhill area. The programme includes therapeutic services - massage, acupuncture, counselling, art therapy; women's & men's health groups, social & physical activity programmes; family health supports and information; health information & advocacy; Arts for Health Programme & Community Garden.

How it works

You can just call or drop in and arrange to talk with a community health worker (CHW). The CHW can give you information on Niche services and supports. In relation to bereavement support the CHW can provide links to groups for peer support, as well as individual counselling and therapies.

Referral process: Self-referral, drop-in, referral by other agencies

Waiting time: There is usually a waiting list for massage & acupuncture. Some groups & activities stop for July & August.



**Knocknaheeney
Community Building,
Harbourview Rd, Cork**



021 430 0135



info@nicheonline.ie



www.nicheonline.ie



**9.30am to 4.30 pm Mon-Fri
6-9pm Tues, Weds & Thurs
(except Jul/Aug)**



Service for adults



**Activities/groups €2, therapies
€5/7, low cost counselling**



Free on street car parking



Yes



No childcare available

SHINE - Supporting people affected by mental ill health

What is available

The Regional Development Officer (RDO) can provide information, listening, support and training, signpost you to services within Shine or externally if appropriate.. They can offer you an Individual Support Meeting (ISM), which is unstructured, person centred, confidential, solution focused and individually tailored.

Relatives Support Group and Phrenz Group (for relatives of and people with self-experience of mental health difficulties). Practical information and support are the key facets of these groups. The Basement Resource Centre is a peer driven resource centre for people with self-experience of mental ill health. A confidential, affordable, safe and professional service is provided by trained accredited counsellors

Email support service: phil@shineonline.ie

Services of the Basement Resource Centre and Regional Development Office are free of charge. Membership of Shine and access of counselling services are charged on a sliding scale rate.

Referral process: Self Referral



Basement Resource Centre, 14A Washington Street West, Cork



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



info@shineonline.ie



www.shineonline.ie



8.30am-4.30pm Mon-Fri



Service for adults



See above



On street parking available



Limited



Not available

Coiscéim

What is available

CoisCéim is a counselling / psychotherapy centre. The service offers low cost counselling for bereavement, coping difficulties, couples counselling, general grief & loss, marriage issues, relationship issues and stress. Coiscéim Counsellors are based in different locations throughout Cork, City & County & Kerry. Our referral counsellor will discuss with you your preferred location when choosing a counsellor for you.

How it works

On calling our office your name and number will be taken. Our referral counsellor will call you back and take some details to help her to refer you to a counsellor who would best suit your needs. Together you will agree a fee that you can afford. She will then give your name and the agreed fee to the counsellor allocated to you. She will then call you back with the name and number of your counsellor who will be expecting a call from you. When you make contact you set up your appointment time together.

Referral process: Self Referral

Waiting time: No



**Village Chambers,
The Village Centre,
Ballincollig, Cork**



**021 466 6180
087 799 8602**



www.socialandhealth.com



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



Service for adults



Based on ability to pay



Yes



Yes



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



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

My Mind, Cork

What is available

Consultations with mental health professionals (Individual, couple and family therapy). My Mind have reduced fees for unemployed clients, (requires proof of unemployment) also depends on the professional's availability, as well as expert counselling and therapy for all. We can help you with: Depression, Anxiety, Stress, etc.

How it works

My Mind offers a quick and affordable appointment within 72 hours. You can make the appointment online or over the phone. Types of therapy available are; Cognitive Behavioural Cognitive Behavioural Therapy, Psychoanalytic Therapy, Employment and Life coaching, Psychological and educational assessment. The My Mind team is committed to providing professional and affordable services in a safe, confidential and non-judgemental environment.

Referral process: Self-referral or by health professional

Waiting time: No longer than 72 hrs



9 Dyke Parade, Cork
(above the Children's
Leukaemia Association)



LoCall 076 680 1060



hq@mymind.org



www.mymind.org



9am-9pm Mon-Fri
9am-5pm Sat



Service for adults & children



Varies



**On street parking (including
two disabled bays)**



Yes



No childcare available

Libraries

What is available

The library service is the provider of information for people in local communities. Books can be borrowed or, in the case of reference material can be consulted or pages photocopied. Internet services are available as well as black & white and colour printing. Libraries host bookclubs, Irish language groups, recitals & provides a number of community services. Check website or your local library for details.

How it works

The library is a friendly welcoming space with sections for both adults & children. They have material relating to many subjects including grief/loss/bereavement. Ask the librarian who is happy to help you find information that suits your need. To borrow books you need to become a member which entitles you to borrow up to 10 items for 2 weeks. Membership is free for over 65, €15 standard & €5 concession/children/young people.



Blackpool Library - Redforge Rd, Blackpool, Cork

Hollyhill Library - Foyle Avenue, Knocknaheeny, Cork

Mayfield Library - Old Youghall Rd, Mayfield, Cork

Central Library - 57-61 Grand Parade, Cork



Blackpool 021 492 4933/37

Hollyhill 021 492 4928

Mayfield 021 492 4935



hollyhill_library@corkcity.ie

mayfield_library@corkcity.ie

blackpool_library@corkcity.ie



www.corkcitylibraries.ie



10am-1pm+2-5.30pm Tues-Sat
Closed Sats of BH weekends



Open to everyone



membership fee to borrow,
€1 for 30 mins internet



Parking available



Yes



No childcare available





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 phonenumber 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.



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



PROBLEMS FEEL SMALLER WHEN YOU SHARE THEM

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



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.



LENDING AN EAR IS LENDING A HAND

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



THE MORE YOU MOVE THE BETTER YOUR MOOD

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



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.



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.



BOOST YOUR MOOD WITH HEALTHY FOOD

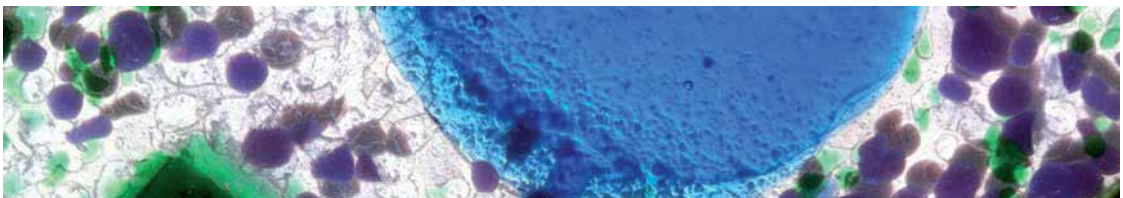
Eating a healthy, balanced diet is proven to have a positive impact on how you feel.



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.





The glass artwork

The glass artwork featured throughout **Lighting the Way** was created by a small dedicated team, specifically for this resource. The group worked with artist Charlotte Donovan as part of Niche Community Arts for Health Programme. They met weekly, and discussed the purpose of the resource, while exploring the creative possibilities of fused glass. The group decided that they wanted to make a lamp which would be lit from inside as a memorial and a beacon of hope, and that the form would be a 3 sided pyramid, each with 3 layers. The structure of the pyramid symbolises the support that we can all give to each other - for each side would be unable to stand alone.

Glass artists: Paul Collins, Eileen O'Leary, Triona Gorman

Niche Arts for Health Programme promotes access to and participation in the arts for health & wellbeing. For more information contact Niche - details on p 69.



Paul & Eileen at work



