



Connecting for Life

# Improving suicide bereavement supports in Ireland

## **Improving suicide bereavement supports in Ireland**

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# Glossary of terms

**Applied Suicide Intervention Skills Training (ASIST)** is a two-day interactive workshop in suicide first-aid. It is suitable for all kinds of caregivers - health workers, teachers, community workers, Gardaí, youth workers, volunteers, people responding to family, friends and co-workers.

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**Counselling in Primary Care (CIPC)** This service is for people with mild to moderate psychological difficulties. It is a short-term counselling service that provides up to eight counselling sessions with a professionally qualified and accredited counsellor or therapist. It is a service for medical card holders, who are 18 years of age or over, and who want help with psychological problems that are appropriate for a time-limited intervention.

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**Critical Incident Stress Management (CISM)** is a specialised package of critical incident techniques that are linked to each other and blended together to alleviate the reactions to traumatic experiences. CISM aims to minimise the emotional impact of critical incidents on staff.

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**Cognitive Behavioural Therapy (CBT)** In CBT the person and therapist explore the way that the person's thoughts, emotions and behaviours are connected and how they affect one another. This allows the person (with assistance, support and guidance from their therapist) to intervene at different points in this cycle and change thought patterns and behaviours that have been problematic for the person.

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**Community Healthcare Organisations (CHOs)** provide the broad range of services that are outside of the acute hospital system including Primary Care, Social Care, Mental Health and Wellbeing Services. There are currently nine CHO regions across Ireland.

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**Connecting for Life (CfL)** is Ireland's Suicide Prevention Strategy 2015-2020.

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**HSE Employee Assistance Programme (EAP)** provides confidential counselling support and a referral service for all staff with personal or work-related difficulties. Advice and guidance is also available to managers to support them in managing staff welfare issues. The EAP also provides formal structured support to groups of staff who have experienced stress as a result of a critical incident in the workplace through their Critical Incident Stress Management (CISM) service.

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**Family Resource Centres (FRCs)** are supported by the Child and Family Agency (Tusla) to provide services and supports to local communities.

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**Healthy Ireland** is a government-led initiative aimed at improving the health and wellbeing of everyone living in Ireland.

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**Health Service Executive (HSE)** The HSE is a large organisation of over 100,000 people, whose job it is to run all of the public health services in Ireland. The HSE manages services through a structure designed to put patients and clients at the centre of the organisation.

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**Higher Education Authority (HEA)** The HEA leads the strategic development of the Irish higher education and research system.

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**Irish Hospice Foundation (IHF)** The IHF is a national charity dedicated to all matters relating to dying, death and bereavement in Ireland.

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**Non-Governmental Organisation (NGO)** An NGO is any non-profit, voluntary citizens' group which is organised on a local, national or international level.

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**NICE Guidelines** The National Institute for Health and Care Excellence (NICE) provides national guidance and advice to improve health and social care across the National Health Service in the UK.

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**National Office for Suicide Prevention (NOSP)** The role of the NOSP is to effectively support, inform, monitor and co-ordinate the implementation of Connecting for Life. Visit [www.connectingforlifeireland.ie](http://www.connectingforlifeireland.ie) for information on the strategy and its progress.

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**National Suicide Research Foundation (NSRF)** is an independent, multi-disciplinary research unit that investigates the causes of suicide and self-harm in Ireland.

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**Resource Officers for Suicide Prevention (ROSPs)** work for the HSE and are based across each of the nine CHOs where they lead on the implementation of local Connecting for Life strategies.

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**SafeTALK (Suicide Alertness for Everyone)** is a half-day training programme that prepares participants to identify persons with thoughts of suicide and connect them to suicide first-aid resources.

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**STORM** is a self-harm mitigation model developed at the University of Manchester. It offers skills-based training in risk assessment and safety planning to frontline staff and members of the community. STORM also addresses 'postvention', i.e. what to do after a serious incident has occurred.

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**Suicide Bereavement Liaison Officers (SBLOs)** The Suicide Bereavement Liaison Service is provided by Pieta House Bereavement Services and other agencies, funded by the HSE NOSP.

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# Executive summary

*Connecting for Life* is Ireland's national strategy to reduce suicide 2015-2020<sup>1</sup>. *Connecting for Life* sets out a vision of an Ireland where fewer lives are lost through suicide and where communities and individuals are empowered to improve their mental health and wellbeing. HSE Mental Health and the National Office for Suicide Prevention (NOSP) have lead responsibility for Action 4.3.1 *to deliver enhanced bereavement support services to families and communities affected by suicide of those people known to mental health services* and Action 4.3.2 *to commission and evaluate bereavement support services*.

HSE Mental Health prioritised these two actions and developed a service improvement project called "Enhancing Suicide Bereavement Supports" in 2018. A Working Group of key stakeholders was appointed and a Steering Committee was established to provide governance for the project (See Appendix 1 for membership).

During the initial stages of the project, inconsistencies with the current provision of suicide bereavement supports were identified. These inconsistencies included geographical variation in service provision, variation in the quality and standards of services and inconsistency around the dissemination of bereavement support information in the aftermath of a suspected suicide. It was also identified that there was a lack of coordination of suicide bereavement support services.

A study that was conducted in Mental Health Services (HSE, 2016) revealed the lack of uniformity in responding to families affected by a suspected suicide. The study highlighted shortcomings in communication and signposting to qualified and specialist bereavement support services. The study made a recommendation that the service response to family members in the aftermath of a suspected suicide of a service user be improved by, for example, providing practical information and signposting to available specialist bereavement support services.

Within this context and having surveyed the landscape of bereavement supports, the Working Group and Steering Committee identified a number of project deliverables and Action Areas to inform the improvement of suicide bereavement supports in Ireland. In general, suicide bereavement supports are described in this report across the following three levels:

- Information-based resources
- Support (e.g. peer support)
- Therapy (e.g. counselling)

1 (2015) *Connecting for Life: Ireland's National Strategy to reduce suicide (2015-2020)* Dublin: Department of Health.

The following is a summary of ten Action Areas, which are further detailed later in the report:

### Action Area 1: Suicide bereavement support information pack

A mapping of available bereavement support information resources was completed and the findings of this exercise indicated that there was a need for a standardised suicide bereavement resource pack with accurate, relevant, up-to-date and consistent information for individuals and families that have lost a loved one to suicide or suspected suicide (see Appendix 2). The suicide resource information pack will be the cornerstone of Level 1 bereavement support and the information pack will be available in hard copy and online. A separate sub-working group under the NOSP has been appointed to undertake the drafting and production of this resource pack.

### Action Area 2: Coordinated and consistent approach to delivering suicide bereavement support services

Action 3.1.2 of the *Connecting for Life* strategy focuses on developing and implementing a range of agency and inter-agency operational protocols (including protocols for sharing information and protocols in respect of young people) to assist organisations to work collaboratively in relation to suicide prevention and the management of critical incidents. A Cross Sectoral Operational Working Group has been established to realise this action.

### Action Area 3: Updating list of suicide bereavement supports

The Working Group decided that, in order to achieve uniformity and consistency in the support available across Ireland, it was important to map the supports that are currently available. The Working Group mapped general and suicide-specific bereavement supports across three levels, identified as information, support and therapy. The mapping exercise was conducted between August and September 2018 with the input of the HSE Resource Officers for Suicide Prevention (ROSPs) and the information was further reviewed in September 2019 (see Appendix 2). It is recommended that this mapping of suicide bereavement supports is updated annually.

## Action Area 4: Children and adolescent supports

When exploring suicide bereavement supports in relation to children and adolescents across all three levels it was apparent that information resources and services to support this age group are inconsistent geographically (see Appendix 2). There are many resources available to support parents and caregivers when speaking to young children and adolescents about the death of someone by suicide but very little for the bereaved young person themselves. A range of resources and supports for young people is recommended.

## Action Area 5: Research

The Working Group agreed that one of the key activities informing this project would be to conduct a comprehensive literature review in order to identify key research published in the area of suicide bereavement support, to review the literature on evidence-based interventions, and to identify examples of current practice in Ireland and internationally. As part of this work, a literature review has been completed and published on [connectingforlifeireland.ie](https://connectingforlifeireland.ie). A copy can be found online alongside this report.

## Action Area 6: Governance and standards

The development in 2019 of the *Best Practice Guidance for Suicide Prevention Services Framework* introduced a framework that aims to ensure good practice guidelines, clear care protocols, appropriate training and supervision mechanisms for the providers of suicide prevention services. It is envisioned that this framework and the learning from it can be adapted and used for quality assurance for other services delivered by non-governmental organisations (NGOs) working on behalf of the HSE. It is recommended that any work undertaken in the area of standards and governance in relation to the provision of suicide bereavement support services by NGOs will reference and adapt the *Best Practice Guidance for Suicide Prevention Services Framework*.

## Action Area 7: Training

In order to have consistency, high standards and evidence-based information across all services that support people bereaved by suicide at all levels, staff need to have relevant qualifications and training. Consideration needs to be given to the following:

1. Supporting and resourcing the many services that people bereaved by suicide may contact for support, including Suicide Bereavement Liaison Officers (SBLOs), counselling services, general practitioners, clergy, An Garda Síochána, Health Service Executive services and Resource Officers for Suicide Prevention (ROSPs).
2. The complexity of the grieving process when bereaved by suicide.
3. The current national situation regarding, “group support”, which is not regulated and needs standardisation.
4. The breadth of the role of the Suicide Bereavement Liaison Officers.



## Action Area 8: Data collection

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In order to understand the uptake of suicide bereavement supports across all three levels – information, support and therapy – and to inform future service development, all HSE and HSE-funded services should routinely count and report on suicide bereavement support activity.

## Action Area 9: Communication guide

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A study carried out in Mental Health Services (HSE, 2016) revealed the lack of uniformity in responding to families affected by a suspected suicide. The project Working Group developed the HSE Communication Guide following Suspected Suicides in Services (see Appendix 4) to ensure a consistent approach for families and signposting to appropriate bereavement support services.

## Action Area 10: National coordination of suicide bereavement supports

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The implementation of the actions in this report requires national coordination by assigning dedicated responsibility for the coordination of suicide bereavement support actions to an existing resource within the HSE (the job specification for this role is outlined in section 4.10).

# 1.0 Aims and objectives

The aims and objectives of the report are to:

- 1) Undertake a review of the current bereavement support services in Ireland to include:
  - A detailed mapping of the existing HSE-funded and non-HSE-funded bereavement support services per CHO/county, including a review of information sources currently available (see Appendix 2).
  - A review of existing suicide bereavement service provider evaluation data (see Appendix 3).
- 2) Complete a review of literature and approaches to suicide bereavement support to include grey literature and relevant international practice and policy in this area. This will include a review of existing Irish reviews and reports on suicide bereavement support.
- 3) Identify some examples of the current response in Mental Health Services following the death by suspected suicide of a person using Mental Health Services in order to develop the HSE Communication Guide following Suspected Suicides in Services (see Appendix 4).
- 4) Develop identified actions to inform the improvement of suicide bereavement supports in Ireland.

## 2.0 Summary of the literature review undertaken for this project

*Note: A full report based on the literature review conducted for this project is available on the publication section on the website [connectingforlifeireland.ie](http://connectingforlifeireland.ie). The title of the report is: Suicide Bereavement Support: A Literature Review.*

For the close relatives and friends of the people who die by suicide in Ireland each year, receiving appropriate, timely and ongoing support is of huge importance. In this report we have reviewed the literature on suicide bereavement, particularly focusing on research examining the impact of suicide on those bereaved and studies investigating the effectiveness of bereavement support interventions. We have also presented case studies of bereavement support services in Ireland and internationally and highlighted examples of good practice and evidence-based guidelines.

The impact of suicide on bereaved individuals, families and communities has been well researched, with clear evidence that those bereaved by suicide may experience lasting impacts on their emotional, physical and mental health. Factors contributing to poor outcomes for those bereaved by suicide include circumstances of the death (for example, seeing the body at the scene of death), supports received (both formal and family support), the inquest process and perceived stigma. Studies show that a range of supports are needed for individuals bereaved by suicide, from both formal and informal sources. Practical and emotional support from family and friends was often highlighted as being as important as formal supports.

However, studies which have involved speaking to people bereaved by suicide have shown that often their needs are not adequately addressed. In particular, information and supports are difficult to identify and access, despite these being needed in the days and weeks following a suicide. The need for and importance of immediate outreach and ways to better identify what supports are available locally emerged as an important theme. Other gaps in current service provision included geographical variation in services available and the availability and diversity of peer support options. Medical professionals such as first responders and general practitioners were identified as potential gatekeepers in suicide postvention activities, although the importance of suicide bereavement training for other professionals was also emphasised.

Overall, there are few high-quality studies examining the effectiveness of suicide bereavement support interventions. We have described a small number of studies examining a range of interventions including family-based grief counselling, cognitive behavioural therapy (CBT)-

based psycho-educational interventions, group-based, supportive nurse-led interventions, one-to-one peer-support interventions, writing therapy and mindfulness-based therapy. Overall, the evidence for clinical interventions for individuals bereaved by suicide is limited. Despite the dearth of research, person-based studies have found evidence for reductions in the intensity of grief experienced by bereaved individuals. Although there is a lack of evidence for the impact of suicide bereavement support groups on outcomes for individuals, the peer-to-peer nature of support in such groups can be therapeutic and can create a supportive environment based on common experiences. Some research has also shown evidence for protective factors following suicide bereavement, including religious participation and activities promoting self-care. In recent years, mindfulness-based interventions for those bereaved by suicide have been examined, but further research is needed.

It is clear that children and adolescents who are bereaved by suicide require tailored support. Research has shown that bereavement by suicide in young people shares many features with other forms of bereavement, yet the potential for complicated grief and psychopathology for some is present. Due to the broadly similar experiences and needs of young people bereaved by suicide and by other causes of death, there is some empirical evidence for the efficacy of general childhood bereavement groups. While support specific to suicide bereavement may be beneficial for children and adolescents, current support group interventions for suicide bereaved children are limited and lack strong empirical support. Furthermore, no one approach should be favoured over another. Although there is no clear best practice in terms of interventions for young people, developing resilience has been emphasised with a view to decreasing risk factors. Young people experiencing complicated grief should receive non-pathologising, child-centred interventions. Such approaches may require a whole-systems approach for bereaved families.

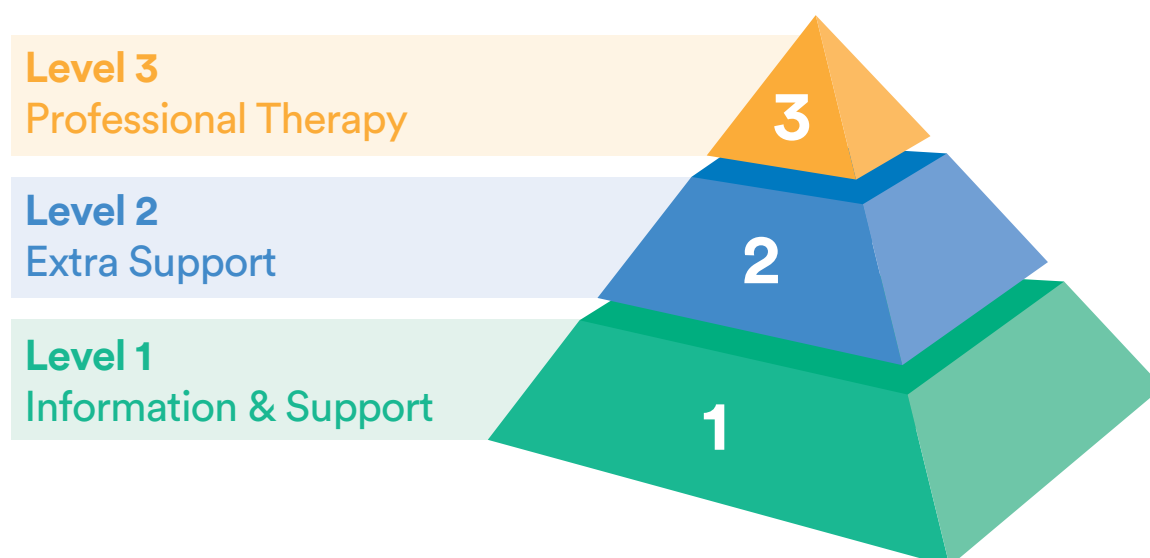
At a community level, few formal studies have shown positive impacts on reducing suicidal behaviour in the community following a suicide or a number of suicides. However, a review of international examples of community-based approaches generated some common themes. These case studies identify the need for a co-ordinated and consistent approach to suicide postvention. Such responses should involve multiple agencies, with information-sharing across organisations and professions emphasised. The importance of standardised and detailed information sources (e.g. booklets) was also emphasised, as was the need for professionals to actively provide this information to bereaved individuals and families following the death. The importance of timely, standardised support for all was highlighted, via an appropriate pathway of care and support. An active postvention model was seen as being particularly effective over traditional passive models, and was shown to increase help-seeking activities among those bereaved by suicide. Training of professionals was also seen as an integral part of community responses to suicide.

This review has highlighted the lack of research on suicide bereavement, in particular around the effectiveness of bereavement support interventions. With just five studies on interventions for adults bereaved by suicide included in this review, there is a need for high-quality, trial-based research examining suicide bereavement supports. For young people in particular, the evidence around the appropriateness of supports and interventions is limited, as is our understanding of how suicide bereavement differs for young children and adolescents. In recent years, there has been some qualitative research exploring individuals' experiences of suicide bereavement. This type of research is imperative in developing appropriate community responses, and research which involves bereaved persons in the design should be prioritised.

## 3.0 Overview and description of current suicide bereavement supports

Currently in Ireland there are a number of HSE- and non-HSE-funded agencies providing suicide bereavement support services to families and communities affected by suicide. Using the Irish Hospice Foundation Pyramid of Bereavement Care<sup>2</sup>, services can be tiered into three levels (Figure 1).

**Figure 1: Pyramid of Bereavement Care**



<sup>2</sup> Pyramid of Bereavement Care, Irish Hospice Foundation (2019)

### 3.1 A mapping and description of current bereavement supports in Ireland

The Working Group decided that, in order to achieve uniformity and consistency in the support available across Ireland, it was important to map the general and suicide-specific bereavement supports that are currently available. The mapping will inform the future enhancement and commissioning of bereavement supports. The mapping detail included in this report is not intended to be a directory of bereavement support services. Rather, it reflects the range and nature of supports at a given point in time. It will be a separate task, arising from this report, to undertake regular reviews of available supports and to ensure public awareness and accessibility.

This following narrative provides an overview of the findings of the mapping exercise conducted between August and September 2018 with input from the HSE Resource Officers for Suicide Prevention (ROSPs) and reviewed in September 2019 (see Appendix 2).

#### The method

Each ROSP was contacted in August 2018 and asked to review and complete a template (in MS Excel) of the three levels of general and suicide-specific bereavement support in their area.

#### Detail captured

For each level of support, the mapping template included a series of column headings to capture detail on various resources, supports and services. Those column headings/categories varied depending on the level of support being explored, e.g. 'dissemination' was captured for resources and 'waiting times' was captured for therapy. The information returned by each ROSP was then collated and categorised by CHO or as 'National'. Reported below is a description of what is available at each level from a national perspective and examples of good practice that are specific to one or more CHOs (but not yet available nationally).

#### Level 1: Information and support

The first level of bereavement support represents general support and information, which can include a range of bereavement support resources. Everyone who experiences loss should have access to first-level support, which involves providing people with information on the grieving process, practical help with tasks and social support - much of which is provided by family, friends, and colleagues.

In the mapping of national information resources, both printed materials and online resources were identified. These included the Family Resource Centres' (FRC) *Suicide Prevention Code of Practice Booklet*, which contains a section on suicide bereavement. This FRC resource is available through project staff in Galway – email: [support@frcmentalhealthpromotion.ie](mailto:support@frcmentalhealthpromotion.ie). While written with FRC staff and volunteers in mind, the resource is worth reviewing, given the potential to adapt the guidance for different audiences.

The NOSP distributes a comprehensive booklet titled *You are not Alone*; a similar booklet is distributed in the UK called *Help is at Hand*. The Working Group currently developing the national information booklet for Ireland is using both of these booklets.

Anam Cara have produced support brochures intended to provide advice for different groups of bereaved people, e.g. *A dad's grief...what helped us* and *Supporting a family...what helped us*. These resources can be downloaded from the Anam Cara website ([www.anamcara.ie](http://www.anamcara.ie)), which contains some helpful video content along with access to these resources. More generally, the Anam Cara website is a good general information and signposting resource. They also have an information phone number (01) 4045378.

The children's charity, Barnardos, [www.barnardos.ie](http://www.barnardos.ie), has a series of booklets about coping with death for children (aged 6-12), for parents of young children and for parents of teenagers. All three booklets address death by suicide. A UK-produced resource published by a charity called Winston's Wish has also been identified, called *Beyond the Rough Rock: Supporting a child who has been bereaved by suicide*. This booklet will be reviewed by the Working Group and, taking feedback from people bereaved by suicide in Ireland and the UK, it should be considered whether something similar would be helpful in the Irish context.

Other online resources with a national focus include the Irish Hospice Foundation website (see [www.bereaved.ie](http://www.bereaved.ie)) and the bereavement content on [www.yourmentalhealth.ie](http://www.yourmentalhealth.ie). Rainbows Ireland's website is also a good general information resource (see [www.rainbowsireland.ie](http://www.rainbowsireland.ie)). It is encouraging to see that the organisations working in the bereavement support space signpost to each other and highlight the resources available from other organisations.

Right across Ireland, ROSPs provide information on wallet cards, posters, booklets and webpages containing contact details for locally available support services. One of the more in-depth information resources is the set of *Lighting the way* booklets available in Cork city and county (there are five versions of the booklet targeting the populations in different parts of the county).

While in some cases these resources are standalone, there are examples of information packs available through the Suicide Bereavement Liaison Service. While most local and regional information resources identified are for general audiences, an interesting resource worth highlighting is the workplace resource *What Should I Say? Suggestions on what to say and do when supporting a work colleague who has been bereaved*, which was produced in the HSE West/CHO Galway, Mayo and Roscommon.

The potential for local authority libraries to be a source of helpful information on coping with bereavement was also highlighted in the mapping exercise. Under Healthy Ireland, every library in the country now has a comprehensive 'bibliotherapy' section. As a follow-up to the initial mapping exercise, examples of information resources available locally have been shared with the Working Group by the ROSPs (wallet cards, leaflets etc). A review of these resources will help to inform recommendations to ensure a consistent approach in developing and producing resources while acknowledging that information on locally available supports is very important.

## Level 2: Extra support

People may also require extra support through their bereavement. Level 2 bereavement support provides a person with an opportunity to reflect in a focused way on their experience of loss. This support can be provided by organisations/volunteers who have had bereavement-support training, some of whom may themselves have been bereaved. Bereavement support at this level can be provided on an individual, family or group level for both adults and children

Extra support to help deal with bereavement is provided by national organisations including Anam Cara, Rainbows Ireland, Samaritans, Barnardos and Family Resource Centres. These supports are available in different formats and target different audiences.

Barnardos Children's Bereavement Helpline service (01)4530355 operates from Monday to Thursday (10am to 12pm). It offers a listening service, advice and referral to members of the public. The helpline is run by trained and supported volunteers.

Anam Cara provides group support. Anam Cara's group support is provided through Parent Evenings, which are organised in different locations across the country. These meetings are intended to provide a safe and comfortable place where bereaved parents can meet with each other in an informal setting. The evenings are facilitated by a bereavement professional with the support of a volunteer. Information on times and locations is available on the Anam Cara website. Anam Cara has also developed a facilitator training manual called *Supporting Parents after Bereavement*.

Rainbows Ireland offers a nine-week, facilitated peer-support programme for young people in schools and in community settings right across Ireland. These programmes do not run throughout the year; they generally operate once in any given calendar year, typically in October or November. Rainbows Ireland supports children and young people following bereavement or family separation. The support programmes are tailored to primary and secondary school students, and groups are not mixed (i.e. bereavement groups and family separation are dealt with as distinct issues).

Apart from organisations with a reasonably wide reach across many parts of the country, there are regional and local organisations and groups providing suicide bereavement support in groups, one to one and by phone. An example of a regional support group is SOSAD (Save Our Sons and Daughters), which provides supports in the North East and Midlands ([www.sosadireland.ie](http://www.sosadireland.ie)). Local supports range from a morning phone call (Good Morning Donegal), coffee mornings (Midlands Living Links) and open support groups (e.g. Donegal town FRC) through to more structured weekly programmes (e.g. Family Centre Castlebar), as well as one-to-one support, family support and critical incident support services (e.g. Turas Le Cheile Kildare/Meath & Dublin).

One regional support identified in our mapping, the Children's Grief Centre - Limerick, provides some information on helpful reading resources but they do not see children who have been bereaved by suicide. According to their website, the Centre's services "do not and cannot be considered as a first response for a bereavement or loss that may be a more traumatic loss experience, e.g. suicide." Upon further exploration, it transpired that there is a Pieta House suicide bereavement counselling service available in the area that can accommodate children and young people. The Children's Grief Centre responds to general bereavement thus avoiding duplication of services and waiting lists.



### Level 3: Professional therapy

Some people may require professional therapy. Level 3 support is provided by counsellors, psychotherapists and psychologists. These services are available to those who require additional therapeutic support.

Counselling may be available from the HSE following suicide bereavement through the Counselling in Primary Care (CIPC) Programme, but this service is for over 18s only and is currently restricted to medical card holders. Referral is through a member of the Primary Care Team and this is a short-term, generic counselling service aimed at people with mild to moderate psychological difficulties. It may also be possible to access counselling and support through HSE Psychology Services, but this is dependent on a GP referral, and waiting times are significant. There are some HSE suicide bereavement specific counselling services available, e.g. throughout the South East and in Donegal.

Outside of statutory service providers, Pieta House is the largest provider of suicide bereavement counselling in Ireland. Suicide bereavement counselling is available in 15 Pieta House services across the country and offers one-to-one counselling to children, adolescents and adults. MyMind also offers counselling in a number of locations nationally and online. There is a fee for the service but on a sliding scale, with low-cost counselling available for students and for people who are not in employment ([www.mymind.org](http://www.mymind.org)).

In some locations, counselling is available on a local basis through national organisations, e.g. youth services affiliated to Youth Work Ireland offer short-term counselling for young people in a number of areas.

There are also many independent counselling services providing individual, group and couples' counselling, often for free or at reduced rates/sliding scales based on ability to pay. Many of these services receive funding from Tusla, the Child and Family Agency.

As an umbrella organisation, Family Resource Centres Ireland provides a significant amount of bereavement support, including counselling services. A key discussion point arising from the mapping exercise relates to the lack of awareness of FRCs and the supports and services they provide.

The Association for Agency-Based Counselling and Psychotherapy in Ireland Ltd is also worth mentioning. They have 25 member agencies nationally and some receive funding from Tusla and/or HSE. They offer counselling on a sliding payment scale.

Some of the ROSPs identified the role played by the counselling services in higher education colleges and universities. Given the relatively high rates of suicide amongst young people of college-going age, these services are an important resource nationally in the provision of bereavement support. The suicide rate for 15-24 year olds in 2016 was 11.7 per 100,000.) Under CfL Action 3.3.3 ('Work with the HSE to develop national guidance for higher education institutions in relation to suicide-risk and critical-incident response, thereby helping to address any gaps which may exist in the prevention of suicide in higher education'), national guidance for colleges and universities on suicide prevention and critical incident response planning.

### 3.2 Conclusion and proposed future model

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The model being proposed for suicide bereavement support in Ireland is based on the existing pyramid of bereavement care (Figure 1 above). The project findings were that many suicide-specific and general bereavement support services do exist but are not coordinated or consistent. A number of actions have been identified to address this, including the requirement for a coordination role to ensure the delivery of the Action Areas. These actions, when implemented, will ensure one national approach to information, continued mapping of current services to ensure the provision of services where they are needed, good training structures, governance and standards and the coordination of supports and services across multiple organisations and agencies.

# 4.0 Action areas

Based on the project findings, the Working Group and Steering Committee identified a number of Action Areas to improve suicide bereavement supports in Ireland.

## 4.1 Suicide bereavement information resources

The production of a national suicide bereavement resource pack is the first recommended action by the Working Group. One of the first tasks undertaken by the Working Group was to map bereavement supports throughout the country, at national and at CHO level across the three tiers of support:

- 1) General support and information
- 2) Additional support
- 3) Professional therapy

The group assessed every available bereavement resource in circulation at Level 1. This included hard-copy and online resources, helplines and listening services as well as general information and support available on a one-to-one basis and in group settings. There was a concentration on suicide-specific material, although there were some useful general bereavement resources, e.g. from the IHF. In relation to hard-copy bereavement resource packs, leaflets and literature there was a range of material available from within the HSE (including from the NOSP), other state agencies, the IHF, local community-based organisations and NGOs working in the area of mental health and/or suicide prevention. The group also looked at similar resources that are available in the UK. The findings of the mapping exercise indicated that there was a need for a standardised suicide bereavement resource pack with accurate, relevant, up-to-date and consistent information for individuals and families who have lost a loved one to suicide. The suicide bereavement resource pack will be the cornerstone of Level 1 bereavement support.

The group agreed that this pack will be used by all relevant stakeholders, including the HSE and the NGO sector, so that those bereaved by suicide would all have the same access to evidence-based and accurate information. It was also agreed that the development of the resource pack would be carried out by the ROSPs and the finished product will be the responsibility of the NOSP.

A sub-working group was established to develop the pack. This group includes five ROSPs, and 10 people who have been bereaved by suicide. The wider ROSP group invited suicide-bereaved individuals to participate. Their participation in the process is supported and facilitated by the ROSP in their area and by the NOSP.

The main elements of the new pack are based on extracts from *You are not alone* (NOSP) and *Help is at hand* (Support After Suicide, UK), as well as the personal experiences of those contributing in the subgroup. The group has also ensured that the information in the pack is consistent with the content of the two new bereavement training programmes now available from the NOSP via the national network of ROSPs (see Appendix 5).

Based on meetings held to date there is a first draft in circulation, which comprises of:

1. A suicide bereavement support booklet for those bereaved by suicide. This includes advice on how to support children/young people
2. An advice leaflet for those supporting people who are suicide bereaved
3. Support for young people bereaved through suicide
4. A list of national and local support services (under Action 3, a comprehensive mapping exercise has been completed that can inform this list), which will include Level 1, 2 and 3 bereavement supports
5. Information leaflet on the role of the Coroner and inquests

Item 1 above is the central element; a second draft is in development with a completion date of 2020. Every part of this process has been fed back to the National Bereavement Supports Working Group.

In preliminary discussions about dissemination it was decided that the pack be made available to all first responders and to any organisations or groups supporting people who are bereaved by suicide. It was also agreed that the pack be distributed during the one-day and the community based bereavement trainings mentioned above. The ROSPs will have a significant and ongoing role in updating, maintaining and distributing the pack.

The development process is based on best practice, transparency and service-user engagement. The voices of family members who are bereaved by suicide bring expertise through experience, quality and humanity to the work.

The remaining tasks include but are not limited to:

- Product completion
- Addition of local and national service lists
- Acknowledgement of the contribution of the bereaved families
- Design and print for hard copy and consideration of other versions, e.g. audio, visual, online
- Communication and dissemination plan, collaboration with other relevant national projects and programmes
- Access for CfL priority groups will also need to be considered, e.g. members of the Traveller community
- Business-as-usual plan for the ongoing maintenance and distribution of the resource pack

Actions	Current owner	'Business as usual' owner
<b>4.1.1</b> Develop one national, standardised suicide bereavement resource pack, in a range of accessible formats (including online), to include information for those bereaved by suicide including children and young people and for people who may be supporting people bereaved by suicide. This action will incorporate a communications plan, a plan for widespread distribution to all relevant stakeholders and a plan for the ongoing maintenance and updating of the resource pack.	NOSP/ROSP led project. Due for completion early 2020	National coordination point for Suicide Bereavement Support (Action 10)

## 4.2 Coordinated and consistent approaches to delivering suicide bereavement supports

Action 3.1.2 of the *Connecting for Life* strategy focuses on developing and implementing a range of agency and inter-agency operational protocols (including protocols for sharing information and protocols in respect of young people) to assist organisations to work collaboratively in relation to suicide prevention and the management of critical incidents. A Cross Sectoral Operational Working Group was established to realise this action.

One of the major concerns around suicide is the process whereby one suicide can 'trigger' imitative behaviour. This can relate to geography, gender, age-group, family relationship, ethnic group and the method used. It is important that the risk of imitative behaviour is identified at the earliest opportunity so that an early intervention can be put in place to respond to that risk.

Such a response is designed to address core psychological, social, environmental and, to the greatest extent possible, economic determinants that could trigger imitative behaviour, including further suicide deaths. A response to any potential risk of suicide is about civic and community leadership to mobilise people, resources and support. In this context, a community response plan can be effective in reducing the risk of further suicide deaths.

To this end, the Cross Sectoral Operational Working Group will develop a concise, best-practice document on multi-agency community responses to suspected suicides. The aim is to have a national framework which will be endorsed by all relevant government departments and agencies, ensuring a consistent approach throughout the country. The guidance will include developing, implementing and deactivating the plan. It will also provide guidance on aligning existing activities with best practice. This work will also align with NICE guidelines.<sup>3</sup>

Actions	Current owner	'Business as usual' owner
<b>4.2.1</b> A Cross Sectoral Operational Working Group will develop a concise, best-practice document on multi-agency responses to suspected suicide. This guidance document will be completed by Q1 2020.	Cross Sectoral Operational Working Group, chaired by the NOSP	National coordination point for Suicide Bereavement Support (Action 10)

3 <https://www.nice.org.uk/guidance/qs189/chapter/Quality-statement-1-Multi-agency-suicide-prevention-partnerships>

### 4.3 Updating list of suicide bereavement supports

The Working Group decided that, in order to achieve uniformity and consistency in the support available across Ireland, it was important to map the supports that are currently available. The project Working Group mapped general and suicide-specific bereavement supports across the three levels per CHO and by county. The mapping exercise was conducted between August and September 2018 with the input of the ROSPs. Each ROSP was contacted in August 2018 and asked to review and complete a template (in MS Excel), which included sheets representing the three levels of bereavement support: information, support and therapy. For each of these levels of support, the mapping template included a series of column headings to capture detail on various resources, supports and services. Those column headings/categories varied depending on the level of support being explored, e.g. ‘dissemination’ was captured for resources and ‘waiting times’ was captured for therapy. The information returned by each ROSP was then collated and categorised by CHO or as ‘National’.

The outputs of the mapping exercise include:

1. A Microsoft Excel spreadsheet of suicide-specific and general bereavement support services (see Appendix 2)
2. A narrative overview of the findings of a mapping exercise (section 3.1)
3. A visual map of the mapping for Level 2 and Level 3 and a heat map/gap analysis for over-18 services and under-18 services (see Appendix 2)

Actions	Current owner	‘Business as usual’ owner
<b>4.3.1</b> The mapping of suicide bereavement supports will be updated annually by the ROSPs and coordinated by the National Coordinator for Suicide Bereavement Support to inform the national information pack, the signposting to services online and the future enhancement and commissioning of suicide bereavement supports. Consideration should be given to innovative and engaging ways of presenting information on services in the context of the national pack, e.g. using interactive maps online.	Enhancing Suicide Bereavement Supports Project, completed October 2019	National coordination point for Suicide Bereavement Support (Action 10)

## 4.4 Children and adolescent supports

When exploring suicide bereavement supports in relation to children and adolescents across all three levels it was apparent that services to support this wide and varied age group are inconsistent geographically. The information available that is specific to young people is also inconsistent. There are many resources available to support parents/caregivers when speaking to young children and adolescents about the death of someone by suicide but very little for bereaved young persons themselves.

It is currently difficult to identify the specific training needs for people working to support both children and adolescents due to the lack of evidence (see Action 4.5.2). For young people in particular, the evidence around the appropriateness of supports and interventions is limited, as is our understanding of how suicide bereavement differs for young children and adolescents. Specific research is required to understand the impacts and long-term physical and psychosocial outcomes of suicide bereavement for young people, including children and adolescents.

The ROSPs at CHO level are linking with schools and the NOSP is linking with the Department of Education in order to support the Key Professionals training for guidance counsellors and teachers.

The following are areas that were identified where improvements could be made to provide adequate supports to children and adolescents bereaved through suicide.

Actions	Current owner	'Business as usual' owner
<b>4.4.1</b> Create a leaflet aimed specifically at young people aged 12-25 with information about what is normal to feel following a suicide/suspected suicide death, what to do if they are feeling suicidal and relevant referral information and also how to self-care following such traumatic circumstances.	Under development in Action 4.1.1	National coordination point for Suicide Bereavement Support (Action 10)
<b>4.4.2</b> Through yourmentalhealth.ie and with occasional social media promotion, provide information in relation to what to expect following a suicide bereavement and signpost the range of supports available to young people.	HSE MH Communications	National coordination point for Suicide Bereavement Support (Action 10) to coordinate with HSE Digital, HSE Communications and NOSP Communications

Actions	Current owner	'Business as usual' owner
<b>4.4.3</b> Ensure that all relevant service providers are aware that the Suicide Bereavement Liaison Officer (SBLO) can offer immediate support to a child or adolescent and/or a family. Also, that the SBLO will refer to relevant services if a child or adolescent requires more immediate support.	NOSP	NOSP
<b>4.4.4</b> Determine if Rainbows Ireland and Barnardos work with children and adolescents bereaved through suicide or if they consider this to be a specialised area. Initial findings suggest that the service offerings differ across the country. Geographically Barnardos bereavement support services are available in Cork and Dublin but take referrals from anywhere in the country. Jigsaw is not a suicide bereavement support organisation but the service will support young people who have been bereaved by suicide if they otherwise meet their inclusion criteria.	NOSP	National coordination point for Suicide Bereavement Support (Action 10) and NOSP

## 4.5 Research

The Working Group agreed that one of the key activities in this project would be to conduct a comprehensive literature review to identify key research published in the area of suicide bereavement, to evaluate the support for evidence-based interventions and to identify examples of current practice in Ireland and internationally.

A literature review was conducted, with the following objectives:

1. Introduce and provide an understanding of suicide bereavement
2. Identify supports offered to and utilised by individuals bereaved by suicide
3. Summarise evidence for interventions tailored for those bereaved by suicide
4. Present case studies illustrating community responses to suicide internationally
5. Describe policy and case studies of suicide bereavement services in Ireland

A review of all articles relating to suicide bereavement or postvention published between 1st January 1998 and 7th August 2018 was completed. Studies that met the following eligibility criteria were included in the review: (1) the population of interest comprised of individuals bereaved by suicide; (2) studies focusing on interventions for bereavement by suicide; (3) studies focusing on supports for bereavement by suicide; (4) the article was published in a peer-review publication; (5) the study was published in the English language; (6) the study was published between 1st January 1998 and 7th August 2018. Additional articles were added as discovered during the development of this literature review via reference lists of included studies. In addition, reports, policy documents and reviews relating to suicide bereavement identified by the Working Group were included in this review.



As well as informing the priorities for bereavement services in Ireland, the literature review highlighted the lack of research on suicide bereavement, in particular around the effectiveness of bereavement support interventions. There is a need for high-quality, trial-based research examining suicide bereavement supports. For young people in particular, the evidence around the appropriateness of supports and interventions is limited, as is our understanding of how suicide bereavement differs for young children compared with adolescents. In recent years, there has been some qualitative research exploring individuals' experiences of suicide bereavement. This type of research is imperative in developing appropriate community responses, and research that involves bereaved persons in the design should be prioritised. The following areas have been identified as requiring further examination:

- There is a need for high-quality, trial-based research examining suicide bereavement supports and interventions.
- For young people in particular, the evidence around the appropriateness of supports and interventions is limited, as is our understanding of how suicide bereavement differs for young children and adolescents.
- Specific research is required to understand the impacts of suicide bereavement among young people, including children and adolescents, and long-term physical and psychosocial outcomes.
- Qualitative research on experiences of those bereaved by suicide is required, as well as research examining holistic approaches and non-psychological interventions following suicide bereavement. This type of research is imperative in developing appropriate community responses, and research which involves bereaved persons in the design should be prioritised.
- Training of medical professionals and gatekeepers in how to respond to a person bereaved by suicide was highlighted in the literature review. However, any suicide-bereavement training should be evidence-based and appropriately evaluated.

Actions	Current owner	'Business as usual' owner
<b>4.5.1</b> The Suicide Bereavement Support Coordinator will keep abreast of and support opportunities for national and international research in the area of suicide bereavement support and continuously develop training resources.	NOSP	National coordination point for Suicide Bereavement Support (Action 10) and NOSP
<b>4.5.2</b> To inform future research and service development, all HSE and HSE-funded services should routinely count and report on suicide bereavement support activity.	No one action owner: HSE MH, NOSP/service providers	National coordination point for Suicide Bereavement Support (Action 10) and HSE MH, NOSP

## 4.6 Governance and standards

The *Best Practice Guidance for Suicide Prevention Services Framework (BPG)*<sup>4</sup>, introduces a framework that aims to ensure good practice guidelines, clear care protocols, appropriate training and supervision mechanisms for the providers of suicide prevention services. The Framework was co-produced by the HSE National Office for Suicide Prevention (NOSP) and non-governmental organisations (NGOs) working in the area of suicide prevention. The development of this best practice guidance is set out under Goal 5 (Action 5.1.1) of *Connecting for Life*, which states “Develop quality standards for suicide prevention services provided by statutory and non-statutory organisations, and implement through an appropriate structure.”

An important part of the guidance is to help service providers understand and work towards meeting existing standards and guidelines in mental health and general health care, particularly in improving the governance and management of services. This guidance also provides a self-assessment framework and an online tool for NGOs working in the area of suicide prevention.

The Framework aligns with national frameworks on mental health and quality and safety in healthcare. These include:

- HSE Best Practice Guidance for Mental Health Services
- Mental Health Commission Quality Framework for Mental Health Services in Ireland
- HIQA Standards for Safer Better Healthcare
- The Governance Code for Community, Voluntary and Charitable Organisations
- Charities Regulator Governance Code

It is envisioned that this framework can be adapted and used for quality assurance for other services using NGOs working on behalf of the HSE. Also, the Irish Childhood Bereavement Network “Standards for Supporting Bereaved Children and Young People - A Framework for Development”<sup>5</sup> can be used for planning, provision, and quality review of childhood bereavement care.

The development of the Best Practice Guidance for Suicide Prevention Services Framework (BPG) included:

- The setting up of an advisory group to provide subject-matter expertise in the development of the guidance documentation, the self-assessment framework and the associated training programme.
- Refinement of the document based on the learning and feedback collated from engagement events with NGOs and the testing of the draft BPG.
- Adapting a training programme developed by the Mental Health Services (MHS) to provide a two-day self-assessment training programme for NGOs.
- Adapting the GAIT (Guidance Assessment Improvement Tool) in use by MHS for use by the NGOs, to enable them to self-audit.

<sup>4</sup> Best Practice Guidance for Suicide Prevention Services Framework (2019)

<sup>5</sup> Irish Childhood Bereavement Network (2017). Standards for supporting Bereaved Children and Young People - A framework for development. Dublin: ICBN.

- Charity Regulator Code (launched Nov 2018) is referenced in the BPG. NGOs will be required to be compliant with the code by 2020.
- NGOs have demonstrated their commitment to best practice and to the delivery of high-quality services by engaging and supporting the development of the BPG.

This project is currently at implementation phase in 2019/2020 and further learning will result as part of this phase. Further development will be required to address the need for standards/governance at local level for organisations/groups entering into the suicide prevention arena and not in receipt of state funding.

Actions	Current owner	'Business as usual' owner
<b>4.6.1</b> Work undertaken in the area of standards and governance in relation to the provision of suicide bereavement support services by NGOs will reference and adapt the Best Practice for Suicide Prevention Framework.	HSE MH and NOSP through the service-level agreement (SLA) process	National coordination point for Suicide Bereavement Support (Action 10), and HSE MH, NOSP

## 4.7 Training

In order to have consistency, high standards and evidence-based information across all services that support people bereaved by suicide, staff need to have relevant qualifications and training in order to carry out their role. Consideration needs to be given to the following:

- Training for the many services and people that people bereaved by suicide may contact for support, e.g. SBLOs, counselling services, GPs, clergy, Gardaí, HSE services, ROSPs.
- The complexity of the grieving process when bereaved by suicide.
- The current national situation regarding “group support”, which is not regulated and needs standardisation.
- The breadth of the role of the SBLO service.

In order to implement this action, the national bereavement support coordinator function described in Action Area 4.10 will work with HSE services and funded agencies to ensure that all staff working in this area have the relevant qualifications and training. An additional action in the future may be to carry out further research regarding community bereavement support services that fall between Level 2 and Level 3 service provision, with a particular emphasis on the training requirements to work at this level.

- At a community level, the minimum training requirements for those who encounter people bereaved by suicide are SafeTALK and the NOSP-funded community bereavement support training.
- All facilitators of group support will have specialist training in bereavement support, ASIST training, have an understanding of the complexities and impact of suicide and hold a QQI Level 6 or equivalent qualification/experience in group facilitation skills.

Actions	Current owner	'Business as usual' owner
<b>4.7.1</b> It is recommended that all professionals and key contacts in suicide-prevention-specific services or who are the first point of contact for those bereaved by suicide complete NOSP one-day training in bereavement support for professionals as well as ASIST (Applied Suicide Intervention Skills Training) or STORM training.	NOSP	National coordination point for Suicide Bereavement Support (Action 10) and NOSP
<b>4.7.2</b> All those providing bereavement support at Level 3 will hold a recognised qualification in counselling/psychotherapy. Having an understanding of bereavement (or experience in this area) plus an understanding of trauma would be desirable.	HSE MH and NOSP SLA process	National coordination point for Suicide Bereavement Support (Action 10), HSE MH and NOSP
<b>4.7.3</b> The SBLO will have knowledge of working with children, the coroner's court and entitlements for people bereaved by suicide to support and guide a bereaved family in this regard.	NOSP	NOSP
<b>4.7.4</b> All those who support the suicide bereaved at Level 2 & 3 have ongoing professional supervision and access to continuous professional development in the area of bereavement support and trauma.	HSE MH and NOSP SLA process	National coordination point for Suicide Bereavement Support (Action 10), HSE MH, NOSP SLA process
<b>4.7.5</b> A scoping exercise will be carried out in the area of critical incident management to determine the range and nature of practice in this area across the country and with a view to making recommendations around a consistent approach.	The development of CHO Critical Incident Stress Management Teams within the EAP structure/Health and Wellbeing	NOSP/Health and Wellbeing

## 4.8 Data collection

In order to understand the uptake of suicide bereavement supports across all three levels described in this report, and to inform future service development, all HSE and HSE-funded services should routinely count and report on suicide bereavement support activity. This does not need to involve a complicated monitoring process. It could include information about the number of information leaflets disseminated, the number of public group-support meetings held in a particular county or the number of people supported with bereavement counselling in a particular time period. In order to improve data collection, the national bereavement support coordinator function described in Action Area 4.10 below will work with HSE services and funded agencies to agree a reporting template that will facilitate the capturing of this information. An additional action beyond the scope of this report will be focused on outcomes for clients using bereavement supports at Level 2 and, in particular, Level 3. This will be considered in the ongoing development of Connecting for Life implementation plans.

### 4.8.1 Organisations which provide suicide bereavement support information should report on:

- The total number of information packs/leaflets/booklets distributed, broken down by distribution channel and geographic area (county/city), published annually.
- The nature and number of face-to-face information provision events, e.g. information stands at conferences, public meetings etc. and the estimated audience reach. These should be reported on an annual basis, prior to the end of Q1 of the subsequent year.
- Website analytics for pages that provide general information on suicide bereavement, including analytics for pages that provide the contact details for Level 2 and Level 3 supports. These should be made available on a quarterly basis.

### 4.8.2 At Level 2 of service provision, organisations should report on:

- The number of support group meetings (Level 2) held in a given quarter/3-month period and the number in attendance at each meeting, by gender and county including, for example, coffee mornings or parents' evenings.
- The number of participants and retention rates at peer-support courses, reported on an annual basis.
- The number of individual contacts to one-to-one services (Level 2), e.g. drop-in listening services or phone support services should be reported on an annual basis.
- The number of contacts annually by 'contact type' (i.e. individuals, groups, organisations). These should be reported on by the SBLOs.
- SBLO contacts. These should be reported annually by age and gender/length of time following bereavement to referral/source of referral/relationship to deceased.

**4.8.3** On an annual basis, services providing counselling should report on:

- Number of contacts to each counselling service, by age, gender and county.
- Overall service uptake (based on counselling hours), by age group and gender.
- Waiting times for assessment and for counselling services, by county.
- Length of time from bereavement to referral/relationship to the deceased/source of referral for each service/county.

*Note 1: In addition to the metrics suggested above for the SBLO service, more qualitative data based on the experience of service delivery should be gathered – from the service providers and from clients. This might be gathered based on a sample from a randomly selected particular geographical area each year.*

*Note 2: In addition to quantitative metrics, service providers will be encouraged to gather, collate and analyse more qualitative information from clients about their experience of counselling/therapy following bereavement, e.g. by routinely asking for narrative feedback or by conducting occasional qualitative surveys or interviews in selected services.*

*Note 3: A brief, non-intrusive measure of clinical outcome should be identified and agreed as the common measure of ‘before and after’ outcomes amongst service providers, e.g. CORE or similar.*

Actions	Current owner	‘Business as usual’ owner
<b>4.8.1</b> On an annual basis, organisations which provide suicide bereavement support information should provide a report on the minimal dataset presented in 4.8.1 above.	HSE MH and NOSP SLA process	National coordination point for Suicide Bereavement Support (Action 10), HSE MH and NOSP
<b>4.8.2</b> At Level 2 of service provision, organisations should report on the dataset presented in 4.8.2 above.	HSE MH and NOSP SLA process	National coordination point for Suicide Bereavement Support (Action 10), HSE MH and NOSP
<b>4.8.3</b> On an annual basis, services providing counselling should report on the dataset presented in 4.8.3 above.	HSE MH and NOSP SLA process	National coordination point for Suicide Bereavement Support (Action 10), HSE MH and NOSP

## 4.9 HSE Communication Guide following Suspected Suicides in Services

A study carried out in Mental Health Services (2016)<sup>6</sup> revealed the lack of uniformity in responding to families affected by a suspected suicide. The study highlighted shortcomings in communication and signposting to qualified and specialist bereavement support services. The study made a recommendation to improve the service response to family members in the aftermath of a death of a service user, including giving practical information and signposting to available specialist bereavement support services.

The project Working Group developed the *HSE Communication Guide following Suspected Suicides in Services* to support HSE Mental Health Services (see Appendix 4). It was designed to support HSE Mental Health Services to respond to families with an appropriate and consistent response and to ensure signposting to relevant bereavement supports. It also outlines supports available for staff affected by a suspected suicide of those known to Mental Health Services (e.g. HSE Employee Assistance Programme). The Communication Guide should be adapted by other service providers.

Actions	Current owner	'Business as usual' owner
<b>4.9.1</b> The Heads of Service for Mental Health will circulate the HSE Communication Guide to their local area management teams.	Enhancing Suicide Bereavement Supports Project	HSE Heads of Service Mental Health
<b>4.9.2</b> All Mental Health Services should adopt the Communication Guide to ensure a consistent approach for families and signposting to bereavement support services.	Enhancing Suicide Bereavement Supports Project	HSE Heads of Service Mental Health

<sup>6</sup> (2016) A study of untimely sudden deaths and people who took their lives while in the care of the Donegal Mental Health Service. Cork: National Suicide Research Foundation.

## 4.10 National coordination of suicide bereavement supports

The implementation of the actions in this report requires national coordination, by assigning dedicated responsibility for coordination of suicide bereavement actions to an existing resource within the HSE. The coordination of suicide bereavement supports will include:

### Projects

1. The management of suicide bereavement information packs, covering:
  - Contents of the pack
  - Digital presence
  - Audio/video clips for the digital version of information resources.
2. Work on an implementation plan for the other recommendations in the Improving Suicide Bereavement Supports in Ireland report 2020
3. Reviewing requirements for a best-practice project for suicide bereavement services, similar to the *Best Practice for Suicide Prevention Services Framework*.

### Operational work

- Work with the nominated ROSPs on the dissemination and upkeep of the suicide bereavement information pack, ensuring updated, consistent, evidence-based packs and seamless distribution channels.
- Ensure that local 'inserts' and adaptations are consistent across the country.
- Support the delivery and ongoing update of training materials in the area of suicide bereavement support.
- Establish a national network of NGOs delivering suicide bereavement support services.
- Work with NOSP and HSE Mental Health to ensure consistent access to all levels of suicide bereavement services across the country, to include outreach to rural areas as required.
- Work with the NGOs to ensure governance and quality standards.
- Work with HSE services and funded agencies to agree a reporting template that will facilitate the capturing of the information recommended in Action Area 4.8 of this report.

Actions	Current owner	'Business as usual' owner
<b>4.10.1</b> Provide a national coordination point by assigning dedicated responsibility for the coordination of suicide bereavement support actions outlined in this report to an existing resource within the HSE.	HSE MH and NOSP	HSE MH and NOSP



# Appendices

# Appendix 1: Membership of project working group and steering committee

## Membership of Project Working Group

Name	Organisation
Ciara Acton	HSE National Mental Health
Una Twomey	HSE National Mental Health
James Ryan	Service user representative
Catherine Brogan	Mental Health Ireland
Eve Griffin	National Suicide Research Foundation (NSRF)
Sarah Woods	HSE National Office for Suicide Prevention (NOSP)
Máire Ní Dhomhnaill	The Family Centre, Castlebar
Derek Chambers	HSE National Mental Health
Josephine Kiernan	Pieta House
Emer O'Neill	Pieta House
Tracy Nugent	HSE Resource Officer for Suicide Prevention (ROSP)
Annemarie Dooley	HSE Community Health Operations Improvement and Change (CHOIC)/ Centre for Effective Services (CES)
Anne Sheridan	HSE Resource Officer for Suicide Prevention (ROSP)

The Working Group would also like to acknowledge the work of the Suicide Bereavement Information Resource Sub-Working Group, Stephen Graham, Pieta House and the HSE Resource Officers for Suicide Prevention (ROSPs).

### Membership of Project Steering Committee

Name	Title and organisation
Jim Ryan	Assistant National Director Mental Health, Head of Community Operations HSE Mental Health
Ciara Acton	HSE National Mental Health
John Meehan	Assistant National Director Mental Health Strategy & Planning and Head of National Office for Suicide Prevention
Kevin Brady	HSE Head of Service Mental Health Dublin South, Kildare & West Wicklow
Hester O Connor	Principal Psychology Manager HSE Dublin South, Kildare & West Wicklow
Siobhain Ní Bhriain	HSE National Clinical Advisor and Group Lead Mental Health

# Appendix 2: Mapping of current bereavement supports

A mapping exercise of all bereavement support services was conducted between August and September 2018 with input from the ROSPs and reviewed in September 2019. The tables below show the list of the findings across all three levels of bereavement support.

**Table 1: List of services at Level 1: General support and information**

**Table 2: List of services at Level 2: Extra support**

**Table 3: List of services at Level 3: Professional therapy**

Each table is followed by maps showing the national distribution of the services described.

The online version of this report is accompanied by links to visual maps showing the national distribution of the services described.

Note: The mapping exercise was undertaken to help inform the future enhancement and commissioning of bereavement supports. The mapping is not intended as a directory of services and was undertaken at a point in time.

The information will be reviewed on an ongoing basis but it is not intended that it will constitute a comprehensive directory. Information on bereavement supports will be regularly reviewed and updated on [yourmentalhealth.ie](http://yourmentalhealth.ie).

## Level 1: General support and information

The first level of bereavement support represents general support and information. Most people who experience loss will require first-level support, which involves providing people with information on the grieving process.

Organisation name	Brief resource description (e.g. display leaflet)	Target audience/ Age group	Link
HSE National Office for Suicide Prevention (NOSP)	Bereavement information leaflets; suicide prevention leaflets; promotion of other services	Whole population	Via the Resource Officers for Suicide Prevention (ROSPs) <a href="https://www.hse.ie/eng/services/list/4/mental-health-services/nosp/resourceofficers/">https://www.hse.ie/eng/services/list/4/mental-health-services/nosp/resourceofficers/</a>
Family Resource Centres	Brochure: Code of Practice Booklet, includes one section on suicide bereavement	Whole population	Through FRC Mental Health Project: <a href="mailto:staffsupport@frcmentalhealthpromotion.ie">staffsupport@frcmentalhealthpromotion.ie</a>
Irish Childhood Bereavement Network	Information on children, adolescents and family grief. Includes a list of resources	Bereavement professionals and organisations. Children, adolescents and families	<a href="http://www.childhoodbereavement.ie">www.childhoodbereavement.ie</a>
Irish Hospice Foundation	Information on children, adolescents and family grief, leaflets, booklets available to download, videos, personal experiences shared	Whole population	Leaflets can be downloaded or hardcopies can be obtained via the organisation ( <a href="http://www.bereaved.ie">www.bereaved.ie</a> )
Anam Cara	Brochures, e.g support for families, information and signposting	Bereaved parents	<a href="http://www.anamcara.ie">www.anamcara.ie</a>
Barnardos	Information on children, adolescents and family grief. Includes a list of resources	Young people, parents, carers and anyone working with children	Free ebooks can be downloaded from the website ( <a href="http://www.barnados.ie">www.barnados.ie</a> )

## Level 2 services

Service name	Address	Town/city	County	Service type
A Changed Life - Bereavement support group Letterkenny Pastoral Centre	Monastery Avenue, Cathedral Square	Letterkenny	Donegal	Suicide Specific
Bereavement Support Group, GRASP Life	Church Hill		Sligo	General Bereavement
Bereavement Support Group, St Michael's Family Life Centre	Church Hill		Sligo	General Bereavement
Good Morning Service Donegal	6 Ardarvan Square	Buncrana	Donegal	General Bereavement
Listening service: Donegal Women's Centre	Port Rd, Gortlee	Letterkenny	Donegal	General Bereavement
Drop in Listening Service, Knock Counselling Service	Reconciliation Chapel at Knock Shrine, Claremorris	Knock	Mayo	General Bereavement
The Family Centre Castlebar	Family Centre, Upper Chapel Street	Garryduff, Castlebar	Mayo	Suicide Bereavement
Kilmoremoy Bereavement Support Group	Rathlacken, Carrowmore Lacken	Ballina	Mayo	General Bereavement
Mindspace Mayo	Market Street	Castlebar	Mayo	Youth Specific
Galway GAA, Critical Response Plan			Galway	General Bereavement
Mayo Suicide Bereavement Liaison Service	Chapel Street	Castlebar	Mayo	Suicide Specific
Roscommon Suicide Bereavement Liaison Service	Abbey Street	Roscommon Town	Roscommon	Suicide Specific
Western Alliance of Suicide Bereavement Support Agencies			Galway	Suicide Specific
Clare Suicide Bereavement Support Group	Drumcaurin	Ennis	Clare	Suicide Specific
Méala Bereavement Support Group	NEKD Office, Craggeens	Castleisland	Kerry	General Bereavement
Méala Bereavement Support Group	Listowel Family Resource Centre, John B. Keane Road	Listowel	Kerry	General Bereavement
Méala Bereavement Support Group	Tralee CDP, Upper Rock Street	Tralee	Kerry	General Bereavement
SouthWest Counselling Bereavement Support Group	Lewis Road	Kilarney	Kerry	General Bereavement
Tarbert Bereavement Support Group	Ardfert Retreat Centre	Skrillagh	Kerry	General Bereavement
Suicide Bereavement Support Group			Waterford	Suicide Specific
Hope D	2 Henry St, Piercetown	Newbridge	Kildare	Suicide Specific
Hope Tallaght	Unit 5, West Park Gate, Old Bawn Rd	Tallaght	Dublin 24	Suicide Specific
Kildare Bereavement Suicide Support Group	Parish Centre, Ballyclane	Naas	Kildare	Suicide Specific
Turas Le Cheile	Whitestown House	Kilcock	Kildare	General Bereavement
Portlaoise Parish Bereavement Support Service	Dublin Road, Moneyballytyrrell	Portlaoise	Laois	General Bereavement
Tullamore Parish Bereavement Support Service	1-3 Benburb St, Puttaghan	Tullamore	Offaly	General Bereavement
Family Ministry Longford	Family Centre, St Mels Road		Longford	General Bereavement

Service name	Address	Town/city	County	Service type
Longford Counselling Service	2 Keons Terrace		Longford	General Bereavement
Longford Women's Link	Willow House, Ardnacassa Avenue		Longford	General Bereavement
Drogheda Community Services Trust	16-44 Scarlet Crescent, Yellowbatter	Drogheda	Louth	General Bereavement
Dundalk Counselling Centre CLG	3 Seatown Pl, Townparks	Dundalk	Louth	General Bereavement
Family Support Network	North Dublin Regional Drug & Alcohol Task Force, Unit 25 Town Centre Mall	Swords Village	County Dublin	General Bereavement
Tearnaige Suicide Bereavement Support		Fingal	Dublin	Suicide Specific

## Samaritans

Service name	Address	Town/city	County	Service type
Dublin Samaritans	112 Marlborough Street	Dublin 1	Dublin	General Bereavement
Irish Festival Branch	31 Usher's Quay, 31-33 Usher's Court	Dublin 8	Dublin	General Bereavement
Newbridge Samaritans	3 McElwain Terrace	Newbridge	Kildare	General Bereavement
Drogheda & North East Samaritans	3 Leyland Place, Stockwell Street	Drogheda	Louth	General Bereavement
East Coast Samaritans	53 Main Street	Arklow	Wicklow	General Bereavement
Cork Samaritans	Coach Street	Cork	Cork	General Bereavement
Limerick Samaritans	20 Barrington Street	Limerick	Limerick	General Bereavement
Tralee Samaritans	43 - 44 Moyderwell	Tralee	Kerry	General Bereavement
Waterford Samaritans	16 Beau Street		Waterford	General Bereavement
Ennis Samaritans	Sunville, Kilrush Road	Ennis	Clare	General Bereavement
Galway Samaritans	14 Nun's Island		Galway	General Bereavement
Athlone Samaritans	3 Court Devenish		Athlone	General Bereavement
Sligo Samaritans	3 The Mall		Sligo	General Bereavement
Kilkenny-Carlow Samaritans	Waterford Road		Kilkenny	General Bereavement

## Rainbows Ireland - Public centres

Service name	Address	Town/city	County	Service type
Forward Steps Resource Centre CLG	Chapel Lane	Tullow	Carlow	Youth Specific
Carlow Rainbows c/o Askea Parish Centre	Brownshill Road	Askea	Carlow	Youth Specific
Focus FRC	Portaliffe Centre, Main Street	Killesandra	Cavan	Youth Specific
Teach Oscail FRC	Unit 10, Church Street		Cavan	Youth Specific
North West Clare FRC CLG	Aronaculla	Ennistymon	Clare	Youth Specific
Shannon FRC	Respond Community Building, Rineanna View	Shannon	Clare	Youth Specific
CDYS Midleton	My Place, Mill Road, Townparks	Midleton	Cork	Youth Specific
Macroom FRC	Fairfield, Masseytown	Macroom	Cork	Youth Specific
Cobh FRC	Park House, Cloyne Terrace	Cobh	Cork	Youth Specific
Ardigole FRC	The Caha Centre, Adrigole	Beara	Cork	Youth Specific

Service name	Address	Town/city	County	Service type
Carrigtwohill FRC	Main Street	Carrigtwohill	Cork	Youth Specific
Raphoe Diocesan Pastoral Centre	Raphoe Diocesan Pastoral Centre	Letterkenny	Donegal	Youth Specific
Downstrands Family Resource Centre	Downstrands Family Resource Centre	Kilclooney, Portnoo	Donegal	Youth Specific
Finn Valley FRC (Springboard Family Support Centre)	Castlegrove	Raphoe	Donegal	Youth Specific
Aster FRC	1 George Square	Balbriggan	County Dublin	Youth Specific
Artane Coolock FRC	55 Gracefield Rd, Tus Nua	Artane	Dublin 5	Youth Specific
School St. FRC	School Street		Dublin 8	Youth Specific
Baldoyle FRC	Grange Road	Baldoyle	Dublin 13	Youth Specific
Mountview FRC	11 Whitechapel Crescent		Dublin 15	Youth Specific
Wellview FRC	17/18 Wellview Green	Mulhuddart	Dublin 15	Youth Specific
Hillview FRC	33/34 Hillview Grove	Ballinteer	Dublin 16	Youth Specific
Rosemount FRC	3 Waldemar Terrace, Main Street	Dundrum	Dublin 16	Youth Specific
Deansrath Health Centre	Deansrath Shopping Centre, St Cuthberts Road	Deansrath	Dublin 22	Youth Specific
St. Kevin's FRC	St. Kevin's Girls School, Kilnamanagh	Tallaght	Dublin 24	Youth Specific
Galway Diocesan Pastoral Centre	Newtownsmith	Galway City	Galway	Youth Specific
Gort Family Resource Centre	Church Street	Gort	Galway	Youth Specific
Loughrea Family Community Resource Centre	Pigott's Street	Loughrea	Galway	Youth Specific
Solas Family Resource Centre	Main Street	Headford	Galway	Youth Specific
Youth Work Galway	41-43 Prospect Hill	Galway City	Galway	Youth Specific
Rainbows Tuam	Tuam Parish Centre	Tuam	Galway	Youth Specific
Ballyspillane Community & FRC CLG	Ballyspillane Estate	Killarney	Kerry	Youth Specific
Kenmare FRC	Railway Road	Kenmare	Kerry	Youth Specific
Listowel Family Resource Centre	John B Keane Road	Listowel	Kerry	Youth Specific
Castlemaine FRC	Castlemaine Community Centre	Tralee Road	Kerry	Youth Specific
Shanakill FRC	Shanakill Family Resource Centre	Tralee	Kerry	Youth Specific
South West Kerry Family Resource Centre	18 Main Street	Cahersiveen	Kerry	Youth Specific
Curragh Pride FRC	1 Griffith Road	Curragh Camp	Kildare	Youth Specific
Newbridge FRC	Dara Park		Kildare	Youth Specific
Leixlip Rainbows	Leixlip Rainbows	Leixlip	Kildare	Youth Specific
Fr. McGrath Family Resource Centre	St Joseph's Rd		Kilkenny	Youth Specific
Breffni Family Resource Centre	Breffni Crescent	Carrick on Shannon	Leitrim	Youth Specific
Mohill Family Support Centre	Canon Donohoe Hall, Main Street	Mohill	Leitrim	Youth Specific
Croom FRC	Croom Community Centre, High Street	Tooreen, Croom	Limerick	Youth Specific
Northside FRC	Clonconnane Road	Ballynanty	Limerick	Youth Specific



Service name	Address	Town/city	County	Service type
Hospital Family Resource Centre	Knockainey Road	Coolalough	Limerick	Youth Specific
Lus na Greine Family Resource Centre	Main Street	Granard	Longford	Youth Specific
Armagh Diocesan Pastoral Centre	The Magnet, The Demesne	Dundalk	Louth	Youth Specific
Connect Family Resource Centre	171 Moneymore	Drogheda	Louth	Youth Specific
Castlebar Family Centre	Family Centre, Upper Chapel Street	Garryduff, Castlebar	Mayo	Youth Specific
Curam Family Centre	Dalton Street	Claremorris	Mayo	Youth Specific
Kells People's Resource Centre	Lord Edward Street, Townparks	Kells	Mayo	Youth Specific
Trim Family Resource Centre	22 Mornington Drive	Trim	Meath	Youth Specific
Laytown/Bettystown Family Resource Centre	1 Somerton, Triton Road	Bettystown	Meath	Youth Specific
St. Mary's Youth and Community Centre	2 Harbour Steet	Tullamore	Offaly	Youth Specific
Vita House Family Centre	Abbey Street, Ballypheasan	Roscommon Town	Roscommon	Youth Specific
Boyle Family Life Centre	Military Road, Knocknashee	Boyle	Roscommon	Youth Specific
St. Michael's Family Life Centre	Church Hill	Sligo Town	Sligo	Youth Specific
Tubbercurry Family & Childcare Resource Centre	Tubbercurry	Tubbercurry	Sligo	Youth Specific
West Sligo FRC	West Sligo FRC		Sligo	Youth Specific
Knockanrawley Resource Centre CLG	Knockanrawley Resource Centre CLG	Knockanrawley, Tipperary Town	Tipperary	Youth Specific
Clonmel Community Resource Centre	Kickham Lodge, Kickham Street	Clonmel	Tipperary	Youth Specific
St. Brigid's Family and Community Centre	37 Lower Yellow Road		Waterford	Youth Specific
Athlone Family Resource Centre	13 Battery Heights		Westmeath	Youth Specific
Rainbows Mullingar	Cathedral House, Bishopsgate Street	Mullingar	Westmeath	Youth Specific
Taghmon FRC	Joseph Street, Poulmarl	Taghmon	Wexford	Youth Specific
Raheen Family Resource Centre	Raheen Family Resource Centre	Raheen, Enniscorthy	Wexford	Youth Specific
Greystones Family Resource Centre	Greystones Family Resource Centre	Greystones	Wicklow	Youth Specific
Little Bray Family Resource Centre	Ard Chulainn, Upper Dargle Road	Fassaroe, Bray	Wicklow	Youth Specific
Portlaoise Parish Bereavement Support Service	Stradbally Rd	Moneyballytyrrell, Portlaoise	Laois	Youth Specific

## SOSAD

Service name	Address	Town/city	County	Service type
SOSAD	6 Parnell Street	Carrickmacross	Monaghan	Suicide Specific
SOSAD	26 Bridge Street	Cavan	Cavan	Suicide Specific
SOSAD	30 Magdalene Street	Drogheda	Louth	Suicide Specific
SOSAD	42 Jocelyn Street	Dundalk	Louth	Suicide Specific
SOSAD	29 Canon Row	Navan	Meath	Suicide Specific

## Jigsaw

Service name	Address	Town/city	County	Service type
Jigsaw Clondalkin	Moorfield Avenue, Neilstown	Clondalkin	Dublin	Youth Specific
Jigsaw Cork	Unit 8, South Bank	Crosses Green, Wandersford Quay	Cork	Youth Specific
Jigsaw Donegal	Pearse Road	Letterkenny	Donegal	Youth Specific
Jigsaw Dublin 15	Blanchardstown Library, 2nd Floor	Blanchardstown Shopping Centre	Dublin 15	Youth Specific
Jigsaw Dublin City	44 Essex Street East	Temple Bar	Dublin 2	Youth Specific
Jigsaw Galway	Fairgreen Road,	Galway City	Galway	Youth Specific
Jigsaw Kerry	Unit A1 Edward Court	Tralee	Kerry	Youth Specific
Jigsaw Limerick	3rd Floor, Arthur's Quay House	Arthur's Quay	Limerick	Youth Specific
Jigsaw Meath	25 Brews Hill	Navan	Meath	Youth Specific
Jigsaw North Fingal	St. George's Square	Balbriggan	County Dublin	Youth Specific
Jigsaw Offaly	2 Cormac Street	Tullamore	Offaly	Youth Specific
Jigsaw Roscommon	Primary Care Centre, Golf Links Road	Roscommon Town	Roscommon	Youth Specific
Jigsaw Tallaght	Moorfield Avenue	Neilstown, Clondalkin	Dublin	Youth Specific

## Bethany Bereavement

Service name	Address	Town/city	County	Service type
Bethany Bereavement Support Group	A full list of over 80 Bethany Services is available on <a href="http://bethany.ie">bethany.ie</a>			General Bereavement

## Barnardos

Service name	Address	Town/city	County	Service type
Barnardos Origins: Post Adoption and Bereavement Services	23/24 Lower Buckingham Street		Dublin 1	Youth Specific
FEIS (Finglas Early Intervention Service)	St. Oliver Plunkett Junior School, St. Helena's Drive	Finglas	Dublin 11	Youth Specific
Finglas Teen Parents	St. Oliver Plunkett Junior School, St. Helena's Drive	Finglas	Dublin 11	Youth Specific
Finglas West Family Resource Centre	St Malachy's MNS, St Helena's Road, Finglas		Dublin 11	Youth Specific
Finglas Family Support Service	St. Josephs Girls National School, Barry Avenue	Finglas West	Dublin 11	Youth Specific
Better Finglas ABC Programme	St. Malachy's M.N.S, St. Helena's Road	Finglas	Dublin 11	Youth Specific

Service name	Address	Town/city	County	Service type
Barnardos Family Support Service	Church Road	Mulhuddart	Dublin 15	Youth Specific
Barnardos Springboard Project	22 Corduff Park, Blackcourt Road		Dublin 15	Youth Specific
South Dublin Regional Office	10 Newlands Business Park, Newlands Cross	Clondalkin	Dublin 22	Youth Specific
Barnardos Rialto Family Centre	560 South Circular Road		Dublin 8	Youth Specific
Barnardos Family Support Project	21 Cherry Orchard Avenue	Ballyfermot	Dublin 10	Youth Specific
Teenage Parents Support Programme	10 Newlands Business Park, Newlands Cross	Clondalkin	Dublin 22	Youth Specific
Millbrook Child and Family Centre and Acorn Parent Coaching Programme	Millbrook Health Centre, St Dominic's Road	Tallaght	Dublin 24	Youth Specific
Barnardos Child & Family Centre	31 Bawnlea Green	Jobstown	Dublin 24	Youth Specific
Special Needs Service	HSE Chamber House, Chamber Square	Tallaght	Dublin 24	Youth Specific
Lorien Project	30 MacUlliam Crescent, Fortunestown	Tallaght	Dublin 24	Youth Specific
Loughlinstown Family Support Service	Loughlinstown Drive	Loughlinstown	County Dublin	Youth Specific
Barnardos Dun Laoghaire	14 Tivoli Terrace South	Dun Laoghaire	County Dublin	Youth Specific
Barnardos Family Support Service	Samuel Beckett Campus, Ballyogan Road	Carrickmines	Dublin 18	Youth Specific
Carlow Barnardos Centre	24 Askea Lawns, Tullow Road		Carlow	Youth Specific
Cork Regional Office	Blackmore House, Meade Street		Cork	Youth Specific
Barnardos South Cork City Family Support Service	8-9 Orchard View	Mahon	Cork	Youth Specific
Barnardos Brighter Futures Centre	Ardmore Avenue, Off Harbour View Road		Cork	Youth Specific
Post Adoption Service - Cork	Blackmore House, Meade Street		Cork	Youth Specific
Donegal Initial Family Assessment	Office 4, Riverview House, Pearse Road	Letterkenny	Donegal	Youth Specific
Post Adoption Service - Galway	The Sanctuary, 27 Choís Chlair	Claregalway	Galway	Youth Specific
Limerick Regional Office, c/o Barnardos Centre Islandgate Project	St Mary's National Girls School, Bishop Street		Limerick	Youth Specific
Barnardos Centre Islandgate Project	St Mary's National Girls School, Bishop Street		Limerick	Youth Specific
Barnardos Family Support Service Limerick South	373/374 O'Malley Park	Southill	Limerick	Youth Specific
Barnardos Family Support Service Limerick North	1/2 Pine View Gardens	Moyross	Limerick	Youth Specific
Offaly Barnardos Centre	Edenderry Business Park, St Mary's Road	Edenderry	Offaly	Youth Specific
Barnardos Centre	Patrick Street	Tullamore	Offaly	Youth Specific
Tipperary Barnardos Centre	Slievenamon Road	Thurles	Tipperary	Youth Specific
Barnardos Family Support Project	140 Elm Park	Clonmel	Tipperary	Youth Specific

Service name	Address	Town/city	County	Service type
Barnardos Family Welfare Conference Service - South Tipperary	140 Elm Park	Clonmel	Tipperary	Youth Specific
Barnardos Family Welfare Conference Service – Carlow Kilkenny	140 Elm Park	Clonmel	Tipperary	Youth Specific
Waterford Barnardos Regional Office South East	130 Clonard Park	Ballybeg	Waterford	Youth Specific
Barnardos Waterford Student Mothers Group	128/129 Clonard Park	Ballybeg	Waterford	Youth Specific
Barnardos Centre Barnardos Family Support Project	Presentation Community Building, Mitchel Street	Dungarvan	Waterford	Youth Specific
Westmeath Barnardos Centre	7 Ashdale	Athlone	Westmeath	Youth Specific
Barnardos Regional Office	Magazine Road	Athlone	Westmeath	Youth Specific
Barnardos Centre	1 Belville Apartments, Longford Road	Mullingar	Westmeath	Youth Specific
Family Support Service	Castle Hill	Enniscorthy	Wexford	Youth Specific
Teen Parent Support Programme	Castle Hill	Enniscorthy	Wexford	Youth Specific

## Anam Cara

Service name	Address	Town/city	County	Service type
Anam Cara South Dublin	The Maldron Hotel, Whitestown Way	Tallaght	Dublin 24	General Bereavement
Anam Cara Kerry	Recovery Haven, 5 Haigs Terrace	Killerisk Tralee	Kerry	General Bereavement
Anam Cara Donegal	The Radisson Blu Hotel	Letterkenny	Donegal	General Bereavement
Anam Cara Tipperary	The Horse and Jockey Hotel	Thurles	Tipperary	General Bereavement
Anam Cara Wicklow	The Parkview Hotel	Newtown-mountkennedy	Wicklow	General Bereavement
Anam Cara West Cork	The Munster Arms, Oliver Plunkett Street	Bandon	Cork	General Bereavement
Anam Cara North Dublin	The Carnegie Court Hotel	Swords	Dublin	General Bereavement
Anam Cara Limerick	Milford Care Centre, Plassey Park Road	Sreelane, Castletroy	Limerick	General Bereavement
Anam Cara Mayo	T. F. Royal Hotel, Old Westport Road	Castlebar	Mayo	General Bereavement
Anam Cara Galway	The Clayton Hotel	Briarhill	Galway	General Bereavement

## Living Links

Service name	Address	Town/city	County	Service type
Living Links	Limerick Diocesan Pastoral Centre, St. Michael's Courtyard, Denmark Street		Limerick	Suicide Specific
Living Links	11 Frankford Park	Kilcormac	Offaly	Suicide Specific
Living Links	Loreto House, Kenyon Street	Nenagh	Tipperary	Suicide Specific
Living Links			Westmeath	Suicide Specific

## Pieta House Suicide Bereavement Liaison Service

Service name	Address	Town/city	County	Service type
PH SBLO Galway	2nd Floor Lismoyle House, Merchants Road		Galway	Suicide Specific
PH SBLO Sligo/Leitrim	HSE West, JFK House, JFK Parade		Sligo	Suicide Specific
PH SBLO Limerick/North Tipperary/Clare	Ardaulin	Mungret	Limerick	Suicide Specific
PH SBLO Donegal	3rd Floor, Grand Central Building, Canal Road	Letterkenny	Donegal	Suicide Specific
PH SBLO Midlands	Sean Costello Street	Athlone	Westmeath	Suicide Specific
PH SBLO Waterford/Wexford/Carlow/Kilkenny/South Tipperary	14 Francis Street		Wexford	Suicide Specific
PH SBLO Cavan/Monaghan	Carrickmacross Primary Care Centre, Donaghmoynne Road	Carrickmacross	Monaghan	Suicide Specific
PH SBLO Cork/Kerry	Shanakiel	Sunday's Well	Cork	Suicide Specific
PH SBLO Wicklow, Dun Laoghaire, Dublin South East	TBC		Wicklow	Suicide Specific
PH SBLO Kildare/West Wicklow, Dublin West, Dublin South City, Dublin South West	Unit 22	Santry Way	Dublin 9	Suicide Specific
PH SBLO Louth/Meath	TBC		Louth	Suicide Specific
PH SBLO North Dublin	309 Collins Avenue	Whitehall	Dublin 9	Suicide Specific

## Healing Untold Grief Group (HUGG)

Service name	Address	City	County	Service type
HUGG Leopardstown	Central Park, Carmanhall and Leopardstown	Blackrock	Dublin	Suicide Specific
HUGG Tallaght	Maldron Tallaght, Whitestown Way	Tallaght	Dublin 24	Suicide Specific

## Level 3: Professional therapy

Service name	Address	Town/city	County	Service type
Adult Counselling Clarecare	Harmony Row, Lifford	Ennis	Clare	General Bereavement
Barnardos	Barnardos Origins, Post Adoption and Bereavement Services 23/24 Lower Buckingham Street		Dublin 1	General Bereavement
Barnardos	FEIS (Finglas Early Intervention Service) St. Oliver Plunkett Junior School, St. Helena's Drive	Finglas	Dublin 11	General Bereavement
Barnardos	Finglas Teen Parents St. Oliver Plunketts Junior School, St Helena's Drive	Finglas	Dublin 11	General Bereavement
Barnardos	Finglas West Family Resource Centre c/o St Malachy's MNS, St Helena's Road	Finglas	Dublin 11	General Bereavement
Barnardos	Finglas Family Support Service St. Josephs Girls National School, Barry Avenue	Finglas West	Dublin 11	General Bereavement
Barnardos	Better Finglas ABC Programme St. Malachy's MNS, St. Helena's Road	Finglas	Dublin 11	General Bereavement
Barnardos	Barnardos Family Support Service Church Road	Mulhuddart	Dublin 15	General Bereavement
Barnardos	Barnardos Springboard Project 22 Corduff Park	Blackcourt Road	Dublin 15	General Bereavement
Beacon of Light Counselling Service	4 Collinstown Grove	Neillstown	Dublin	General Bereavement *AACPI
Bereavement Counselling Service for Traumatic Deaths Carlow	St. Patrick's Hospital, Johns Hill, Waterford		Carlow	General Bereavement
Bereavement Counselling Service North Donegal	St. Conal's Hospital Letterkenny	Letterkenny	Donegal	General Bereavement
Bereavement Counselling Service for Traumatic Deaths Kilkenny	St. Patrick's Hospital, Johns Hill, Waterford		Kilkenny	General Bereavement
Bereavement Counselling Service for Traumatic Deaths Sligo/Leitrim	68 John St, Sligo		Sligo	General Bereavement
Bereavement Counselling Service for Traumatic Deaths South Tipperary	St. Patrick's Hospital, Johns Hill, Waterford		South Tipperary	General Bereavement
Bereavement Counselling Service for Traumatic Deaths Waterford	St. Patrick's Hospital, Johns Hill, Waterford		Waterford	General Bereavement
Bereavement Counselling Service for Traumatic Deaths Wexford	St. Patrick's Hospital, Johns Hill, Waterford		Wexford	General Bereavement

Service name	Address	Town/city	County	Service type
CSAW	24 William Street	Clonmel	Tipperary	General Bereavement
Donegal Community Counselling Service - Donegal Women's Centre	Port Rd, Gortlee	Letterkenny	Donegal	General Bereavement
Donnybrook Counselling	Donnybrook	Donnybrook	Dublin	General Bereavement
Dundalk Counselling Centre	3 Seatown Place, Townparks	Dundalk	Louth	General Bereavement *AACPI
F2 Centre	3 Reuben Plaza	Rialto	Dublin	General Bereavement
Family Life Service	St Brigids Centre, 12 Roches Road		Wexford	General Bereavement *AACPI
The Family Centre	Family Centre, Upper Chapel Street	Castlebar	Mayo	Suicide Specific
Fingal Counselling Service	54-56 Main Street, Swords Glebe	Swords	County Dublin	General Bereavement *AACPI
Firstlight	Brunswick St N, Arran Quay	Dublin	Dublin	General Bereavement
Follaine - CRYS	Montgomery House, Athy Rd	Graigie	Carlow	Youth Specific
Fr McGrath Centre	Fr McGrath Community Centre, St Josephs Road		Kilkenny	General Bereavement
Galway Diocesan Youth Services	No. 4 Youth Services, 4 Augustine Street		Galway	Youth Specific
GMIT Counselling Service Galway	Old Dublin Rd		Galway	Youth Specific
GMIT Counselling Service Mayo	Westport Rd	Curragh, Castlebar	Mayo	Youth Specific
Good2Talk Counselling	1 College St, Commons	Mullingar	Westmeath	General Bereavement
Gort Family Centre	Church Street	Gort	Galway	General Bereavement
GRASPLIFE	Church Hill		Sligo	Suicide Specific
Helplink	1st Floor, The Plaza, Headford Rd		Galway	General Bereavement
HSE Community Psychology Service	Old Birr Hospital, John's Terrace	Birr	Offaly	General Bereavement
Insight Inishowen	The Exchange, Castle Avenue	Buncrana	Donegal	General Bereavement
IT Sligo	Ash Lane		Sligo	Youth Specific
Kerry Adolescent Counselling Services	Balloonagh	Tralee	Kerry	Youth Specific *AACPI
Kildare Youth Service	Unit 34/35, 1st Floor, Naas Town Centre		Naas	General Bereavement
Kilkenny Bereavement Support	Villa Maria, Talbots Inch, Freshford Rd		Kilkenny	General Bereavement
Knock Counselling Service	Reconciliation Chapel at Knock Shrine, Claremorris	Knock	Mayo	General Bereavement *AACPI
Knockanrawley Resource Centre	8 O'Duffy Terrace	Gortavalla	Tipperary	General Bereavement
Lets Get Talking Galway	Liosban Business Park, Tuam Road		Galway	General Bereavement
Living Life Counselling	Madeley, Eglinton Road	Bray	Wicklow	General Bereavement *AACPI
Loreto Counselling Service	79 Crumlin Road	Crumlin	Dublin 12	General Bereavement *AACPI
LYIT Student Counselling service	Letterkenny IT, Port Road	Letterkenny	Donegal	Youth Specific
Men's Development Network	49 O'Connell St		Waterford	General Bereavement

Service name	Address	Town/city	County	Service type
My Mind: Christchurch	Unit 2A, Christchurch Hall, High St	The Liberties	Dublin 8	General Bereavement
My Mind: Cork	Unit 6, South Bank, Crosse's Green	The Lough	Cork	General Bereavement
My Mind: Limerick	50 O'Connell St		Limerick	General Bereavement
My Mind: North Dublin	7A Store St	Mountjoy	Dublin 1	General Bereavement
My Mind: Rathmines	137 Rathmines Rd Lower	Rathmines	Dublin 6	General Bereavement
North Leitrim Women's Centre	Bee Park Community Centre	Manorhamilton		General Bereavement
Northside Counselling Service	Coolock Development Centre, Bunratty Drive	Bonnybrook	Dublin 17	General Bereavement *AACPI
NUIG Counselling Service	Galway City		Galway	Youth Specific
Nurture Health	Bedrock, Sundrive Road	Rush	Co Dublin	General Bereavement
Oasis Counselling, Deora Project	St. Laurence's Place East	Seville Place	Dublin 1	General Bereavement
Offaly Traveller Counselling Service	23e Axis Business Park, Clara Rd	Tullamore	Offaly	General Bereavement
One to one Counselling service - Letterkenny Pastoral Centre	Monastery Avenue, Cathedral Square	Letterkenny	Donegal	General Bereavement
Peoples Resource Centre Counselling Service	Carrick School, Lord Edward Street	Kells	Meath	General Bereavement
Pieta House Ballina Outreach Service	Family Resource Centre, Abbey Street	Ballina	Mayo	Suicide Specific
Pieta House Ballyfermot	Canon Troy House, Chapelizod Hill Road	Ballyfermot	Dublin 10	Suicide Specific
Pieta House Collins Avenue	309 Collins Avenue,	Whitehall	Dublin 9	Suicide Specific
Pieta House Cork	Shanakiel, Sunday's Well		Cork	Suicide Specific
Pieta House Dublin North	Unit 22, Santry Ave	Santry	Dublin 9	Suicide Specific
Pieta House Dublin South	First Floor, Greenhills Retail Park, Greenhills Road	Tallaght	Dublin 24	Suicide Specific
Pieta House Ennis Outreach Service	Sonas Centre, Chapel Lane	Ennis	Clare	Suicide Specific
Pieta House Galway	2nd Floor Lismoyle House, Merchants Road		Galway	Suicide Specific
Pieta House Kerry	28 Moyderwell	Tralee	Kerry	Suicide Specific
Pieta House Lucan	Lucan Road	Lucan	Dublin	Suicide Specific
Pieta House Midlands	Seán Costello Street	Athlone	Westmeath	Suicide Specific
Pieta House Midwest	Ardaulin	Mungret	Limerick	Suicide Specific
Pieta House North West	3rd Floor, Grand Central Building, Canal Road	Letterkenny	Donegal	Suicide Specific
Pieta House Roscrea	The Glebe, Ballyhall	Roscrea	Tipperary	Suicide Specific
Pieta House Sligo Outreach Service	Northside Resource Centre	Forthill	Sligo	Suicide Specific
Pieta House South East	20 Waterside	Waterford City	Waterford	Suicide Specific
Pieta House West	Bishop St, Townparks (4th Division)	Tuam	Galway	Suicide Specific
Pieta House Wexford	14 Francis Street		Wexford	Suicide Specific
Pieta House X BeLongTo Outreach Service	13 Parliament Street, Temple Bar		Dublin 2	Suicide Specific



Service name	Address	Town/city	County	Service type
Proconsult Galway	2 St Helen's Street		Galway	General Bereavement *AACPI
Social Service Centre	Upper Henry Street		Limerick	General Bereavement
Solas Child Bereavement Counselling Barnardos Cork	8/9 Orchard View, Ring Mahon Road	Mahon	Cork	Youth Specific
Solas Child Bereavement Counselling Barnardos Dublin	23/24 Lower Buckingham Street		Dublin 1	Youth Specific Service
Solas Family Centre	Main Street	Headford	Galway	General Bereavement
South West Counselling	Emmett's Terrace, Moyeightragh	Killarney	Kerry	General Bereavement *AACPI
Squashy Couch	34 The Mall		Waterford	General Bereavement
St Brigids Family & Community Centre	37 Lower Yellow Road		Waterford	General Bereavement *AACPI
St Catherine's Counselling	St Catherines Church, Main Street	Tallaght	Dublin	General Bereavement
St Johns Pastoral Centre	Bishop's House	John's Hill	Waterford	General Bereavement
St Michael's Family Life Centre	Church Hill		Sligo	General Bereavement
STOP Suicide	Beepark Resource Centre	Manorhamilton	Leitrim	Suicide Specific
Talk to Tom	Talk To Tom Centre, St Michaels Road	Gorey	Wexford	Suicide Specific
Target Counselling	Holy Trinity School, Newbrook Road	Donaghmede	Dublin 13	General Bereavement *AACPI
Teac Tom	15 R909	Gardens	Kilkenny	Suicide Specific
Teach Bhride	Chapel Ln, Templeowen	Tullow	Carlow	General Bereavement
Tralee Institute of Technology Student Counselling Service	Dromtacker	Tralee	Kerry	General Bereavement
Traveller Counselling Service Galway	61 Main Street	Loughrea	Galway	General Bereavement
Traveller Counselling Service Galway	1 Plaza Offices, Headford Rd		Galway	General Bereavement
Village Counselling Service	Killinarden Enterprise Park, Kiltipper Rd	Whitestown	Dublin 24	General Bereavement *AACPI
Vita House	Abbey Street	Ballypheasan	Roscommon	General Bereavement *AACPI
Waterford Institute of Technology Counselling	Cork Road		Waterford	General Bereavement
Youth Work Ireland Galway	43 Prospect Hill		Galway	Youth Specific
Counselling and Psychotherapy Centre	Family Life Centre, Military Road	Boyle	Roscommon	General Bereavement *AACPI
LSSC Counselling Service	Limerick Social Services Centre, Upper Henry Street		Limerick	General Bereavement *AACPI
Cork Counselling Centre	7 Fr Mathew Street		Cork	General Bereavement *AACPI
An Cosán	Kiltalown Village Centre, Jobstown	Tallaght	Dublin 24	General Bereavement *AACPI
Candle Community Trust	Lynch's Lane, Ballyfermot Rd		Dublin 10	General Bereavement *AACPI
Cari (Children at Risk in Ireland) Foundation	110 Lower Drumcondra Road	Drumcondra	Dublin 9	General Bereavement *AACPI

Service name	Address	Town/city	County	Service type
Clanwilliam Institute	18 Clanwilliam Terrace	Grand Canal Quay	Dublin 2	General Bereavement *AACPI
Genesis Psychotherapy & Family Therapy Service	Blackcourt Rd, Corduff	Blanchardstown	Dublin 15	General Bereavement *AACPI
Hesed House	74 Tyrconnell Road	Inchicore	Dublin 8	General Bereavement *AACPI

## Counselling in Primary Care (CIPC) Coordinators

Service name	Address	Town/city	County	Service type
CIPC Dublin North and Dublin North City	1st Floor, St. Fintans, North Street	Swords	County Dublin	CIPC
CIPC Meath, Louth, Cavan & Monaghan	34 Brews Hill	Navan	Meath	CIPC
CIPC Laois, Offaly, Longford & Westmeath	Unit 8A Burlington Business Park Srah Avenue	Tullamore	Offaly	CIPC
CIPC South West Dublin, Kildare & West Wicklow	Kilnamanagh-Tymon Primary Care Centre, Airtown Road	Tallaght	Dublin 24	CIPC
CIPC South Dublin, South East Dublin & East Wicklow	Centenary House, 35 York Road	Dun Laoghaire	County Dublin	CIPC
CIPC Waterford, Wexford, Kilkenny, Carlow & South Tipperary	Lismore Park Primary Care Centre, 223 Lismore Park		Waterford	CIPC
CIPC Cork & Kerry	Penrose Wharf	Penrose Quay	Cork	CIPC
CIPC Galway, Mayo & Roscommon	58 Upper Newcastle Road	Newcastle	Galway	CIPC
CIPC Limerick, Clare & North Tipperary	6 Mount Vincent Terrace	O'Connell Avenue	Limerick	CIPC
CIPC Sligo & Leitrim	68 John Street		Sligo	CIPC
CIPC Donegal	69 Ballyraine Road	Letterkenny	Donegal	CIPC

## Family Resource Centres

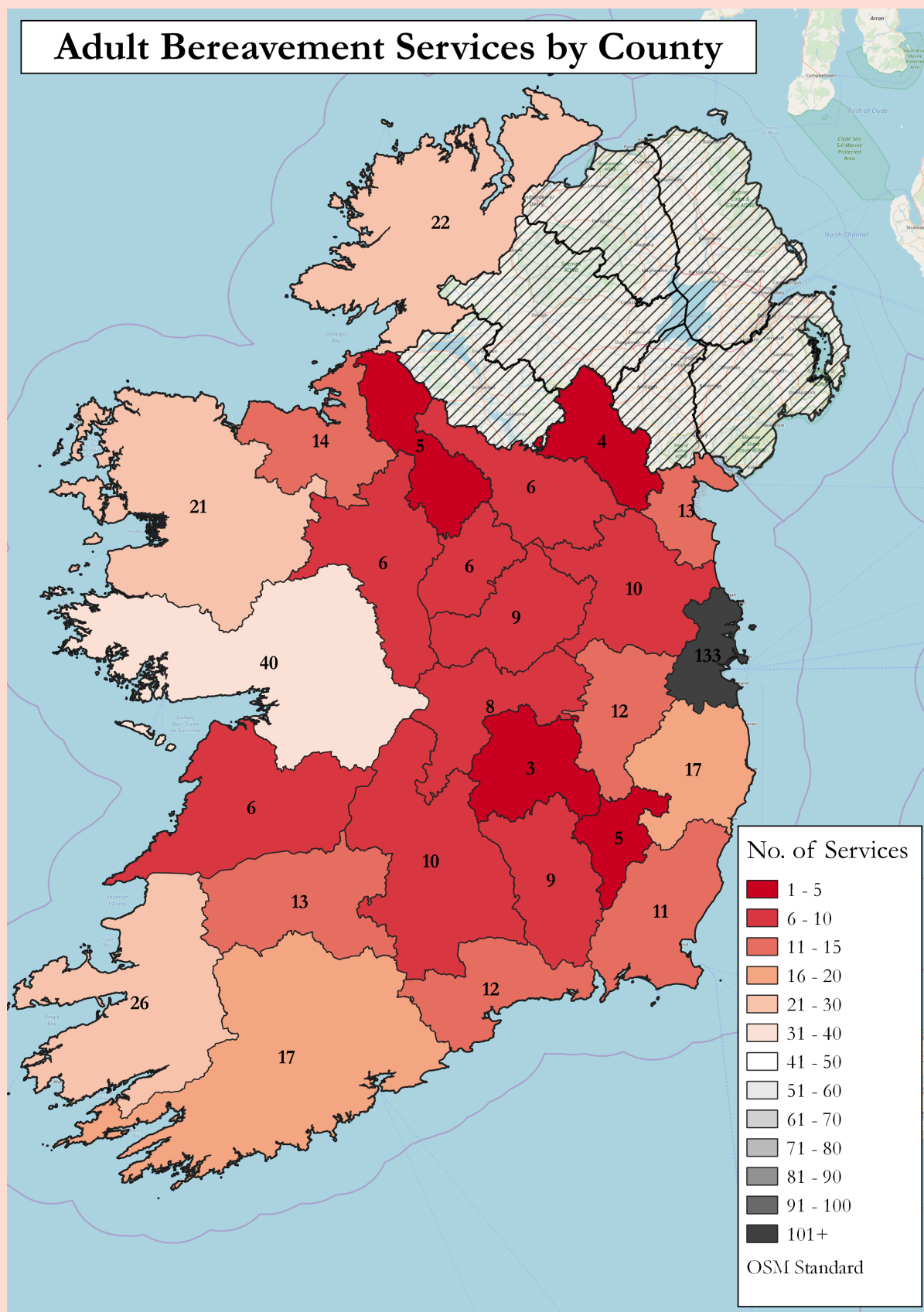
Service name	Address	Town/city	County	Service type
Bagnelstown	Moneybeg, Royal Oak Road	Bagnelstown	Carlow	FRC
Forward Steps	Chapel Lane	Tullow	Carlow	FRC
FOCUS	Portliffe Centre, Main St	Killeshandra	Cavan	FRC
Teach Oscail Resource Project Ltd	Tullacmangan Resource Centre, Kilmooney Drive		Cavan	FRC
Killaloe/Ballina	Main Street	Killaloe	Clare	FRC
Shannon	Respond Community Building, Rineanna View Estate	Shannon	Clare	FRC
West Clare	Toler St	Kilrush	Clare	FRC
Adrigole	The Caha Centre, Adrigole	Beara	Cork	FRC
Family Support & Community Wellbeing Project	4 The Courtyard, Castletownbere	Beara	Cork	FRC
Cobh	Park House, Cloyne Terrace	Cobh	Cork	FRC
Dunmanway	Kilbarry Road	Dunmanway	Cork	FRC
Family Support & Community Wellbeing Project	76 South Main Street	Bandon	Cork	FRC
F.A.C.T. Ballincollig FRC	The Village Shopping Centre, Station Rd	Ballincollig	Cork	FRC
Le Cheile	Mallow Community Campus, Fair St	Mallow	Cork	FRC

Service name	Address	Town/city	County	Service type
Midleton Community Forum Ltd	Community Building, Oakwood Lodge, Youghal Road	Midleton	Cork	FRC
Cara House	2 Mount Southwell Place, Market Square	Letterkenny	Donegal	FRC
Donegal	Upper Main St	Donegal Town	Donegal	FRC
Downstrands	Kilclooney	Portnoo	Donegal	FRC
Dunfanaghy	Main St	Dunfanaghy	Donegal	FRC
Mevagh	Aras Ros Goill	Downings	Donegal	FRC
Moville & District	St Eugene's Hall James Street	Moville	Donegal	FRC
The Forge	Main St	Pettigo	Donegal	FRC
Raphoe	William St	Raphoe	Donegal	FRC
St. Johnston & Carrigans	Chapel Rd, St Johnston	Lifford	Donegal	FRC
Hill Street	Hill St		Dublin 1	FRC
St. Andrew's	114-116 Pearse St		Dublin 2	FRC
Artane/Coolock Resource and Development Centre	55 Gracefield Rd	Artane	Dublin 5	FRC
School Street/Thomas Court Bawn	School St	Pimlico	Dublin 8	FRC
Fatima Group United	F2 Centre, Rueben Plaza	Rialto	Dublin 8	FRC
Drop in Well	The Coultry Neighbourhood Centre, Santry Way	Ballymun	Dublin 9	FRC
St. Matthews	5 Drumfinn Park	Ballyfermot	Dublin 10	FRC
Ballyfermot	Lynches Lane, Ballyfermot Rd		Dublin 10	FRC
Cherry Orchard	The Bungalow, Elmdale Drive	Cherry Orchard	Dublin 10	FRC
Baldoyle	Grange Road	Baldoyle	Dublin 13	FRC
Rosemount Comm. Dev. Group	3 Waldemar Tce, Main Street	Dundrum	Dublin 14	FRC
Mountview Resource Centre Ltd	11 Whitechapel Crescent, Mountview	Blanchardstown	Dublin 15	FRC
Ballyboden	29 Whitechurch Way	Ballyboden	Dublin 16	FRC
Balally	The Scout Den	Wedgewood	Dublin 16	FRC
Hillview Community Resource Centre Ltd	33/34 Hillview Grove	Ballinteer	Dublin 16	FRC
Ballyogan	41 Ballyogan Avenue	Carrickmines,	Dublin 18	FRC
Quarryvale	Shancastle Avenue, Quarryvale	Clondalkin	Dublin 22	FRC
Killinarden	Killinarden Way	Tallaght	Dublin 24	FRC
St. Kevin's	St Kevin's Girls School, Treepark Road	Kilnamanagh	Dublin 24	FRC
Aonad	The Square	Ballygar	Galway	FRC
ARD	1st Floor, Merlin Commercial Centre	Doughiska	Galway	FRC
Clann	Cregg Lodge, Station Rd	Oughterard	Galway	FRC
Gort	Church Street	Gort	Galway	FRC
Loughrea	Bride St	Loughrea	Galway	FRC
Solas	Main St	Headford	Galway	FRC
Ballyspillane	Ballyspillane Estate	Killarney	Kerry	FRC
BUDS	Benmore, Ballyduff	Tralelee	Kerry	FRC
Droichead Na Daoine Ltd. (Sneem)	Droichead Na Daoine, Seaview	Sneem	Kerry	FRC
Duagh	Duagh Village	Listowel	Kerry	FRC
Kerryhead/Ballyheigue	Sraid Thaidhg	Ballyheigue	Kerry	FRC

Service name	Address	Town/city	County	Service type
Killorglin	39, Iveragh Park	Killorglin	Kerry	FRC
Listowel	Ballygologue, John B Keane Road	Listowel	Kerry	FRC
Castlemaine	Tralee Road	Castlemaine	Kerry	FRC
Shanakill	Shanakill, Monavalley	Tralee	Kerry	FRC
Shannow	The Cloisters, Abbeydorney	Kilflynn	Kerry	FRC
South West Kerry	18 Main Street	Caherciveen	Kerry	FRC
St. Brigid's Community Centre	Hawley Park	Tralee	Kerry	FRC
Curragh Pride	1 Griffith Rd	Curragh Camp	Kildare	FRC
Newbridge	Dara Park	Newbridge	Kildare	FRC
Droichead	Mill Street	Callan	Kilkenny	FRC
Newpark Close	Newpark Close		Kilkenny	FRC
St. Canices Community Action	Fr. McGrath Community Centre, St Josephs Rd		Kilkenny	FRC
The Mill	Main St	Urlingford	Kilkenny	FRC
Portlaoise	Harpur's Lane	Portlaoise	Laois	FRC
Breffni	Breffni Crescent	Carrick On Shannon	Leitrim	FRC
Mohill	Canon Donohue Hall, Upper Main St	Mohill	Leitrim	FRC
Croom	The Mill	Croom	Limerick	FRC
Hospital	Knockaineey Road	Hospital	Limerick	FRC
Southill	267-268 Avondale Court, O'Malley Park	Southill	Limerick	FRC
Northside	26-28 Clonconnane Road	Ballynanty	Limerick	FRC
Bridgeways	Dean Egan Library, Main Street	Ballymahon	Longford	FRC
Lus Na Greine	Main St	Granard	Longford	FRC
Connect	171 Moneymore	Drogheda	Louth	FRC
Ballina	Unit 2 Abbey Street, Ardnaree	Ballina	Mayo	FRC
Cairdeas	Kilmovee	Ballaghderren	Mayo	FRC
Le Cheile	Tucker Street	Castlebar	Mayo	FRC
Claremorris	James St	Claremorris	Mayo	FRC
Neart hAmhnais Teoranta	The Friary House, St Marys Abbey	Ballyhaunis	Mayo	FRC
TACU	Credit Union House, Main Street	Ballinrobe	Mayo	FRC
Westport	The Fairgreen	Westport	Mayo	FRC
The Peoples	Old Carrick School, Lord Edward St	Kells	Meath	FRC
Trim	22 Mornington Drive	Trim	Meath	FRC
Clones	3 McCurtain St	Clones	Monaghan	FRC
Teach na Daoine	1 Oriel Way	Mullaghmart	Monaghan	FRC
Clara	The Parochial Hall, River Street	Clara	Offaly	FRC
Arden View	Arden View	Tullamore	Offaly	FRC
Family Life Centre	Knocknashee	Boyle	Roscommon	FRC
Ballymote	Keash Road	Ballymote	Sligo	FRC
West Sligo	Unit 5, Castlepark House, Pier Road	Enniscrone	Sligo	FRC
Sligo Family Centre	49 The Mall		Sligo	FRC
Tubbercurry	Mountain Rd	Tubbercurry	Sligo	FRC

Service name	Address	Town/city	County	Service type
Spafield	Old Rd	Cashel	Tipperary	FRC
Three Drives Ltd.	22/23 Greenane Drive	Tipperary Town	Tipperary	FRC
Millennium	Glengoole	Thurles	Tipperary	FRC
Sacred Heart	Community Buildings, Richardson's Meadow, Old Tramore Rd		Waterford	FRC
St. Brigid's Family & Community Centre	37 Lower Yellow Rd		Waterford	FRC
Cara Phort	Harbour St, Ballynacargy	Mullingar	Westmeath	FRC
Monsignor McCarthy	13 Battery Heights	Athlone	Westmeath	FRC
Gorey	4 Charlotte Row, Upper Main St	Gorey	Wexford	FRC
South End	Seaview House	Maudlintown	Wexford	FRC
Taghmon	St Joseph Street	Taghmon	Wexford	FRC
Raheen	Raheen, Clonroche	Enniscorthy	Wexford	FRC
Greystones	28 Burnaby Court	Greystones	Wicklow	FRC

**Adult bereavement services per county:** The following is a heat map of the combined adult bereavement support services at Level two and Level three. Counties with 1-5 services are shown in red. Counties with more than 101 services are shown in black.







# Appendix 3:

## Service provider evaluation information

The project Working Group obtained service evaluation data from two service providers 1) Mayo Suicide Liaison Service (MSLS), which operates from the Family Centre in Castlebar and 2) Pieta House bereavement counselling and Suicide Bereavement Liaison Officer (SBLO) Service.

### Mayo Suicide Liaison Service (MSLS), 2012-2015

*Summary of review (from Gordon, E., McElvaney, R., MacGabhann, L., Farrelly, M., Casey, B. & Pulcherio, I. (2015) Responding to the Suicide Bereaved: The Mayo model – Full Report, Dublin: Dublin City University.)*

### Background

The Mayo Suicide Liaison Service (MSLS) is a designated postvention service and the national suicide bereavement service for Mayo. It operates from the Family Centre in Castlebar. It was established in 2011 to provide information and plan for and co-ordinate the emotional and practical support for families and individuals bereaved by suicide.

The MSLS model consists of four core elements:

- 1) A suicide crisis service - A timely and flexible contact with the bereaved that provides bereavement support and information on available services in the aftermath of suicide.
- 2) On-going one-to-one and family support that is delivered through various modes of contact and with choices about venue.
- 3) Facilitated referral to appropriate services in the region.
- 4) Community support - Information, support, education and training for the community. The service is offered to those bereaved by suicide, including family members, friends and organisational groups and is delivered by a Liaison Worker.

In 2015, a report of the service was published, including findings from a retrospective review for the period February 2012 to February 2015.

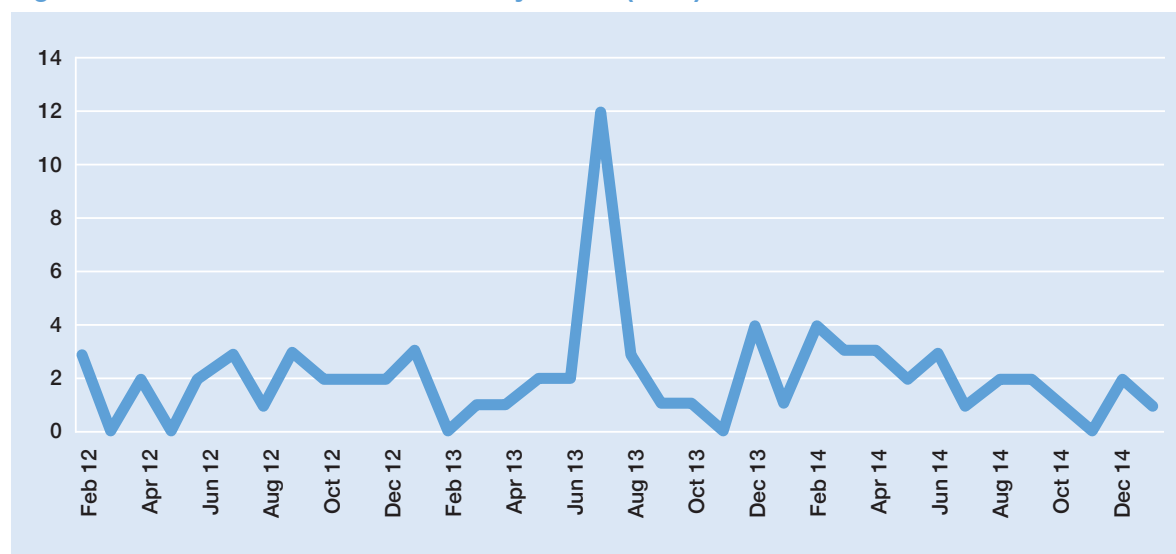


## Summary of findings

### MSLS referrals

During the evaluation period, the service activity related to 66 deaths by suicide. A total of 85 referrals were activated, representing 77 cases (67 families and 10 organisations). The majority (n=46) were referrals related to deaths occurring in the county, with 13 related to deaths outside County Mayo and seven related to deaths that occurred prior to February 2012. Figure 1 outlines the number of referrals by month of the evaluation period (Figure 1).

**Figure 1. Number of referrals to MSLS by month (n=77)**



Referrals came from a range of sources including self-referral (30), first responders (26), family/friends (15), HSE child services (6), educational settings (4), HSE adult services (3), and voluntary counselling services (1) (Table 1). Most of the referrals (65%) were made within six months of their bereavement, with one-third (35%) made within the first month (Table 2).

**Table 1. Referral source**

Referral source	No. (percentage)
Self	30 (35%)
First responders	26 (30%)
Family & friends	15 (18%)
HSE child services	6 (7%)
Education and training	4 (6%)
HSE adult services	3 (3%)
Voluntary counselling services	1 (1%)
<b>Total</b>	<b>85</b>

**Table 2. Time of referral to MSLS**

Within 1 week	Between 1 week and 1 month	Between 1 and 6 months	Between 6 months and 1 year	Over 1 year
7 (10%)	17 (25%)	21 (30%)	8 (12%)	16 (23%)

## Referral uptake

Of the 77 referrals, one declined the services of MSLS and the remaining 76 (99%) became involved with MSLS. In total, 255 people availed of the service, comprising family members (n=168) and members of organisations (n=87).

Data were available on the 255 bereaved service users involved with MSLS. This group comprised 214 (84%) adults and 41 children (under 18). The gender breakdown for adults was females (n=117; 55%) and males (n=97), and for children, females (n=19; 46%) and males (n=22) (Table 3). Twenty individuals (8%), representing five families and three organisations, had experienced more than one suicide bereavement. The relationship between the bereaved and the deceased involved nuclear family (n=144; 56%), extended family (n=22; 9%), close friends (n=2; 1%) and colleagues (n=87; 34%) (see Table 4).

**Table 3. Gender and age of service users (n=255)**

	Male adult	Female adult	Male child	Female child
Family and friends	40 (16%)	87 (34%)	22 (9%)	19 (7%)
Organisations	57 (22%)	30 (12%)	0	0
<b>Total</b>	<b>97 (38%)</b>	<b>117 (46%)</b>	<b>22 (9%)</b>	<b>19 (7%)</b>

Table 4. Relationship to deceased (n=255)

Relationship to the deceased		No.	Total
Nuclear family	Wife/Partner	20	144 (56%)
	Husband/Partner	4	
	Father	11	
	Mother	19	
	Son	23	
	Daughter	19	
	Brother	12	
	Sister	36	
Extended family	Brother-in-law	3	22 (9%)
	Sister-in-law	1	
	Mother-in-law	2	
	Aunt	4	
	Cousin (male)	4	
	Cousin (female)	2	
	Nephew	3	
	Niece	3	
Friends	Friend (male)	2	2 (1%)
Organisations	Colleagues	87	87 (34%)
<b>Total</b>		<b>255</b>	

## Facilitated referral

The service offers facilitated referral on to other services where deemed necessary and as agreed with service users. A total of 115 referrals were made to other services for follow-on interventions. Services included: one-to-one counselling (n=84; 73%), suicide bereavement support groups (n=17; 15%), community groups (non-counselling support) (n=5; 4%), GPs (n=4; 3%), peer mentoring (n=3; 3%) and mental health services (n=2; 2%). The majority of facilitated referrals made were for family members (n=112; 97%).

The majority of referrals were made to the Family Centre (n=71; 62%), while 44 referrals were to a range of other adult (n=27) and child (n=17) services (Table 5).

**Table 5. Onward referral outside the Family Centre (n=44)**

Service	Number (percentage)
Bereavement counselling (adults)	16 (36%)
Bereavement counselling (children)	17 (39%)
Community support groups	5 (11%)
GP	4 (9%)
Mental Health Services	2 (5%)
<b>Total</b>	<b>44</b>

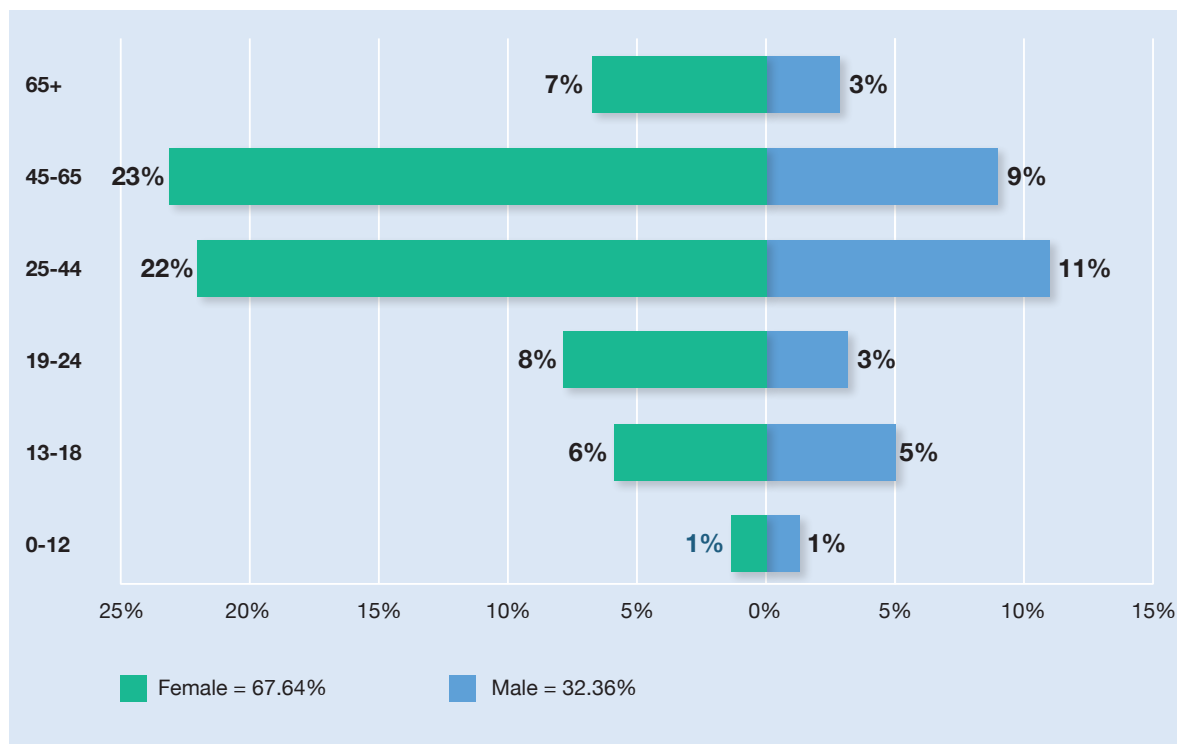
Of the 71 referrals made to the Family Centre, the majority (n=51; 72%) were referred for one-to-one counselling, 17 (24%) were referred to the therapeutic suicide bereavement support group and three were referred for peer mentoring. Uptake for counselling and support groups, was high at 90%, while two of the three referred for peer mentoring took up this offer. Of those who engaged in one-to-one counselling, all completed treatment and all those who attended the therapeutic support group completed the programme (six sessions over six weeks) (Table 6).

**Table 6. Referrals to and uptake of other services**

One-to-one counselling		Suicide bereavement support group		Peer mentoring	
Referred	Availed	Referred	Availed	Referred	Availed
51 (72%) (34 females 17 males)	45 (88%) (28 females 17 males)	17 (24%) (13 females 4 males)	16 (94%) (12 females 4 males)	3 (4%) (1 female 2 males)	2 (67%) (1 female 1 male)

## Pieta House bereavement support services

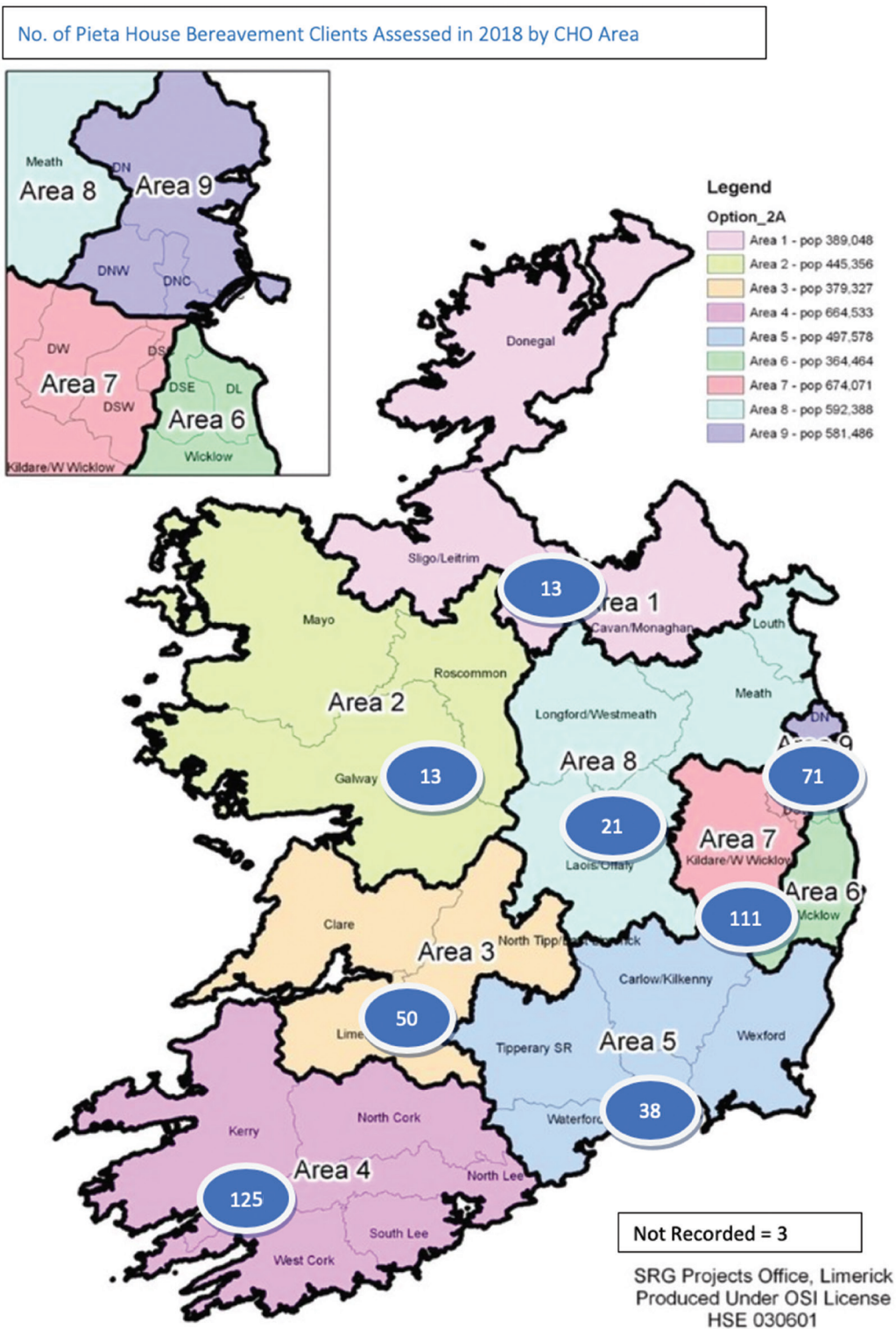
The number of Pieta House bereavement clients assessed in 2018 by age and gender



The number of Pieta House Intervention and Prevention Clients Assessed in 2018 by Age and Gender.

Age Range	Female	Male	Total
0-12	6	6	12
13-18	26	22	48
19-24	35	14	49
25-44	98	49	147
45-64	103	40	143
65+	30	13	43
Blank	3		3
<b>Total</b>	<b>301</b>	<b>144</b>	<b>445</b>

# The number of Pieta House bereavement support clients assessed in 2018 by CHO area



## Pieta House bereavement clients' relationship to the deceased in 2018

Relationship	No. of clients	%
Friend	36	8.09%
Wife	8	1.80%
Grand-Parent	3	0.67%
Uncle	6	1.35%
Ex-Partner	10	2.25%
Mother	26	5.84%
Girlfriend	2	0.45%
Boyfriend	5	1.12%
Aunt	8	1.80%
Cousin	7	1.57%
Partner	12	2.70%
Other	15	3.37%
Sister	40	8.99%
Spouse	7	1.57%
Father	36	8.09%
Brother	46	10.34%
Son	31	6.97%
Daughter	13	2.92%
Husband	13	2.92%
Not recorded	121	27.19%
<b>Total</b>	<b>445</b>	

## SBLO service

- *Gender of Pieta House SBLO clients in 2018*

Gender	No. of clients	%
Female	284	66.82
Male	141	33.18
<b>Total</b>	<b>425</b>	

- *Age of Pieta House SBLO clients in 2018*

Age	No. of clients	%
0-11	18	4.24%
12-17	33	7.76%
18-24	58	13.65%
25-44	124	29.18%
45-64	132	31.06%
65+	29	6.82%
Not recorded	31	7.29%
<b>Total</b>	<b>425</b>	

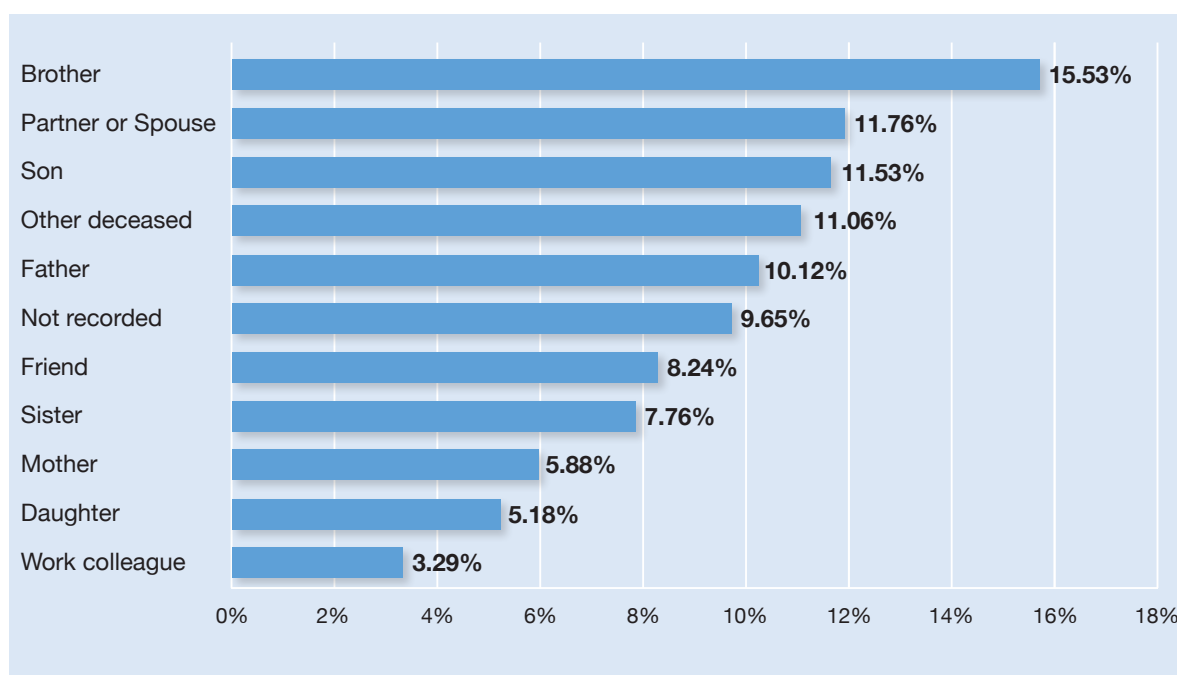
- *No. of Pieta House SBLO clients in 2018 by region*

Region	No. of clients	%
Donegal	70	16.47%
Galway	71	16.71%
Leitrim/ Sligo	45	10.59%
Limerick, Clare, North Tipp	86	20.24%
Midlands	71	16.71%
Wexford, Waterford, Kilkenny	82	19.29%
<b>Total</b>	<b>425</b>	



- *Pieta House SBLO clients' relationship to the deceased in 2018*

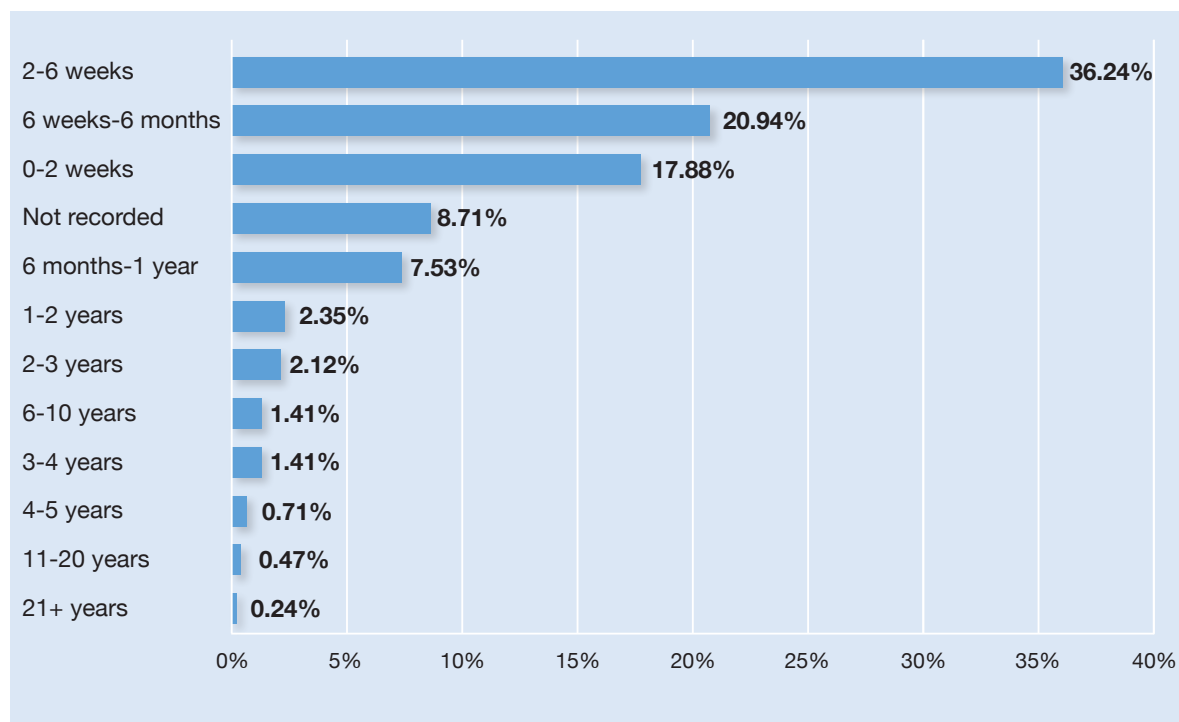
#### Relationship to the deceased



Relationship	No. of clients	%
Mother	25	5.88%
Father	43	10.12%
Son	49	11.53%
Daughter	22	5.18%
Sister	33	7.76%
Brother	66	15.53%
Partner or Spouse	50	11.76%
Friend	35	8.24%
Work colleague	14	3.29%
Other deceased	47	11.06%
Not recorded	41	9.65%
<b>Total</b>	<b>425</b>	

- *Length of time between bereavement and accessing support of Pieta House SBLO clients in 2018*

#### Length of time bereaved



Time bereaved	No. of clients	%
0-2 weeks	76	17.88%
2-6 weeks	154	36.24%
6 weeks-6 months	89	20.94%
6 months-1 year	32	7.53%
1-2 years	10	2.35%
2-3 years	9	2.12%
3-4 years	6	1.41%
4-5 years	3	0.71%
6-10 years	6	1.41%
11-20 years	2	0.47%
21+ years	1	0.24%
Not recorded	37	8.71%
<b>Total</b>	<b>425</b>	

# Appendix 4: HSE Communication Guide following Suspected Suicides in Services (Communication Guide)

The purpose of this guide is to assist HSE Mental Health Services to respond to families with an appropriate and consistent response and to ensure signposting to relevant bereavement supports.

The response following a suspected suicide death of a service user in Mental Health Services should include:

A Letter from the Executive Clinical Director (or nominee) to the next of kin within two weeks, that sympathises with the family and provides contact details for the area Suicide Bereavement Liaison Officers (SBLOs).

The letter is not a standard letter but carefully composed to reflect the particular circumstances of the death.

### Suicide Bereavement Liaison Officers (SBLOs) per Community Health care Organisation (CHO)

CHO	County	Mobile number	Contact name	Organisation
1	Cavan and Monaghan	085 870 6591	Michael McGinnch	Pieta House
1	Sligo and Leitrim	085 253 8638	Anne Lynch	Pieta House
1	Donegal	085 877 2028	Marie Burke	Pieta House
2	Galway City and County	085 856 8082	Pauline Cahillane	Pieta House
2	Mayo	087 217 2866	Fiona Thomas	The Family Centre, Co. Mayo
2	Roscommon	086 894 1808	Tiffany Walshe	Vita House
3	Clare, Limerick, North Tipperary	085 856 8081	Jerard Enright	Pieta House
4	Kerry and Cork	085 870 6714	Geraldine Burke	Pieta House
5	Wexford, Waterford, Carlow, Kilkenny, South Tipperary	085 807 3040	Carmella O' Reilly	Pieta House
6	Wicklow and Dublin South East	085 870 6712	Denis Sherlock	Pieta House
7	Kildare, Dublin West, West Wicklow Dublin South City and Dublin South West	085 870 6606	Karolina Szarfaz	Pieta House
8	Meath and Louth	085 870 6614	Catherine Brazil	Pieta House
8	Midlands	086 418 0088	Bernie Carroll	Pieta House
9	Dublin North	085 870 6574	Kate O'Mahony	Pieta House

Note: A list of HSE staff supports would also be included (p.g 3 of the Communication Guide)

The list of Resource Officers for Suicide Prevention is available at:

<https://www.hse.ie/eng/services/list/4/mental-health-services/nosp/resourceofficers/>

## HSE Employee Assistance Programme

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The Employee Assistance Programme (EAP) provides confidential counselling support and a referral service for all staff with personal or work-related difficulties. Advice and guidance is also available to managers to support them in managing staff welfare issues. The EAP also provides formal structured support to groups of staff who have experienced stress as a result of a critical incident in the workplace through their Critical Incident Stress Management (CISM) service.

A wide range of work and personal issues are worked with and/or supported by the EAP, including:

- Stress at work
- Difficult relationships at work (including bullying)
- Traumatic events (e.g. assault, suicide)
- Addictions
- Personal issues outside of work (e.g. bereavement, relationships), which is provided on a confidential basis
- Professional assessment
- Personal support
- Counselling
- Referral onwards to other professional resources where appropriate
- Trauma support

The service is provided by trained and experienced counsellors who are professionally qualified and bound by the codes of conduct to the professional bodies to which they belong. Staff members do not need to contact HR or their line manager to access this service. This service is free, confidential and available to all HSE employees.

EAP contact information:

<https://www.hse.ie/eng/staff/workplace-health-and-wellbeing-unit/employee-assistance-and-counselling-service/>

# Appendix 5: HSE National Office for Suicide Prevention training

### About the HSE's National Office for Suicide Prevention (NOSP)

The role of the NOSP is to effectively support, inform, monitor and co-ordinate the implementation of Connecting for Life, Ireland's National Strategy to Reduce Suicide, 2015-2020.

The NOSP coordinates and funds safeTALK and ASIST training at a national level and these programmes are free for all individuals to attend. ASIST is one of a number of suicide prevention training programmes available through the HSE and training is coordinated at a local level through HSE Resource Officers for Suicide Prevention and partner agencies.

For information on training programmes that are available or coming up in your area, visit [www.nosp.ie/training](http://www.nosp.ie/training)



Visit [www.yourmentalhealth.ie](http://www.yourmentalhealth.ie) for information and support services for your mental health and wellbeing.

This leaflet is available to order on [www.healthpromotion.ie](http://www.healthpromotion.ie) and has been produced by,

**The National Office for Suicide Prevention**  
HSE Community Strategy and Planning  
Stewarts Hospital, Palmerstown, Dublin 20  
Tel: 01 620 1670 / E: [info@nosp.ie](mailto:info@nosp.ie)

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## Suicide Alertness for Everyone



A half-day suicide prevention programme, this training is **FREE** to attend and funded by the HSE National Office for Suicide Prevention

Learn four basic steps to recognise when people have thoughts of suicide and to connect them to suicide first aid resources

### What is safeTALK?

safeTALK is an internationally recognised half-day training programme that prepares participants to recognise and engage with people who may be having thoughts of suicide and to connect them to suicide first aid resources. Most people with thoughts of suicide don't truly want to die, but are struggling with the pain in their lives. Through their words and actions, they invite help to stay alive.

safeTALK-trained helpers can recognise these invitations for help and take action by supporting people to connect with life-saving resources, supports and services.

### Who is this training for?

**Everyone** - first responders, community workers, clergy, volunteers, teachers and people responding to family and friends.

### What happens at safeTALK training?

safeTALK is a powerful experience. You can expect to feel challenged, empowered and hopeful. Your safeTALK trainer will support you to:

- Understand the importance of suicide alertness and help you to identify people who have thoughts of suicide
- Learn clear and practical information on what to do if you need to support someone who is at risk of suicide
- Learn and practice the TALK (Tell, Ask, Listen, and Keep safe) steps to connect a person with suicidal thoughts to suicide first aid help and further community resources
- Have increased knowledge of resources in your local community.

You can expect to leave safeTALK with practical knowledge of how to identify someone at risk and link them to life-saving resources.

### How does safeTALK help prevent suicide?

safeTALK suicide alert helpers are trained to:

- Move beyond common tendencies to miss, dismiss or avoid signs of suicide risk
- Identify people who have thoughts of suicide
- Apply the TALK (Tell, Ask, Listen and Keep safe) steps to connect a person with suicidal thoughts to people and agencies that can help.

### Who should attend safeTALK training?

This training is suitable for everyone who wants to help prevent suicide and is prepared to become suicide alert.

### How is safeTALK different from other workshops?

safeTALK helps participants to identify people who are at risk, confidently ask them about the topic of suicide and connect them with resources that can help them stay safe. It is a level 2 alertness skills programme and not as advanced as the two-day intervention skills workshop, ASIST.

### Steps in suicide prevention training:

- Step 1: General Awareness
- Step 2: Alertness Skills
- Step 3: Intervention Skills
- Step 4: Assessment and Management Skills



### LIVINGWORKS

#### About LivingWorks

LivingWorks programmes have been widely accepted and valued in Ireland since their introduction in 2003. Starting in Canada in the early 1980s, LivingWorks programmes are now available in many countries including the USA, Australia, Norway, New Zealand, Northern Ireland, Scotland, England and Wales. Close to 2 million people have participated worldwide. In Ireland, in excess of 30,000 people have participated in safeTALK or ASIST training.



## **Guidance for communities on supporting people bereaved through suicide**

This two hour presentation is part of an initiative from the HSE National Office for Suicide Prevention, to enhance communication and support for communities bereaved through suicide. This presentation will be provided in response to an invitation from a community. Venues may include community halls, workplaces, GAA and/or sports clubs.

### **What to expect from this presentation**

This is an information presentation which aims to provide participants with;

- An understanding of the grieving process, acknowledging the range of emotions people may experience following a bereavement through suicide
- Knowledge on how to provide support to individuals, families and communities bereaved through suicide
- Knowledge of available help and supports and how to access them.

### **Important to note**

The community presentation needs to be delivered as part of a coordinated and coherent response to a community who have experienced a death through suicide.

### **Duration**

Two hours, including time for questions.

### **Contact information**

This presentation is funded by;  
The HSE's National Office for Suicide Prevention (NOSP) as part of Connecting for Life, Ireland's National Strategy to Reduce Suicide, 2015-2020.



Connecting for Life



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á Forbairt

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## Workshop for professionals and key contact people providing support to those bereaved through suicide

This workshop, funded by the HSE National Office for Suicide Prevention, is for professionals and key contact people who, in the course of their work, come into contact with people who have been bereaved through suicide. It explores the unique needs of suicide bereavement, so that participants become more equipped to provide support in the safest and most effective ways possible.

This workshop aims to;

- Develop participants' knowledge and understanding of the grieving process
- Demonstrate the value of empathy, compassion and humanity and the importance of meeting people where they are at
- Enhance participants' skills in supporting people bereaved through suicide.

### What to expect from this workshop

This workshop covers five key topics;

- Understanding the grieving process
- The context of suicide
- How to support people bereaved through suicide
- Skills building
- Self-care.

At the end of this workshop, participants will;

- Understand the grieving process, the context of suicide and the risk factors associated with suicide
- Have developed their understanding of the key elements of supporting someone bereaved through suicide
- Be able to apply the learning from this workshop to their own practice and support people bereaved through suicide.

### Duration

One day.

### Contact information

This workshop is funded by;  
The HSE's National Office for Suicide Prevention (NOSP) as part of Connecting for Life, Ireland's National Strategy to Reduce Suicide, 2015-2020.



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E: [info@nosp.ie](mailto:info@nosp.ie)

W: [www.connectingforlifeireland.ie](http://www.connectingforlifeireland.ie)



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