



Connecting for Life

SUPPORT FOR PEOPLE BEREAVED BY SUICIDE

When you lose a loved one through suicide, it is important to know that there is help and support available. Most of the time, friends, family and colleagues can provide this support but sometimes, you may need some extra help. There are people, groups and organisations available to help both locally and nationally; they will accept how you are feeling and recognise the difficulties that you are facing. There are also organisations that can give you some support with the practical issues that may arise.

If you or someone you know needs help right now, in the first instance contact your GP or your nearest “Out Of Hours” GP service. You can also go to, or contact the Emergency Department of your nearest hospital (www.hse.ie) or call the Emergency Services on 999 or 112. If you are being supported by a mental health team, or have been in the past, don't be afraid to contact them for support.

If you want to talk to someone about how you are feeling, you can contact the **Pieta House Suicide Bereavement Liaison Officer for Cavan and Monaghan Maria McBrien**. Maria provides emotional and practical support to people bereaved by suicide, including follow on support and therapeutic services, as required. Contact Maria on 085 870 6591 or email maria.mcbrien@pieta.ie.

Pieta Suicide Bereavement Counselling Service: provides professional one-to-one therapeutic service to people (6+ years) who have been bereaved by suicide. This service is free of charge and no referral is needed. **Phone:** 0818 111 126 to book an appointment with a Therapist in Cavan or Monaghan. **Free Phone** 1800 247 247 or **text HELP** to 51444 - to speak to a therapist if you are in crisis. www.pieta.ie

HUGG Suicide Bereavement Support Group: HUGG is a peer support organisation. Their aim is to provide a safe, confidential environment in which those bereaved by suicide can share their experiences and feelings, so giving and gaining support from each other. Their support groups are facilitated by trained and experienced people who have been bereaved by suicide. The Group meets every second Tuesday evening at 7.30 p.m. in the Hotel Kilmore, Cavan (next meetings are on 30th November and 14th December). Due to current HSE guidelines it is essential that everyone coming along needs to book in advance. To book your place contact HUGG, by visiting our website and selecting “Join a Group” at <https://www.hugg.ie> or call Hazel at Cavan County Local Development on 049 4336070 or 087 695 1865. Email: hleahy@cclld.ie