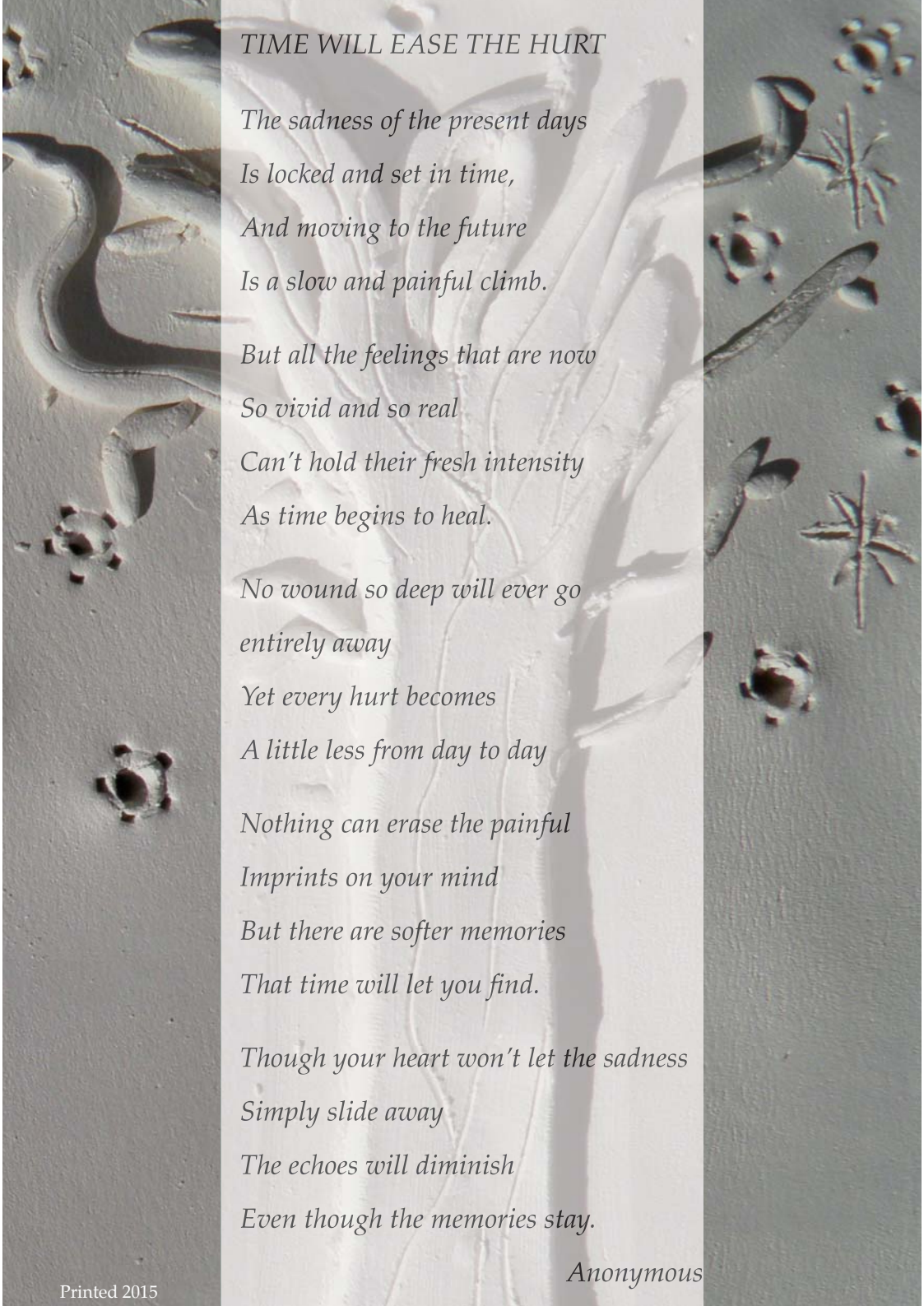


# Lighting the Way

South Cork

An information resource to support  
people who are bereaved through suicide



*TIME WILL EASE THE HURT*

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

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

*No wound so deep will ever go  
entirely away*

*Yet every hurt becomes  
A little less from day to day*

*Nothing can erase the painful  
Imprints on your mind*

*But there are softer memories  
That time will let you find.*

*Though your heart won't let the sadness  
Simply slide away*

*The echoes will diminish  
Even though the memories stay.*

*Anonymous*

# Acknowledgements

I wish to extend a sincere thank you to all who have given of your time and expertise in the development of this resource. Your openness, patience, care and positive suggestions have contributed to the production of a very worthwhile document that will support both those bereaved by suicide and also those supporting them in the community.

Special thanks to the Lighting the Way – Cork South working group which comprised representatives of the following services:

Ballyphehane Action for Youth (BAY), Ballyphehane/Togher Community Development Project, Carrigaline Family Support Group, Kinsale Youth Support Service (KYSS), Family Support And Community Wellbeing: Bandon, Mahon Community Development project, Bandon /Kinsale Drug Project-Foroige, Ballincollig Family Resource Centre, Cork City Partnership, Cork South Community Work Department, HSE South and An Garda Síochána.

External support and advice was provided by the Health Action Zone Community Health Worker Team based in the Cork North Community Work Department, HSE South.

Many thanks to the individual organisations who provided information represented in this resource which details the variety of local, regional and national supports available.

I would also like to thank the National Office for Suicide Prevention (NOSP) as providers of the main source of funding allocated for the series of Lighting the Way information resource booklets.

Finally many thanks are offered to the wonderful young artists who planned and worked on a unique piece of expressive art as part of this project. The piece entitled 'Soon it Will be Brighter' was created by young people from the BAY project Katie O'Sullivan, Kayleigh O' Sullivan, Katelin Dennehy with the support of Fiona Penny, Youth Worker and artist Amy Russell.

*Siobhán Duggan, Community Worker, Cork South Community Work Department, HSE South.*

# Lighting the Way

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

Victor Hugo – Les Miserables



# Introduction

When a person dies by suicide it is a tragic and shattering reality, which not only brings a life to an untimely end but also has a far reaching effect on family, friends, colleagues and communities. Lighting the Way is an information support for those bereaved through suicide but 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 death by suicide and assist those bereaved through suicide in finding and accessing supports locally and nationally. Importantly it also provides clear information on the process involved, both medical and legal, following on from a death by the suicide.

This project represents the third edition in a planned series of Lighting the Way resource booklets. The concept of Lighting the Way was originally developed through the Health Action Zone Initiative, Cork North Community Work Department, HSE South. The original resource was developed as template that could be utilised in other areas of Cork City and County. The planning and development of each resource begins with the formation of a multi agency/service steering group who are supported through the Health Action Zone, Community Health Team Worker.

This third edition of Lighting the Way is a collaborative initiative between the Cork South Community Work Department, HSE South with An Garda Síochána and representatives of key community and voluntary organisations. Community Health Worker Team. The geographical area that this resource encompasses includes Cork City South and the areas of Ballincollig, harbour South, Carrigaline, Kinsale, Bandon and the hinterland areas of all these towns.



Lighting the Way was developed in response to specific actions outlined in Reach Out: Ireland's National Strategy for Action on Suicide prevention 2005 - 2014. This strategy emphasised the provision of support to An Garda Síochána who are often the first to be called to the scene of a suspected suicide. Lighting the Way is designed to be multi functional and used through a range of services locally and nationally including An Garda Síochána, HSE frontline staff, community services listed within the resource itself as well as various national and city/county wide services in the provision of information and support to those bereaved by suicide. Connecting for Life: Ireland's new National Strategy to Reduce Suicide 2015 - 2020 has a vision which also encompasses and emphasises the continued support of persons, families and communities bereaved through suicide. Lighting the Way continues to be an important resource to all those affected by a bereavement through suicide.

We know that the previous editions of Lighting the Way have proved invaluable in their communities and we feel confident that this resource will be a valuable support to the members of the Cork South Communities.

*Gretta Crowley,  
Operations Manager,  
HSE South*







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

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

## 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.

The Citizens Information Service can be contacted for support around other issues you may face following a death such as:

- Issues arising immediately after a death
- Access to money
- Income Supports
- Income Tax
- Capital Acquisitions Tax
- Dealing with the deceased person's estate
- Support and Counselling

See Citizens Information Service page 40 for contact details.

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

*Earl Grollman*



# Dealing with the Loss

## Understanding your feelings

### *You can survive*

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

### *Deal with 'why'*

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

### *Overwhelming feelings are normal*

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

### *You may feel anger*

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

### *Find help if you have suicidal thoughts*

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



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

### ***Tears are healing***

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

### ***It was not your choice***

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

### ***Expect setbacks***

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

## **Further Reading** (available from local library p70- for full list see p 72)

**Ironside, Virginia: You'll get over it : the rage of bereavement**

**McCarthy, Sarah : A voice for those bereaved by suicide**

**Helen, Maggie : Coping with suicide**

**Glassock, Geoffrey G & Gressor, Gregor : Coping with loss & grief**

**Hafen, Brent, Q : Youth suicide: depression and loneliness**

**Neustatter, Angela : Losing a loved one – (Teen)**



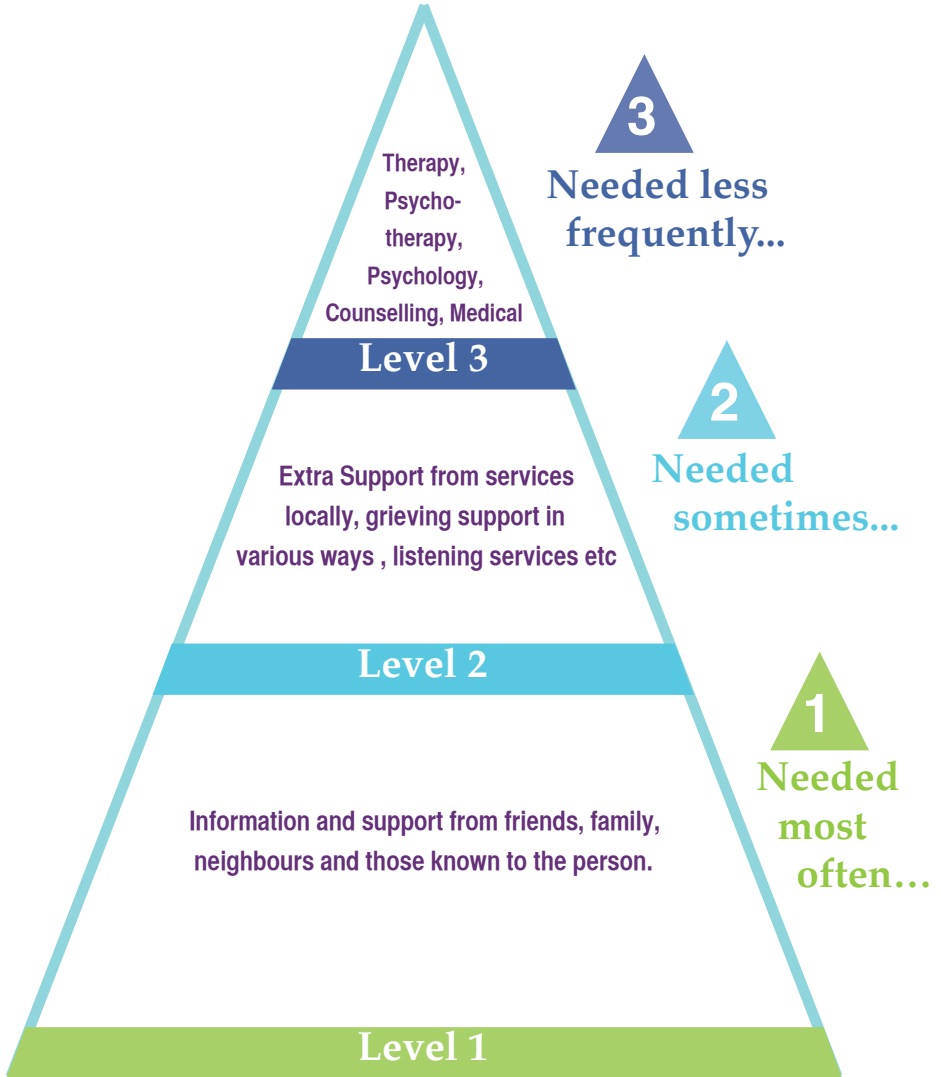
## Support and Counselling

Not everyone will need bereavement counselling and many people will find the support they need by talking with their family and friends but don't be afraid to get professional help if this is not the case for you. Sometimes family, friends and those closest are unable to help in the process of mourning, maybe because they too are grieving or maybe you do not want to talk to someone you know about the feelings you have. Bereavement counselling can offer the opportunity to explore, understand and work through feelings you have.

Young people may gain support from the guidance counselling service in their schools. Schools can also access the services of The National Educational Psychological Service (NEPS) so please enquire about this in your school. Many people also gain comfort and support from their parish community with some parish related services linked to bereavement support specifically in different areas.

If you feel you need additional support or reassurance don't be afraid to look for it. Bereavement counselling can offer the opportunity to explore, understand and work through feelings of grief. Often just reassurance is needed. (See supports listed at back and local information within this booklet.

# Pyramid of Bereavement Supports





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.

1

## Needed most often

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

## *Types of supports most needed during and after bereavement.*

### **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 services that will be able to help you through this difficult time.

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

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

*Thanks to HUMAN Counselling Service who are based in the Mayfield area of Cork City and provided support in the development of the original Lighting the Way information resource. Counsellors with the HUMAN service looked at the area of common questions they tend to deal with when working with those bereaved through suicide and is a valued addition to Lighting the Way.*

## **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.*

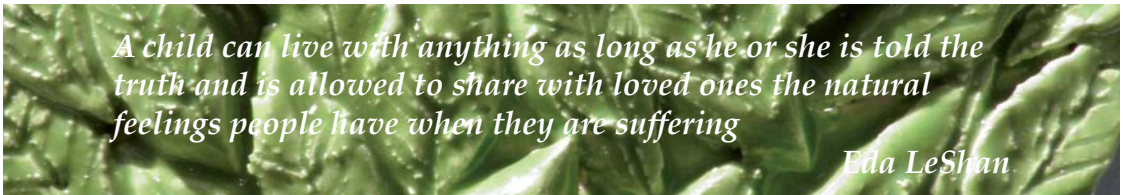
**Fact:** There is no right or wrong time frame for grieving. How long it takes can differ from person to person. It is important to mind yourself throughout the grieving process and consider outside support to help you through it.

*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".



*A child can live with anything as long as he or she is told the truth and is allowed to share with loved ones the natural feelings people have when they are suffering*

*Eda LeShan*



### *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*

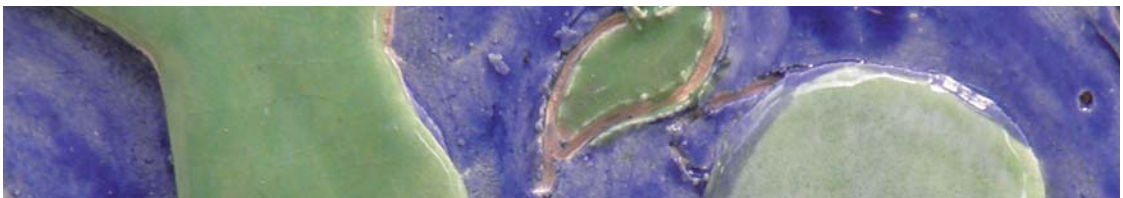
- Create a memory box. Put mementoes of your loved one into a special box and look at them anytime.
- Look at pictures of past good times.
- Read together. Books can encourage understanding and discussion (see suggested reading and further reading p 73)
- Use a toy phone to talk about what happened.
- 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.

#### **Recommended Reading**

used by Barnardos in bereavement work with children- available from your local library

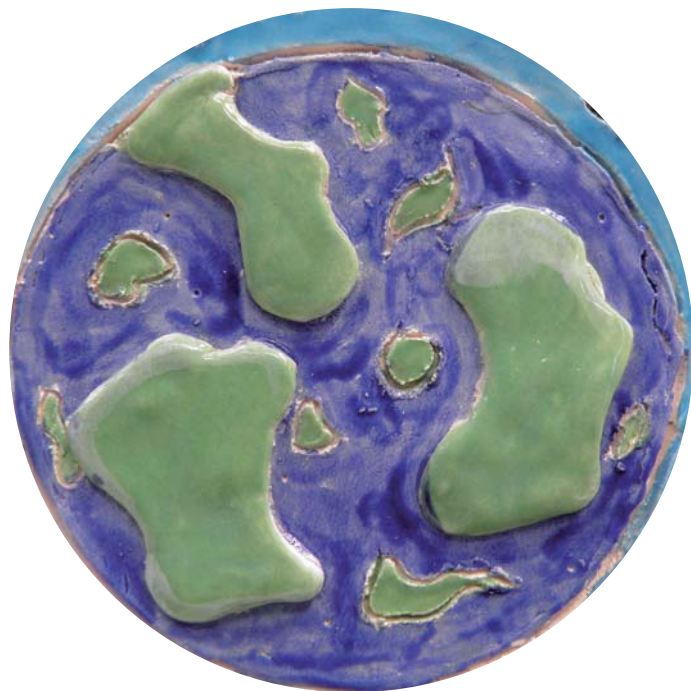
**A Terrible Thing Happened - Margaret M. Holmes** this is an illustrated story for children who have been involved in any kind of traumatic episode including a bereavement through suicide

**Muddles, Puddles and Sunshine - Diana Crossley** this book looks at dealing with difficult feelings which inevitably follow when someone dies. It aims to help children make sense of their experience by reflecting on the different aspects of their grief



## Memorials and Social Networking

At the moment, Facebook is the single largest social networking website in Ireland with an estimated 1.73 million users. Over 70% are under 35 years old. (Source: checkfacebook.com). Facebook can be an online outlet for the bereaved to remember and mourn their friend. However, as in more traditional settings, it is important to encourage safe, helpful and responsible conversation online following a death. Just as public discussion following a death is controlled in the context of funeral speeches, the conversation online can be managed too. To help with this, Facebook have put in place procedures that can be followed when a loved one dies.





### *How to manage a Facebook profile when someone dies*

When a Facebook user dies, Facebook ‘memorializes’ their account to protect their privacy. Memorializing an account removes certain sensitive information – for example, status updates and contact information.

Facebook sets privacy so that only confirmed friends can see the profile or locate it in a search. The deceased’s Facebook ‘Wall’ remains so that friends and family can leave posts in remembrance. Memorializing an account also prevents all login access to it.

### *How to ‘memorialize’ a Facebook account*

When someone dies, you can memorialize this person’s account. Facebook says that to protect the privacy of the deceased user, it cannot provide login information for the account to anyone. They do, however, honour requests from close family members to close the account completely.

### *How to remove a Facebook account*

Immediate family members may ask Facebook to remove a loved one’s account. This will completely remove the account from Facebook so that no one can view it. Facebook will not restore the account or provide information on its content unless required by law. If you ask for an account to be removed and are not an immediate family member of the deceased person, Facebook will not process your request, but they will memorialize the account. Facebook will also remove a memorial group if a family member asks them to do so.

To manage a profile, memorialize a persons Facebook page or remove an account, use the following steps overleaf:

Use this link: [www.facebook.com/help](http://www.facebook.com/help)

*Choose the following options:*

**Click Manage your Account** for toolbar on left hand side

**Click Deactivating, Deleting & Memorializing Accounts**

**Choose Heading/information** from options listed

If you have difficulty doing any of these things there are community resource centres with helpful staff available to support you. Please refer to the community services pages to look for any support needed.



# 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 to information, listening services to counselling and medical type supports.

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

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

If you are looking for a specific level of support such as one-to-one counselling or an informal listening service please note the triangular symbols, which indicate what different services can offer in the community (see Pyramid of Bereavement Support p14 for more information)



**1** Needed most often...



**2** Needed sometimes...



**3** Needed less frequently...

# Primary Care

## Your main access route to other health services including 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 your local Community Mental Health Team, which includes Consultant Psychiatrists, Non Consultant Hospital Doctors, Nurses, Community Mental Health Nurses – who provide home visits, Occupational Therapists, Social Workers, and Psychologists.

The Mental Health Team can if appropriate link with the Home Based Treatment Team which was set up to work with people in a mental health crisis in the community and offers an alternative to inpatient care. The aim is to treat people in their own home where at all possible.



# Counselling in Primary Care (CIPC)

## *What is available*

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

## *How it works*

The referrer sends in the referral form and you phone to opt in to the service. The referral is reviewed by the Counselling Coordinator. When a appointment space becomes available a counsellor will contact you.

**Referral process:** Referred by GP or Primary Care team member

**Waiting time:** Varies



021 468 1006



[www.hse.ie](http://www.hse.ie)



9am to 5pm Mon- Fri



Over 18



Medical card holders only



Depends on location



Yes to access parking depends on location



No childcare available

# Aware

## What is available

Aware offers numerous services to support individuals experiencing depression, bipolar disorder or related mood disorders. Services include support groups in 40 locations nationwide, a support line and an email support service. The Aware website contains extensive information on depression, tips for coping and further info on all of the organisation's services. The website also offers an archive of lectures from experts in the area of mental health on various relevant topics. Aware also offers positive mental health programmes based on principles of CBT including Life Skills programmes offered in the community and online; Beat the Blues programmes available for teens aged 15-18, and Wellness@Work education and training programmes for companies. Aware also offers information and support to people who are concerned for someone they care about.

## How it works

Aware Cork Support Group Meetings every Thursday at 8pm at Blackpool Community Centre, 90 Great William O'Brien St. and every Tuesday at 8pm at Inniscarraig Centre, Erville Hospital complex (access via Western Road)

**Referral process:** No referral is necessary

**Waiting time:** There is no wait time for Aware support groups, support line or support mail. The Life Skills CBT-based programmes are offered in phases throughout the year and dates for these as well as online registration is available on aware.ie – the Life Skills programme is offered regularly in Cork city each year.



**Aware Support Line**  
1890 303 302



**Adults 18 +**



**No Charge**



**supportmail@aware.ie**



**Yes: Pedestrian & Vehicle access via the Western Road**



**www.aware.ie**



**Yes**



**10am–10pm 7 days a week**



**No childcare available**



# Ballincollig Family Resource Centre

## What is available

The Ballincollig Family Resource Centre provides a range of services including; Pre-school 2-5 years, Homework Club-Primary School Age, Community Health and Wellbeing programmes (Yoga, Art, Horticulture etc) FETAC Level 4/5, programmes to support, employment Community Drug & Alcohol Project, and Free Legal Aid. The centre provides an information service and also signposts onto other services where appropriate.

## How it works

You can drop in and met with a staff member who may direct you to more specific supports such as GP or counselling service. We use Coisceim-low cost counselling service to refer people onto for extra support.

**Referral process:** Self-referral

**Waiting time:** None (Counselling services may have a waiting time)



Station Rd, Ballincollig



021 487 6295



ballincolligfrc@eircom.net



9am – 4.30pm Mon-Fri



Service for Adults/Families



Low-cost (may subsidise)



Available



Yes



Childcare and  
Homework Club

# Ballypnehane Togher Community Development Project Ltd

## What is available

Community Resource Centre and Crèche providing a wide range of service including information provision, CV and secretarial service, support to individuals and groups, adult education classes, community health initiatives, monthly legal advice clinic, monthly education & training outreach support. Member of CESCA - Cork Community Alliance for Equality. We support a broad range of groups in Ballypnehane, Togher, Turners Cross and the wider catchment area such as, Carers Support Group, Ballypnehane/Togher Arts and Crafts Initiative, Men's Shed, Telephone befriending service for older people living alone, Ballypnehane Network of Older Groups. The CDP has a strong working relationship with all of the statutory agencies in the area and can link individuals and families to these services. An Clia bhain Community Crèche is committed to the provision of a quality, affordable childcare service, and runs a carer's/parent support group.

## How it works

Ballypnehane/Togher CDP is an anchor project providing a supportive environment for any individual or family that enters the service. Individuals can drop in and meet with staff who may direct them to a more specific support service such a GP, counselling service, statutory service or less directly to community initiatives.

**Referral process:** Families or individuals can self-refer

**Waiting time:** For initial contact there is no waiting time. There is a waiting list in operation for some community education classes and for community childcare but priority is given to those most in need of supports.



Lower Friars Walk,  
Ballypnehane, Cork



All ages



021 431 9085



Variable



siobhan@btcdp.ie



Yes and also on main road



Ballypnehane Togher CDP



Yes



9.30am to 5pm Mon-Fri



Please contact office for  
further details

# The Barnardos Bereavement Counselling for Children

## *What is available*

Therapeutic support for children and young people who have lost someone close to them, like a parent, friend or sibling, through death.

It aims to help children and families to understand, to grieve and to cope a little better. The service is based on the individual needs of each child and their family. It takes into consideration developmental stage of each child, the relationship with the deceased, the nature of death and the particular circumstance of each family. It provides specialist bereavement support, including trauma intervention, to children and adolescents following the death of someone close.

## *How it works*

Counsellors are based in Cork and Dublin but work with children from across the country. They welcome referrals to the counselling service from a number of different avenues: from any source with consent of parent/carer; through parents and carers directly; referrals can be made through or by contacting the service in Cork or Dublin; other agencies can make referrals using Barnardos Bereavement referral form available on request. See P73 for books recommended by Barnardos in bereavement work with children

**Referral process:** Self referral or professional referral

**Waiting time:** There is a waiting list

**Blackmore House, Meade**

Street, Cork  
8-9 Orchard View,  
Mahon Cork



021 431 0591  
Helpline: 01 473 2110



bereavement@cork.  
barnardos.ie



www.barnardos.ie



barnardosireland



9am–5pm Mon-Fri



Children



No Charge



There is both a car park and  
disc parking



Yes



No childcare available



# Carrigaline Family Support Centre

## What is available

Carrigaline Family Support Centre offer a range of Family Supports and Community Health Services For people in the Greater Carrigdhoun area, Douglas, Passage, Monkstown, Crosshaven, Carrigaline, Roberts Cove, Fountainstown, Belgooly, Ballygarvan and all areas in between. We provide the following services: low cost and free counselling, Rainbows programme for children, suicide awareness, SafeTALK and Asist training, befriending service, care and repair for the elderly, Parent Plus programmes, Surviving Teens programme, mindfulness and stress management, allotment work, separation support, universal children's day programme, job seeking clinic, coffee and a chat, drop in, information service and referral or signposting service, low cost play therapy/parent mentoring and a community bus service.

## How it works

Normally when a person contacts the centre we can answer any direct questions over the phone or if they present to the centre we can invite the person in for a chat and a cup of coffee or tea. They are under no obligation to share or divulge any information but they are given a confidential, informal, safe space to chat and explore what might help them during this difficult time. During this chat we endeavour to identify the best support needed and source same for the person either internally or externally. The person may just need someone to listen and hear them and have the opportunity to share. If not and extra support is needed we can support them with that.

**Referral process:** Self referral

**Waiting time:** Available to have a chat during normal office hours



The Carrigaline Lions  
Youth Centre, Church Road,  
Carrigaline, Co. Cork



All ages



021 491 9299



Depends on Service, most  
services are free



cfsicc@gmail.com



Available



www.carrigalinefamily  
supportcentre.ie



Available



9am-5pm Mon-Thur  
9am-4pm Fri



No childcare available

# Cork Local Drug and Alcohol Community Support Services

## What is available

The services provided by the Cork Local Drug & Alcohol Task Force community-based projects are primarily drug and alcohol specific for individuals and family members. Services offered include assessments, brief interventions, care planning, key working, case management, counselling, harm reduction, family support, education, information and onward referral where necessary. Some projects also offer auricular acupuncture for stress/anxiety, etc which could aid in loss.

Please find a list of the different projects below:

### Cork Local Drug & Alcohol Task Force



HSE Drug & Alcohol Services,  
Kinvara House, Dublin Hill, Cork



021 493 0100



joesph.kirby@hse.ie  
gemma.oleary@hse.ie

### Ballyphehane Action for Youth



20A Pouladuff Rd.  
Ballyphehane, Cork



087 179 0689



orla.oshea@foroige.ie

### Ballincollig Community Drug & Alcohol Project



Village Chambers, Village Shopping  
Centre, Ballincollig, Co.Cork



087 284 4426



claremccarthy15@gmail.com

### Bandon Community Drugs Initiative



Room 6, Town Hall, North Main St.,  
Bandon, Co.Cork



086 825 1215



julie.cummins@foroige.ie



None



Varies according to project



[www.corkdrugandalcohol.ie](http://www.corkdrugandalcohol.ie)



Varies according to project



## How it works

While the community-based projects funded by the CLDATF are drug and alcohol specific, bereavement and loss are common issues presenting for service users attending the projects and sometimes a contributory factor to their drug and alcohol misuse/ abuse. Project workers will listen to services users, assess their needs and refer on to suitable bereavement services if necessary.

**Referral process:** Self-referral, family member, a concerned person or friend. Referrals are also taken from a variety of agencies such as GPs and other drug and alcohol services.

**Waiting time:** Usually none – from time to time some projects may have a waiting time for a short period.

### Carrigaline Community Based Drugs Initiative



Carrigaline Lions Youth Centre  
Project, Church Rd., Carrigaline



086 383 7390



[alex.slye@foroige.ie](mailto:alex.slye@foroige.ie)

### Douglas Area Youth Service



Ardagh House, Old Carrigaline Rd.,  
Douglas, Cork



087 120 9001



[andrew.fiddow@foroige.ie](mailto:andrew.fiddow@foroige.ie)

### Greenmount Community Drugs Initiative



Ardagh House, Old Carrigaline Rd.,  
Douglas, Cork



086 836 4366



[sinead.mcgrath@foroige.ie](mailto:sinead.mcgrath@foroige.ie)

### Togher Link-Up



13 Tramore Rd., Togher, Cork



086 825 1561 / 086 824 0140



[kerry.dineen@foroige.ie](mailto:kerry.dineen@foroige.ie)  
[kieran.oconnell@foroige.ie](mailto:kieran.oconnell@foroige.ie)



Varies according to project



No childcare available



All ages

# Clonakilty Bereavement Group

## *What is available*

Clonakilty Bereavement Group provides a support system to work through the grief. Here we feel understood, listened to, encouraged to look inward at our own inner strengths. Listening to others helps us to get in touch with our own grief. It gives us the freedom to experience our own pain, which with time helps us to recover and lead a full and rewarding life. A support group is a safe and secure place in which to process our grief.

## *How it works*

Clonakilty Bereavement Group provides a six week course either spring or autumn and both are conducted in the Parish Centre in Clonakilty in the evening time. Once the course dates are set it is then advertised locally in the papers and the Parish newsletter.

**Referral process:** Phone to book a place on the course

**Waiting time:** Twice yearly course spring/autumn



Not applicable



086 804 7701



None



None



Not applicable



Adults



No charge



Yes



Yes



No childcare 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 counsellors 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:** 3-6 weeks



Social and Health Education Project,  
Village Chambers, The Village Centre,  
Station Road, Ballincollig, Cork.



021 466 6180  
087 799 8602



[socialandhealth@eircom.net](mailto:socialandhealth@eircom.net)



[www.socialandhealth.com](http://www.socialandhealth.com)



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



Service for adults



Based on ability to pay



Yes



Yes



No childcare available

# Citizens Information Centres (CIC)

## *What is available*

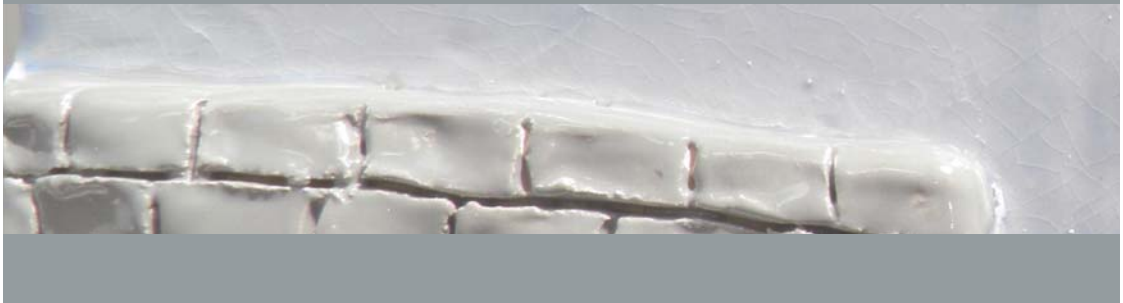
The Citizens Information Service provides information on public services and entitlements in Ireland. This includes information on Social Welfare, Employment, Education and Training, Travel and Recreation, Housing, Moving Country, Money and Tax, family Relationships, Health, Justice, and Consumer Affairs. In relation to Death and Bereavement information; help can be provided on making a will, when someone dies in Ireland, Registering a death, bereavement counselling services, what happens to the deceased's estate, and money matters after a death. Information offices can offer support in the form information on specific issues if information is available and also in terms of signposting to services to meet particular needs. .

## *How it works*

Drop into one of the local Citizen's Information Centres or log onto the website to access information and download forms you may need. You can also make an appointment to meet with an information officer who will assist you in using the service. You will find CISs relevant to the area of coverage of this resource in the areas listed on the opposite page; you can also use the online service or call any office for assistance.

**Referral process:** Drop in or arrange an appointment

**Waiting time:** If you drop in you could be waiting while there is a queue, if you make an appointment you usually won't be waiting.



**Carrigaline CIC**  
Portacabin, Owenabue  
Car Park, Main Road,  
Carrigaline, Co Cork



076 107 6940



10am-1pm Tues, Wed, Thurs

**Cork City Centre CIC** 076 107 6950  
80 South Mall, Cork

10-4.30 Mon-Fri

**Blackrock CIC** 076 107 6930  
Convent Road,  
Blackrock, Cork

10am-12pm Wed  
10am-12pm, 2:30pm-4:30pm  
Thurs



[cork@citinfo.ie](mailto:cork@citinfo.ie)



Service for adults over 18



No cost



Varies, call for details



**Carrigaline: No**  
**City Centre & Blackrock: Yes**



[www.citizensinformation.ie](http://www.citizensinformation.ie)



No childcare available

# Console

## *What is available*

Console, the national suicide charity, was established in 2002 by families who had experienced the grief of losing a loved one by suicide. Through their loss, they recognise the need for dedicated suicide prevention, intervention and postvention services here in Ireland.

Since then Console has developed into a national organisation providing a comprehensive range of supports, services and resources for anyone affected by suicide, at risk of suicide or supporting others around them.

Console provides:

- Individual, couple and family counselling or therapy for anyone bereaved by suicide
- Practical information for people who have been bereaved by suicide, including guidance literature and other resources
- Counselling and therapy for children and adolescents who have been bereaved by suicide
- Support groups or therapeutic grief programmes for anyone bereaved by suicide
- Console facilitates training and awareness programmes to community groups or agencies particularly when they've been affected by suicide
- Professional workshops, presentations, seminar and conferences

Console publishes literature to help people understand their grieving process

The Console national 24/7 suicide prevention helpline provides free professional counselling, support, advice and information 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 Console Cork, Console House, 1A Perrott Avenue, College Road, Cork.

Referral forms are available by contacting Console Cork on 021 427 4218 or by calling to the centre in person

or to download from [www.console.ie](http://www.console.ie)

or by contacting the Console 24 hours a day/7 days a week/365 days a year suicide helpline on 1800 247 247.

**Waiting time:** Once your form is received by Console, an initial meeting will be arranged with you as soon as possible.



1a Perott Avenue,  
College Road, Cork



021 427 4218  
087 287 3163



[www.console.ie](http://www.console.ie)



9am-5.30pm Mon-Fri  
Evening appointments  
available.



All ages



No cost



Limited off street parking  
On street parking  
UCC car park near by



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 Women's Network

## What is available

Cork Traveller Women's Network is a community development organisation run by Traveller women in Cork city. We work for Traveller rights generally, with a particular focus on health, accommodation advocacy, Traveller women's leadership and promotion of Traveller culture. We support a network of Traveller women's groups across the city, as well as the Meelagh Traveller community centre in Mahon, which provides a range of family supports. We do not provide any specific bereavement support or counselling service but would certainly signpost to other more relevant support service when needed.

## How it works

Community development workers can meet with Travellers to provide support identifying what services/supports they need and what services are available in their local area. We work closely with and refer people to the Healthy Minds Project - which is a Traveller specific project promoting mental health that can provide one to one support, outreach and link people to key services.

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



c/o St Catherine's School,  
Bishopstown Ave,  
Model Farm Road, Cork



086 77 77651



corktravellerwomen  
@hotmail.com



None



Service for adults



No charge



Not applicable



Not applicable



Not applicable

1

2

# Family Support & Community Well Being, Bandon

## What is available

Family Support & Community Wellbeing Bandon has information, supports and services which are made available to all individuals, families and community groups that call to the centre. We offer; Information and referrals, counselling service, job seekers clinic, tenancy/homeless support clinic, low cost yoga, walking group, play therapy, HSE wellbeing courses, meditation, auricular acupuncture, light therapy, women's group, community gardening, young mothers group and a HSE primary health care clinic.

## How it works

Family Support & Community Wellbeing Bandon has an open door policy. It is a confidential service. We would offer the person access to existing programmes in the centre and also signpost them to more specific services such as "Living Links" in Bandon and the other national organisations.

**Referral process:** Self referral

**Waiting time:** We operate an open door policy



76.South Main Street,  
Bandon,Co Cork



Open to all ages



023.886 8107



None



info@cfsbandon.com



Street parking



None



No



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



No childcare available





# Foróige

## What is available

Foróige engages with young people, to facilitate their growth and development. People attend to access services provided and to be in a safe and caring environment where they will be respected.

## How it works

The bereaved person will usually be known to them and will meet with a youth worker that they trust. From there the young person can be supported through the issues, in a one to one or group session. If there is a greater need than just peer support the young person will be referred to a more appropriate service.

**Referral process:** Self referral, Drop in, Schools, HSE.

**Waiting time:** Drop in



info@foroige.ie



www.foroige.ie



foróige



Mon & Tues 12.30pm-7.30pm  
Wednesday 9.30am-7.30pm  
Thursday 11am-7pm  
Friday 11am-6pm



Service for young people aged 10-18



None



On-street parking available



No



No childcare available



**Bandon GYDP**  
21, Deerpark, Bandon

**Ballincollig GYDP** 1st floor, Old  
Village Shopping Centre

**Carrigaline, HERON GYDP,**  
Community Centre, Church Road.

**Douglas West GYDP**  
Old Carrigaline Road

**Ballyphehane Youth Development  
Project,** Bandroom, Friars Walk

**Greenmount Youth Development  
Project**

**Togher Youth Development Centre**  
Old Girls Primary School Togher

**TACT, Togher GYDP**

**BISHOPSTOWN/CURRAHEEN**  
Bishopstown Youth Development  
Project, Murphy's Farm

**Mahon Youth Development  
Project,** Unit 7, Avenue de Rennes

**MAY GYDP**  
22 Lakelands Crescent, Mahon



Marie O Connor 086 045 5012  
Valerie Wongkumad 086 780 0091  
Fiona Callinan (Kinsale) 086 008 1174

Nessa Harnett 086 799 6265  
Catriona McNaeidhe 086 781 4849

Zuzana Strbianova 086 008 0964  
Michael Collins 086 008 0963

Tina Keane 087 947 1810  
Louise Murphy 087 983 8703

Ita Burke 087 290 5215

Nora McCarthy 086 387 2048

Carmel Forde 087 122 4239  
Patricia Corcoran 086 238 6308

Maria Nyhan 087 120 5976  
Pat Conway 087 941 6995

Thomas Moloney 086 395 0057

Declan Cassidy 086 220 4110  
Denise Cahalane 086 967 7538

Evelyn Cleary 086 275 6510

# Funky Fish Youth Café

## Bandon

### *What is available*

The Funky Fish Youth Café has been open since 2006, providing Bandon's young people with a safe, supervised meeting place away from pressure to use drugs & alcohol, & get into trouble. It is frequented by many young people not picked up by other services & projects, engaging them in more constructive activities than if they were hanging around on the streets. Teenagers get to spend a lot of their free time with positive role models & supportive youth workers ready to help them through the difficulties they face.

### *How it works*

Our work is largely based around building solid, trusting relationships with the young people who are in and out of the café regularly, so that when they need support, or someone to talk to, we are available and approachable for them. If a young person we know is bereaved, whether by suicide or otherwise, we would try to attend the funeral to show solidarity and continue to spend time with and support them in the weeks and months that follow as they use the café. If required, we can help set up sessions with a counsellor, though we do not have a fund at present to pay sessions for people.

**Referral process:** Self referral

**Waiting time:** Waiting time for counsellors vary. There is of course no waiting time for informal support in café.



St Finbarr's Place,  
Bandon, Co Cork



13 – 18  
(secondary school age)



0857773522



No charge



funkyfishcafe@eircom.net



Free car park across from  
Kellehers Builders Suppliers



funkyfishyouthcafe



Yes



Term-time: 4-6pm Tues-Fri,  
8-11pm Fri, 3-6pm & 8-11pm Sat.  
School holidays: Longer opening  
hours



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.

**Local meetings:** Tuesday 2pm + 8pm, Wednesday 10.30am, Thursday 8pm- all at GROW Office, 1st Floor 34 Grand Parade; & 7.30pm SMA Parish Centre Wilton.

**Referral process:** Self referral

**Waiting time:** None



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



Info line: 1890 474 474



southernregion@grow.ie



www.grow.ie



Phone line 9am to 1pm



Service for adults 18+



None



Yes



Yes (no wheelchair access or parking for Grand Parade)



No childcare available

1

2

# Healthy Minds - Traveller Suicide and Mental Health Project

## What is available

This project is a one to one confidential service offering support, listening services, advice, information, referrals and advocacy. They can also arrange for groups workshops such as ASIST, SafeTALK and mental health workshops. People attend if they are depressed, have anxiety or other mental illness, and are bereaved (through suicide or general death), if they need support or information on accessing mental health services. This service is specifically for the Traveller Community.

## How it works

On using the service a visit will be arranged in advance and could be in a persons home or place of their choice. The person will be given the opportunity to talk about their current situation, including any problems that they may have as a result of their bereavement if that is the reason for their referral. They will be provided with information about the service and other services available; working together to provide a service that is appropriate to the individual. If the person wished to remain with the service they can provide: telephone support-on-going support over the phone to anyone affected by a death; individual appointments –talking face to face can provide an opportunity to discuss things in more depth and find a way through the grieving process; counselling – professional counselling is available for those times when specialist help is needed. Either in-house or referrals to external agencies such as Barnardos, ISPC, Console and other agencies. Specific group work through programmes also available.



North Cork Community Work  
Dept., HSE South,  
Old Library Building,  
St Marys Road, Cork.



021 492 8381/492 8374  
John Walsh 087 759 0050  
Helen O'Sullivan 087 759 2464



John.walsh2@hse.ie  
Helen.osullivan7@hse.ie



9am – 5pm Mon- Fri



Over 18 years



None



Available



Yes



No childcare available

# Irish Farmers Association Cork

## What is available

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

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

## How it works

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

**Referral process:** Self-referral

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



Technology Centre,  
Curraheen Road,  
Bishopstown, Cork



021 454 5944



cork@ifa.ie



www.ifa.ie



930am-5.30pm Mon - Fri



Service for adults 18+



None



Yes



Yes



No childcare available

# Kinsale (& Districts) Youth Support Services (KYSS)

## What is available

Kinsale Youth Support Services (KYSS) is a voluntary group which actively engages in the promotion of positive mental health for the young people in our community. We provide a number of services which include:

- A community based helpline (087 8725789) where people concerned about the well-being of any young person can avail of sympathetic and professional advice, guidance and support. This is a free and confidential service.
- Low-cost counselling service.
- A mental health advice booklet aimed at young people and adults. (MISE My Life)
- KYSS Youth Forum Group which engages in positive mental health awareness and well-being events.
- Regular talks and community events aimed at positive mental health promotion

## How it works

On contacting the KYSS support line (the caller will receive a sympathetic and professional response from the Youth Health Support Professional, Tom Walsh. The Youth Support Worker is trained in suicide intervention and support, and will offer advice and guidance towards the most suitable service for the caller. The caller may also be encouraged to make an appointment to meet at the KYSS office to provide direct 1:1 advice, guidance and support.

**Referral process:** Self referral

**Waiting time:** No waiting - calls/texts answered or replied to within 24 hrs



**Red Cross Centre,  
Kinsale**



**14yrs-25yrs and Concerned  
Persons.**



**085 872 5789**



**Free & Confidential**



**tom@kyss.ie**



**Available free**



**www.kyss.ie**



**Yes**



**20hrs/p/wk (flexible)**



**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

1

2

3

# Little Sisters of the Assumption Family Development Project

## What is available

- Support available on a voluntary basis to people in times of crisis
- Family support offered
- Bereavement support as necessary
- Home visits
- In house counselling service
- Assisting people accessing other services
- Liaise with state agencies on behalf of clients

## How it works

We sit and listen to people in need and assess their situation. This takes place in house or in clients home. We offer practical supports for individuals / families as well as counselling.

**Referral process:** Referral can be informal self-referral or through other services.

**Waiting time:** None



1 Ballinure Crescent,  
Mahon



021 435 8372



malonemary10@eircom.net



9am - 5pm Mon - Fri  
out of hours also available



All ages



None



Free parking



Access available if contacted in advance



No childcare available

# Living Links

## What is available

Living Links provide outreach and support to those bereaved by suicide. To increase awareness and understanding of suicide and its effects on individuals, families and communities. To liaise and provide families with information on health services available in the region, and referral pathways to such services should such professional counselling be required. To encourage the suicide bereaved and/or suicide affected to establish and foster an ongoing support group among themselves.

## How it works

A number of trained individuals are available to offer confidential, practical support and information to families and individuals who have experienced a death by suicide. The Outreach Support person will visit the family in the home or another suitable venue. It is usually two volunteers who will sit with the family and encourage them to talk honestly and openly about what happened. Telling the story of the person who has died is important at this time. You may also need factual information about entitlements and supports.

**Referral process:** Self-referral

**Waiting time:** 2-3 days



085 244 5575



tomcorcoran@  
westcorklivinglinks.ie



www.westcorklivinglinks.ie



Not applicable



All ages



None



Not applicable



Not applicable



Not applicable

# Mahon CDP (Community Development Project)

## What is available

Mahon CDP is locally based and runs a community project, resource centre, childcare facility and a youth centre. It provides employment, training, educational & social opportunities and undertakes targeted work with various groups including: unemployed youth, young fathers, intergenerational work with older people and other socially excluded members of the community.

## How it works

We do not provide specific bereavement supports or counselling service but you can drop into the office and meet with a staff member who will direct you towards a more appropriate support such as a GP or counselling service.

**Referral process:** We do not have a formal process; any individual, family member or community member can call in to seek information required.

**Waiting time:** Drop-in



Unit 7, Avenue de  
Rennes, Mahon, Cork



021 435 9070



info@mahoncdp.ie



MahonCDP



10.30am-4.30pm Mon-Thurs  
11am-2pm Fri



Service for Adults



None



Free on street parking



Yes



Crèche service for enrolled  
children.

# Mahon Family Centre Ltd

## What is available

The Mahon Family Centre provides the following services:

- Counselling service
- Play therapy
- Holistic treatments
- Addiction support group
- Parents under stress group
- Parent and toddler group
- Affordable childcare

## How it works

The initial contact with the service is usually through reception, you will be met by a friendly person who will listen and direct your enquires where appropriate. You will usually be offered to talk to the co-ordinator and further support can be arranged if needed. If access to the counselling service is needed then you will be allocated a counsellor and there will usually be a follow up with centre staff.

**Referral process:** Self-referral. Call in person, phone or email to arrange appointment to speak to someone

**Waiting time:** Two days to one week



Mahon Drive, Mahon



021 435 8866



info@frcentre.ie



Mahon-FRC



8.45am-4.30pm Mon -Fri



All ages Family Support



Counselling €10 per session



Limited parking available



Yes



Yes but only by pre-registration

## 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 a one to one meeting for an initial chat about your issues/concerns/needs. 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](mailto:phil@shineonline.ie)

**Information Resource:** [www.recovery.ie](http://www.recovery.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.

Basement Open Morning first Friday of the month 9.30 am - 12.30pm.

**Referral process:** Self Referral



**Basement Resource Centre, 14A Washington Street West, Cork**



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



**[info@shineonline.ie](mailto:info@shineonline.ie)**



**[www.shineonline.ie](http://www.shineonline.ie)**



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



**Service for adults**



**See above**



**On street parking available**



**Limited**



**Not available**

# Transgender Equality Network Ireland (TENI)

## What is available

Transgender Equality Network Ireland, (TENI) Provides advocacy, and support to Transgender people, their family and friends.

- Signposting, to specific Suicide prevention Counselling, Peer Support group
- Peer Support for Parents of Transgender children, and their siblings.
- Support for transgender Children.
- Informal one to one chat with a support worker
- Resilience and Stress management workshops for Transgender people, and family members.

## How it works

Call Patricia on 087 204 6748. Our Service is Specifically for Transgender people, and their families. Our support worker would meet with the person seeking support, and together would devise a support plan. We work outside of office hours if required and usually meet with people in an informal setting. We do not have an office in Cork, but Patricia is based in Cork.

**Referral process:** Self-referral

**Waiting time:** People are usually seen very quickly, and would rarely be waiting more than 48 hours



**Mobile: 087 204 6748**  
**Phone: 01 8733575**



**patricia@teni.ie**



**www.teni.ie**



**Various Mon - Fri**



**All ages, under 18 with consent**



**No cost**



**Not applicable**



**Not applicable**



**Not applicable**

1

2

3

# Togher Bereavement Services

## Togher Parish – Programmes/Services for Dealing with Grief, Loss & Change

### *What is available*

There are a number of programmes available in relation to dealing with grief, loss and change. Groups are offered twice yearly – Spring and Autumn

1. Seasons for Growth Programme (in conjunction with SHEP). This is a nine-week group programme which provides support in dealing with the loss of a loved one.
2. Living With Loss programme. This is an eight-week group programme for individuals dealing with a wide range of losses such as the loss of a job or the loss of a relationship.
3. Suicide Bereavement Programme: This is an eight-week group programme for individuals dealing with the loss of a loved one through suicide.
4. Psychotherapy/Counselling (all three levels). One-to-one counselling (low-cost).

### *How it works*

Once an individual phones the service, some initial details relating to their circumstances are obtained. The individual is then invited to attend a one-to-one meeting (no charge) to further understand the issues. Based on the conversations, the most appropriate service is offered to the individual – they may be invited to join the Suicide Bereavement Programme or it may be deemed more appropriate for them to attend a few individual sessions of counselling (low cost) first.

**Referral process:** Self-referral

**Waiting time:** Currently a 3 week waiting list for the one-to-one counselling.



**Togher Parish Office,  
Togher, Cork**



**087 665 3600**



**omahony.kay@gmail.com**



**9am-5pm Mon-Fri**



**Service for Adults**



**Groups free, Counselling low cost**



**Available**



**Yes**



**No childcare available**



# Togher Family Centre

## What is available

Togher Family Centre provides a range of Universal and Targeted Services. The centre continually widens its base of Universal Services to facilitate more families to access services in the centre. The service provides, early years 1-3 years in Togher Family Centre and Early Years 3-5 years at 3 locations in the Togher Area. The centre also provides Youth Services to children between 4-12 years and Community Education to adults and social support groups such as Mother and Toddler and Active Women's groups. The centre also provides Family Support Services Parenting support and Child Contact Services.

## How it works

Togher Family Centre endeavours to provide a supportive environment for any individual or family affected by suicide. On contacting the centre a person will be directed to our Bereavement Support staff. This staff member will arrange to meet with the individual or family and will address the needs of the family as they are expressed by those seeking support. The bereavement support staff at Togher Family centre hold a Professional Certificate in Children and Loss (RCSI) and are qualified to support children who have experience sudden death in their family. This work would take place in individual or group settings through the mediums of art, conversation or play. Adults directed to the service will be supported to access our counselling service or other services external to Togher Family Centre in line with their needs.

**Referral process:** Self-referral or through other services **Waiting time:** None



6 Maglin Grove, Deanrock Estate, Togher, Cork



All ages Family Support



021 431 6766



Variable



togherfamilycentre@eircom.net



Please park on main road



www.togherfamilycentre.ie



Yes



9am-5pm Mon-Fri



Please contact office for further details

# Traveller Visibility Group Ltd.

## What is available

The TVG consists of a health project, a drugs and alcohol support project, community employment scheme placements and also provides crèche facilities to the community. As the project works from the point of view that many things in life can affect our health and how we contribute to society, it endeavours to work with members of the community by starting from where Travellers are at and supports them with any concerns they may have under the umbrella of these set projects. The project operates an open door structure and welcomes individuals from the community to access the project at any time for support during its hours of operation. TVG staff, both settled and Traveller workers work with individuals and their families to assess what their needs are, how they can be supported within the TVG project and also provides information of further supports available to them in the wider community.

## How it works

On accessing the TVG individuals and families can expect to be treated sensitively. As the Traveller community is a close community with many Travellers being part of a small number of extended families, the TVG staff work to an optimum to ensure your confidentiality is maintained. We also offer support from either a Traveller or a settled worker to further reassure individuals during difficult circumstances in their lives. The TVG provides culturally appropriate understanding and seeks to support individuals in accessing further support from services around their specific needs. It also assists other services in understanding the context of the Traveller community when they are supporting Travellers. 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:** Drop in welcome, self referral & service referral **Waiting time:** None



25 Lower John St,  
Cork



021 450 3786



tvgcork@gmail.com



www.tvgcork.ie



9.30 – 5pm Mon- Fri



Over 18 and families



None



Disc Parking



Yes



Yes at Goras Community  
Crèche

# West Cork Travellers

## What is available

West Cork Travellers (WCT) is a Traveller led not, for profit, Community Development Project working to achieve economic, cultural, health, social & political equality for the Traveller Community. WCT delivers a range of services for Travellers from its centre in Clonakilty as well as an outreach and drop in service in St Michaels in Bandon. The Bandon Traveller Community Health Worker and the Bandon Development & Support worker work closely with Traveller families and services to: Provide information; Refer Travellers to services; Identify needs of the Traveller community; Develop different local Community Health Initiatives; Develop & facilitate projects to address these needs; Provide support and Advocacy; Link Travellers into our other activities eg family and youth events.

## How it works

If a Traveller approached us in need of supports around bereavement by suicide we would provide a tailored support depending on what you need from us. We can go to meet you or your family at home, in our drop in space or somewhere else that you feel comfortable. We can meet you one-to-one or with others. Although we are only in Bandon 1 day per week, we are also available by phone. We might be able to offer practical support like helping with phone calls or getting and understanding information. We can offer a listening ear and refer you on to other services that can provide more support if you need it. Our service is confidentiality and we would make a confidentiality agreement with you.

**Referral process:** Self referral

**Waiting time:** Usually none, but varies in Bandon



**Murphy's Garage**  
Western Road  
Clonakilty



023 8835039



westcorkphc@gmail.com



Mon to Wed/ Fri



All ages



None



Yes- Clon/ N/A - Bandon



Yes- Clon/ N/A - Bandon



None

1

2

3

# Westgate Foundation Counselling Service

## What is available

Westgate Counselling Service is a low cost service that aims to be affordable to anyone seeking counselling support. The service offers support in the areas of bereavement, relationships, couples counselling, child and teenage counselling and coping with stress and anxiety. The first session is offered at a maximum charge of €10 to all clients and an affordable fee is negotiated for future sessions. The first 3 sessions are free to senior citizens.

## How it works

The first step for anyone wishing to engage with the service is to contact 021 487 3648 and ask for Westgate Counselling Service. The Counselling Coordinator will respond to the call within 24 hours and will allocate the client to the counsellor most suited to responding to the particular needs of the client. The Counselling Coordinator will arrange the date and time for the first appointment with the client and counsellor and all subsequent appointments will be arranged between the counsellor and client.

**Referral process:** Clients are welcome to self refer to the service. It is a condition however of Westgate Counselling that the clients' GP be notified that they are attending the service. **Waiting time:** Usually none



Westgate Foundation,  
West Village, Ballincollig  
Co. Cork



021 487 3648



westgatefoundation  
@gmail.com



www.westgate  
foundation.com



Flexible in response to  
clients' needs. Evening  
sessions available.



Adults of all ages, Children  
and Teenagers



Flexible affordable service. Rates  
negotiable up to a maximum of  
€40.00 for individual sessions and  
€60.00 for couples sessions



Yes



Yes



No childcare available

# Y.A.N.A. (You are not alone)

## What is available

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

## How it works

At YANA we support each other in our grief and provide the opportunity for families bereaved by suicide to meet others that are grieving in similar circumstances. We listen openly when and if they want to talk about their loss. This is a safe environment where people can relate to the issues facing those bereaved by suicide.

**Referral process:** Self-referral.

**Waiting time:** None



3 An Sruthan, Cul Ard,  
Carrigtohill Co. Cork



Collette 087 189 7315  
Anthony 087 683 8861



anthonywolfe1@gmail.com



www.  
youarenotaloneireland.com



Monthly Coffee Mornings  
(Contact us for details)



Peer Support Group, for all  
ages.



No charge



Free Parking



Yes



No childcare available

# Youthreach

## *What is available*

Youthreach is a Department of Education and Skills funded initiative that provides an education, training and work experience programme for early school leavers aged 15 – 20. It offers young people the opportunity to identify options within adult life, and enables them to acquire certification. As it operates on a full-time, year-round basis, Youthreach has a continuous intake policy. Centres offer educational programmes at NFQ levels 3 & 4 along with other programmes of education, training, work experience and personal development

## *How it works*

Each Youthreach centre varies in the supports that are offered to young people. Mental health and suicide awareness are often addressed during subjects such as; SPHE, Personal & Interpersonal Development and Personal Effectiveness. While some centres employ psychologists to assist students through difficult times, other centres train key staff to provide mentoring and support. If suitable supports are not available within a centre, key staff can refer young people to appropriate agencies such as Aware, Pieta House, HSE etc

**Waiting time:** No waiting time for our students.

Five centres are located in the HSE South area. These are:



**Ballincollig Youthreach**  
Unit 4/5, Great Island Enterprise Park,  
Inishmore, Ballincollig, Co Cork



021 487 5432

**Dean Street Youthreach**  
Teach Barra, Dean Street, Cork City

021 496 6950

**Cork City Learning Support Services**  
6 Fr. Mathew Street, Cork

021 427 3526

**Bandon Youthreach**  
Station Road, Bandon, Co Cork

023 8852002

**Mahon Youthreach**  
Ringmahon House, Ringmahon Rd.,  
Mahon, Cork

021 461 4599



8.30 to 4pm Mon-Fri



15 to 20 years



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



Yes



Yes



Yes (Mallow only)

# Local 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 fees: Adult €2.50 per year, Child (under16yrs) €0.50 per year and Senior Citizens no charge. Children must be accompanied by an adult when joining the library.



[www.corkcoco.ie/library](http://www.corkcoco.ie/library)



CorkCityLibrary  
corkcocolibrary



**Open to everyone**



membership fee to borrow - see above  
charge for internet



**Parking available**



Yes



**No childcare**



## Cork County Libraries



**Ballincollig**  
Village Shopping Centre



021 487 3024



ballincollig.library@  
corkcoco.ie



9.30-5.30pm  
Tues-Sat

**Bandon**  
Shopping Centre,  
South Main St

023 8844830

bandon.library@cork-  
coco.ie

9.30-5.30pm  
Tues-Sat

**Carrigaline**  
Crosshaven Road  
(near Dunnes)

021 437 1888

carrigaline.library@  
corkcoco.ie

9.30-5.30pm  
Tues-Sat

**Clonakilty**  
Old Mill, Kent Street

023 8834275

clonakilty.library@cork-  
coco.ie

9.30-5.30pm  
Tues-Sat

**Kinsale**  
Methodist Hall

021 477 4266

Kinsalelibrary@  
eircom.net

2.00 - 6.00pm Tues-Fri  
11-1& 2-6 Sat

**Mobile Libraries**

021 454 6499

corkcountylibrary@  
corkcoco.ie

9-5.30 Mon-Fri

## Cork City (South) Libraries



**Bishopstown**  
Wilton, Cork



021 492 4950



bishopstown\_library@  
corkcity.ie



10am - 5.30pm Mon,  
Tues, Wed, Fri & Sat  
10am - 8pm Thurs

**The City Library**  
57-61 Grand Parade,  
Cork

021 492 4900

libraries@corkcity.ie

10am -5.30pm  
Mon - Sat

**Douglas**  
First Floor, Douglas  
Village Shopping  
Centre, Douglas, Cork

021 492 4931  
021 492 4932

douglas\_library@  
corkcity.ie

10am - 5.30pm Mon,  
Tues, Wed, Fri & Sat  
10am - 8pm Thurs

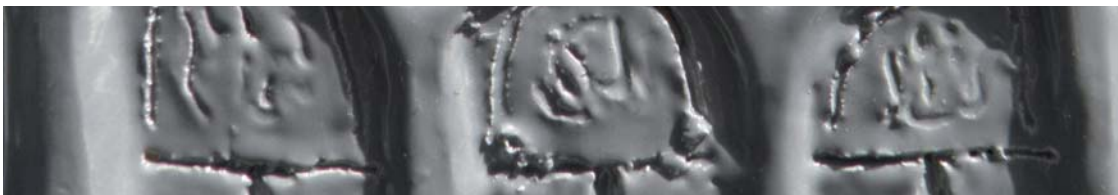


# Further Reading

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

## List of books for Adults:

- Ironside, Virginia: You'll get over it : the rage of bereavement
- Ribbens McCarthy, Jane : Young people's experiences of loss and bereavement
- McCarthy, Sarah : A voice for those bereaved by suicide
- Firestone, Robert W : Suicide and the inner voice: risk assessment, treatment & case management
- Spellissy, Sean : Suicide the Irish experience
- Helen, Maggie : Coping with suicide
- Glassock, Geoffrey G & Gressor, Gregor : Coping with loss & grief
- Bryant- Jeffries, Richard: Counselling for death & dying : person-centred dialogues
- Hafen, Brent, Q : Youth suicide: depression and loneliness
- Neustatter, Angela : Losing a loved one (Teen)
- Chopra, Deepak : Life after death, the book of answers
- Kúbler Ross, Elisabeth : On death & dying
- Donnelly, Pat & Barnardos National Children's Resource Centre : someone to talk to: a handbook on childhood bereavement
- McNeill Taylor, Liz : Living with loss
- Stanford, Peter ed.: The Death of a Child
- Kenneally, Christy: Life After Loss
- Joyce, Yvonne: Ten Fingers and Ten Toes
- Quinn, John: Letters to Olive
- O'Dwyer, Rita: Rachel's Story
- Kubler-Ross, Elisabeth: Living with Death and Dying
- Kaplan, Louise: Lost children: separation and loss between children and parents



## List of books for children:

Bibliotherapy Titles for Children (Reviewed by HSE Psychology for the Your Good Self Programme link with the Library Service)

- Mood, Pat & Whittaker, Lesley: Finding a Way Through When Someone Close has Died
- Brownjohn, Emma: All kinds of Feelings (used for very young children)
- Ironside, Virginia: The Huge Bag of Worries
- Sanders, Pete & Myers, Steve : When people die
- Rosen, Michael : Michael Rosen's sad book – (used for very young children, picture book)
- Ireland, Family Support Agency: Coping with death : for children aged 6-12 (desk reserve)
- Edwards, Nicola : Saying Goodbye to a Grandparent
- Edwards, Nicola : Saying Goodbye to a Parent
- Coppendale, Jean : Life & Death
- Chambers, Catherine : End of Life Rituals
- Senker, Cath : Life's end
- Perkins, Ginny & Morris, Leon : Remembering Mum
- Amos, Janine: Death
- Perkins, Ginny: Remembering my brother
- Bryant-Mole, Karen: Death
- Ganeri, Anita: Life Times: Journey's End
- Newman, Marjorie: Steve, a story about death
- Bennett, Benji: Before you sleep
- Barber, Elke: Is Daddy Coming Back In A Minute



# Online Resources

## Useful websites

- [www.spunout.ie](http://www.spunout.ie) a not-for-profit website created by young people for young people. Our service promotes general wellbeing and healthy living for young people
- [www.pieta.ie](http://www.pieta.ie) Centre for the Prevention of Self-harm or Suicide. (only deals in Preventative Work around suicide but will provide signposting information)
- [www.yourmentalhealth.ie](http://www.yourmentalhealth.ie) Website promoting positive mental health for young people
- [www.corksamaritans.ie](http://www.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. Free Phone 116123 or mobile for text only service 087 260 9090
- [www.shineonline.ie](http://www.shineonline.ie) Supporting people affected by Mental Ill Health
- [www.headsup.ie](http://www.headsup.ie) A mental healthpromotion project which aims to contribute to suicide prevention
- [www.seechange.ie](http://www.seechange.ie) To reduce stigma and challenge discrimination associated with mental health
- [www.belongto.org](http://www.belongto.org) An organisation for Lesbian, Gay, Bisexual and Transgendered (LGBT) young people, aged between 14 and 21
- [www.childline.ie](http://www.childline.ie) 24 hour confidential phonenumber for children and young people Free Phone: 1800 666 666 text 'talk' 50101 (one to one text support)
- [www.headstrong.ie](http://www.headstrong.ie) The National Centre for Young Mental Health
- [www.console.ie](http://www.console.ie) 24 hour national suicide prevention helpline with bereavement supports available. Free Phone 1800 247 247 or text 'help' to 51444 for one to one text support. (see p42 for further details)



# Bibliography

## HSE Publications

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

## 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,
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## Soon it Will be Brighter

The artwork featured throughout Lighting the Way – Cork South, was created by a small dedicated team of young girls involved in the Ballyphehane Action for Youth Project (BAY) who worked together specifically for this resource. The group put a lot of time and dedication to completing the art piece with artist Amy Russell.

The inspiration for the “Soon it Will be Brighter” concept came about after an initial brainstorming session with the girls where they discussed how they completed the “Darkness Into Light” – suicide awareness walk and this was the origin of many their ideas and thoughts about how the art piece was going to be formed.

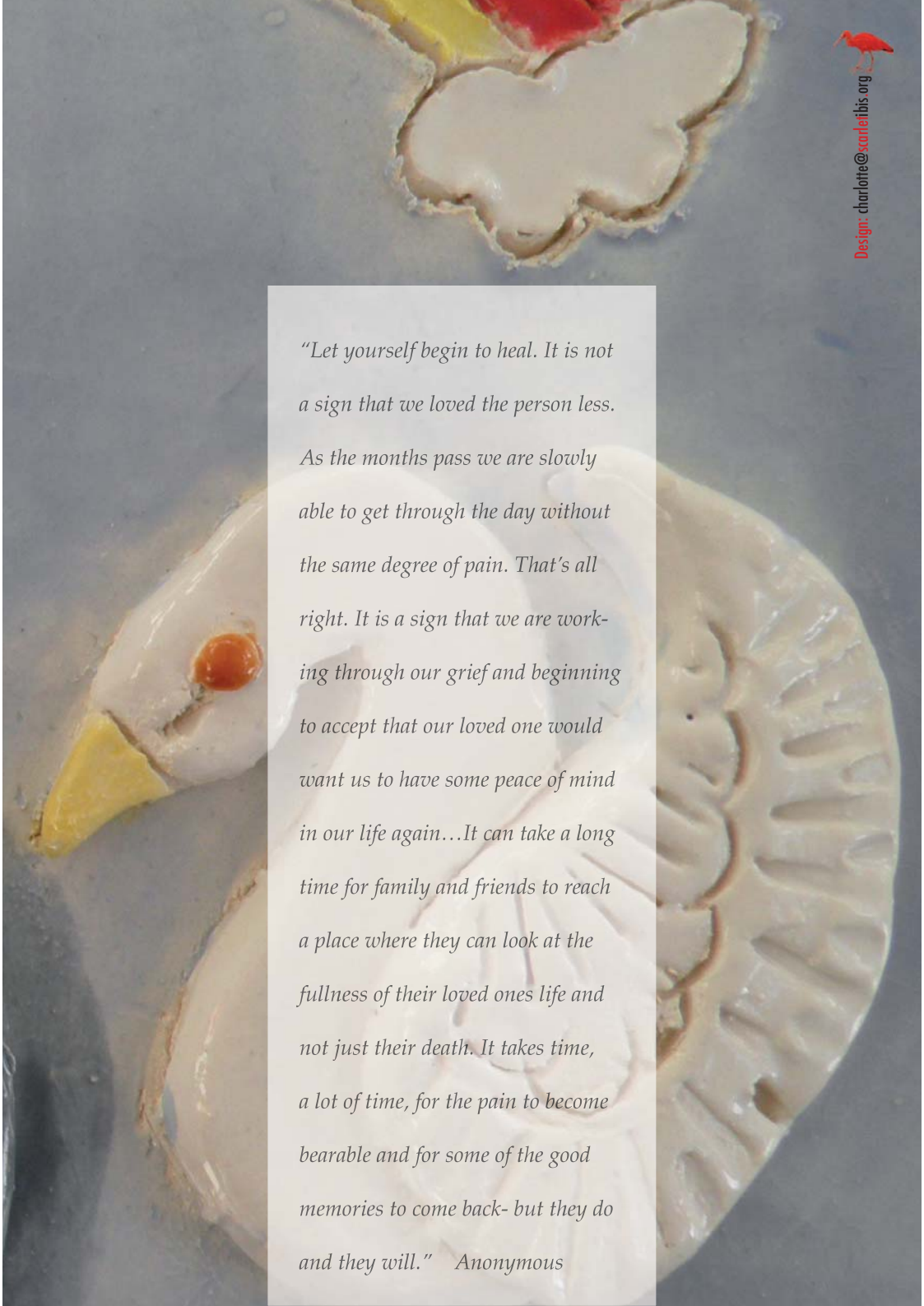
Some members of the group had been affected by suicide in the past and so the theme was very close to their hearts. They wanted to emphasise the fact that those left behind following a suicide have to carry on with life no matter how hard it was and no matter how much of a dark place they are in.

The explanation of this piece of art is that during the darkest time, after a suicide, the person grieving may start to move out of darkness, into the light, they wanted their art piece to reflect this growth from darkness into light. This piece displays different stages of the grieving process, in darker times there can be little or no brightness but as time goes by the light gets clearer and stronger.

The group realise that all of the resources and services that feature in the Lighting the Way- Cork South Booklet can contribute to the process of finding the help that is needed to become stronger. It is hoped that this art piece can be viewed at focal points in the community, and it will allow people to reflect and speak about their own feelings and give them hope in dealing with the death of a loved one.

**Artists: Katie O’Sullivan, Kayleigh O’ Sullivan, Katelin Dennehy**  
**with special thanks to Peter French from Scoil Mhuire Gán Smál in Blarney**





*“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*



A Community Anchor Project

Malton Community Development Project



Peáilneamhach na Seirbhíse Sláim  
Health Service Executive



Connecting For Life



Health Action Zone



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