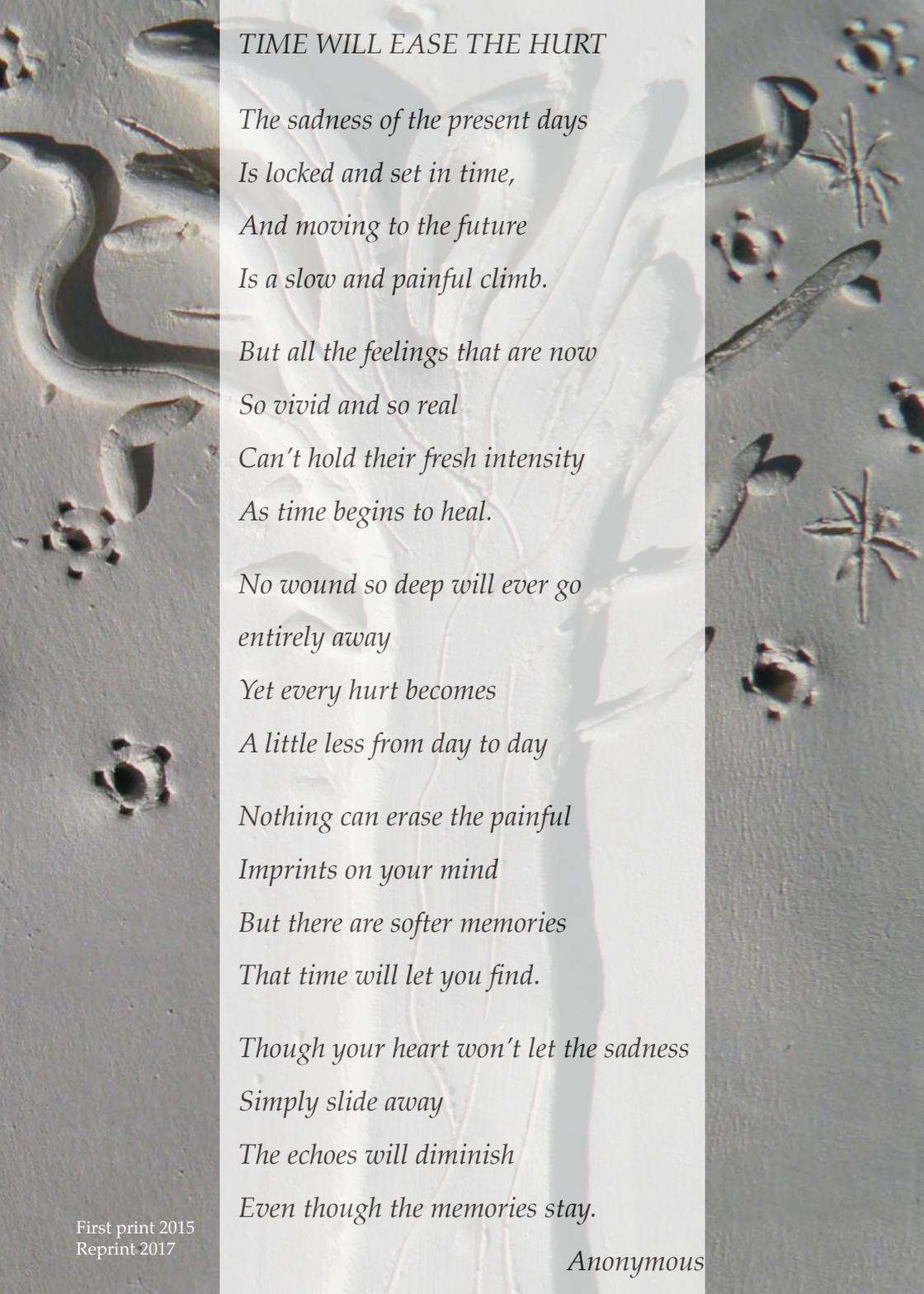


# Lighting the Way

South Cork

**An information resource to support  
people who are bereaved through suicide**



*TIME WILL EASE THE HURT*

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

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

*No wound so deep will ever go  
entirely away*

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

*Nothing can erase the painful  
Imprints on your mind*

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

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

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

# Acknowledgements

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

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

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

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

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

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

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

*Siobhan Duggan, Community Worker, Cork South Community Work Department, Cork Kerry Community Healthcare*

# Lighting the Way

*Even the darkest night will end and the sun will rise*  
**Victor Hugo – Les Miserables**



# Introduction

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

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

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

This third edition of Lighting the Way is a collaborative initiative between the Cork South and North Community Work Departments Cork Kerry Community Healthcare, Health Action Zone Initiative, with An Gardaí Síochána, and representatives of key



community and voluntary organisations. The geographical area that this resource encompasses includes Cork City South area as well as the areas of Ballincollig, Carrigaline, Kinsale and the hinterland area of all these towns.

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

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

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

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



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





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# Following a Death

## Why the Gardaí are Involved

In any event involving an unexpected death, including a suicide, the Gardaí are notified and an inquest will be held. In such instances the Gardaí are acting as Coroner's Officers and will enquire into the circumstances surrounding the death. They will inform the Coroner of the death and send him or her a report. The fact that uniformed Gardaí visit the relatives at their home or at the hospital does not mean that the death is regarded as suspicious. It will be necessary for them to take statements and have the body formally identified by a member of the family or relative of the deceased.

## The Role of the Coroner

The Local Authority appoints the Coroner. To qualify for the position a person must be a practising Barrister, Solicitor or Registered Medical Practitioner (Doctor) of at least five years standing. In Ireland, it is a legal requirement that deaths from unnatural causes, including suicide, are reported to the Coroner. The purpose is to determine who died and the circumstances surrounding their death. To establish this, the Coroner may request a postmortem and, at a later stage, may call an inquest into the death.

## Support Tip

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

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

## What is a Postmortem?

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

### Support Tip

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

## Funeral Arrangements

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

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

## Support Tip

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

## Financial Support for the Bereaved

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

### Funeral Directors

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

### Banks

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

## Department of Social Protection

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

## St. Vincent de Paul

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

## Credit Union

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



## Death Certificate

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

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

## The Inquest

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

Such persons include:

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

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

### What happens if a suicide note is left?

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

## Registration of the Death

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

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

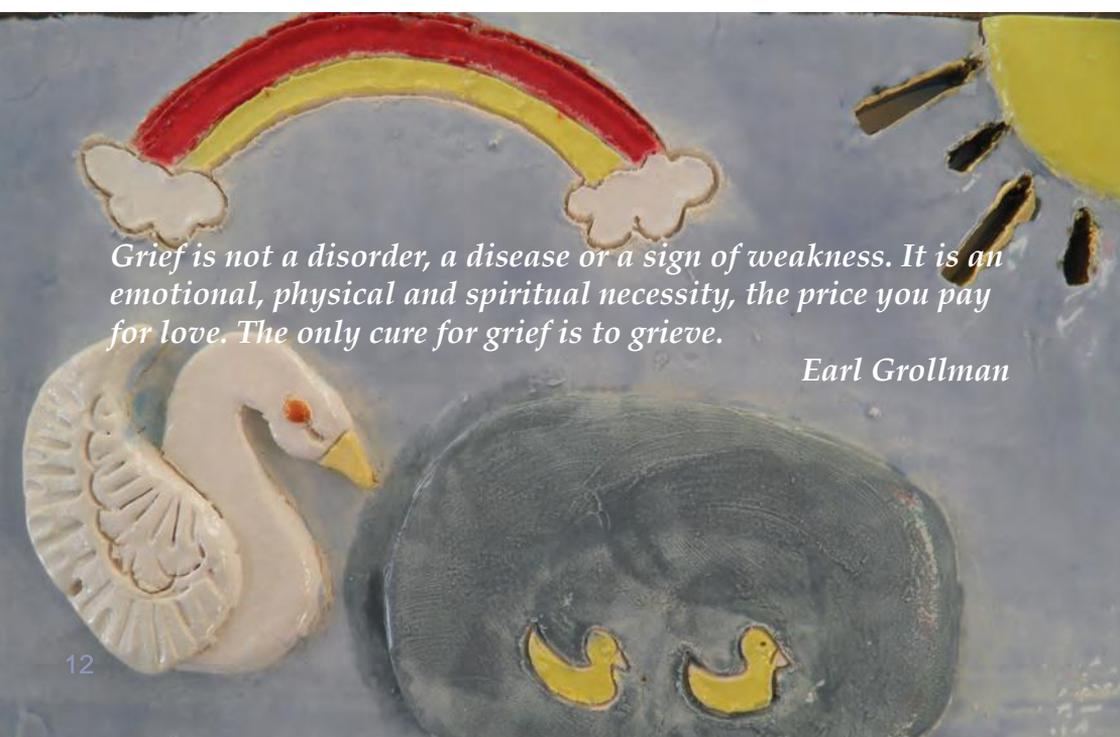


When registering the death you need to have the following:

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

## Other Supports you may need

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



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

*Earl Grollman*

# Dealing with the Loss





## Understanding your feelings

### You can survive

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

### Deal with 'why'

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

### Overwhelming feelings are normal

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

### You may feel anger

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

### Find help if you have suicidal thoughts

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



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

## Tears are healing

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

## It was not your choice

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

## Expect setbacks

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

## Reading Supports for Adults

There are a number of titles listed on p74 which we recommend however there may be many others that suit your needs. Check out the **Your Good Self** catalogue available in local libraries for recommend titles. More information on **Your Good Self** is available on p75.

### Online reading supports we recommend:

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

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



## Types of Supports Available

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

### Therapeutic Group Work for those Bereaved by Suicide

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

**Regional/National Support Services:** Pieta House Bereavement Services P63

**Local Support Service:** Togher Bereavement Services P68

### Peer Support Suicide Bereavement Group

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

**Local Support Service:** You Are Not Alone (YANA) P71



## Listening Service Support

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

**Regional/National Support Services:** ISPC P53, Aware P36, Samaritans P65, Pieta House P63

## Counselling Support

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

**Regional/National Support Services:** Pieta Bereavement Service P63, CIPC P42, Coisceim P43, Barnardos Bereavement Counselling for Children P39

**Local Support Service:** Carrigaline FRC P 40, Togher Family Centre P69, Togher Bereavement Service P68

## Text Supports/Email Supports

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

**Regional/National Support Services:** ISPC P53, Samaritans P65, Aware P36 and Pieta House P63

# Pyramid of Bereavement Supports

Types of supports most needed during and after bereavement



3

## Needed less frequently

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

2

## Needed sometimes

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

1

## Needed most often

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

## Caring for those bereaved

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

## What can friends do?

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

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



## Common Questions

### Why did it happen?

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

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

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

### Will it get easier?

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

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

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

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



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

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

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

## Should I tell people if it was suicide?

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

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

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

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

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

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



## Early grief and mourning

### Shock

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

### Numbness

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



## Disbelief

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

## Searching

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

## Anguish and pining

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

## Physical and emotional stress

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

## Myths and Facts about grief

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

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

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

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

'Being strong' does not mean suffering in silence!

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

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

**Myth:** Grief should last about a year.

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

Try to remember:

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

## Helping children with grief

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

### Talking to your child about suicide

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

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

- Be honest and consistent.
- Ask your child what death means to them, explain it to them and be sure they understand.
- Use simple language to explain suicide.
- Maintain routines and expectations such as bedtime, homework, sporting activities and playing with friends. This gives children a sense of consistency and security.

### Suggested activities to do with young children

- Create a memory box. Put mementoes of your loved one into a special box and look at them anytime.
- Look at pictures of past good times.
- Read together. Books can encourage understanding and discussion (see suggested reading p76).
- Use a toy phone to talk about what happened.
- Draw or paint to show how you feel. You can make a 'feelings' book. Include some things that make you feel safe or loved. Put the date on each page to show how your feelings change as time goes on.

## Reading Supports for Children

There are a number of reading titles for children of varying age that will help a parent or carer to support a child through grief listed on p76. We recommend you again refer to the Your Good Self Programme catalogue or indeed speak to the librarian in your local library for information on titles that are appropriate to the age of the child and type of loss or grief experienced.

### Online reading supports we recommend:

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

## Adolescence grief and loss

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

### *Reactions in bereaved adolescents - they may:*

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

### *How can we help them?*

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

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

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

### *Adolescents need additional help if they are suffering:*

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

## Support Tip

Talk to your GP about any concerns you have about your child/teen following bereavement and in particular suicide bereavement. Further online sources of information and support can be found on p77/78. The **Your Good Self** catalogue in local libraries also has more titles around grief and loss, see p76.



## Online Safety Resources and Support

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

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

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

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

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

[www.commonsensemedia.org](http://www.commonsensemedia.org)

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

[www.connectsafely.org](http://www.connectsafely.org)

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

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

## Memorialising and Removal of Social Networking Accounts

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

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

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

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

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

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

## Support Tip

What is a legacy contact?

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

# Community Supports

## Introduction

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

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

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

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

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

# Your GP/Primary Care and Mental Health Services

**Your main access route to other health services including mental health services.**

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

The GP can refer to your local Community Mental Health Team, which includes Consultant Psychiatrists, Non Consultant Hospital Doctors, Nurses, Community Mental Health Nurses – who provide home visits, Occupational Therapists, Social Workers, and Psychologists.

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



# Anam Chara

## Parental and Sibling Bereavement Support

### *What is available*

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

### *How it works*

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

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



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



085 288 8888



info@anamcara.ie



anamcarabereavement



www.anamcara.ie



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



All ages



Free and for as long as needed



Yes



Yes



No childcare available

# Aware

## What is available

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

## How it works

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

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

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

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

**Life Skills** programmes run several times a year and people are invited to register online at [www.aware.ie](http://www.aware.ie).

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



**Aware Support Line**  
1800 804 848 (Freephone)



[support@aware.ie](mailto:support@aware.ie)



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



10am–10pm 7 days a week



Adults 18 +



No Charge



Yes: Pedestrian & Vehicle access via the Western Road



Yes



No childcare available

# Ballincollig Family Resource Centre

## What is available

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

## How it works

If a person contacts our service who has been bereaved by suicide and needs support a staff member would meet with them to talk and if needed signpost the person to a more specific support such as GP or counselling service. We refer people to Coiscéim low cost counselling service for extra support.

**Referral process:** Self-referral

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



Station Rd, Ballincollig



021 487 6295



ballincolligfrc@eircom.net



9am – 4.30pm Mon-Fri



Service for Adults/Families



Low-cost (may subsidise)



Available



Yes



Childcare available; not drop in service. Homework club

# Ballyphehane Togher Community Development Project Ltd

## What is available

Ballyphehane/Togher Community Development Project is a Community Resource Centre and Crèche providing a wide range of services including information provision, CV and secretarial service, support to individuals and groups, adult education classes, community health initiatives, monthly legal advice clinic, monthly education & training outreach support. Ballyphehane Togher CDP is a member of CESCO - Cork Equal & Sustainable Community Alliance.

We support a broad range of groups in Ballyphehane, Togher, Turners Cross and the wider catchment area such as: Carers Support Group, Ballyphehane/Togher Arts and Crafts Initiative, Men's Shed, Telephone befriending service for older people living alone, Ballyphehane Network of Older Groups.

## How it works

If a person, bereaved or affected by suicide, approaches the CDP they are sign-posted to specific services or accommodated where possible by services available within the CDP. Generally, individuals can drop in and meet with staff who may direct them to a more specific support service such as a GP, counselling service, statutory service or less formally to community initiatives. **Referral process:** Self referral

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



Lower Friars Walk,  
Ballyphehane, Cork



All ages



021 431 9085



Variable



siobhan@btcdp.ie



Yes and also on main road



Ballyphehane Togher CDP



Yes



9.30am to 5pm Mon-Fri



Please contact office with enquiries

# The Barnardos Bereavement Counselling for Children

## What is available

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

## How it works

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

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

**Waiting time:** 3-6 months



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



Children



021 431 0591  
Helpline: 01 473 2110



No Charge



bereavement@cork.  
barnardos.ie



There is both a car park and  
disc parking



www.barnardos.ie



Yes



barnardosireland



No childcare available



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

# Carrigaline Family Support Centre

## What is available

Carrigaline Family Support Centre provides:

- Family Support Services
- Parenting Support
- Low Cost (short term) Counselling
- SHEP courses
- Travel Assist Programme
- The Social & Health club over 60's
- Life Skills Programme supported by ETB
- Coping with anxiety for primary school children
- Outreach services and support groups such as 'We See You' and Carers Support

## How it works

If a person bereaved through suicide contacts our service we would encourage that the person drop in and chat with one of the team, ask questions and get information. This could lead to ongoing one to one support with a member of our experienced counsellors or a referral to another specific service or organisation.

We also provide short courses such as the Living with Grief, Loss and the Change in Life. Once the course dates are set then it is advertised locally in the papers and Parish newsletter.

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

**Waiting time:** Dependent on availability



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



All ages



021 491 9299



Variable



cfsicc@gmail.com



Yes



www.carrigalinefamily  
supportcentre.ie



Yes



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



No childcare available

# Citizens Information Centres

## What is available

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

## How it works

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



**Blackrock CIC**  
Convent Road,  
Blackrock, Cork



076 107 6930



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

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

076 107 6940

10am-1pm Tues, Wed, Thurs

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

10-4.30 Mon-Fri

**Outreach Clinics:** Ballincollig Library, Bishopstown Library, Mahon Family Resource Centre, Togher Community Centre, Ballyphehane Community Centre.



check website for email addresses  
of different centres



**No charge**



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



**Available**



check website for opening hours  
of different centres



**Yes**

1

2

3

# Counselling in Primary Care (CIPC)

## What is available

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

## How it works

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

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

**Waiting time:** Varies



021 468 1006



www.hse.ie



9am to 5pm Mon- Fri



Over 18



Medical card holders only



Depends on location



Disabled access - parking depends on location



No childcare available

# Coiscéim

## What is available

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

## How it works

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

**Waiting time:** 3-6 weeks



Varies



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



021 466 6180  
087 799 8602



**Based on ability to pay**



socialandhealth@eircom.net



Yes



www.socialandhealth.com



Yes



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



**No childcare available**

# Cork Gay Community Development Company LTD

## What is available

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

We also offer confidential support through our involvement with the National LGBT Helpline on 1890 929 539 or at [www.lgbt.ie](http://www.lgbt.ie)

## How it works

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

**Referral process:** Self referral

**Waiting time:** No waiting time, just drop in



4 South Terrace, Cork



021 430 0430  
087 638 1578



[info@gayprojectcork.com](mailto:info@gayprojectcork.com)



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



10am-6pm Mon-Sat



Service for gay and bisexual men and their families



No charge for services but donations accepted



On street parking



Yes



No childcare available

# Cork Mental Health Foundation & Housing Association

## *What is available*

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

## *How it works*

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

**Referral process:** No referral necessary

**Waiting time:** No waiting time



**Nore House, Bessboro  
Road, Blackrock, Cork.**



**021 451 1100**



**All ages**



**admin@corkmentalhealth.  
com**



**No Charge**



**www.corkmentalhealth.com**



**Available**



**corkmentalhealth**



**Yes**



**9am–5pm Mon-Fri**



**No childcare available**

# Cork Local Drug and Alcohol Community Support Services

## What is available

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

Please find a list of the different projects below:

### Ballincollig Community Drug & Alcohol Project



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



087 284 4426

### Ballyphehane Action for Youth



20A Pouladuff Rd.  
Ballyphehane, Cork



087 179 0689

### Carrigaline Community Based Drugs Initiative



Carrigaline Lions Youth Centre Project, Church Rd., Carrigaline



086 383 7390

### Cork Local Drug & Alcohol Task Force



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



021 493 0100



None



Varies according to project



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



Varies according to project

## How it works

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

**Referral process:** Referrals can be made by the person themselves, a family member parent or sibling, a concerned person or friend. Referrals are also taken from a variety of agencies such as GPs and other drug and alcohol services.

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

### Douglas Area Youth Service



Ardagh House, Old Carrigaline  
Road, Douglas, Cork



087 120 9001

### Greenmount Community Drugs Initiative



12 Mary Street,  
Cork City



086 836 4366

### Togher Link-Up



13 Tramore Road, Togher, Cork



086 825 1561 / 086 824 0140

### Yewtree Project, Mahon



22 Lakelands Crescent, Mahon



086 380 1698



Varies according to project



No childcare available



All ages

# Cork Traveller Women's Network

## What is available

Cork Traveller Women's Network is a community development organisation run by Traveller women in Cork City. We work for Traveller rights generally, with a particular focus on health, accommodation advocacy, Traveller women's leadership and promotion of Traveller culture. We support a network of Traveller women's groups across the city, as well the Meelagh Traveller Community Centre in Mahon, which provides a range of family supports.

## How it works

If we are working with a person who has been bereaved through suicide a Community Development Worker will meet with this person to provide support identifying what services/supports they may need and what services are available in their local area. We work closely with and refer people to the Healthy Minds Project - which is a Traveller specific project promoting mental health that can provide one to one support, outreach and link people to key services.

**Referral process:** Self referral **Waiting time:** No waiting time



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



Service for adults



086 777 7651



No charge



corktravellerwomen  
@hotmail.com



None

# The GAA

## *What is available*

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

## *How it works*

The Club Health and Wellbeing Officer will guide someone who has been bereaved by suicide to appropriate local services where necessary. The Club Health and Wellbeing Officer is supported by the wider club structures and the Cork GAA County Health and Wellbeing Committee. There are a number of GAA specific resources available to support club members and the wider community in times of difficulty and need. Please check with your club secretary for contact details of your Health and Wellbeing Officer. Samaritans are the official mental health partner of the GAA and are available 24 hours a day to offer emotional support. (See p65 for further information on Samaritans.)



**Local GAA club**



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



**chair.hwc.cork@gaa.ie**



**All ages**



**No charge**



**Depends on location**



**Depends on location**



**No childcare available**

# GROW

## What is available

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

## How it works

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

### Local meetings to East Cork area:

Tuesday 2pm + 8pm, Wednesday 10.30am, Thursday 3pm + 8pm/ all these meetings are held at GROW Office, 1st Floor 34 Grand Parade;

Tuesday 7.30pm Gurrabraher Youth & Community Resource Centre;

Thursday 7.30pm SMA Parish Centre Wilton.

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



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



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



**southernregion@grow.ie**



**www.grow.ie**



**GROW Ireland**



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



**Service for adults 18+**



**No cost**



**Access to parking varies depending on location.**



**No disability access in Grand Parade**

# Healthy Minds Traveller Mental Health Project.

## *What is available*

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

## *How it works*

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

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

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



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



021 492 8381 / 8374



john.walsh2@hse.ie



9am-5pm Mon-Fri



Age 16+



No Charge



Yes, on street disc  
and pay parking



Yes



No childcare available

# Irish Farmers Association Cork

## What is available

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

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

## How it works

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

**Referral process:** Self-referral

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



Technology Centre,  
Curraheen Road,  
Bishopstown, Cork



021 454 5944



cork@ifai.ie



www.ifai.ie



9.30am-5.30pm Mon - Fri



Service for adults 18+



None



Yes



Yes



No childcare available

# ISPCC Child & Family Support Services

## What is available

We provide a free, comprehensive, community based one to one support service (including out of hours access) to children and young people who may be experiencing emotional and behavioral difficulties. This is provided by professional ISPCC support workers. Children and families come to us with a wide range of issues, they are often in a crisis situation and we are here 24 hours a day to respond to them. Working with, and empowering children and families to overcome problems and lead happier healthier lives is just part of what we do. We actively target improving social inclusion through building connections and supporting relationships within families, giving them the skills to build a brighter future for their children.

## How it works

If a child/young person who had experienced bereavement through suicide is referred we would firstly meet with them and their family to explain the service. We can meet the child or young person where they would be most comfortable - either at our office in Cork city, or in their home, school or local community centre, once a week for up to 6 months. We work to create an individual intervention plan tailor-made to suit their needs. Some children/young people may wish to use their sessions to express and articulate how they are feeling about their loss. Others may wish to learn new practical coping skills that will ease stress levels and assist them to deal with this difficult situation. As with all our services, we try to promote psychological resilience and psychological wellbeing. **Referral process:** self-referral or professional referral **Waiting time:** Minimum 6 months.



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



**10am-6pm Mon-Sat**



**021 450 9588**  
Childline 24hr Freephone  
1800 666 666



**Service 0-18 years**



**Text 'talk' 50101**



**Free service**



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



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



**ISPCCChildline**



**Yes**

# Jigsaw Cork

## What is available

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

## How it works

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

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



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



021 245 2500



cork@jigsaw.ie



www.jigsaw.ie/cork



jigsawcork



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



Ages 12-25



No charge for service



Local Q-Park and on street  
disc parking



Please contact us in advance to  
ensure accessibility of services

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

## What is available

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

We provide a number of services which include:

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

## How it works

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

**Referral process:** Self referral

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



**Red Cross Centre,  
Kinsale**



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



**085 872 5789**



**Free & Confidential**



**tom@kyss.ie**



**Available free**



**www.kyss.ie**



**Yes**



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



**No childcare available**

# Library Services

## *What is available*

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

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

## *How it works*

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



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



CorkCityLibrary  
 corkcocolibrary



**Open to everyone**



**No membership fees but charges apply for printing**



**Parking available**



**Yes**



**No childcare**

## Cork County Libraries



**Ballincollig**  
Village Shopping Centre



021 487 3024



ballincollig.library@  
corkcoco.ie



9.30-5.30pm  
Tues-Sat

**Carrigaline**  
Crosshaven Road  
(near Dunnes)

021 437 1888

carrigaline.library@  
corkcoco.ie

9.30-5.30pm  
Tues-Sat

**Kinsale**  
Methodist Hall

021 477 4266

Kinsalelibrary@  
eircom.net

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

**Mobile Libraries**

021 454 6499

corkcountylibrary@  
corkcoco.ie

9-5.30 Mon-Fri

## Cork City (South) Libraries



**Bishopstown**  
Wilton , Cork



021 492 4950



bishopstown\_library@  
corkcity.ie



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

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

021 492 4900

libraries@corkcity.ie

10am -5.30pm  
Mon - Sat

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

021 492 4931

021 492 4932

douglas\_library@  
corkcity.ie

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

**Tory Top Library,**  
Ballyphehane, Cork

021 492 4934

021 492 4946

torytop\_library@  
corkcity.ie

10am - 5.30pm Wed-Sat  
10am - 8pm Tues

# LINC (Advocating for Lesbian & Bisexual women in Ireland)

## *What is available*

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

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

## *How it works*

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

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

**Referral process:** No referral necessary to access LINC supports

**Waiting time:** No waiting list



11A White St. Cork



021 480 8600



info@linc.ie



www.linc.ie



LINCcork



LINCwomen



11am-3pm Tues, Wed & Thurs



All ages



No charge but donations are welcome



Disc parking available



Only to main room.  
No access to toilet at present



No childcare available but  
children & family welcome

# Little Sisters of the Assumption Family Development Project

## *What is available*

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

## *How it works*

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

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

**Waiting time:** None



1 Ballinure Crescent,  
Mahon



021 435 8372



malonemary10@eircom.net



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



All ages



None



Free parking



Access available if contacted in advance



No childcare available

# Mahon CDP (Community Development Project)

## *What is available*

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

## *How it works*

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

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

**Waiting time:** Drop-in



Unit 7, Avenue de  
Rennes, Mahon, Cork



021 435 9070



info@mahoncdp.ie



MahonCDP



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



Service for Adults



None



Free on street parking



Yes



Crèche service for enrolled  
children.

# Mahon Family Centre Ltd

## What is available

The Mahon Family Centre provides the following services:

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

## How it works

If a person contacts the Mahon Family Centre who has been bereaved through suicide initial contact with the service is usually through reception. The person would be met by a friendly person who will listen and direct enquires where appropriate. An offer to speak with the co-ordinator would be made and further support can be arranged if needed. If access to the counselling service is required then a Counsellor is allocated and there will usually be a follow up with centre staff.

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

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



Mahon Drive, Mahon



021 435 8866



info@frcentre.ie



Mahon-FRC



8.45am-4.30pm Mon -Fri



All ages Family Support



Counselling €10 per session



Limited parking available



Yes



Yes, but pre-registration required

# MyMind

## What is available

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

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

## How it works

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

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

Clients can avail of online consultations via video conference

**Referral process:** Self referral

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



9 Dyke Parade, Mardyke,  
Cork



5 years and over



076 680 1060



Clients charges based on  
ability to pay



cork@mymind.org



Street parking



www.mymind.org



No



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



No childcare available

# Pieta House Bereavement Services

## *What is available*

Pieta House Bereavement Services provides:

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

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

## *How it works*

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

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



Highfield Lawn,  
Model Farm Rd,  
Bishopstown, Cork



021 434 1400



info@pieta.ie



www.pieta.ie



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



All ages



No charge



On street parking



Yes



No childcare available

# ReachOut.com

## *What is available*

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

## *How it works*

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

**Referral process:** Self referral

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



32 South William Street,  
Dublin 2



suitable for 12 to 25 years old



01 764 5666



No charge



general@reachout.com



www.reachout.com



24 hours per day  
7 days per week

# Samaritans

## What is available

We offer emotional support to anyone feeling distressed or needing to talk. We listen in a non judgemental, open way. As well as talking on the phone people can also visit the centre between 9am and 10pm every day. If you feel you don't want to call in or phone, you can always e-mail us at [jo@samaritans.org](mailto:jo@samaritans.org).

We are also available to give talks to schools and other organizations on the importance of emotional health.

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

## How it works

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

**Referral process:** Self Referral

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



7/8 Coach St,  
Cork



116 123



[jo@samaritans.org](mailto:jo@samaritans.org)



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



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



All ages



No charge



Yes



Yes



No childcare available

# SHINE - Supporting people affected by mental ill health

## What is available

The Regional Development Officer (RDO) can provide information, listening, support and training, signpost you to services within Shine or externally if appropriate. They can offer you a one to one meeting for an initial chat about your issues/concerns/needs. Relatives Support Group and Phrenz Group (for relatives of and people with self-experience of mental health difficulties). Practical information and support are the key facets of these groups. The Basement Resource Centre is a peer driven resource centre for people with self-experience of mental ill health. A confidential, affordable, safe and professional service is provided by trained accredited counsellors.

**Email support service:** [phil@shineonline.ie](mailto:phil@shineonline.ie)

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

## How it works

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

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

**Referral process:** Self Referral



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



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



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



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



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



**Service for adults**



**See above**



**On street parking available**



**Limited**



**No childcare available**

# TENI

## Transgender Equality Network Ireland

### *What is available*

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

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

### *How it works*

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

**Referral process:** Self-referral

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



01 873 3575



office@teni.ie



www.teni.ie



10am-6pm Mon - Fri



All ages, under 18 with consent



No cost



Not applicable



Not applicable



No childcare available

# Togher Bereavement Services

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

### *What is available*

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

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

### *How it works*

When a person bereaved or affected by suicide needs support they are directed to our services by community organisations and other service providers in the community. When someone phones the service, they are invited to attend a one-to-one meeting (no charge) to further understand the issues. The most appropriate service is offered to the individual – they may be invited to join the Suicide Bereavement Programme or it may be deemed more appropriate for them to attend a few individual sessions of counselling (low cost) first. **Referral process:** Self-referral

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



**Togher Parish Office,  
Togher, Cork**



**087 665 3600**



**omahony.kay@gmail.com**



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



**Service for Adults**



**Groups free, Counselling low cost**



**Available**



**Yes**



**No childcare available**

# Togher Family Centre

## What is available

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

## How it works

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

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



6 Maglin Grove, Deanrock Estate, Togher, Cork



All ages Family Support



021 431 6766



Variable



togherfamilycentre@eircom.net



Please park on main road



www.togherfamilycentre.ie



Yes



9am-5pm Mon-Fri



Please contact office for further details

# Traveller Visibility Group Ltd.

## What is available

The Traveller Visibility Group (TVG) consists of a health project, a drugs and alcohol support project, community employment scheme placements and also provides crèche facilities to the community. The project operates an open door structure for those wishing to contact the service during regular opening hours.

## How it works

On accessing the TVG individuals and families can expect to be treated sensitively with TVG staff also working to ensure confidentiality is maintained for all those using its service. Support can be availed of from either a Traveller or a settled worker. The TVG provides culturally appropriate understanding and seeks to support individuals in accessing further support from services around their specific needs. It also assists other services in understanding the context of the Traveller community when they are supporting Travellers. In relation to bereavement issues, basic support is provided; such as practical help with tasks and options, as well as providing information about other support services who deal specifically with the area.

**Referral process:** Drop in welcome, self referral & service referral

**Waiting time:** None



25 Lower John St,  
Cork



021 503 786



tvgcork@gmail.com



www.tvgcork.ie



9.30 – 5pm Mon- Fri



Over 18 and families



None



Disc Parking



Yes



Yes at Goras Community  
Crèche

# You Are Not Alone (YANA)

## What is available

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

## How it works

In the event of a person approaching our service who has been bereaved by suicide and is possibly seeking support, we listen openly when and if they want to talk about their loss. This is a safe environment where people can relate to the issues facing them. At YANA we support each other in our grief and provide the opportunity for families bereaved by suicide to meet others that are grieving in similar circumstances.

**Referral process:** Self referral to our support group **Waiting time:** None



**Anthony & Collette Wolfe**  
3 An Sruthan, Cul Ard,  
Carrigtohill Co. Cork



Collette 087 189 7315  
Anthony 087 683 8861



anthonywolfe150@gmail.com



Monthly coffee morning and  
annual Concert of Hope  
Please contact us for details



Peer support group, for all ages



No charge for service



Free parking



Yes, building and parking



No childcare available

# Youthreach

## What is available

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

## How it works

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



### Ballincollig Youthreach

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

### Dean Street Youthreach

Teach Barra, Dean Street, Cork City

### Cork City Learning Support Services

6 Fr. Mathew Street, Cork

### Mahon Youthreach

Ringmahon House, Ringmahon Rd.,  
Mahon, Cork



021 487 5432

021 496 6950

021 427 3526

021 461 4599



15 to 20 years



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



Yes



Yes



Call for details



8.30 to 4pm Mon-Fri

# Youth Health Service

## What is available

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

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

## How it works

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



**Penrose House,  
Penrose Quay, Cork**



**23 and under**



**076 108 4150**



**No charge**



**yhs@hse.ie**



**No parking**



**www.yhs.ie**



**Yes**



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



**No childcare available**

# Youth Services South Cork

## What is available

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

## How it works

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

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

**Waiting time:** Drop in



info@foroige.ie



www.foroige.ie



foróige



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



Service for young people aged 10-18



None



On-street parking available



No



No childcare available



<b>Ballincollig GYDP</b> 1st floor, Old Village Shopping Centre	Nessa Harnett Catriona McNaeidhe	086 799 6265 086 781 4849
<b>Carrigaline, HERON GYDP,</b> Community Centre, Church Road.	Zuzana Strbianova Michael Collins	086 008 0964 086 008 0963
<b>Douglas West GYDP</b> Old Carrigaline Road	Tina Keane Louise Murphy	087 947 1810 087 983 8703
<b>Ballyphehane Youth Development Project,</b> Bandroom, Friars Walk	Ita Burke	087 290 5215
<b>Greenmount Youth Development Project</b>	Nora McCarthy	086 387 2048
<b>Togher Youth Development Centre</b> Old Girls Primary School Togher	Carmel Forde Patricia Corcoran	087 122 4239 086 238 6308
<b>TACT, Togher GYDP</b>	Maria Nyhan Pat Conway	087 120 5976 087 941 6995
<b>BISHOPSTOWN/CURRAHEEN</b> Bishopstown Youth Development Project, Murphy's Farm	Thomas Moloney	086 395 0057
<b>Mahon Youth Development Project ,</b> Unit 7, Avenue de Rennes	Declan Cassidy Denise Cahalane	086 220 4110 086 967 7538
<b>MAY GYDP</b> 22 Lakelands Crescent, Mahon	Evelyn Cleary	086 275 6510



# Further Reading

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

## List of books for adults:

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

## List of books for children:

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

# Your Good Self



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

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

## Online Resources

**[aware.ie](http://aware.ie)** support and information for people who experience depression or bipolar and their concerned loved ones.

**[barnardos.ie/teenhelp](http://barnardos.ie/teenhelp)** a guide for teenagers in Ireland looking for advice on their personal problems or issues in life.

**[belongto.org](http://belongto.org)** an organisation for Lesbian, Gay, Bisexual and Transgendered (LGBT) young people, aged between 14 and 21.

**[citizensinformation.ie](http://citizensinformation.ie)** this site provides information on public and social services. One stop shop for information about a whole range of issues.

**[corksamaritans.ie](http://corksamaritans.ie)** website provides confidential, emotional support and information to people who are experiencing feelings of distress or despair, including those which may lead to suicide.

**[connectingforlifeireland.ie](http://connectingforlifeireland.ie)** information on Ireland's national strategy to reduce suicide.



# Online Resources (cont.)

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

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

**nosp.ie** National Office for Suicide Prevention website

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

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

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

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

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

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

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

**welfare.ie** Department of Social Protection website

**yourmentalhealth.ie** Website promoting positive mental health.



# Bibliography

## HSE Publications

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

## Other Publications Referenced

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



Little things can make a big difference

[yourmentalhealth.ie](http://yourmentalhealth.ie)  
#littlethings

HE

116 123  
SAMARITANS  
IRELAND

## PROBLEMS FEEL SMALLER WHEN YOU SHARE THEM

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



HE

116 123  
SAMARITANS  
IRELAND

## DO THINGS WITH OTHERS THERE'S STRENGTH IN NUMBERS

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



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SAMARITANS  
IRELAND

## LENDING AN EAR IS LENDING A HAND

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



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IRELAND

## THE MORE YOU MOVE THE BETTER YOUR MOOD

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



HE

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SAMADYFAR  
IRELAND

## IF A FRIEND SEEMS DISTANT CATCH UP WITH THEM

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



HE

116 123  
SAMADYFAR  
IRELAND

## BOOST YOUR MOOD WITH HEALTHY FOOD

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



HE

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SAMADYFAR  
IRELAND

## 8 HOURS SLEEP MAKE THE OTHER 16 EASIER

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



HE

116 123  
SAMADYFAR  
IRELAND

## DRINK LESS AND GREAT NIGHTS BECOME GOOD MORNINGS

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





## Soon it Will be Brighter

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

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

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

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

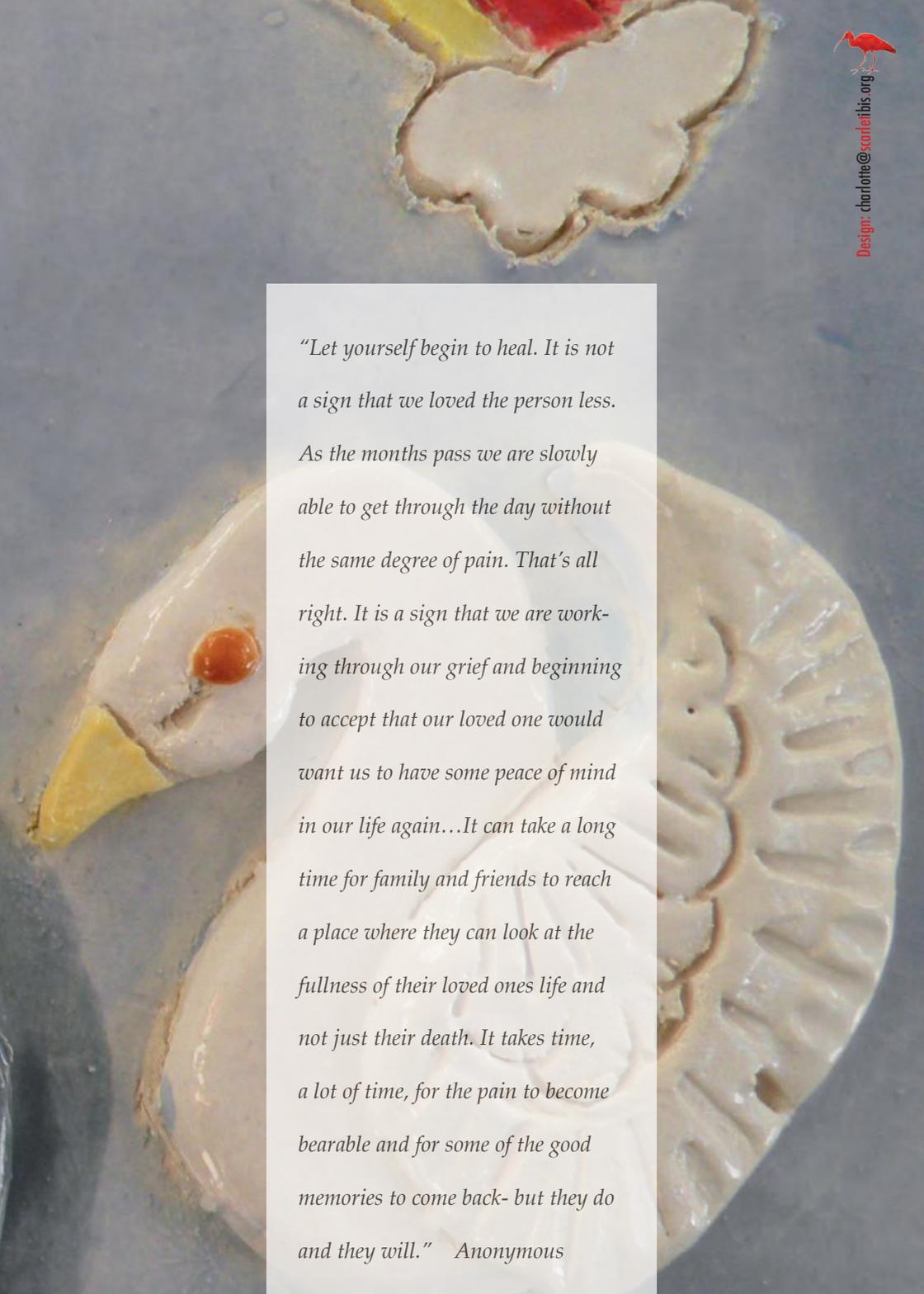
The group realise that all of the resources and services that feature in the Lighting the Way- Cork South Booklet can contribute to the process of finding the help that is needed to become stronger. It is hoped that this art piece can be viewed at focal points in the community, and it will allow people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

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









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



A Community Anchor Project

Mahon Community Development Project

