

Lighting the Way

North Cork



An information resource to support people who are bereaved through suicide

Thank you to all those who gave of their time and professional expertise in helping develop this resource. Their openness, patience, care and positive suggestions have been much appreciated.

Special thanks to:

The Lighting the Way - North Cork working Group which comprised of representatives of the following services:

Cork North Community Work Department HSE South, An Garda Síochána, Le Chéile Family Resource Centre, Fermoy Community Health Project, Travellers of North Cork, Look Out, Cloyne Diocesan Youth Services and Ballyhoura Development Ltd.

External support and advice was provided by Health Action Zone Community Health Workers based in the Cork North Community Work Department and Cork Kerry Community Healthcare Team.

Many thanks to the individual organisations who provided information represented in this resource.

We would sincerely like to thank the National Office for Suicide Prevention (NOSP) for its funding of the creation of all 5 'Lighting The Way' Resources through its community resilience funding initiative, which was facilitated through the local Mental Health Manager's Office.

Artwork

Images throughout this resource have been taken from an artwork made specifically for this resource. Many thanks are offered to the wonderful artists who planned and worked on this unique creation as part of the Lighting the Way process. The piece entitled 'Lantern of Hope' was created by Patricia Cahill and Stacy Philips with co-ordinating support from Paula Murphy. Further details of this project are on the back inside page.



Lighting the Way

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



Introduction

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

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

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



This second edition of *Lighting the Way* is a collaborative initiative between the Cork North Community Work Department, Health Action Zone Initiative, An Garda Síochána, and representatives of key community and voluntary organisations. The geographical area that this resource encompasses includes all of the North Cork area (From Millstreet to Mitchelstown) as well as including the Gardaí area of North East Kerry.

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

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

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

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

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





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

Support Tip

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

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

What is a Postmortem?

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

Support Tip

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

Funeral Arrangements

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

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

Support Tip

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

Financial Support for the Bereaved

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

Funeral Directors

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

Banks

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

Department of Social Protection

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

St. Vincent de Paul

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

Credit Union

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

Death Certificate

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

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

The Inquest

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

Such persons include:

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

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

What happens if a suicide note is left?

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

Registration of the Death

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

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

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

When registering the death you need to have the following:

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

Other Supports you may need

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

We talk about them, not because we're stuck or because we haven't moved on. We talk about them because we are theirs, and they are ours, and no passage of time will ever change that."

Scribbles & Crumbs

Dealing with the Loss



Understanding your feelings

You can survive

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

Deal with 'why'

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

Overwhelming feelings are normal

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

You may feel anger

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

Find help if you have suicidal thoughts

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



Tears are healing

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

It was not your choice

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

Expect setbacks

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

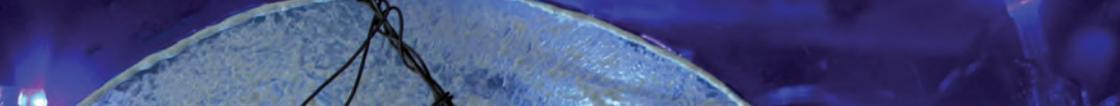
Reading Supports for Adults

There are a number of titles listed on p80 which we recommend however there may be many others that suit your needs. Check out the **Your Good Self** catalogue available in local libraries for recommend titles. More information on **Your Good Self** is available on p81.

Online reading supports we recommend:

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

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



Types of Supports Available

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

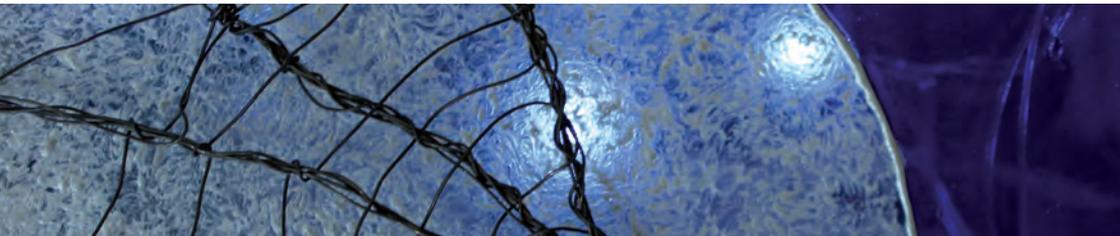
Therapeutic Group Work for those Bereaved by Suicide

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

Regional/National Support Services: Pieta House Bereavement Services P67

Peer Support Suicide Bereavement Group

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



Listening Service Support

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

Regional/National Support Services: Aware P36, Samaritans P69, Pieta House P67

Counselling Support

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

Regional/National Support Services: Pieta Bereavement Service P67, CIPC P48, Coisceim P49, Barnardos Bereavement Counselling for Children P41

Text Supports/Email Supports

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

Regional/National Support Services: Samaritans P69, Aware P36 and Pieta House P67

Pyramid of Bereavement Supports

Types of supports most needed during and after bereavement



3

Needed less frequently

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

2

Needed sometimes

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

1

Needed most often

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

Caring for those bereaved

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

What can friends do?

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

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



Common Questions

Why did it happen?

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

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

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

Will it get easier?

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

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

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

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



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

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

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

Should I tell people if it was suicide?

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

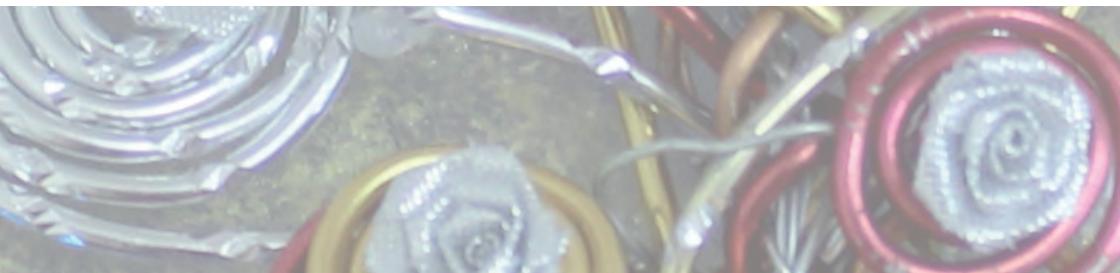
Give yourself some time to think about what you want to say if being asked and how you can stay truthful to yourself and your relationships, whilst supporting yourself and acknowledging that you might have different needs at different stages of your grieving process.

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

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

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

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



Early grief and mourning

Shock

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

Numbness

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

Disbelief

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

Searching

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

Anguish and pining

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

Physical and emotional stress

Losing someone close to you is a major source of stress. This stress may show itself in both physical and mental ways. Restlessness, sleeplessness

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

Myths and Facts about grief

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

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

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

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

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

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

Myth: Grief should last about a year.

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

Try to remember:

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

Helping children with grief

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

Talking to your child about suicide

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

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

- Be honest and consistent.
- Ask your child what death means to them, explain it to them and be sure they understand.
- Use simple language to explain suicide.

- Maintain routines and expectations such as bedtime, homework, sporting activities and playing with friends. This gives children a sense of consistency and security.

Suggested activities to do with young children

- Create a memory box. Put mementoes of your loved one into a special box and look at them anytime.
- Look at pictures of past good times.
- Read together. Books can encourage understanding and discussion (see suggested reading p80)
- Use a toy phone to talk about what happened.
- Draw or paint to show how you feel. You can make a ‘feelings’ book. Include some things that make you feel safe or loved. Put the date on each page to show how your feelings change as time goes on.

Reading Supports for Children

There are a number of reading titles for children of varying age that will help a parent or carer to support a child through grief listed on p80. We recommend you again refer to the Your Good Self Programme catalogue or indeed speak to the librarian in your local library for information on titles that are appropriate to the age of the child and type of loss or grief experienced.

Online reading supports we recommend:

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

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

Adolescence grief and loss

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

Reactions in bereaved adolescents - they may:

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

How can we help them?

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

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

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

Adolescents need additional help if they are suffering:

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

Support Tip

Talk to your GP about any concerns you have about your child/teen following bereavement and in particular suicide bereavement. Further online sources of information and support can be found on p8F/8G The **Your Good Self** catalogue in local libraries also has more titles around grief and loss, see p81.



Online Safety Resources and Support

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

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

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

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

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

www.commonsensemedia.org

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

www.connectsafely.org

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

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

Memorialising and Removal of Social Networking Accounts

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

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

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

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

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

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

Support Tip

What is a legacy contact?

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

Community Supports

Introduction

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

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

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

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

-  **1** Needed most often...
-  **2** Needed sometimes...
-  **3** Needed less frequently...

Health Services

Your GP/Primary Care and Mental Health Services

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

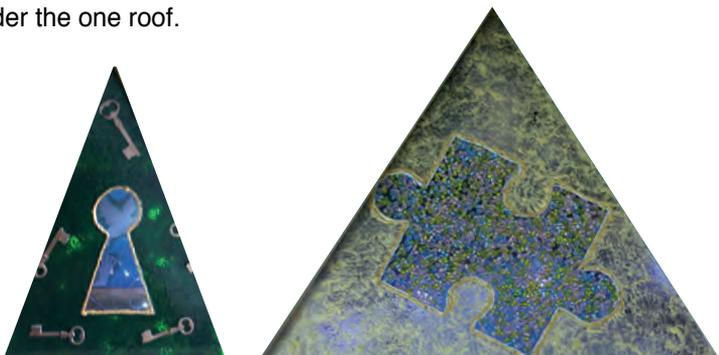
The GP can refer to the relevant Consultant Psychiatrist for the area through St. Stephens Hospital, Glanmire, Co. Cork and to out patients clinics in Fermoy, Mallow, Charleville and Kanturk. This referral will be assessed by the Multi Disciplinary Team and then referred for the appropriate treatment.

The multi disciplinary team consists of consultants, non consultant hospital doctors, Nurses, Home Based Crisis Team, Community Mental Health Nurses, Occupational Therapists, Social Workers, Psychologists, Clinical Nurse Specialist in Counselling, Advanced Nurse Practitioner in Psychotherapy, Cognitive Behavioural Therapist and Dialectical Behaviour Therapy (DBT). There are Day Centres in Fermoy, Mitchelstown, Mallow, Charleville and Kanturk.

The Home Based Crisis Team provides intensive support for people in the community during periods of mental health crisis. The aim is to offer an alternative to inpatient care.

Health Centres

A number of new primary health care centres have been developed in North Cork in recent years, the most notable being the Living Health centre in Mitchelstown and Mallow Primary Health Centre (MPHC) on the Cork Road in Mallow. These centres are developing all the time and offer a suite of supports and services under the one roof.



Anam Chara Parental and Sibling Bereavement Support



What is available

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

How it works

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

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



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



085 288 8888



info@anamcara.ie



anamcarabereavement



www.anamcara.ie



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



All ages



Free and for as long as
needed



Yes



Yes



No childcare available

Aware

What is available

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

How it works

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

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

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

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

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

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



Aware Support Line
1800 804 848 (Freephone)



support@aware.ie



www.aware.ie



10am–10pm 7 days a week



Adults 18 +



No Charge



Yes: Pedestrian & Vehicle access via the Western Road



Yes



No childcare available

ACCORD Cloyne

What is available

ACCORD offers a professional counselling service, facilitating couples and individuals to explore, reflect upon and work to resolve difficulties that arise in their marriages and relationships. ACCORD counsellors are very experienced in working with individuals and couples on a wide range of issues and difficulties that arise in their relationships i.e. communication, intimacy, infidelity, problem behaviours and conflict.

How it works

ACCORD is not specific to bereavement. People sometimes experience difficulties in life with which they would like help. In the event of an individual or family experiencing loss and you contact our office our staff will direct you to other more specific supports services locally such as GP, counselling services or local community support groups or they can provide you with contact details for well know national services.

Referral process: Self referral

Waiting time: One week



St Colman's Hill, Fermoy,
Co Cork



025 31899



accordcloyne@eircom.net



www.accord.ie
facebook: accord



10 am – 1pm Mon-Fri



Over 18's



€25 minimum fee



Street €1 per hour



Yes - at side entrance



No childcare available

Addiction Services North Cork

Research shows that there are strong associations between suicide and addiction both in relation to the person lost through suicide and also for families and friends coping in the aftermath. In North Cork, there are a range of significant services, which can be categorised into Treatment Centre, Addiction Counselling Services and Community Drug/Alcohol Projects

Treatment Centre



Anchor Treatment Centre Ltd,
Spa Glen, Mallow, Co. Cork.



anchor@anchorcentre.ie



Tel: 022 42559
Fax: 022 43843

Services Provided:

- Assessment and problem diagnosis
- Twelve week treatment programme for person with dependency on alcohol/drugs/ gambling
- Twelve week family programme for concerned persons
- Continuing care programme following completion of the above programmes
- Individual counselling
- Acudetox programme – auricular (ear) acupuncture
- Complementary therapy

Addiction Counselling services North Cork



Dan O'Connell
Arbour House 021 496 8933



Jimmy Carton
076 108 3000



1 day per week
Mitchelstown and Fermoy



1 day per week
Kanturk

Al-Anon

Al-Anon offers support to anyone who feels their life is or has been affected by someone else's drinking. Local group meetings are held in the following locations:



Mallow Le Chéile FRC, on Mondays at 8.30pm

Newmarket O'Keeffe Memorial Institute, on Thursday at 8.30pm

Millstreet Millstreet Health Centre, Clara Road, on Sundays at 6pm

North Cork Community Drug & Alcohol Projects

Each project offers a range of the following services:

- **One to One Confidential Support:** for individuals at risk of addiction, in addiction or in recovery from addiction
- **Assessment Service:** enabling project workers to make appropriate referrals to other relevant services e.g. residential treatment
- **Family Support:** for family members, carers and friends of alcohol and/or drug mis-users
- **Outreach:** meeting people in their own home or in other local facilities (e.g. local cafe) if requested
- **Personal Development:** on an individual basis or in a group setting
- **Holistic Therapies:** Auricular acupuncture is available in some projects
- **Drug & Alcohol Awareness Raising:** provision of information about drug and alcohol use

Projects cover the following areas but are based in the towns listed below

Mitchelstown

Clondulane

Rathcormac

Cullen

Mallow

Fermoy

Cloughduv

Clohdrohid

Shanballymore

Glanworth

Macroom

Ballyclough

Charleville

Conna

Millstreet Rylane

Doneraile

Buttevent

Kilworth

Kilnamatyra

Granna

Cloyne Diocesan Youth Services based in 4 centres:



Mallow Youth & Community Centre, New Road, Mallow, Co Cork



086 383 6414



Fitzgerald House, Macroom Co Cork



086 803 1109



1, Thomas Street, Mitchelstown, Co Cork



086 043 9702



2 Fitzgerald Place, Fermoy Co Cork



086 609 6874

Avondhu Blackwater Partnership Ltd.

What is available

Towards Occupation (TO) is a training initiative for individuals distant from the labour market, offering Personal Development, Life Skills and Career Guidance.

The Rural Social Scheme (RSS) provides income support for farmers and fishermen/ women who are getting certain social welfare payments in return for services that benefit rural communities.

The Community Services Programme (CSP) Community Connect provides a friendly call service, housekeeping and handyman service to older people and those experiencing mental ill-health, isolation or loneliness.

How it works

People sometimes experience difficulties in life with which they would like help. (TO) Referrals are made to relevant services e.g. HSE, GP, counselling services, should a client require it. (RSS) Participants under stress are advised to contact their GP and are given the Farm & Rural Stress leaflet with contact details (1800 742 645). Regular contact is maintained with participants by the co-ordinator of RSS.

(CSP) Participants are linked to appropriate local & national support services. However, if someone is in great distress following a bereavement by suicide they are transferred to the CSP Co-ordinator; as they have completed safeTALK & ASIST training and will have ultimate responsibility for developing an appropriate response for the client.



The Mill, Castletownroche,
Co. Cork



All ages



022 46580



No charge



info@avondhublackwater.com



Yes



www.avondhublackwater.com



Yes



Avondhu Blackwater
Partnership CLG



No childcare available



9am to 5.30 pm Mon- Fri

The Barnardos Bereavement Counselling for Children

What is available

Barnardos Children's Bereavement Service is a family support service for children and their families who have experienced the death of someone close to them. We can't shield children from the reality of death. We can't take away their pain or bring back their loved one. But we can help them to understand, to grieve and to cope a little better. Our project workers offer therapeutic bereavement support specific to the needs of each individual child and family. Our skilled and experienced staff also offers training and consultancy for groups and organisations working with children and families. Our offices are located in Dublin and Cork.

How it works

The BCBS offers direct work with the child and family following a difficult death – this usually involves direct therapeutic interventions with children, especially after a traumatic death. This work consists of interventions aimed at stabilising the child's responses to the death (for example regressive behaviours, severe anxiety, school avoidance) and offering information and advice to care-givers with regards to how best to answer the child's questions and behaviour. The BCBS assists schools and other professionals involved with the child offering guidance as to what might be considered 'normal' following bereavement and how best to manage these responses.

Referral process: Families can refer to National Helpline or directly, using a referral form, requested by email. Referrals also through professionals

Waiting time: 3-6 months



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



Children



021 431 0591
Helpline: 01 473 2110



No Charge



bereavement@cork.
barnardos.ie



There is both a car park and
disc parking



www.barnardos.ie



Yes



barnardosireland



No childcare available



9am–5pm Mon-Fri
Helpline 10am-12 Mon-Thurs

Ballyhoura Development Ltd

Charleville & Mitchelstown

What is available

A Local Development Company covering East County Limerick and North East County Cork, offering community groups, individuals and businesses information, guidance and mentoring, training, research and development and capital support. We work with people most in need of assistance to access opportunities to achieve significant improvements for themselves and their communities.

How it works

Our outreach offices respond to community queries on a day to day basis. This can be done by dropping in or making a prearranged appointment. One- to-one or group sessions can be accessed. Staff members are Wellness and Recovery Action Planning trained. We will respond to queries and signpost people to the relevant supports and services.

Referral process: Self referral - drop in

Waiting time: None



Kingston Arms, Kings
Square, Mitchelstown
Parochial Hall, Chapel Street,
Charleville



Charleville 063 21008
Mitchelstown 025 85213



charleville@ballyhoura.org
mitchelstown@ballyhoura.org



www.ballyhouradevelopment.com



Ballyhoura Development CLG



9am-5pm Mon-Fri



All ages



No charge for services but
donations accepted



On street parking



Charleville access, not parking
Mitchelstown no access



No childcare available

Ballyhoura Rural Services

What is available

We are a community based service which works to support people in the North Cork area who may be experiencing social isolation.

Our Service may be for you if:

- You are feeling alone and would like some company or a friendly chat
- You are experiencing loneliness due to bereavement or for health reasons
- You need help in accessing other types of support or information
- You would like to connect with your community

Our Staff members comprise of Community Support Workers and volunteers, have received training for their role & are all Garda Vetted. We also offer a sitting service for those who are looking after a loved one that needs 24 hour care and supervision. This service allows carers an hour or two a week of respite time.

Contact us at any time to speak to our Coordinators who will talk to you about the options available.

How it works

Many of our staff have undertaken ASIST Training and would have a little understanding of the experience for loved ones who have experienced suicide. Our main role however would be to sign post the person to specialist services.

Referral process: Self referral **Waiting time:** We aim to respond to all referrals within one week, but if this is not possible we place the referral on a waiting list.



022 59984



goconnor@
ballyhouraruralservices.org



www.
ballyhouraruralservices.ie



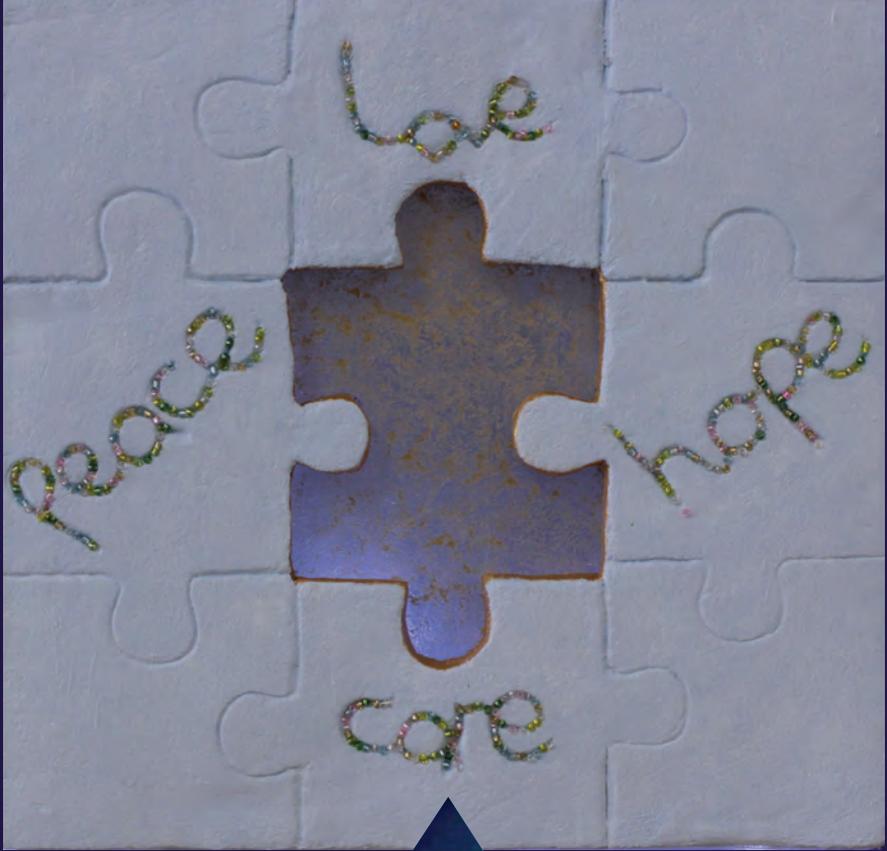
9am-5pm Mon-Fri



All adults



€100 membership fee



Bethany Bereavement Support Group

What is available

People sometimes experience difficulties in life with which they would like help. Bethany Bereavement Support Group offers a Level 2 Listening Support service to those bereaved by Suicide. This support could be the initial contact with a Bereavement Support Group outside of the bereaved family. In Bethany, we are trained to listen with care and compassion and understand feelings associated with grief and loss. Bethany is a free confidential service open to all who are grieving in any way.

How it works

A person bereaved by suicide will be met by a compassionate person on the Bethany phone who will make an immediate appointment for him/her with trained volunteers at a time suitable for the client. The aim of the Bethany Bereavement Group is to provide compassionate presence and non-directive listening to the bereaved. Bethany facilitates people in talking about their experience of grief and loss. Bethany in turn can refer clients to Loinnir, Pieta House or Living Links for suicide group support or bereavement counselling. Clients are welcome back to Bethany for further support if desired at any time on completion of their Suicide Support Group Sessions.

Referral process: Self-referral and professional services referral

Waiting time: none



Not applicable



Service for adults



Mallow 086 391 8751
Charleville 087 604 1975



No charge



bethanymallow@gmail.com
bethanycork@gmail.com



Yes



www.bethany.ie



Yes



By appointment



No childcare available

Charleville Suicide Awareness Project

What is available

Mission: To educate, inform and support the Charleville community on the issue of suicide.

Aims: To promote community leadership and involvement in addressing suicide. Coordination of a Monthly drop-in support group. To raise awareness of the issue of suicide in the community through hosting information events and distribution of help and support materials. To build the capacity and skills of the community to address this issue through promoting access to existing training programmes such as ASIST, ÚafeTALK, Peer Support Training, and other approved programmes.

How it works

Awareness training such as Peer Support, ÚafeTALK and ASIST are promoted and organised through the project. People sometimes experience difficulties in life with which they would like help. A monthly drop-in support group operates on the last Wednesday of the month (7-9pm)

Referral process: Self Referral - advice and support will be provided regarding appropriate timing of joining support group.

Waiting time: Awareness training courses are advertised and filled on a first come basis.



086 357 6109



None



Facebook: Charleville Suicide Awareness Project



Adults



No charge



Yes



Yes



No childcare available

Citizens Information Centres

What is available

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

How it works

To access information, drop in to a local Citizens Information Centre, log on to our website or call **Citizens Information Phone Service on 076 107 4000**.



Fermoy CIC
66 Lower Patrick St



076 107 7970



fermoy@citinfo.ie



Mon-Weds 9-1pm Mon 2-5pm Thurs-Fri 10-1pm

Mallow CIC
18.1 Market Square

076 107 8000 mallow@citinfo.ie

Mon-Fri 9:30-12:30pm Mon, Thurs, Fri 2:15-5pm

Mitchelstown CIC
Marian Hall
Convent Hill

076 107 8030 mitchelstown@citinfo.ie

Mon Tue Thurs Fri 10-1pm; Mon Thurs 1:30-4:30pm



check website for email addresses of different centres



No charge



www.citizensinformation.ie



Available



check website to confirm opening hours of different centres



Yes

1

2

3

Counselling in Primary Care (CIPC)

What is available

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

How it works

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

Referral process: Referred by GP or Primary Care team member

Waiting time: Varies



021 468 1006



www.hse.ie



9am to 5pm Mon- Fri



Over 18



Medical card holders only



Depends on location



Disabled access - parking depends on location



No childcare available

Coiscéim



What is available

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

How it works

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

Waiting time: 3-6 weeks



Varies



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



021 466 6180
087 799 8602



Based on ability to pay



socialandhealth@eircom.net



Yes



www.socialandhealth.com



Yes



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



No childcare available

Cork Gay Community Development Company LTD

What is available

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

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

How it works

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

Referral process: Self referral

Waiting time: No waiting time, just drop in



4 South Terrace, Cork



021 430 0430
087 638 1578



info@gayprojectcork.com



www.gayprojectcork.com



10am-6pm Mon-Sat



Service for gay and bisexual men and their families



No charge for services but donations accepted



On street parking



Yes



No childcare available

Cork Mental Health Foundation & Housing Association

What is available

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

How it works

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

Referral process: No referral necessary

Waiting time: No waiting time



Nore House, Bessboro Road, Blackrock, Cork.



021 451 1100



All ages



admin@corkmentalhealth.com



No Charge



www.corkmentalhealth.com



Available



Cork Mental Health Foundation & Housing Association



Yes



9am–5pm Mon-Fri



No childcare available

Duhallow Bereavement Support Service

What is available

If you find that the intensity of loss is unsettling, causing you undue grief and sadness, there is help at hand. The Bereavement Support Group consists of a group of trained volunteers who provide a free confidential service to people who have experienced a loss in their lives whether it is loss through death, separation, divorce, job loss etc. This is not a counselling service but a friendly and supportive listening service. A trained volunteer currently meets in a one to one setting at a time suitable to both parties. To make an appointment please call 087 627 9000.

How it works

People sometimes experience difficulties in life with which they would like help. Once contacted, we select the volunteer best suited to the situation. After that it is up to the person if they want to chat over the phone or receive one to one support at a meeting with the volunteer. We also refer people on to other services depending on the needs of the individual.

Referral process: People can be referred from local doctors, nurses, HSE, friends, etc. **Waiting time:** Meetings are usually organised fairly immediately



087 627 9000



duhallow@eircom.net



www.irdduhallow.com



Suited to needs of client



Open to all



No cost



At JOK Institute



At side entrance



Can be arranged

Emmaus Bereavement Support Group



What is available

Emmaus Bereavement Support Group was founded in 1987 to provide a safe and confidential space for those experiencing any type of loss. People sometimes experience difficulties in life with which they would like help. Emmaus Team undergo intensive training to equip them to listen empathically to the loss story. The Key is to help the expression of feelings/emotions.

How it works

In the case of a person presenting as a result of a loved one dying through suicide he/she/family could expect a warm, caring, confidential and safe place where the person/s are free to share at the level they feel ready to share. Allow the person/s to tell the suicide story at their pace. It is crucial to see the family individually on the second visit as each person's relationship to the person who died is different. Sr Una Boland also sees individuals for counselling. She is a qualified Counsellor/ Psychotherapist MA, IACP, ACPE. **Referral process:** Family, Individuals, GP and other sources **Waiting time:** Within 7 / 10 Days



087 626 3934



unaboland@yahoo.ie



10.00am - 5.30 pm Mon- Fri



All ages groups



No charge for support group



Yes



Yes



No childcare available

Fermoy Community Health Project

What is available

The Community Health Worker (CHW) has a base in the Fermoy Community Resource Centre. The CHW runs various health promotion activities and supports the emergence of new groups around identified need, collaborating with existing health initiatives and linking with local schools, existing groups and organisations in the community.

How it works

The Community Health Worker (CHW) can be contacted by phone and will arrange to meet the person or family and will discuss with them what kind of support is required. The CHW would identify local supports; such as the local Suicide Bereavement Network who run a voluntary monthly drop in for people bereaved by suicide. The CHW will also identify other local and national supports services which could provide additional support. The FCHP occasionally run suicide awareness training called ÚafeTALK in association with the HSE South Suicide Prevention Office.

Referral process: Self Referral. We refer to other organisations as appropriate

Waiting time: None



42 McCurtain Street,
Fermoy, Co Cork



085 874 2320



chpfermoy@gmail.com



www.fermoyresourcecentre.com



9am-5pm Mon-Fri



All age groups



None



On street parking - €1 per hour &
public car parks €1 per day



Yes



No childcare available

Fermoy Community Resource Centre

What is available

Fermoy Community Resource Centre has a variety of services and groups operating from the centre. Some of these include: working base for the Community Health Worker, Meals on Wheels, Jolly Tots Pre-school, Thrift Shop, Fermoy Community Network, Active Retirement, Narcotics Anonymous, Carers Group, Widows Group and Travellers of North Cork. People sometimes experience difficulties in life with which they would like help. The local Suicide Bereavement Network (SBN) operate a monthly drop in for people bereaved by suicide. The Community Health Worker runs various initiatives and projects. Details of which are available on the Fermoy Community Resource Centre website. Various low cost counselling services are run from the centre as well as community training initiatives. The centre also offers private room hire.

How it works

Fermoy Community Resource Centre has an open door policy. We are located on the main street in Fermoy; within easy access of the main Bus Eireann routes. People entering the Resource Centre will be met by staff and specific queries will be referred to the community health worker. People sometimes experience difficulties in life with which they would like help. The Resource Centre will signpost to the (SBN) who run a voluntary monthly drop in for people bereaved by suicide. We would also signpost to other private local counselling supports and to national support services.

Referral process: Self referral **Waiting time:** Drop in



42 McCurtain Street,
Fermoy, Co Cork



025 32962



fermoycdp@eircom.net



www.fermoyresourcecentre.com
facebook: Fermoy Community
Resource Centre



9am-10pm Mon-Thurs &
9am-5.30pm Fri



All ages



None



On street parking - €1 per hour &
public car parks



Yes. Main entrance and
ground floor



No childcare available

The GAA

What is available

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

How it works

The Club Health and Wellbeing Officer will guide someone who has been bereaved by suicide to appropriate local services where necessary. The Club Health and Wellbeing Officer is supported by the wider club structures and the Cork GAA County Health and Wellbeing Committee. There are a number of GAA specific resources available to support club members and the wider community in times of difficulty and need. Please check with your club secretary for contact details of your Health and Wellbeing Officer. Samaritans are the official mental health partner of the GAA and are available 24 hours a day to offer emotional support. (See p69 for further information on Samaritans.)



Local GAA club



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



chair.hwc.cork@gaa.ie



All ages



No charge



Depends on location



Depends on location



No childcare available

GROW

What is available

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

How it works

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

Local meetings to North Cork area:

Monday 8pm in Duhallow Day Centre, Kanturk

Monday 8pm in Le Cheile Centre, Fair St. Mallow

Tuesday 8pm Family Resource Centre, Fairfield, Masseytown, Macroom

Thursday 11am Duhallow Day Centre, Kanturk (Referrals only)

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



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



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



southernregion@grow.ie



www.grow.ie



GROW Ireland



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



Service for adults 18+



No cost



Access to parking varies depending on location.



No disability access in Grand Parade

1

2

Healthy Minds Traveller Mental Health Project

What is available

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

How it works

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

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

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



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



021 492 8381 / 8374



john.walsh2@hse.ie



9am-5pm Mon-Fri



Age 16+



No Charge



Yes, on street disc
and pay parking



Yes



No childcare available

Irish Farmers Association Cork

What is available

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

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

How it works

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

Referral process: Self-referral

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



Technology Centre,
Curraheen Road,
Bishopstown, Cork



021 454 5944



cork@ifa.ie



www.ifa.ie



9.30am-5.30pm Mon - Fri



Service for adults 18+



None



Yes



Yes



No childcare available

Jigsaw Cork

What is available

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

How it works

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

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



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



021 245 2500



cork@jigsaw.ie



www.jigsaw.ie/cork



jigsawcork



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



Ages 12-25



No charge for service



Local Q-Park and on street
disc parking



Please contact us in advance to
ensure accessibility of services

Le Chéile Family Resource Centre Mallow



What is available

Parenting Supports, Counselling, Childcare, Training & Education, Parent & Toddler Groups, Men's Sheds, Widows Widowers and Separated Persons Group, LGBT, Laugh N' Craft Group, Women's Group, 'Families', Accommodation Support, Indirect Dyslexia Learning, Parent & Baby Group, Parent & Toddler Group, Support for other Community Groups, Provision of facilities for other Community Groups including GROW, Aware and Life Pregnancy.

How it works

People sometimes experience difficulties in life with which they would like help. Our Counselling service is accessible to all from age 8 upwards. Simply call to our centre, phone us on 087 3735000 or email counselling@lecheilefrc.ie for information regarding appointments. There are times in people's lives when counselling may be helpful, including times of loss, distress, of major change, or times when self-esteem and confidence are low. Le Chéile FRC Counselling service provides up to 8 counselling sessions and is a low cost, confidential and professional service providing support to Individuals, Couples and Families. **Referral process:** We accept referrals from GP's, schools, colleges and other community services and organisations. **Waiting time:** within one month of initial enquiry, however, at times the waiting list might be longer.

-  **Mallow Community Campus, Fair St, Mallow**
-  **022 42439 (office)
087 373 5000 (counselling)**
-  **lecheilefrc@eircom.net**
-  **www.lecheilefrc.ie
Facebook Le Chéile FRC**
-  **9am - 5pm Mon - Fri
Counselling later by appointment**

-  **Counselling Service from 8 years (with written consent from parents/guardians)**
-  **A low cost scale of fees applies dependant on the Client's age and circumstance.**
-  **Yes**
-  **Yes**
-  **No childcare available**

Library Services County Cork

What is available

The Library service offers a full range of services, lending adult and children's material as well as a reference and local studies service. You may borrow fiction and non-fiction as well as books on grief/loss/bereavement. You can also borrow dvd's, books on CD, large print editions as well as access to a wide range of e-books, e-audiobooks, e-magazines and a huge variety of courses and language learning sources. We also offer free wifi, as well as computers with internet access.

Your Good Self, the award winning positive mental health programme, run in conjunction with the HSE, is now set up in 13 branch libraries with materials from the programme available through all service points.

How it works

If a book isn't available, please ask the staff to request it from another branch. If you have any queries please ask– we are there to help. The library is free of charge, to join just bring a proof of identity and proof of address along to your local branch. You can borrow up to 10 items for 2 weeks.



Fermoy Library, Connolly Street, Fermoy
Mallow Library, Thomas Davis St. Mallow
Millstreet Library, Carnegie Hall, County Council Offices, Millstreet
Mitchelstown Library, Sutton's Court, Clonmel Road, Mitchelstown



Fermoy 025 31318
Mallow 022 21821
Millstreet 029 21920
Mitchelstown 025 41939



Open to everyone



membership fee to borrow - see above charge for internet



fermoylibrary@corkcoco.ie
mallow.library@corkcoco.ie
millstreet.library@corkcoco.ie
mitchelstown.library@corkcoco.ie



Parking available



www.corkcoco.ie/library



Yes



Fermoy Tues -Sat 9.30am-1pm & 2pm-5:30pm.
Mallow Tues, Wed, Fri & Sat 9:30am - 5:30pm, Thurs 9:30am - 7:30pm
Millstreet Tues, Wed, Fri & Sat 10am - 1pm & 2 - 6pm, Thurs 10am - 1pm & 2.30 - 6pm
Mitchelstown Tues - Sat 9.30am - 5.30pm

(All Libraries closed on Saturdays of Bank Holiday weekends)

LINC (Advocating for Lesbian & Bisexual women in Ireland)

What is available

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

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

How it works

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

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

Referral process: No referral necessary to access LINC supports

Waiting time: No waiting list



11A White St. Cork



021 480 8600



info@linc.ie



www.linc.ie



LINCcork



LINCwomen



11am-3pm Tues, Wed & Thurs



All ages



No charge but donations are welcome



Disc parking available



Only to main room.
No access to toilet at present



No childcare available but
children & family welcome

Macra Na Feirme

What is available

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

How it works

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

Referral process: Self-referral.

Waiting time: None



Irish Farm Centre
Bluebell
Dublin 12



01 426 8900



Ages 15 – 35



www.macra.ie



No charge



macra@macra.ie



Depends on location



MacranaFeirme



Depends on location



9.15am-5pm Mon -Fri



No childcare available

MyMind

What is available

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

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

How it works

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

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

Clients can avail of online consultations via video conference

Referral process: Self referral

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



9 Dyke Parade, Mardyke,
Cork



5 years and over



076 680 1060



Clients charges based on
ability to pay



cork@mymind.org



Street parking



www.mymind.org



No



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



No childcare available

Mallow Community Health Project

What is available

The Mallow Community Health Worker is based in Le Cheile Family Resource Centre. The project is a local link in relation to community health and signposting to relevant health services where appropriate. The project aims to ensure the health needs of the community are identified and relevant community health initiatives are developed in response to these. Groups include regular walking group, We can quit smoking cessation programme for women and various trainings and health initiatives during the year.

How it works

The community health worker can be contacted by mobile phone or by phoning Le Cheile Family Resource Centre. She will meet you to discuss your needs and can signpost to relevant local support services or statutory groups.

Referral process: Self-referral.

Waiting time: None



**Mallow Community
Campus, Fair St, Mallow**



All ages



087 433 5047



No Charge



**communityhealthworker@
lecheilefrc.ie**



Yes



**Mallow Community
Health Project**



Yes



**Tues, Wednesday, Thursday
Part time hours.**



No childcare available

Pieta House Bereavement Services



What is available

Pieta House Bereavement Services provides:

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

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

How it works

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

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



Highfield Lawn,
Model Farm Rd,
Bishopstown, Cork



021 434 1400



info@pieta.ie



www.pieta.ie



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



All ages



No charge



On street parking



Yes



No childcare available

ReachOut.com

What is available

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

How it works

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

Referral process: Self referral

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



32 South William Street,
Dublin 2



suitable for 12 to 25 years old



01 764 5666



No charge



general@reachout.com



www.reachout.com



24 hours per day
7 days per week

Samaritans



What is available

We offer emotional support to anyone feeling distressed or needing to talk. We listen in a non judgemental, open way. As well as talking on the phone people can also visit the centre between 9am and 10pm every day. If you feel you don't want to call in or phone, you can always e-mail us at jo@samaritans.org. We are also available to give talks to schools and other organizations on the importance of emotional health.

When supporting people, it's all about listening, not telling callers what they should do about a particular issue. So, there's no advice, and no judgement, just a listening and sympathetic ear.

How it works

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

Referral process: Self Referral

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

 7/8 Coach St,
Cork

 116 123

 jo@samaritans.org

 www.corksamaritans.ie

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

 All ages

 No charge

 Yes

 Yes

 No childcare available

1

2

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

Information Resource: www.recovery.ie

How it works

Services of the Basement Resource Centre and Regional Development Office are free of charge. Membership of Shine and access to 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



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



No childcare available

Suicide Bereavement Network

What is available

Our monthly drop in evening is run on a voluntary basis, and welcomes anyone who has ever lost a loved one through suicide, whether your loss is recent or occurred several years ago. The support comes from within the group, all of whom are similarly bereaved. Our gathering is not about therapy, our gathering is not about counselling and it's not about advice, our gathering is quite simply about being in a safe and friendly environment sharing your thoughts and experience with people who understand your grief.

How it works

The group meet in the Fermoy Resource Centre on McCurtain Street, Fermoy on the first Monday of every month, if the first Monday is a bank holiday they meet on the second Monday. We also run an annual Remembrance Hour for those bereaved by suicide in September. When people contact us they are given information about the group and how it operates. People can be met in advance or if they wish they can bring a friend along with them as we fully understand how difficult it can be.

Referral process: Self referral

Waiting time: None - drop in



42 McCurtain Street,
Fermoy, Co Cork



Jacinta 087 997 4076



1st Monday of each
month



Service for adults 18+



None



On street parking
& public car parks



Main entrance and
ground floor



No childcare available

TENI

Transgender Equality Network Ireland

What is available

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

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

How it works

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

Referral process: Self-referral

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



01 873 3575



office@teni.ie



www.teni.ie



10am-6pm Mon - Fri



All ages, under 18 with consent



No cost



Not applicable



Not applicable



No childcare available

Travellers of North Cork (TNC)

What is available

TNC works with the local Traveller Community to support them in addressing the issues that impact on their health and wellbeing. Areas of work include:

- Support for Traveller families to access health services and health information.
- Support for local Traveller groups.
- Liaison with Health Service providers.
- Supporting mental health initiatives and supports for families bereaved by suicide.
- Hosting health information sessions.

How it works

The Traveller Community Health Workers will meet with people either individually or in family groups and help them identify what services/supports they need and what services are available in their local area. The worker will support the person/family to make contact with the most appropriate service/support and follow up with the person/family to ensure that appointments are made and any information made available is understood and that the person/family is able to talk through any issues arising and ask questions if needed.

Referral process: Self referral **Waiting time:** All contacts responded to within a week



Riverside, Doneraile,
Co. Cork



Service for adults 18+



022 71035



No cost



travellersnorthcork@live.com



On-street parking available



Facebook Travellersofnorthcork Tnc



Yes



9am - 5pm Mon - Fri



No childcare available

1

2

Y.A.N.A. (You are not alone) North Cork Domestic Violence Project

What is available

YANA support women who are experiencing or have experienced domestic violence. Our service is available to all women living in North Cork. When we are supporting a woman we work with her to identify any emotional and practical supports that can be engaged as part of her safety plan. These supports include listening and information service and accompaniments to court, solicitors and/or medical supports. It can also involve (with the client's permission) talking to other front line services including: housing supports, money and budgeting, St. Vincent de Paul, Social Work, Adult Mental Health, GP, Family Resource Staff, etc. building a co-ordinated community response to needs identified, by the woman, that ensure safety and confidentiality. We also offer five sessions with a IACP Accredited Counsellor and referral to specialist rape crisis services.

How it works

If suicide is disclosed we would refer on to other agencies and or counselling. Any women seeking support can contact us. We are a free support service. Many women ring first to arrange a time for the appointment that will suit them. We also meet women in other locations across North Cork.

Referral process: Self-referral **Waiting time:** 1 week



We will provide our address when appointments are made



Service for women affected by domestic violence



022 53915



None



yananorthcork@gmail.com



Pay & display



www.yana.ie



Yes



9am - 5pm Mon - Thurs
(Friday by appointment)



No childcare available

Youth Health Service

What is available

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

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

How it works

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



Penrose House,
Penrose Quay, Cork



23 and under



076 108 4150



No charge



yhs@hse.ie



No parking



www.yhs.ie



Yes



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



No childcare available

Youth Services

CDYS Youth Work Ireland

What is available

CDYS works with young people aged 12 to 18 years. We work with young people on their individual needs. We run a wide range of different activities in each centre, ranging from music, youth cafes, arts and crafts, drama and film making. CDYS run a programme called 'My Friends Youth, skills for life' which is all about learning life-skills to help young people reach their goals and successfully deal with life's challenges. We offer a low cost outreach adolescent counselling and family support service. Play Therapy is available as a therapeutic intervention, facilitated by a highly trained therapist. Play therapy can help children who have special needs, have developed an illness, experienced trauma, loss, bereavement, family separation or who have been abused.

How it works

To access the CDYS services contact is made by telephone or in person with the CDYS Youth Worker for the area. From there it is a process of beginning to work through the issues and also decide if this is the appropriate service for them. If there is a greater need the service will refer onto a more appropriate one. The outreach service providing low cost counselling and family support services to young people/families works on a referral and appointment basis and covers locations around North Cork.



Fermoy: 2 Fitzgerald Place
Mallow: Youth Centre, New Road
& Big Blue Cube, Gouldshill
Mitchelstown: Forrest Hall



Fermoy: CDYS Fermoy
Mallow: CDYS Youth Work Ireland
Mitchelstown: CDYS Mitchelstown



Fermoy 086 8031200
Mallow 022 21821
Mitchelstown 086 8031227



www.cdys.ie



Mon-Fri 9:00am - 6:00pm

Kerry Diocesan Youth Service (KDYS)

What is available

KDYS is a voluntary youth work organisation supporting volunteers in local communities to establish and run youth clubs for young people aged 12 to 18 years, through the provision of training, recruitment, screening and vetting of volunteers and ongoing support for clubs volunteers through club visits, monthly meetings and events. In addition KDYS provides training on Peer Mentoring and Youth Empowerment Training to second level schools and the KDYS Mobile Youth Café is a mobile resource that can be utilised in a community setting to establish interest in setting a youth project; to date it has visited Millstreet and Rathmore.

How it works

To access the KDYS service initial contact is made by telephone or email with the KDYS Community Youth Worker for the area Tim Nolan. The KDYS Youth Worker for the area will sign-post the relevant referral services available in the local area. Support would be available on line, over the telephone, via email or in person as appropriate. The KDYS Facebook page and website are regularly updated with relevant information by our Youth Information Staff.



KDYS Youth Centre
Main Street
Castleisland



Kerry Diocesan Youth Service
(KDYS)



085 8729488 (Tim)
085 8596628 (Jillian)



timnolan@kdys.ie
jilliancarroll@kdys.ie



www.kdys.ie



Not applicable

Youth Services

Foróige Sky Youth Project Charleville

What is available

This project engages with young people who do not currently engage with a youth service, to facilitate their growth and development. People attend to access services provided, in a safe and caring environment where they will be respected.

How it works

The bereaved person will usually be known and can arrange to meet with a youth worker that they trust. From there the young person can be supported 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.



No 3 Rathgogan House
Chapel St Charleville
Co. Cork



086 677 3861 (Jane)
086 838 1651 (Evan)



jane.beretta@foroige.ie
even.barnard@foroige.ie



www.foroige.ie



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



Facebook: Foróige Charleville

Youthreach Fermoy/Mallow

What is available

Youthreach is a national programme designed specifically for young people aged 16 to 20 years of age who have left mainstream education without formal qualifications at upper second level. The Youthreach programme operates throughout the country and each centre is managed by their local ETB under the auspice of SOLAS and the Department of Education and Skills. Youthreach affords students the opportunity to gain QQI qualifications along with a wide range of other training opportunities such as Safe Pass, Driving Test Theory, HASAP, etc. Pathways to progression are clearly defined with the majority of students continuing to third level further education colleges or fulltime employment. The approach to teaching and learning is holistic in nature and tailored to the individual needs of students. Guidance, career planning and counselling services are available. Students are eligible for training and travel allowances. The programme is run on a full time basis and has continuous intake throughout the year.



**Fermoy: Unit 4 Faber
Castell Business Campus
Mallow: SynergyTraining
Centre, Ballyellis**



**Fermoy 025 33633
Mallow 022 42782**



**fermoyyouthreach@corketb.ie
ymallow@gmail.com**



www.youthreach.ie



**Fermoy Youthreach
Mallow Youthreach**



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)



Further Reading

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

List of books for adults:

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

List of books for children:

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

Your Good Self



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

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

Online Resources

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

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

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

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

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

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



Online Resources (cont.)

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

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

nosp.ie National Office for Suicide Prevention website

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

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

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

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

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

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

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

welfare.ie Department of Social Protection website

yourmentalhealth.ie Website promoting positive mental health.



Bibliography

HSE Publications

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

Other Publications Referenced

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



Little things can make a big difference

yourmentalhealth.ie
#littlethings

HE

116 123
SAMARITANS
IRELAND

PROBLEMS FEEL SMALLER WHEN YOU SHARE THEM

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



HE

116 123
SAMARITANS
IRELAND

DO THINGS WITH OTHERS THERE'S STRENGTH IN NUMBERS

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



HE

116 123
SAMARITANS
IRELAND

LENDING AN EAR IS LENDING A HAND

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



HE

116 123
SAMARITANS
IRELAND

THE MORE YOU MOVE THE BETTER YOUR MOOD

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



HE

116 123
SAMADYFAR
IRELAND

IF A FRIEND SEEMS DISTANT CATCH UP WITH THEM

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



HE

116 123
SAMADYFAR
IRELAND

BOOST YOUR MOOD WITH HEALTHY FOOD

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



HE

116 123
SAMADYFAR
IRELAND

8 HOURS SLEEP MAKE THE OTHER 16 EASIER

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



HE

116 123
SAMADYFAR
IRELAND

DRINK LESS AND GREAT NIGHTS BECOME GOOD MORNINGS

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



The Lantern of Hope

The art piece featured throughout Lighting the Way North Cork was created by a small dedicated team who worked together specifically for this resource. The group worked on a weekly basis with artist Paula Murphy to create this resource and they were assisted by Jacinta McCormack, Fermoy Community Health worker. The Lantern of Hope came about following an initial brainstorming session where the group agreed that memories of our loved ones are triggered very much through the five senses, the smell of perfume, a photograph of our loved one, the touch of an item of clothing, a familiar song on the radio or a special meal. The group wanted to represent these senses through images and materials set in the Lantern of Hope and they also brought music and light into the interior of the Lantern of Hope to add another dimension. The resource is portable, durable and it is available to people in our community that have been bereaved by suicide to be used as a centre piece for anniversaries, support groups or remembrance hours, as it will allow people to speak about their own feelings of their loved one through the piece. The group re-visited the art piece in the summer of 2017. They added some small elements to the piece which they had wanted to include during the initial phase of the art project but were unable to source and made some modifications to make the piece more durable. Having reached the finishing point of this second phase of the art project the group all agreed that for them it was now fully complete.

Artists: Patricia Cahill, Stacy Philips, Paula Murphy

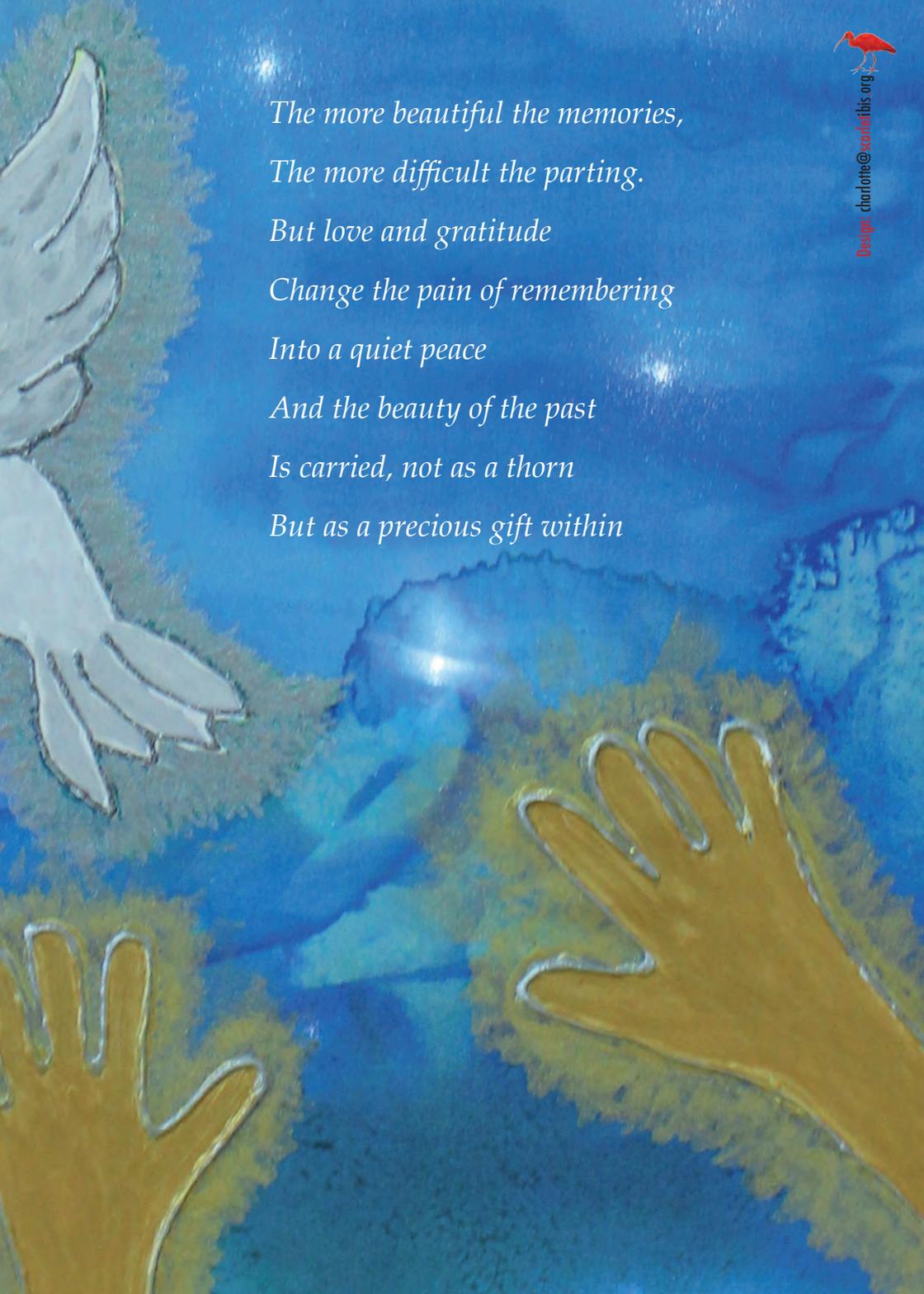
For further details on the Fermoy Community Health Project and initiatives running with the project please contact: Jacinta McCormack, Fermoy Community Health Worker - P54



The artists at work







*The more beautiful the memories,
The more difficult the parting.
But love and gratitude
Change the pain of remembering
Into a quiet peace
And the beauty of the past
Is carried, not as a thorn
But as a precious gift within*

