

Co. Galway

Pieta House West

Galway City 091 502921

Tuam 093 25586

1800 247 247 www.pieta.ie

- Information
- Helpline
- Suicide bereavement liaison service 085 8568082
- Remembrance service
- Counselling

Co. Mayo

Curam Dalton Street, Claremorris, Co. Mayo

094 93 62096 www.curamclaremorris.com

- Information
- Counselling

Family Centre

Chapel Street, Castlebar, Co. Mayo

094 90 25900 www.thefamilycentre.com

- Information
- Suicide bereavement liaison service 087 2172866
- Ecumenical service
- Support group
- Peer support
- Holistic therapies
- Counselling

Knock Counselling Service

Knock Shrine, Knock, Co. Mayo

094 93 75032 www.knock-shrine.ie/counselling

- Information
- Counselling

Co. Roscommon

Family Resource Centre

Boyle, Co. Roscommon

071 96 63000 www.boylefrc.ie

- Information
- Suicide bereavement liaison service 085 7407856
- Support group
- Holistic therapies
- Counselling

Vita House

Abbey Street, Roscommon Town

090 66 25898 www.vitahouse.org

- Information
- Suicide bereavement liaison service 085 7407856
- Support group
- Holistic therapies
- Counselling

Co. Sligo and Co. Leitrim

Suicide Bereavement Liaison Service, Pieta House

085 2538638 www.pieta.ie

STOP Suicide

Bee Park Resource Centre, Manorhamilton, Co. Leitrim

086 7772009 Crisis number 1850 211 877

www.stopsuicide.ie

- Information
- Helpline
- Counselling

National

Association for Agency-based Counselling and Psychotherapy in Ireland

Unit No. 6, The Village Centre, Churchlands, Slane, Co. Meath

041 98 20625 www.aacpi.ie

- Information



Connecting for Life

Suicide Bereavement Support Services Galway, Mayo and Roscommon

This leaflet was developed by the Western Alliance of Agencies Providing Suicide Bereavement Support. It is a network of services offering support to those bereaved by suicide in Galway, Mayo and Roscommon.



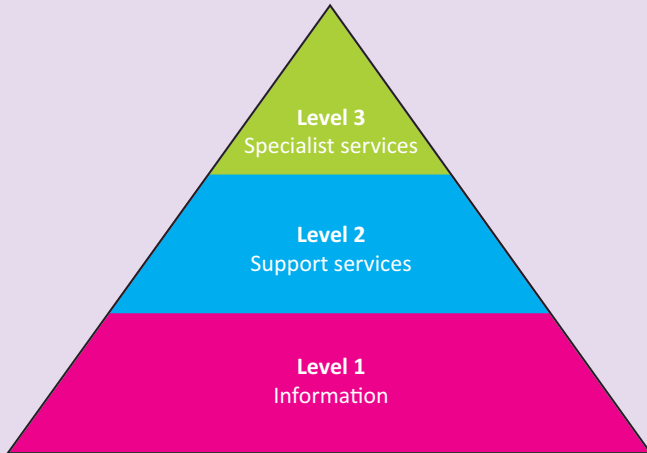
The death of someone close to us is one of the most difficult life experiences we ever have to face.

Those who are bereaved by suicide need to work through their grief in their own way and in their own time. Some people will deal with their grief privately, with the help and support of family, friends, neighbours and work colleagues. Others will look for support outside of these networks.

This leaflet has been put together to make it easier to find out what suicide bereavement supports are available in Galway, Mayo and Roscommon, and how they can be accessed.

Supports and services available

There are three broad types of supports and services available.



1. Information

Information is available from a range of sources such as leaflets, newspaper articles, books and websites. There is a specific suicide bereavement liaison service resource pack available for each county.

Websites:

www.yourmentalhealth.ie www.barnardos.ie
www.reachout.com www.spunout.ie
www.mayobewell.ie www.winstonswish.org
www.suicidesupportandinformation.ie

2. Support services

Some people may need extra support outside of their usual networks. Here is a list of these services:

GP (Family doctor)

For those who would like to find out what supports best suits their needs, talk to a GP. He or she can advise on what services may be of benefit.

Helplines

Helplines offer a range of services by telephone, including providing information, a listening service or a counselling service. Some services operate 24 hours a day, 7 days a week, while others are only available at specific times.

Suicide bereavement liaison service

The suicide bereavement liaison service offers support to an individual, family members, relatives, friends and colleagues of a person who has died by suicide.

On request, a suicide bereavement liaison officer can meet an individual or a group. There is no time frame in which to use this service—some families have been recently bereaved—while for others it may be a longer period of time. They may be seeking guidance or assistance in accessing services, or may simply wish to talk to someone about what has happened. In some cases, there may be a specific concern about the reactions and emotions family members or the wider community are experiencing. A bereavement support pack is also available through this service, the Gardai, a GP, a member of the clergy or a funeral director.

Counselling

The term counselling is a broad term used to describe a whole range of counselling and psychotherapeutic services.

Counselling is a type of talking therapy that allows a person bereaved by suicide to talk about their experiences and feelings in a confidential and safe environment. It may be provided over a set time period. Counselling may be offered in a one-to-one situation, in a group, on the telephone and online.

Many agencies in the Western Alliance of Agencies Providing Suicide Bereavement Support are also members of the Association for Agency-based Counselling and Psychotherapy

in Ireland (AACPI), www.aacpi.ie. This is an association of like-minded organisations who want to work together to develop standards of excellence for those providing counselling services for the people in their communities.

Support groups

People bereaved by suicide may choose to attend support groups to talk, to seek support for themselves, as well as to offer support to others, and to try to make sense of their loss. Groups are run by trained facilitators, who support people to share their personal experiences in an environment that is safe, structured and confidential. While participants are encouraged to contribute, there is no onus on anyone to do so.

Groups are usually run over a specific period of time.

Peer support

Peer support is where people who have been bereaved by suicide are trained to offer non-professional help and support to others who share a similar set of experiences. The support provided may be social, emotional and/or practical.

Remembrance services

Remembrance ceremonies provide an opportunity for those who are bereaved to gather together to remember their loved ones who have died by suicide. They can also create an awareness of how the risk of further suicides in a community may be reduced, by promoting support services and building a sense of hope.

Holistic therapies

Some people have found holistic therapies such as complementary therapies and meditation to be beneficial during the grieving process.

3. HSE specialist services

Child and Adolescent Mental Health Services, Adult Mental Health Services and Psychiatry of Old Age Services are provided by the HSE. They are delivered through specialist mental health teams. Those already using these services can make contact directly. If not, then a GP referral letter is needed to access them.