

GET IN TOUCH

The Suicide Bereavement Liaison Service is available in the following areas:

Cavan/ Monaghan
085 870 6591

Meath/ Louth
085 738 0444

Cork/ Kerry
085 870 6714

Midlands
086 418 0088

Donegal
085 877 2028

North Dublin
085 870 6574

Galway City and County
085 856 8082

Sligo/ Leitrim
085 253 8638

**Kildare/ West Wicklow,
Dublin West,
Dublin South City,
Dublin South West**
085 870 6606

**Wexford/ Waterford/
Kilkenny/ Carlow/
South Tipp**
085 807 3040

**Limerick/ Clare/
North Tipp**
085 856 8081

**Dublin South East/
Dun Laoghaire/ East
Wicklow**
085 870 6712

The SBL Service is a confidential support service. We believe that our clients confidentiality is paramount. Any information given by you will be kept confidential to the Pieta SBL Service except in the following circumstances:

- When there is known or suspected risk or potential concern regarding abuse, neglect or safety of a child or children or disclosure of past sexual abuse where there is an immediate concern for the welfare of a child.
- When there is known or suspected risk of harm to yourself or another individual/ individuals.
- When there is a legal obligation to disclose information.

Pieta House Head Office
First Floor, Greenhills Retail Park
Greenhills Road, Tallaght, Dublin 24, D24 RH59

Head Office: 01 458 5490



Connecting for Life

SUICIDE BEREAVEMENT LIAISON SERVICE

**SUICIDE AND SELF-HARM
CRISIS SERVICE AND SUICIDE
BEREAVEMENT SERVICES**

24/7 Helpline 1800 247 247

Pieta  House

www.pieta.ie | mary@pieta.ie

Have you lost a loved one to suicide?

The Suicide Bereavement Liaison (SBL) Service can offer you guidance, practical information and support at a time when you may feel your world has turned upside down and inside out.

When someone close to you dies, it may feel like one of the most difficult life experiences you have ever faced. Everyone experiences grief in different ways and every individual's loss will be unique to them, therefore when grieving, you may experience many different reactions. There is no logical order in the way people go through emotions and reactions to loss and grief and it may take time to adjust to your loss.

When the death is by suicide, family, friends and communities must cope with the sadness of their loss plus many additional intensified feelings, as well as coping with the manner and circumstances of the death which can complicate the grieving process.

Some common reactions and emotions you may experience:

- Shock/ Denial/ Disbelief
- Numbness/ Isolation
- Questioning/ Searching (Why/ If only/ What if)
- Anger/ Blame
- Despair/ Sadness/ Crying
- Exhaustion/ Sleep disturbance/ Initially no appetite/ Physical complaints
- Fear/ Anxiety/ Depression

The SBL Service offers practical support and guidance, which can be very helpful to people bereaved by suicide and provides the following:

- Support
- Assistance
- Information
- Practical Help
- Referral to additional services, if required

Role of the Suicide Bereavement Liaison Service

- Provides a prompt and proactive response in the aftermath of a suicide and works very closely with the Suicide Prevention Officers in your area.
- Offers ongoing support by providing one to one support in your home or a place you feel comfortable in, in addition to telephone and group support.
- Provides information while offering practical and emotional support to those bereaved by suicide, enabling them to access follow on services if required.
- Assists with any concerns or various reactions that family members or the wider community are experiencing.
- Offers support, guidance or assistance in helping with communicating with the Gardaí or Coroner, etc., or even just to talk about what has happened.

Any individual, family, friend, co-worker, community affected by suicide is welcome to make contact with the Liaison Service. The support can be provided hours, days, weeks, months or years after the loss. No matter how long ago the suicide has occurred, the Suicide Bereavement Liaison Service is there for you.