



Supports and services for people who have been bereaved



Connecting for Life
Cavan and Monaghan

NATIONAL HELPLINES AND TEXT SUPPORT

Barnardos Helpline offers information and support relating to bereavement from 10 am to 12 pm Monday to Thursday.

Helpline: 01 473 2110 **Website:** www.barnardos.ie

Childline is Ireland's 24 hour national listening service for young people aged up to 18 years. 24 Hour Free Phone Helpline: 1800 666 666

Text: TALK to 50101 **Website:** www.childline.ie

50808 is Ireland's free 24 hour anonymous messaging service for people in crisis.

Text: YMH to 50808 **Website:** www.text50808.ie

Irish Hospice Foundation Bereavement Support Line is a national bereavement support service available Monday to Friday, 10am to 1pm

Free Phone Helpline: 1800 807 077 **Website:** www.hospicefoundation.ie/bereavement

Pieta provides free individual counselling, therapy and support for people who have been bereaved by suicide and for people who are thinking about suicide.

24 Hour Free Phone Helpline: 1800 247 247 **Text:** HELP to 51444 **Website:** www.pieta.ie

Samaritans provide emotional support to anyone who is struggling to cope and needs someone to listen. Local branches can be visited during the day.

24 Hour Free Phone Helpline: 116 123 **Email:** jo@samaritans.ie **Website:** www.samaritans.ie

WEB BASED INFORMATION AND SUPPORT

Anam Cara supports parents after bereavement by signposting to services and providing information evenings in the community throughout the country. **Website:** www.anamcara.ie

Barnardos deliver a specialist bereavement service where children and young people are supported to grieve. They also have a huge amount of information on grief in children, adolescents and families. Free e-books can be downloaded from their **website** www.barnardos.ie

The Irish Childhood Bereavement Network

provides information on grief in children, adolescents and families. On their website you can find a list of resources and tools to help and support you and your family. **Website:** www.childhoodbereavement.ie

The Irish Hospice Foundation also provides information on grief in children, adolescents and families. They have a range of leaflets, booklets and videos available to download/order as well as shared personal experiences.

Website: www.hospicefoundation.ie

HSE National Suicide Bereavement Guide "You are not alone": Support for people who have been bereaved by suicide. This Guide was recently updated and includes contributions from people who have lost loved ones through suicide.

<https://www.hse.ie/eng/services/list/4/mentalhealth-services/connecting-forlife/news/national-suicide-bereavement-supportguide.pdf>

LOCAL SUPPORTS AND SERVICES

Pieta House Suicide Bereavement Liaison

Service: provides emotional and practical support to people bereaved by suicide, including the provision of follow on support and therapeutic services, as required. Hours: Monday – Wednesday: 9am – 5pm **Phone:** 085 870 6591 **Email:** maria.mcbrien@pieta.ie

Pieta Suicide Bereavement Counselling Service

provides professional one-to-one therapeutic service to people (6+ years) who have been bereaved by suicide. All of our services are provided free of charge and no referral is needed. **Phone:** 0818 111 126 to book an appointment with a Therapist in Cavan or Monaghan **Free Phone** 1800 247 247 or **text HELP** to 51444 **Website:** www.pieta.ie

HUGG Suicide Bereavement Support Group

HUGG is a peer support organisation. We provide a safe, confidential environment in which those bereaved by suicide can share their experiences and feelings, so giving and gaining support from each other. Our support groups are facilitated by people who have been bereaved by suicide. If you would like to come along to a HUGG group, just call us on 01 513 4048 (monitored answering machine) or email info@hugg.ie for more information.

HSE Resource Officer for Suicide Prevention

(Cavan and Monaghan)

Phone: 086 1717 563 **Email:** emer.mulligan@hse.ie **Website:** www.connectingforlifecavanmonaghan.ie

yourmentalhealth.ie

Information | Support | Services

1800 111 888