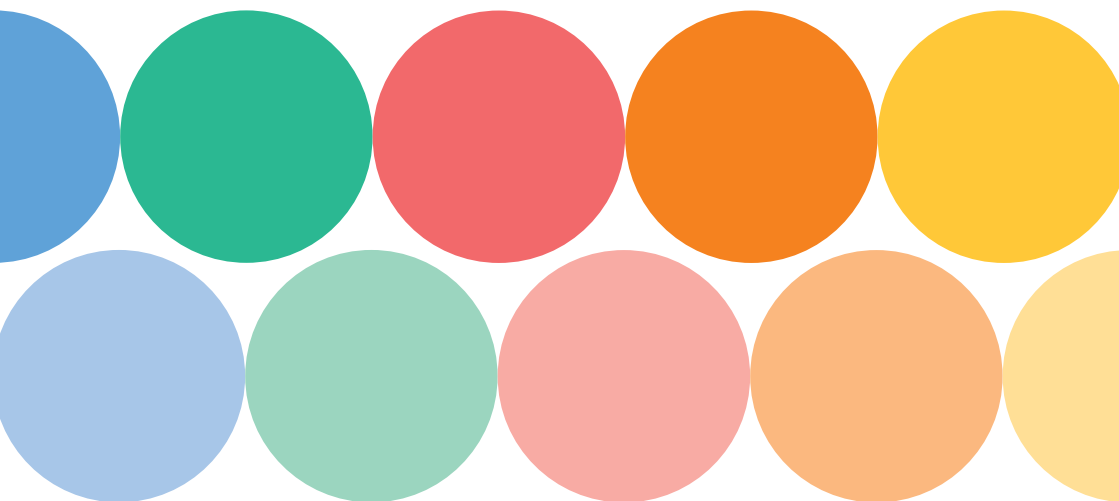


# YOU ARE NOT ALONE

## Directory of Bereavement Support Services 2016



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive

NATIONAL  
OFFICE *for*  
SUICIDE  
PREVENTION



Connecting for Life



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# Foreword

I am very pleased to issue the fourth edition of *You Are Not Alone: Directory of Bereavement Support Services*. In *Connecting for Life*, our National Strategy for Suicide Prevention 2015-2020, we recognise that when we lose someone close to us, not only must we deal with many practical issues, we are also faced with the huge emotional challenges of making sense of the death and trying to shape our lives to accommodate our loss. This booklet and its companion - *You Are Not Alone: Help and Advice on coping with the death of someone close* - are intended to provide guidance and support during a difficult time. These resources were developed to help people bereaved by suicide. However, the information and support services may also be of use to individuals and families who have been bereaved in other ways.

This directory lists the individual counsellors and organisations across the country providing services to those who are bereaved. These range from local support groups, self-help groups, voluntary and community-based groups to larger organisations with multiple branches.

The companion booklet, *You Are Not Alone: Help and Advice on coping with the death of someone close* contains practical advice and information on our reactions to death, and the various financial and legal matters that must be dealt with after bereavement.

In 2012, the HSE National Office for Suicide Prevention, in conjunction with Console and Turas le Chéile, published *National Quality Standards for the Provision of Suicide Bereavement Services: A Practical Resource* (2012). This document provides a framework for the delivery of suicide bereavement support services in Ireland, recognising the four levels of service delivery. It can be accessed in the resource section of [www.nosp.ie](http://www.nosp.ie).

I would like to thank all of the individuals and organisations who provided their information for this directory, and who continue to provide support and assistance to those who are bereaved. I would also like to say special thanks to the HSE Resource Officers for Suicide Prevention who collated the information in their geographical areas.



**Gerry Raleigh** *Director, HSE National Office for Suicide Prevention*

# Introduction

Although everyone's reaction to bereavement is different, most people experience some of the following feelings when someone close to them dies:

- Disbelief
- Depression
- Shock
- Anxiety
- Despair
- Sadness
- Longing
- Relief
- Loneliness
- Anger

You might experience some of these feelings for differing lengths of time – everyone's experience is different. Often, the first responses to a death – even one that has long been expected – are disbelief, shock and anger. These may lessen in time and can be followed by a sense of guilt, depression, anxiety and despair. You might also feel an acute sense of longing for the dead person, hopelessness at the thought of their absence, loneliness and sadness at their loss or even a sense of relief that they are gone (which may, in turn, lead to feelings of guilt).

Some physical symptoms experienced after bereavement can be quite acute and distressing. It is important to realise that these are normal parts of the grieving process and will pass in time.

## **Physical reactions may include:**

- Loss of energy and interest in life;
- An inability to sleep or constant tiredness;
- Poor concentration and forgetfulness;
- Loss of appetite or compulsive comfort eating;
- An inability to cry or a tendency to continuously burst into tears;
- Nausea and/or diarrhoea;
- Headaches and unexplained body pains.

There are many bereavement services and support groups throughout the country: public and private, professional and voluntary, religious and secular (non-religious). If you are religious, there may be pastoral care available in your local community. You should make contact through the relevant place of worship.

This directory provides information and contact details for organisations that offer support to the bereaved. Some organisations have several branches. These are listed for each organisation and also in the relevant listing for each county. Other organisations provide a more limited service to a specific area or in terms of the hours that the service may be available.

If you are looking for support following a bereavement, consider talking to your GP in the first instance.

***Note: Please read the disclaimer at the end of this directory before using any of the listed services.***

*Give sorrow words; the grief that does not  
speak whispers the o'er-fraught heart and  
bids it break.*

**William Shakespeare**

# National Quality Standards for the Provision of Suicide Bereavement Services: A Practical Resource (2012)

The National Quality Standards Resource sets out standards for all levels of suicide bereavement support services in Ireland. It is a resource to be used by services or organisations to examine, improve and validate the services they provide.

It shows how to identify which standards apply to individual services and helps service providers assess what action needs to be implemented to put the standards in place.

The standards relate directly to the area of suicide bereavement supports and services and do not take into account other requirements and the needs of specific groups or minorities, such as children.

Organisations are advised to follow all other relevant standards and legislation that apply to their specific area of work.

The HSE National Office for Suicide Prevention collaborated with Console, the national agency providing supports and services for those bereaved by suicide in Ireland, and Turas le Chéile bereavement support services, to develop the National Quality Standards.

The objectives for the project included:

- develop national standards for organisations and groups to deliver services to people bereaved through suicide in Ireland;
- test these standards within Console and Turas le Chéile;
- draw on available national/international best practice and evidence and existing research and proposals;
- liaise with the International Association for Suicide Prevention sub-group on postvention.

The National Quality Standards outline a number of steps for organisations to follow so as to determine whether they meet the standards, and to assess what actions need to be taken to put the standards in place.

1. Ten guiding principles are set out which should underpin all services provided for those bereaved by suicide. Organisations are asked to reflect on whether they subscribe to these principles.
2. There are four different levels of service delivery, ranging from Information Services (level 1) to Psychotherapy (level 4). Organisations are provided with information to determine at which level they operate. Eleven questions are provided, to help services determine this. These questions relate to the service's aims, target group, delivery of services, and staff.
3. Once the level of service delivery is known, the organisation can then conduct an assessment of their service. Standards are set out for each of the four levels of service. The number of standards varies according to the service level.

Each standard refers to examples of policies and practices that indicate how a service might develop compliance with that standard. Proformas and summary sheets are provided, which allow the organisation to track their record over time.

The framework document is intended to be used as a living document, which records the organisation's achievement of the various standards. It is not expected that any organisation will meet the standards from the outset, but that they will use them as a target. It is intended that the National Quality Standards will be invaluable to new organisations setting up, and to established organisations that are ready to reflect on their achievements to date and set goals for the future.

Copies of the National Quality Standards are available from Console at **[www.console.ie](http://www.console.ie)** and from the HSE National Office for Suicide Prevention at **[www.nosp.ie](http://www.nosp.ie)**, or 01 620 1670.





# HSE Resource Officers for Suicide Prevention

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## LAOIS, OFFALY

### Josephine Rigney

*Resource Officer for Suicide Prevention*

CHO Area 8

HSE Dublin Mid-Leinster,  
Old Birr Hospital, John's Terrace,  
Birr, Co. Offaly.

**T:** 057 935 7807 (Tullamore office)

**E:** josephine.rigney@hse.ie



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## SOUTH EAST DUBLIN

### Pauline O'Reilly

*Resource Officer for Suicide Prevention*

CHO Area 6 (Dublin South East),  
Mental Health Division, Vergmount Hall,  
Clonskeagh, Dublin 6.

**T:** 01 268 0336

**E:** pauline.oreilly@hse.ie



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## EAST WICKLOW

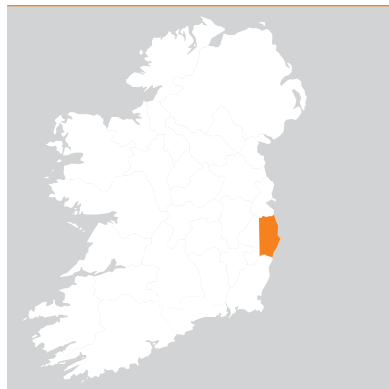
### Adam Byrne

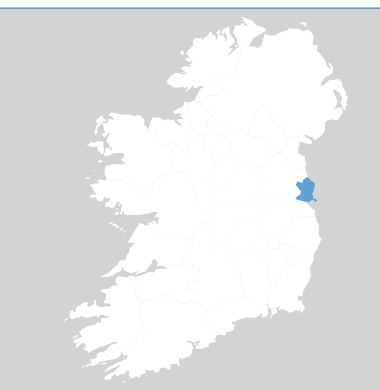
*Resource Officer for Suicide Prevention*

HSE CHO Area 6 (East Wicklow),  
Mental Health Division,  
Glenside Road, Wicklow.

**T:** 0404 60684

**E:** adam.byrne@hse.ie





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## DUBLIN NORTH AND FINGAL

### Roisín Lowry

*Mental Health Promotion/Resource Officer  
for Suicide Prevention*

CHO Area 9

Department of Health Promotion and  
Improvement, HSE Dublin North East,  
Nexus Building, Blanchardstown Corporate  
Park, Ballycoolin, Dublin 15.

**T:** 01 897 6121 **E:** roisin.lowry@hse.ie



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## DUBLIN NORTH CITY

### Sara Maxwell

*Resource Officer for Suicide Prevention*

CHO Area 9

Connolly Norman House,  
224 North Circular Road, Dublin 7.

**M:** 086 021 4241

**E:** sara.maxwell@hse.ie



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## KILDARE, WEST WICKLOW

### Niamh Crudden

*Resource Officer for Suicide Prevention*

CHO Area 7 (Kildare/West Wicklow)

The Liberties Building,  
Meath Community Unit,  
Heytesbury Street, Dublin 8.

**M:** 086 253 5529

**E:** niamh.crudden@hse.ie

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## DUBLIN WEST, DUBLIN SOUTH CITY AND DUBLIN SOUTH WEST

### Emma Freeman

*Resource Officer for Suicide Prevention*

CHO Area 7 (Dublin West, Dublin South City  
and Dublin South West)

The Liberties Building, Meath Community Unit,  
Heytesbury Street, Dublin 8.

**E:** emma.freeman@hse.ie



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## LONGFORD AND WESTMEATH

### Eddie Ward

*Resource Officer for Suicide Prevention*

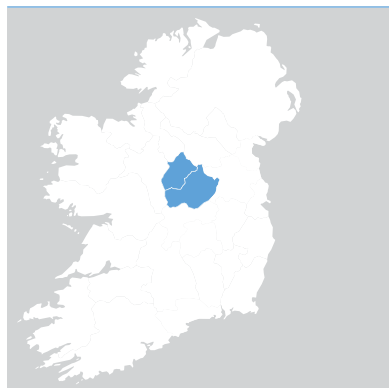
CHO Area 8

Health Service Executive,  
The Health Centre, Dublin Road, Longford.

**T:** 043 335 0169

**M:** 086 380 1152

**E:** eddie.ward@hse.ie



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## LOUTH AND MEATH

### Sandra Okome

*Resource Officer for Suicide Prevention*

CHO Area 8

HSE Dublin North East,  
St. Brigid's Complex, Ardee, Co. Louth.

**T:** 041 686 0799

**E:** sandra.okome@hse.ie



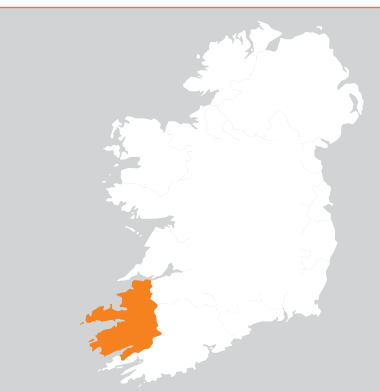


For all suicide prevention training enquiries in Cork please contact:

**Agnes Cahill**

**T:** 028 40402

**E:** agnes.cahill@hse.ie



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## **CORK**

**Helena Cogan**

*Co-ordinator of Training and Support Services*

CHO Area 4

Suicide Resource Office, HSE South,  
'Nemetona', St. Stephen's Hospital,  
Glanmire, Cork.

**T:** 021 485 8596

**E:** helena.cogan@hse.ie

**Martin Ryan**

*Resource Officer for Suicide Prevention*

CHO Area 4

St. Stephen's Hospital Campus,  
Sarsfield Court, Glanmire, Cork.

**T:** 021 465 9707

**M:** 087 328 7094

**E:** martin.ryan8@hse.ie

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## **KERRY**

**Julieann Lane**

*Resource Officer for Suicide Prevention*

CHO Area 4

HSE Community Services, Rathass,  
Tralee, Co. Kerry.

**T:** 066 718 4535

**E:** julieann.lane@hse.ie

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## **WATERFORD, WEXFORD, KILKENNY, CARLOW, SOUTH TIPPERARY**

### **Sean McCarthy**

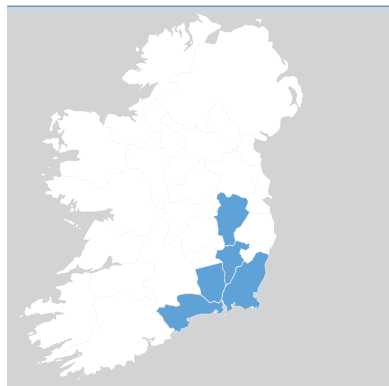
*Resource Officer for Suicide Prevention*

CHO Area 5

HSE South, St. Patrick's Hospital,  
John's Hill, Waterford.

**T:** 051 874 013

**E:** sean.mccarthy@hse.ie



### **Tracy Nugent**

*Resource Officer for Suicide Prevention*

CHO Area 5

Regional Suicide Resource Office,  
Front Block, St. Patrick's Hospital,  
John's Hill, Waterford.

**T:** 051 874 013

**E:** tracy.nugent@hse.ie

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## **LIMERICK**

### **Ciara Dempsey**

*Resource Officer for Suicide Prevention*

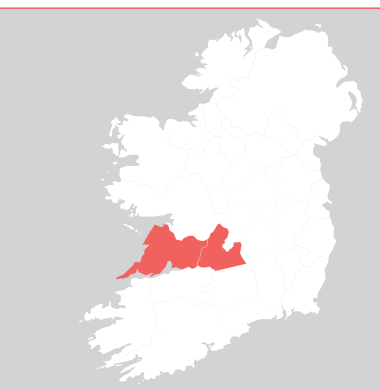
CHO Area 3

Resource Office for Suicide,  
HSE Mid-West Mental Health Services,  
St. Joseph's Hospital, Mulgrave St., Limerick.

**T:** 061 461 454 / 061 461 143

**E:** ciara.dempsey@hse.ie





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## CLARE, NORTH TIPPERARY

### **Mary Kennedy**

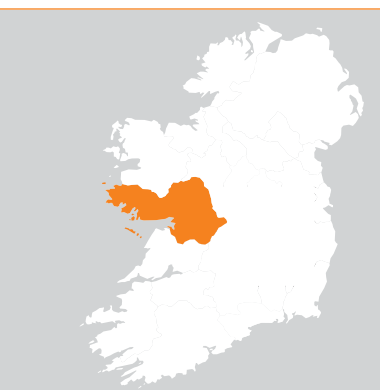
*Resource Officer for Suicide Prevention*

CHO Area 3

Resource Office for Suicide,  
HSE Mid-West Mental Health Services,  
St. Joseph's Hospital, Mulgrave St., Limerick.

**T:** 061 461 454 / 061 461 143

**E:** maryg.kennedy@hse.ie



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## GALWAY

### **Mary O'Sullivan**

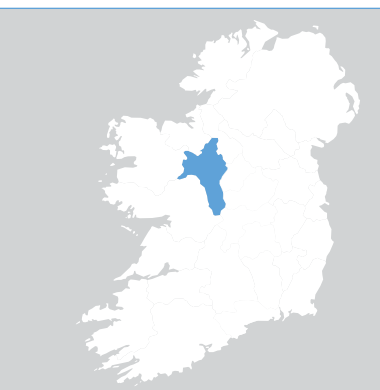
*Resource Officer for Suicide Prevention*

CHO Area 2

HSE West, 64 Dominick Street, Galway.

**T:** 091 560 182

**E:** mary.osullivan@hse.ie



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## ROSCOMMON

### **Mary McGrath**

*Resource Officer for Suicide Prevention*

CHO Area 2

Room S23 Primary Care Centre,  
Golf Links Road, Roscommon.

**E:** mary.mcgrath9@hse.ie

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## MAYO

### Siobhan McBrearty

*Resource Officer for Suicide Prevention*

CHO Area 2, The Old Health Centre, HSE West,  
Lord Edward Street, Ballina, Co. Mayo.

**M:** 087 784 8837 **E:** siobhan.mcbrearty@hse.ie

For all suicide prevention training enquiries in  
Galway, Mayo and Roscommon, please contact:

**E:** srotraining.gmr@hse.ie



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## DONEGAL

### Anne Sheridan

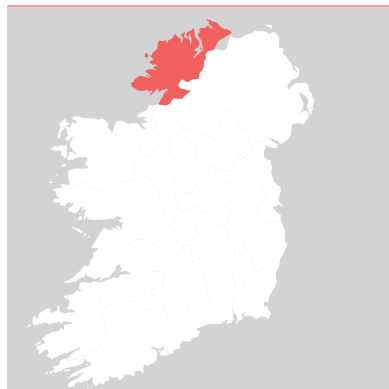
*Mental Health Promotion/Resource Officer  
for Suicide Prevention*

CHO Area 1

Health and Well-being Division,  
HSE West, 1st Floor, St. Conal's Campus,  
Letterkenny, Co. Donegal.

**T:** 074 910 9120 **M:** 086 340 4321

**T:** 074 910 4693 **E:** anne.sheridan1@hse.ie



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## SLIGO AND LEITRIM

### Mike Rainsford

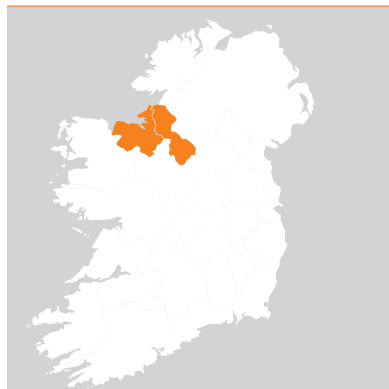
*Mental Health Promotion/Resource Officer  
for Suicide Prevention*

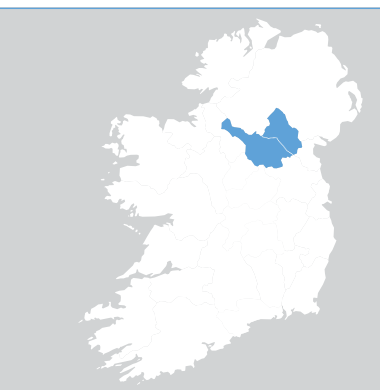
CHO Area 1

HSE West, JFK House, JFK Parade, Sligo.

**T:** 071 913 5098

**E:** michaelp.rainsford@hse.ie





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## CAVAN AND MONAGHAN

### **Emer Mulligan**

*Resource Officer for Suicide Prevention*

CHO Area 1

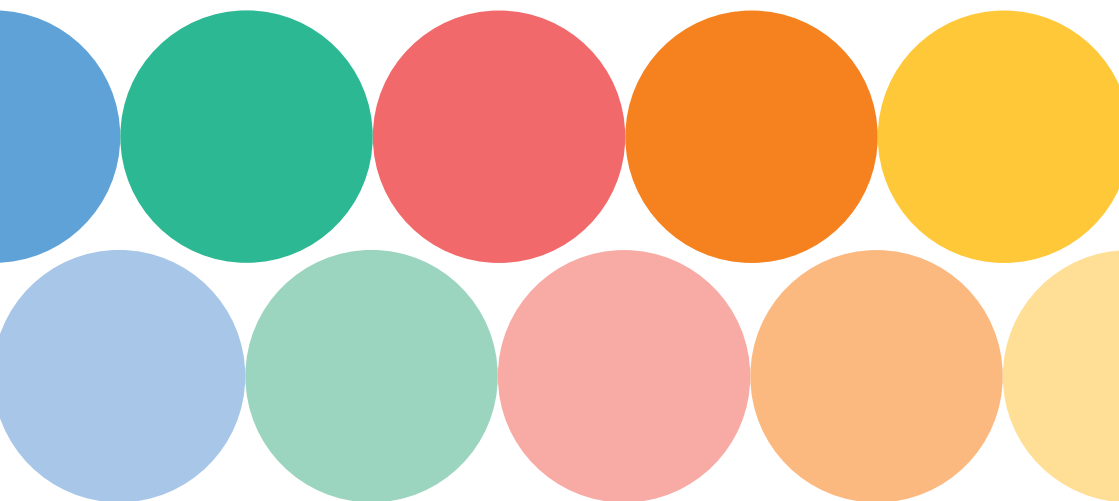
HSE Mental Health Services, Carrickmacross  
Primary Care Centre, Donaghmoynne Road,  
Carrickmacross, Co. Monaghan.

**M:** 086 171 7563

**E:** [emer.mulligan@hse.ie](mailto:emer.mulligan@hse.ie)



# Multi Branch Organisations



## Samaritans

**Samaritans** is available 24 hours a day, 7 days a week for anyone struggling to cope. For confidential, non-judgemental support please call freephone 116 123.

### Head Office

4-5 Usher's Court, Usher's Quay,  
Dublin 8

**E:** [jo@samaritans.org](mailto:jo@samaritans.org)  
**www.samaritans.ie**

### Branches

#### Athlone

3 Court Devenish,  
Athlone.

#### Cork

Coach St., Cork.

#### Drogheda

3 Leyland Place,  
Drogheda.

#### Dublin

112 Malborough St.,  
Dublin.

#### Ennis

Kilrush Road, Ennis.

#### Galway

14 Nun's Island,  
Galway.

#### Kilkenny and Carlow

Dean St., Kilkenny.

#### Limerick

20 Barrington Street,  
Limerick.

#### Newbridge

3 McElwain Tce,  
Newbridge.

#### Sligo

3 The Mall, Sligo.

#### Tralee

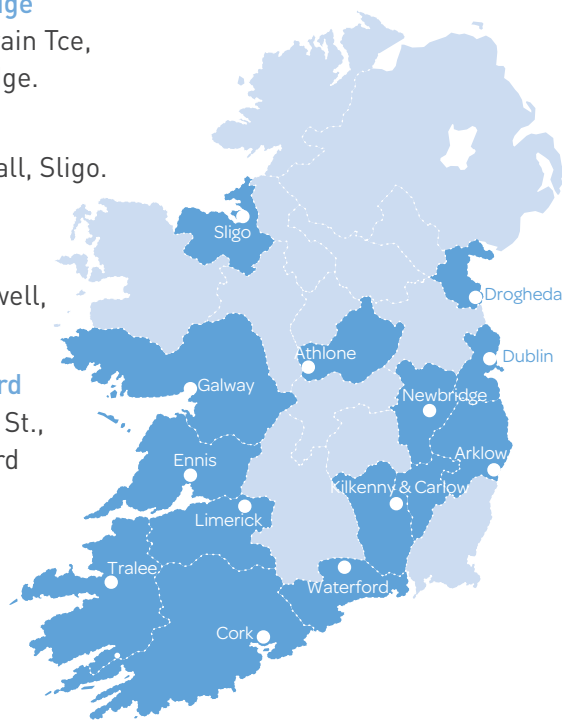
43-44  
Moyderwell,  
Tralee.

#### Waterford

16 Beau St.,  
Waterford

#### Wicklow

53 Main St.,  
Arklow.



## Console

**Console** is a registered charity which provides a comprehensive range of supports, services and resources for anyone affected by suicide, at risk of suicide, or supporting others around them.

### Head Office

Console House  
4 Whitethorn Grove,  
Celbridge, Co. Kildare.

**T:** 01 610 2638  
**E:** info@console.ie

**Console 24/7 freephone helpline 1800 247 247  
or text HELP to 51444**

### [www.console.ie](http://www.console.ie)

All of **Console**'s services are delivered by highly-skilled professionals, with full qualifications and accreditations in counselling, psychotherapy or psychology.

Counselling and helpline services provided by **Console** are free of charge. **Console** provides:

- A national 24 hour FREEPHONE helpline;
- Individual, couple and family counselling or therapy;
- Counselling and therapy for children and adolescents who have been bereaved by suicide;
- Practical information including guidance, literature and other resources;
- Therapy and support groups that offer safety and understanding;
- Training, awareness and educational programmes to community groups, schools and agencies, particularly when they have been affected by suicide;
- Professional workshops, presentations, seminars and conferences;
- The annual Christmas Celebration of Light. Bereaved families are invited to celebrate Christmas with **Console** and to remember their loved ones in a seasonal evening of song, poetry and reflection.

## **Console Counselling Centres**

### **Console Clare**

Suicide Bereavement  
Support Service,  
Innovation House,  
Roslevan Centre,  
Tulla Road, Ennis,  
Co. Clare.

**T: 061 306 792**

### **Console Cork**

Console House, 1A Perrott  
Avenue, College Road, Cork.

**T: 021 427 4218**

### **Console Dublin**

Clondalkin Outreach  
The Beacon of Light 2,  
Rosse Court, Balgaddy Road,  
Clondalkin, Dublin 22.

**T: 01 868 5232**

### **Console Dublin 7**

Console House,  
68 Ardpatrick Road,  
Off Navan Road, Dublin 7.

**T: 01 868 5232**

### **Console Loughlinstown Centre**

Unit 10 Loughlinstown Shopping  
Centre, Loughlinstown,  
Co. Dublin.

**T: 01 282 7768**

### **Tallaght Outreach**

The Dominican Retreat Centre,  
Tallaght Village, Dublin 24.

**T: 01 868 5232**

### **Console Galway**

Console House,  
9A Elm Park,  
Renmore, Galway.

**T: 091 769 942**

### **Console Kerry**

Console House,  
Catherine McAuley Centre,  
Balloonagh, Tralee,  
Co. Kerry.

**T: 066 712 9700**

### **Console Kildare**

Celbridge Outreach  
Community Care Centre,  
Willowbrook Road,  
Celbridge,  
Co. Kildare.

**T: 01 610 2638**

### **Console Limerick**

Console House,  
114 The Grange,  
Raheen,  
Limerick.

**T: 061 306 792**

### Console Mayo

Console, Whitethorn Cottage,  
Tullynahoo, Midfield, Swinford,  
Co. Mayo.

**T:** 01 610 2638

### Ballina Outreach

Ballina Family Resource Centre,  
Abbey Street,  
Ballina, Co. Mayo.

**T:** 01 610 2638

*(all enquiries to Console  
Head Office)*

### Console Westmeath

Athlone Outreach  
Sonas Healthcare,  
Cloghanboy, Athlone,  
Co. Westmeath.

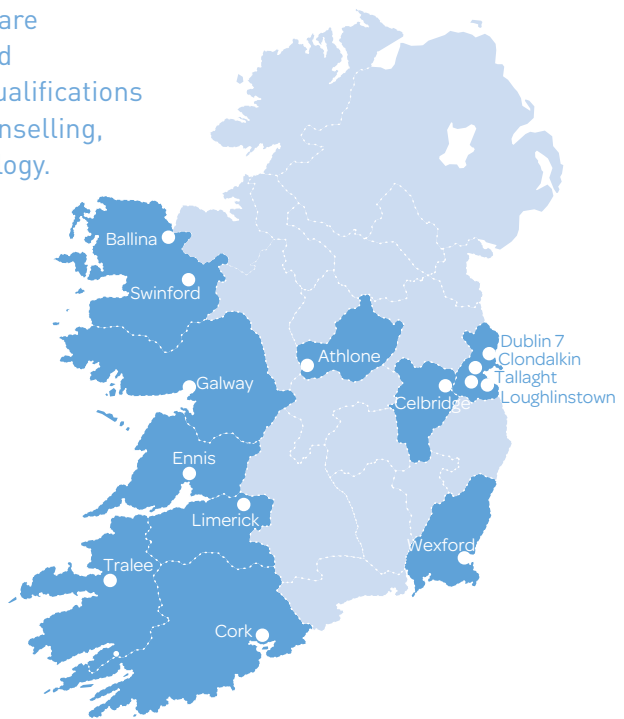
**T:** 091 769 942

### Console Wexford

Console House,  
14 Francis Street,  
Wexford.

**T:** 053 912 2787

All of **Console's** services are delivered by highly-skilled professionals, with full qualifications and accreditations in counselling, psychotherapy or psychology.



## Living Links

### Head Office

Urra, Ballycommon,  
Nenagh, Co. Tipperary.

**T:** 087 412 2052

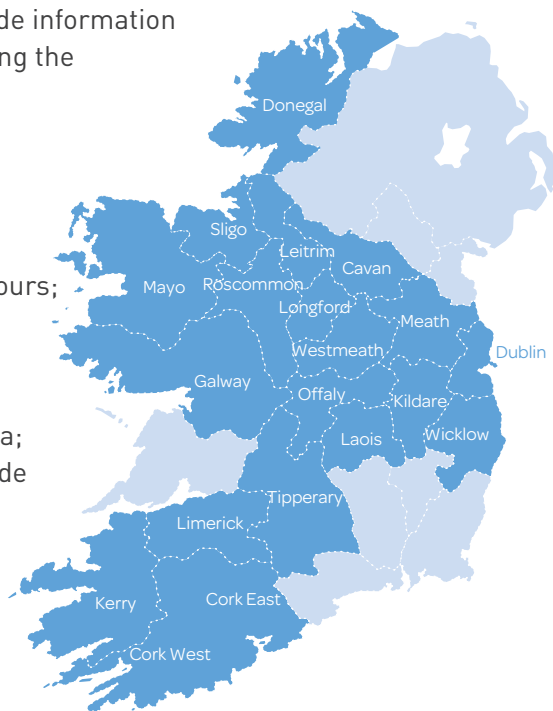
**E:** [info@livinglinks.ie](mailto:info@livinglinks.ie)

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

**Living Links** provides assertive outreach support to the suicide bereaved. Trained volunteers are available to offer confidential, practical support and information to families who have experienced a death by suicide. At the request of the family, the Suicide Outreach Support Person can call to the home or meet at a location appointed by the family.

The outreach worker can provide information and practical support concerning the following areas:

- The funeral;
- The inquest;
- Entitlements;
- What to say to children;
- How to deal with the neighbours;
- Help the person to clarify their personal grief;
- Connect the person to other support services in their area;
- Provide information on suicide and attempted suicide;
- Be there, as a friend, for the person.



## Branches

### Cavan

**M:** 086 023 5414

**E:** cavan@livinglinks.ie

### Cork East

**M:** 087 137 0792

**E:** corkeast@livinglinks.ie

### Cork West

**M:** 085 244 5575

**E:** corkwest@livinglinks.ie

### Donegal

**M:** 087 928 6007

**E:** donegal@livinglinks.ie

### Dublin

**M:** 087 393 8697

**E:** info@livinglinks.ie

### Galway

**M:** 087 412 2052

**E:** info@livinglinks.ie

### Kerry

**M:** 087 900 6300

**E:** kerry@livinglinks.ie

### Kildare

**M:** 087 654 3311

**E:** kildare@livinglinks.ie

### Laois

**M:** 086 160 0641

**E:** laois@livinglinks.ie

### Leitrim

**M:** 086 399 9029

**E:** leitrim@livinglinks.ie

### Limerick

**M:** 087 799 8427

**E:** limerick@livinglinks.ie

### Longford

**M:** 086 160 0641

**E:** longford@livinglinks.ie

### Mayo

**M:** 086 040 6666

**E:** mayo@livinglinks.ie

### Meath

**M:** 087 273 1001

**E:** meath@livinglinks.ie

### Offaly

**M:** 086 160 0641

**E:** offaly@livinglinks.ie

### Roscommon

**M:** 086 031 1888

**E:** roscommon@livinglinks.ie

### Sligo

**M:** 086 399 9029

**E:** sligo@livinglinks.ie

### Tipperary

**M:** 087 969 3021

**E:** tipperarylivinglinks@gmail.com

### Westmeath

**M:** 086 160 0641

**E:** westmeath@livinglinks.ie

### Wicklow

**M:** 086 777 9868

**E:** wicklow@livinglinks.ie

## Suicide Bereavement Liaison Service

Anyone affected by suicide is welcome to make contact with this service for support, or to learn about what services might be available to them in your relevant county. The Suicide Bereavement Liaison Officer can meet with a bereaved family (at their request) as a group or individually. Perhaps you may have specific questions about some of the difficult practical issues following a death by suicide.

You may want guidance or assistance in accessing a therapeutic service, or even just to talk with someone locally, 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. In any case, we welcome your call.

A bereavement support pack specific to your relevant county will also be available through your local Suicide Bereavement Liaison Officer. This service is available in the following locations:

### Galway

#### **Pauline Cahillane**

*Suicide Bereavement  
Liaison Officer*

Console, 9A Elm Park,  
Renmore, Galway.

**M:** 085 856 8082

**E:** pauline.cahillane@console.ie

### Leitrim/Sligo

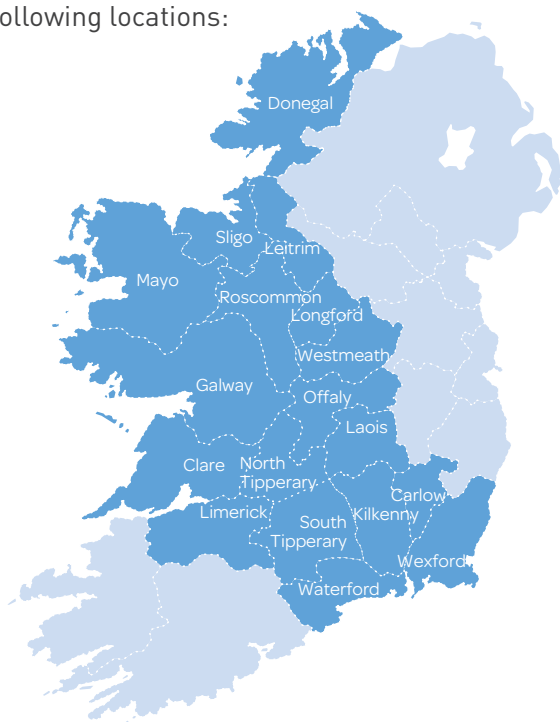
#### **Anne Lynch**

*Suicide Bereavement  
Liaison Officer*

HSE West, JFK House,  
JFK Parade, Sligo.

**M:** 087 195 5990

**E:** anne.lynch@console.ie





## Clare/Limerick/North Tipperary

### **Jim Meaney**

*Suicide Bereavement*

*Liaison Officer*

Console, 114 The Grange,  
Raheen, Limerick.

**M:** 085 856 8081

**E:** jim.meaney@console.ie

## Donegal

### **Noel O'Driscoll**

*Suicide Bereavement*

*Liaison Officer*

Donegal PCCC Headquarters,  
St. Joseph's Hospital,  
Stranorlar, Co. Donegal.

**M:** 085 877 2028

**E:** noel.odriscoll@console.ie

## Southeast (Carlow, Kilkenny South Tipperary, Waterford and Wexford)

### **Denis O'Connor**

*Suicide Bereavement*

*Liaison Officer*

Regional Suicide Resource Office,  
HSE, Front Block,  
St. Patrick's Hospital,  
John's Hill, Waterford.

**M:** 087 755 8892

**E:** denis@console.ie

## Mayo

The suicide bereavement liaison service available in Mayo is provided by The Family Centre in Castlebar.

Family Centre, Chapel Street,  
Castlebar, Co. Mayo.

**T:** 094 902 5900

**M:** 087 217 2866

**E:** mairénidh@thefamilycentre.com

## Roscommon

### **Sinead Raftery**

*Suicide Bereavement*

*Liaison Officer*

The suicide bereavement liaison service available in Roscommon, is provided by Vita House Family Centre in Roscommon Town.

Abbey Street, Roscommon.

**T:** 090 66 25898

**T:** 071 96 63000

**M:** 085 740 7856

**E:** sraftery@vitahouse.org

## Midlands (Laois, Longford, Offaly and Westmeath)

The suicide bereavement liaison service available in the Midlands is provided by Living Links.

**M:** 086 418 0088

**E:** midlandssbls@gmail.com

## Rainbows

### Head Office

Loreto Centre,  
Crumlin Road,  
Dublin 12.

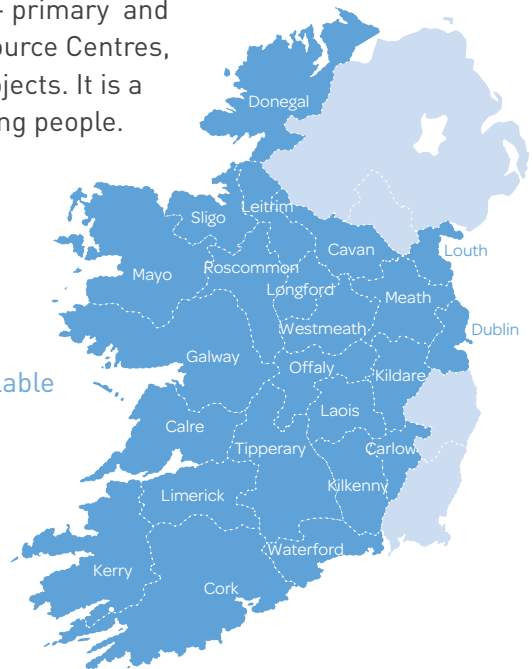
**T:** 01 473 4175

**E:** [ask@rainbowsireland.com](mailto:ask@rainbowsireland.com)

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

**Rainbows Ireland** supports children and young people experiencing loss as a result of bereavement, parental separation and divorce. This support is provided to small groups of similar age and loss experience over a twelve week programme. The programme is available in local communities – primary and secondary schools, Family Resource Centres, Diocesan Centres and youth projects. It is a free service to children and young people.

Details of the locations of the **Rainbows Programme** are available at [www.rainbowsireland.com](http://www.rainbowsireland.com).



## Anam Cara Parental and Sibling Bereavement Support

### Head Office

HCL House, Second Avenue,  
Cookstown Industrial Estate,  
Tallaght, Dublin  
D24 XDR5

**T:** 01 404 5378  
**M:** 085 288 8888  
**E:** [info@anamcara.ie](mailto:info@anamcara.ie)  
[www.anamcara.ie](http://www.anamcara.ie)

**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. We offer peer support and understanding to parents who have experienced the death of a child, including by suicide.

Our online and face-to-face services are available to all parents, no matter what the age or circumstances of your child's death. They are available for as long as you need them.

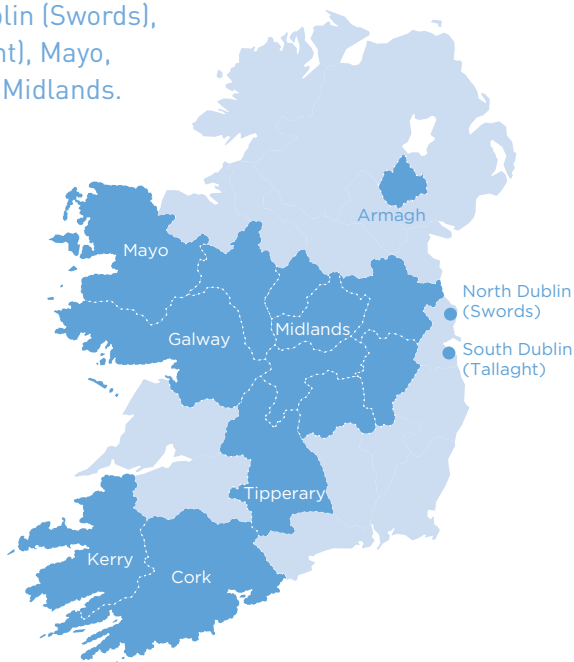
At **Anam Cara** we focus on the similarities of our loss rather than the differences. We provide a level of support and understanding that others cannot offer. Our bereavement as parents unites us.

**Anam Cara** offers the following services:

- **Parent evenings:** We offer monthly parent evenings around the country for mums and dads. These give you a chance to meet other bereaved parents in a safe and comfortable environment.
- **Information from professionals:** Our professional bereavement information talks give you important information about the challenges and milestones after the death of your child.
- **Remembering your child:** We hold remembrance events so that your family can commemorate your child in a special way.

- **Online support:** Includes our website; private online forums; and links to other support agencies and professional organisations.
- **Family events:** Our family events allow all members of your family time out to meet others who are on a similar journey.
- **Videos and booklets:** We have videos and information booklets developed by bereaved parents for bereaved parents, on themes such as *A Mother's Grief*, *A Dad's Grief*, *Coping with Sudden Death* and *The Grieving Family*. See [www.anamcara.ie](http://www.anamcara.ie) or contact us to order copies of our Bereavement Information Pack.

**Anam Cara** currently has satellite groups in the following locations: Armagh, Tipperary, North Dublin (Swords), South Dublin (Tallaght), Mayo, Kerry, Cork, Galway, Midlands.



## Barnardos Children's Bereavement Service

### Dublin

Barnardos, 23/24 Lower  
Buckingham Street,  
Dublin 1.

**T:** 01 813 4100

**E:** [bereavement@barnardos.ie](mailto:bereavement@barnardos.ie)

### Cork

Barnardos Children's  
Bereavement Service,  
8/9 Orchard View, Ring Mahon  
Road, Mahon, Cork.

**T:** 01 813 4100

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**HELPLINE: 01 473 2110**

**Open Mon – Thurs, 10.00am to 12.00pm**

**Barnardos Children's Bereavement Service** is a service for children and young people who have lost someone close to them – like a parent or a sibling – through death. While we can't shield children from the reality of death and the pain of loss, we can help them to understand, to grieve and to cope a little better.

It may take some time for a child to talk about death, but getting support and being listened to helps the healing. Barnardos Children's Bereavement Service is here to help. We work with families to help them to support their child through the grieving process.

Barnardos Children's Bereavement Service is supported by the Family Support Agency, Commission for the Support of Victims of Crime and ESB Electric Aid.

There are a number of services that we provide:

**Barnardos Bereavement  
Helpline Service:**  
**(01) 473 2110**

This unique service is for members of the public seeking information and support. Volunteers operate the daily telephone service, open from 10am-12pm Monday to Thursday. Full training and support is provided.

**Therapeutic Intervention**

Specialist bereavement project workers are based in Cork and Dublin and work with children from these catchment areas. We welcome referrals to our services from a number of different avenues:

- Referrals will be accepted from any source with the consent of parents/carers.
- Parents and carers are welcome to contact us directly.
- Referrals can be made through the Helpline or by contacting our services in Cork and Dublin.

- Other agencies can make referrals using the Barnardos Bereavement referral form. This is available on request  
**[bereavement@barnardos.ie](mailto:bereavement@barnardos.ie)**

The service offered is based on the individual needs of each child and their family. Our service takes into consideration the developmental stage of the child, the child's relationship with the deceased, the nature of the death and particular circumstances of the family.

**Training and Consultancy**

Barnardos also provides training and consultancy for groups and organisations whose work brings them into contact with bereaved children.

**Research**

We undertake research on issues relating to childhood bereavement.

## Information

Barnardos has developed information and resource materials on bereavement.

### Barnardos Parenting Positively Booklet – Coping with Death

Booklet for Adults

Booklet for Children



### Barnardos Guide – Death

*Helping Children Understand*  
*Helping Teenagers*

### TeenHelp

Advice for young people on a range of issues, including bereavement.

*Someone To Talk To: A Handbook on Childhood Bereavement*  
by Pat Donnelly – available to purchase.



*While we can't shield children from the reality of death and the pain of loss, we can help them to understand, to grieve and to cope a little better.*

## Bethany Bereavement Support Group

### Head Office

Rathfarnham Parish Centre,  
Willbrook Road, Rathfarnham,  
Dublin 14.

**M:** 087 990 5299

**E:** [bethanysupport@eircom.net](mailto:bethanysupport@eircom.net)  
[www.bethany.ie](http://www.bethany.ie)

A parish based ministry that aims to support the bereaved and grieving in the following manner:

- Group meetings in a drop in centre monthly, fortnightly, or as the need arises;
- Personal support at drop in centres can be arranged by appointment;
- Home visitations to the recently bereaved of the parish;
- Telephone support;
- Service of Light and other events to support the bereaved are organised by Bethany groups, e.g. talks, seminars, workshops, evenings of prayer and remembrance;
- Weekend retreats for bereaved persons which are facilitated by Bethany volunteers.

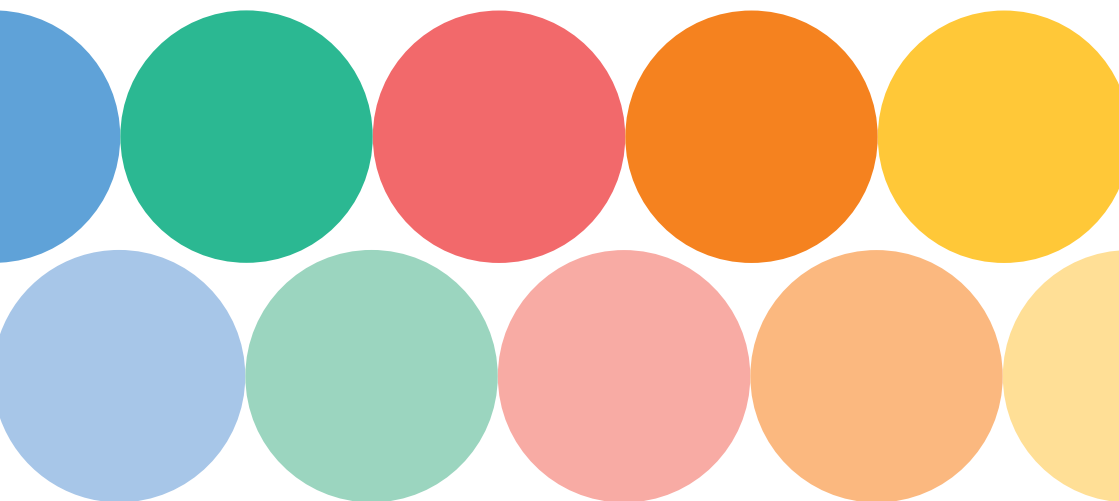
### Weekly Drop in Meeting

A drop in meeting for the bereaved takes place every Tuesday from 11.00am to 12.00 noon at the back of St. Teresa's Clarendon Street, off Grafton Street, Dublin. Further details: 087 934 1781.

**Please contact Bethany Head Office for details of local services in parishes throughout Ireland.**



# County Listings



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## CARLOW

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### Carlow Suicide Bereavement Liaison Service

Regional Suicide Resource Office,  
HSE, Front Block, St. Patrick's Hospital,  
John's Hill, Waterford.

**M:** 087 755 8892 **E:** denis@console.ie

**Services provided:** This service supports individuals and families following a suicide by providing a range of supports to the bereaved. A liaison person meets with the family in their own home or a place of their choosing. This meeting may take place with all the family members together or with individuals or with different family member groups. The family is informed about the range of supports that are available to them including counselling and other appropriate bereavement supports throughout the county.

**Is there a charge?** No

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## CAVAN

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### Living Links (Cavan)

**M:** 086 023 5414

**E:** cavan@livinglinks.ie

**www.livinglinks.ie**

**Services provided:** Suicide bereavement support.

**Is there a charge?** No

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## CLARE

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### **Clare Suicide Bereavement Support**

Innovation House, Roslevan Centre,  
Tulla Road, Ennis, Co. Clare.

**M:** 086 056 5373 / 087 369 8315

**[www.claresuicidebereavementsupport.com](http://www.claresuicidebereavementsupport.com)**

**Services provided:** Clare Suicide Bereavement Support provides help and support for individuals, families and communities bereaved by suicide. Trained individuals are available to befriend and support those bereaved by suicide.

### **Clare Suicide Bereavement Liaison Service**

Console, 114 The Grange, Raheen, Limerick.

**M:** 085 856 8081 **E:** [jim.meaney@console.ie](mailto:jim.meaney@console.ie)

**Services provided:** This service supports individuals and families following a suicide by providing a range of supports to the bereaved. A liaison person meets with the family in their own home or a place of their choosing. This meeting may take place with all the family members together or with individuals or with different family member groups. The family is informed about the range of supports that are available to them including counselling and other appropriate bereavement supports throughout the county.

**Is there a charge?** No

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## CLARE *(continued)*

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### Console (Clare)

Innovation House, Roslevan Centre,  
Tulla Road, Ennis, Co. Clare.

**T:** 061 306 792 **☎** : 1800 247 247

**E:** info@console.ie **www.console.ie**

**Services provided:** Suicide bereavement support.

**Is there a charge?** No

### Samaritans (Clare)

Sunville, Kilrush Road, Ennis, Co. Clare.

**T:** 065 682 9777 **☎** : 116 123

**Services provided:** Confidential emotional support, 24-hour helpline.

**Usual hours open to receive callers at the door:**

10.00am-10.00pm daily

**Is there a charge?** No

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## CORK

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### Anam Cara Parental and Sibling Bereavement Support (Cork)

**T:** 01 404 5378 **M:** 085 288 8888

**E:** info@anamcara.ie **www.anamcara.ie**

**Services provided:** Bereavement support services for parents and siblings.

### Barnardos

Regional Office, 8/9 Orchard View,  
Ring Mahon Road, Mahon, Cork.

**T:** 01 813 4100 **www.barnardos.ie**

**Services provided:** Bereavement support services for children and young people, bereavement helpline, therapeutic intervention and resource materials.

**☎** Freephone number

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## **CORK** *(continued)*

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### **Clonakilty Bereavement Group**

Parish Centre, Clonakilty, Co.Cork.

**M:** 086 804 7701

**Services provided:** Six week bereavement course which takes place in the spring and the winter. Once the course dates are set, it is then advertised in the local papers and in the Parish newsletter.

**Is there a charge?** No

### **Console (Cork)**

Console House, 1A Perrott Avenue,  
College Road, Cork.

**T:** 021 427 4218  **1800 247 247**

**E:** [info@console.ie](mailto:info@console.ie) **[www.console.ie](http://www.console.ie)**

**Services provided:** Suicide bereavement support.

**Is there a charge?** No

### **Healthy Minds – Traveller Suicide and Mental Health Project**

North Cork Community Work Dept.,  
HSE South, Old Library Building,  
St. Mary's Road, Cork.

**M:** 087 759 0050 / 087 759 2464

**E:** [john.walsh2@hse.ie](mailto:john.walsh2@hse.ie)

**E:** [helen.osullivan7@hse.ie](mailto:helen.osullivan7@hse.ie)

**Services provided:** Confidential one to one bereavement support service for members of the Traveller Community.

**Is there a charge?** No

 Freephone number

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## **CORK** (continued)

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### **Living Links (Cork East)**

**M:** 087 137 0792

**E:** corkeast@livinglinks.ie

**www.livinglinks.ie**

**Services provided:** Suicide bereavement support.

**Is there a charge?** No

### **Living Links (Cork West)**

**T:** 085 244 5575

**E:** corkwest@livinglinks.ie

**www.livinglinks.ie**

**Services provided:** Suicide bereavement support.

**Is there a charge?** No

### **Loinnir**

**M:** 085 156 2112 **www.loinnir.com**

**Services provided:** Bereavement support services. Support group for family members bereaved by suicide. Support groups in Charleville, Clonakilty, Dunmanway and Cork City.

### **Samaritans (Cork)**

7 Coach Street, Cork City.

**T:** 021 427 1323  **116 123**

**Services provided:** Confidential emotional support, 24-hour helpline.

**Usual hours open to receive callers at the door:**

9.00am-10.00pm daily

**Is there a charge?** No

 Freephone number

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## **CORK** *(continued)*

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### **Togher Bereavement Services**

Togher Parish Office, Togher, Cork.

**M:** 087 665 3600

**E:** omahony.kay@gmail.com

**Services provided:** Programmes/services for dealing with grief, loss and change.

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## **DONEGAL**

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### **Donegal Suicide Bereavement Liaison Service**

Donegal PCCC Headquarters,

St. Joseph's Hospital, Stranorlar, Co. Donegal.

**M:** 085 877 2028

**E:** noel.odriscoll@console.ie

**Services provided:** This service supports individuals and families following a suicide by providing a range of supports to the bereaved. A liaison person meets with the family in their own home or a place of their choosing. This meeting may take place with all the family members together or with individuals or with different family member groups. The family is informed about the range of supports that are available to them including counselling and other appropriate bereavement supports throughout the county.

**Is there a charge?** No

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## DONEGAL *(continued)*

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### HSE Bereavement Service

Shiel House, Ballyshannon, Co. Donegal.

**Services provided:** Individual counselling for bereavement by trauma/suicide. This service is accessed through referral only. Please speak to your GP for more information and referral to appropriate services.

### HSE Bereavement Counselling Service

St. Conal's Campus, Letterkenny, Co. Donegal.

**Services provided:** Individual counselling/grief therapy, information and literature, group work, consultation, training and research. This service is accessed through referral only. Please speak to your GP for more information and referral to appropriate services.

### Living Links (Donegal)

**M:** 087 928 6007 **E:** [donegal@livinglinks.ie](mailto:donegal@livinglinks.ie)

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

**Services provided:** Suicide bereavement support.

**Is there a charge?** No

### Pastoral Centre Letterkenny

Monastery Avenue, Cathedral Square,  
Letterkenny, Co. Donegal.

**T:** 074 912 1853 **E:** [diocesanpck@eircom.net](mailto:diocesanpck@eircom.net)

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

**Services provided:** Bereavement support programmes for those who have experienced the loss of a loved one to suicide.

**Is there a charge?** Contributions welcome



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## DUBLIN

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### **Anam Cara Parental and Sibling Bereavement Support**

Central Office, HCL House, Second Avenue,  
Cookstown Industrial Estate, Tallaght, Dublin 24.

**T:** 01 404 5378 **M:** 085 288 8888

**E:** [info@anamcara.ie](mailto:info@anamcara.ie) **www.anamcara.ie**

**Services provided:** Bereavement support services for parents and siblings.

**Is there a charge?** No

### **Aria Therapy**

7 Strand Street Great, Dublin 1.

**M:** 085 179 3900 **E:** [ariatherapy@gmail.com](mailto:ariatherapy@gmail.com)

**www.ariatherapy.com**

**Services provided:** Bereavement counselling to those who have experienced loss of life by suicide, tragic death and miscarriage.

**Is there a charge?** Yes

### **Ballymun Child and Family Resource Centre**

Shangan Green, Ballymun, Dublin 9.

**T:** 01 852 7183 **E:** [valerie@ballymunfrc.org](mailto:valerie@ballymunfrc.org)

**Services provided:** Bereavement counselling for those over 18 years of age.

**Is there a charge?** No

### **Barnardos**

23/24 Lower Buckingham Street, Dublin 1.

**T:** 01 813 4100 / 01 473 2110

**E:** [bereavement@barnardos.ie](mailto:bereavement@barnardos.ie)

**www.barnardos.ie**

**Services provided:** Bereavement support services for children and young people, bereavement helpline, therapeutic intervention and resource materials.

**Is there a charge?** No

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## DUBLIN *(continued)*

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### **Beaumont Hospital Social Work Department**

Beaumont Road, Dublin 9.

**T:** 01 809 3290

**E:** medicalsocialwork@beaumont.ie

**Services provided:** One-to-one bereavement counselling and group work to families who are bereaved.

**Opening hours:** 9.00am-5.00pm Mon-Fri

### **Bereavement Counselling Service**

Community Hall, Main Street, Baldoyle.

**T:** 01 839 1766

**E:** bereavement@eircom.net

**www.bereavementireland.com**

**Services provided:** Bereavement counselling.

**Is there a charge?** No

### **Bethany Bereavement Support Group**

c/o Rathfarnham Parish Centre,  
Willbrook Road, Rathfarnham, Dublin 14.

**T:** 087 990 5299

**E:** bethanysupport@eircom.net

**www.bethany.ie**

**Services provided:** A parish based ministry that aims to support the bereaved and grieving in the following manner:

- Group meeting at drop in centre
- Service to individuals at drop in centres
- Home visitation to recently bereaved of the parish
- Telephone support
- Various services to support the bereaved
- Weekend retreats for the bereaved.

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## DUBLIN *(continued)*

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### Console (Dublin 7)

Console House, 68 Ardpatrick Road,  
Off Navan Road, Dublin 7.

**T:** 01 868 5232 ☎: 1800 247 247

**E:** info@console.ie **www.console.ie**

**Services provided:** Suicide bereavement support.

**Is there a charge?** No

### Console (Loughlinstown)

Console Loughlinstown Centre,  
Unit 10 Loughlinstown Shopping Centre,  
Loughlinstown, Co. Dublin.

**T:** 01 282 7768 ☎: 1800 247 247

**E:** info@console.ie **www.console.ie**

**Services provided:** Suicide bereavement support.

**Is there a charge?** No

### Console (Clondalkin Outreach)

Clondalkin Outreach, The Beacon of Light 2,  
Rosse Court, Balgaddy Road, Clondalkin,  
Dublin 22.

**T:** 01 868 5232 ☎: 1800 247 247

**E:** info@console.ie **www.console.ie**

**Services provided:** Suicide bereavement support.

**Is there a charge?** No

### Console (Tallaght Outreach)

The Dominican Retreat Centre,  
Tallaght Village, Dublin 24.

**T:** 01 868 5232 ☎: 1800 247 247

**E:** info@console.ie **www.console.ie**

**Services provided:** Suicide bereavement support.

**Is there a charge?** No

☎ Freephone number

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## DUBLIN *(continued)*

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### Hill Street Family Resource Centre

Hill Street Playground, Hill Street, Dublin 1.

**M:** 085 853 2741 **E:** [info@hillstreetfrc.ie](mailto:info@hillstreetfrc.ie)

**www.hillstreetfrc.ie**

**Services provided:** Adult counselling service.

**Is there a charge?** Yes

### Irish Sudden Infant Death Association

Carmichael House, 4 North Brunswick Street, Dublin 7.

**T:** 01 873 2711 / 1850 391 391

**E:** [isida@eircom.net](mailto:isida@eircom.net) **www.isida.ie**

**Services provided:** Offers support to families bereaved by the sudden unexpected and often unexplained death of an infant or young child and to others affected by it. The Association offers information on Sudden Infant Death to families, professionals, the media and the public, and promotes research into the causes and prevention of Sudden Infant Death.

### Living Links (Dublin)

**M:** 087 393 8697

**E:** [dublin@livinglinks.ie](mailto:dublin@livinglinks.ie) **www.livinglinks.ie**

**Services provided:** Suicide bereavement support.

**Is there a charge?** No

### Newlands Institute for Counselling

2 Monastery Road, Clondalkin, Dublin 22.

**T:** 01 459 4573 **E:** [newlands@eircom.net](mailto:newlands@eircom.net)

**Services provided:** Counselling and psychotherapy.

**Is there a charge?** Yes

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## DUBLIN *(continued)*

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### Nurture

4a Thomas Hand Street, Skerries, Co. Dublin.

**T:** 01 843 0930 **E:** admin@nurturepnd.org

**www.nurturepnd.org**

**Services provided:** Nurture is an Irish charity offering timely and affordable professional counselling and supports surrounding pregnancy and childbirth mental health illnesses and emotional well-being to women, their partners and families in Ireland.

### Rainbows Ireland

Loreto Centre, Crumlin, Dublin 12.

**T:** 01 473 4175

**E:** ask@rainbowsireland.com

**www.rainbowsireland.com**

**Services provided:** Rainbows Ireland supports children and young people experiencing loss as a result of bereavement, parental separation and divorce.

### Samaritans

112 Marlborough Street, Dublin 1.

**T:** 116 123 **E:** jo@samaritans.org

**www.samaritans.org**

**Services provided:** Confidential emotional support, 24-hour helpline.

**Usual hours open to receive callers at the door:**

10.00am-10.00pm Mon-Sun

**Is there a charge?** No

 Freephone number

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## DUBLIN *(continued)*

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### St. Vincent's University Hospital

#### Social Work Department

Department of Palliative Medicine, Elm Park,  
Dublin 4.

**T:** 01 221 4286 / 221 4831

**E:** palliativecare@st-vincent's.ie

**www.stvincents.ie**

**Services provided:** Bereavement Support  
Programme held twice yearly and social  
workers provide some one-to-one support.

**Is there a charge?** No

### Target Counselling Service

Holy Trinity School, Newbrook Road,  
Donaghmede, Dublin 13.

**T:** 01 867 0279

**E:** breda@targeteducation.net

**www.targetcounselling.ie**

**Services provided:** Bereavement support  
services.

**Is there a charge?** Yes

### The Deora Project

The Oasis Centre Ltd, St Laurence's Place East,  
Seville Place, Dublin 1.

**T:** 01 836 4524 **E:** info@oasiscentre.ie

**www.oasiscentre.ie**

**Services provided:** Specialised counselling  
and crisis intervention service working with  
bereavement, addiction, suicidal ideation and  
training programmes.

**Is there a charge?** Donations accepted

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## DUBLIN *(continued)*

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### Traveller Counselling Service

6 New Cabra Road, Dublin 7.

**T:** 01 868 5761

**M:** 086 308 1476

**E:** [travcounselling@hotmail.com](mailto:travcounselling@hotmail.com)

**www.travellercounselling.ie**

**Services provided:** The provision of culturally appropriate counselling to members of the Traveller Community.

**Is there a charge?** No

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## GALWAY

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### Anam Cara Parental and Sibling Bereavement Support (Galway)

**T:** 01 404 5378

**M:** 085 288 8888

**E:** [info@anamcara.ie](mailto:info@anamcara.ie)

**www.anamcara.ie**

**Services provided:** Bereavement support services for parents and siblings.

### Console (Galway)

Console House, 9A Elm Park,  
Renmore, Galway.

**T:** 091 769 942

**☎ : 1800 247 247**

**E:** [info@console.ie](mailto:info@console.ie)

**www.console.ie**

**Services provided:** Suicide bereavement support.

**Is there a charge?** No

 Freephone number

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## **GALWAY** *(continued)*

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### **Galway Diocesan Pastoral Centre**

Diocesan Pastoral Centre, Árus de Brún,  
Newtownsmith, Galway.

**T:** 091 565 066

**E:** [pastoraladministrator@eircom.net](mailto:pastoraladministrator@eircom.net)

**[www.galwaydiocese.ie/pastoral-centre](http://www.galwaydiocese.ie/pastoral-centre)**

**Services provided:** The Diocesan Pastoral Centre provides programmes and support services that nurture the pastoral well-being of our parishes. Supports include bereavement counselling by appointment, and Rainbows children's grief and loss programme.

### **Galway Suicide Bereavement**

#### **Liaison Service**

Console, 9A Elm Park, Renmore, Galway.

**M:** 085 856 8082

**E:** [pauline.cahillane@console.ie](mailto:pauline.cahillane@console.ie)

**Services provided:** This service supports individuals and families following a suicide by providing a range of supports to the bereaved. A liaison person meets with the family in their own home or a place of their choosing. This meeting may take place with all the family members together or with individuals or with different family member groups. The family is informed about the range of supports that are available to them including counselling and other appropriate bereavement supports throughout the county.

**Is there a charge?** No



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## **GALWAY** *(continued)*

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### **Living Links (Galway)**

**M:** 087 412 2052 **E:** [info@livinglinks.ie](mailto:info@livinglinks.ie)

**www.livinglinks.ie**

**Services provided:** Suicide bereavement support.

**Is there a charge?** No

### **Samaritans (Galway)**

14 Nun's Island, Galway.

**T:** 091 561 222 **☎:** 116 123

**Services provided:** Confidential emotional support, 24-hour helpline.

**Usual hours open to receive callers at the door:**

9.00am-8.00pm daily

**Is there a charge?** No

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## **KERRY**

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### **Anam Cara Parental and Sibling Bereavement Support (Kerry)**

**T:** 01 404 5378 **M:** 085 288 8888

**E:** [info@anamcara.ie](mailto:info@anamcara.ie) **www.anamcara.ie**

**Services provided:** Bereavement support services for parents and siblings.

### **Console (Kerry)**

Console House, Catherine McAuley Centre, Balloonagh, Tralee, Co. Kerry.

**T:** 066 712 9700 **☎:** 1800 247 247

**E:** [info@console.ie](mailto:info@console.ie) **www.console.ie**

**Services provided:** Suicide bereavement support.

**Is there a charge?** No

 Freephone number

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## KERRY *(continued)*

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### Living Links (Kerry)

**M:** 087 900 6300 **E:** [kerry@livinglinks.ie](mailto:kerry@livinglinks.ie)

**www.livinglinks.ie**

**Services provided:** Suicide bereavement support.

**Is there a charge?** No

### Samaritans (Tralee)

43-44 Moyderwell, Tralee.

**T:** 066 712 2566 **☎:** 116 123

**Services provided:** Confidential emotional support, 24-hour helpline.

**Usual hours open to receive callers at the door:**

Mon 11.30am-8.30pm; Tues-Thurs 2.30pm-8.30pm;

Fri-Sat 11.30am-8.30pm; Sun 2.30pm-8.30pm.

**Is there a charge?** No

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## KILDARE

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### Console (Head Office)

Console House, 4 Whitethorn Grove, Celbridge, Co. Kildare.

**T:** 01 610 2638 **☎:** 1800 247 247

**E:** [info@console.ie](mailto:info@console.ie) **www.console.ie**

**Services provided:** Suicide bereavement support.

**Is there a charge?** No

### Kildare Suicide Bereavement Support

Church of the Irish Martyrs, Ballycane, Naas, Kildare.

**T:** 045 895 629 **E:** [kildaresbsg@gmail.com](mailto:kildaresbsg@gmail.com)

**www.ksbsg.org**

**Services provided:** One to one counselling delivered by qualified accredited counsellors.

**Is there a charge?** No

 Freephone number

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## **KILDARE** *(continued)*

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### **Living Links (Kildare)**

**M:** 087 654 3311

**E:** kildare@livinglinks.ie

**www.livinglinks.ie**

**Services provided:** Suicide bereavement support.

**Is there a charge?** No

### **Samaritans (Kildare)**

3 McElwain Terrace, Newbridge, Co. Kildare.

**T:** 045 435 299

**☎:** 116 123

**Services provided:** Confidential emotional support, 24-hour helpline.

**Usual hours open to receive callers at the door:**

11.00am-9.30pm daily

**Is there a charge?** No

### **Turas Le Chéile**

Whitestown House, Kilcock, Kildare.

**T:** 086 056 6819

**www.turaslecheile.com**

**Services provided:** A voluntary, confidential and free service providing bereavement support, crisis intervention and critical incident stress management for individuals.

**Is there a charge?** No

 Freephone number

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## KILKENNY

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### **HSE Child and Adolescent Psychology Service**

Community Services HSE, James' Green,  
Kilkenny.

**T:** 056 778 4600

**E:** maireade.phelan@hse.ie

**Services provided:** Counselling and therapy for bereaved children, adolescents and their families.

**Is there a charge?** No

### **Kilkenny Suicide Bereavement Liaison Service**

Regional Suicide Resource Office, HSE,  
Front Block, St. Patrick's Hospital,  
John's Hill, Waterford.

**M:** 087 755 8892 **E:** denis@console.ie

**Services provided:** This service supports individuals and families following a suicide by providing a range of supports to the bereaved. A liaison person meets with the family in their own home or a place of their choosing. This meeting may take place with all the family members together or with individuals or with different family member groups. The family is informed about the range of supports that are available to them including counselling and other appropriate bereavement supports throughout the county.

**Is there a charge?** No

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## KILKENNY

*(continued)*

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### Samaritans (Kilkenny and Carlow)

2 Abbeybridge, Dean Street, Kilkenny.

☎: 116 123

**Services provided:** Confidential emotional support, 24-hour helpline.

**Usual hours open to receive callers at the door:**

Mon & Wed 2.00pm-8.00pm, Tue 9.30am-12 noon  
& 5.30pm-8.00pm, Thurs-Fri 5.30pm-8.00pm,  
Sat & Sun 5.00pm-8.00pm

**Is there a charge?** No

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## LAOIS

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### Cuise Centre, Portlaoise

Block Road, Portlaoise.

**T:** 057 868 1492

**Services provided:** Bereavement counselling.

**Is there a charge?** No

### HSE Community Psychology Services Portlaoise

Child and Family Resource Centre, Dublin Road,  
Portlaoise, Co. Laois.

**Services provided:** Community Psychology Services through Primary care. This is accessed through referral only. Please speak to your GP for more information and referral to appropriate services.

☎ Freephone number

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## **LAOIS** *(continued)*

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### **Laois Suicide Bereavement Liaison Service**

**M:** 086 418 0088

**E:** [midlandssbbls@gmail.com](mailto:midlandssbbls@gmail.com)

**Services provided:** This service supports individuals and families following a suicide by providing a range of supports to the bereaved. A liaison person meets with the family in their own home or a place of their choosing. This meeting may take place with all the family members together or with individuals or with different family member groups. The family is informed about the range of supports that are available to them including counselling and other appropriate bereavement supports throughout the county.

**Is there a charge?** No

### **Living Links (Laois)**

**M:** 086 160 0641

**E:** [laois@livinglinks.ie](mailto:laois@livinglinks.ie)

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

**Services provided:** Suicide bereavement support.

**Is there a charge?** No

### **Portlaoise Parish Bereavement Support**

Portlaoise Parish Centre, Portlaoise,  
Co. Laois.

**T:** 057 862 1142

**Services provided:** Bereavement support.

**Is there a charge?** No

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## LEITRIM

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### **The Grasp Life Foundation**

Gar-aire, Fawn, Dromahair, Co. Leitrim.

**M:** 087 418 8053 / 087 608 6276

**E:** marymcternan8@gmail.com

**www.grasplife.ie**

**Services provided:** Free counselling services, bereavement support, education and awareness on mental health, depression and suicide.

**Is there a charge?** No

### **Leitrim Suicide Bereavement Liaison Service**

HSE West, JFK House, JFK Parade, Sligo.

**M:** 087 195 5990

**E:** anne.lynch@console.ie

**Services provided:** This service supports individuals and families following a suicide by providing a range of supports to the bereaved. A liaison person meets with the family in their own home or a place of their choosing. This meeting may take place with all the family members together or with individuals or with different family member groups. The family is informed about the range of supports that are available to them including counselling and other appropriate bereavement supports throughout the county.

**Is there a charge?** No

### **Living Links (Leitrim)**

**M:** 086 399 9029 **E:** leitrim@livinglinks.ie

**www.livinglinks.ie**

**Services provided:** Suicide bereavement support.

**Is there a charge?** No

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## LEITRIM *(continued)*

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### Stop Suicide

Beepark Resource Centre, Manorhamilton,  
Co. Leitrim.

**T:** 1850 211 877 **M:** 086 777 2009

**E:** [info@stopsuicide.ie](mailto:info@stopsuicide.ie) **www.stopsuicide.ie**

**Services provided:** Ten free sessions of  
Solution Focused Therapy, bereavement  
counselling and support groups.

**Is there a charge?** No

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## LIMERICK

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### Console (Limerick)

Console House, 114 The Grange, Raheen, Limerick.

**T:** 061 306 792 **☎:** 1800 247 247

**E:** [info@console.ie](mailto:info@console.ie) **www.console.ie**

**Services provided:** Suicide bereavement support.

**Is there a charge?** No

### HSE Milford Care Centre

Castletroy, Limerick. **www.milfordcarecentre.ie**

**Services provided:** Along with in-patient and  
community based palliative care, a range of  
bereavement support services are also offered.  
These include facilitated support groups for  
adults and for children. Individual support is also  
offered, as is telephone support. We also have an  
Education, Research and Professional Development  
service that provides a range of palliative care and  
gerontology courses both in-house and on-line. This  
service is accessed through referral only. Please  
speak to your GP for more information and referral  
to appropriate services.

☎ Freephone number



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## LIMERICK *(continued)*

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### **Limerick Suicide Bereavement Liaison Service**

Console, 114 The Grange, Raheen, Limerick.

**M:** 085 856 8081 **E:** jim.meaney@console.ie

**Services provided:** This service supports individuals and families following a suicide by providing a range of supports to the bereaved. A liaison person meets with the family in their own home or a place of their choosing. This meeting may take place with all the family members together or with individuals or with different family member groups. The family is informed about the range of supports that are available to them including counselling and other appropriate bereavement supports throughout the county.

**Is there a charge?** No

### **Living Links (Limerick)**

**M:** 087 799 8427 **E:** limerick@livinglinks.ie

**www.livinglinks.ie**

**Services provided:** Suicide bereavement support.

**Is there a charge?** No

### **Samaritans (Limerick)**

20 Barrington Street, Limerick.

**T:** 061 412 111  **116 123**

**Services provided:** Confidential emotional support, 24-hour helpline.

**Usual hours open to receive callers at the door:**

9.00am-10.00pm daily

**Is there a charge?** No

 Freephone number

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## LONGFORD

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### Living Links (Longford)

**M:** 086 160 0641

**E:** longford@livinglinks.ie

**www.livinglinks.ie**

**Services provided:** Suicide bereavement support.

**Is there a charge?** No

### Longford Suicide Bereavement Liaison Service

**M:** 086 418 0088

**E:** midlandssbbls@gmail.com

**Services provided:** This service supports individuals and families following a suicide by providing a range of supports to the bereaved. A liaison person meets with the family in their own home or a place of their choosing. This meeting may take place with all the family members together or with individuals or with different family member groups. The family is informed about the range of supports that are available to them including counselling and other appropriate bereavement supports throughout the county.

**Is there a charge?** No

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## LOUTH

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### Armagh Diocesan Pastoral Centre

The Magnet, Dundalk, Co. Louth.

**T:** 042 933 6393


**E:** pastoralcentredlk@gmail.com

**Services provided:** Bereavement support group, Beginning Experience support for widowed or separated and Rainbows Bereavement Support for young people aged 6-18.

**Is there a charge?** Yes

### Samaritans (Louth)

3 Leyland Place, Stockwell Street, Drogheda, Co. Louth.

 **T:** 116 123

**Services provided:** Confidential emotional support, 24-hour helpline.

**Usual hours open to receive callers at the door:**

3.00pm-8.00pm daily

**Is there a charge?** No

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## MAYO

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### Anam Cara (Mayo)

**T:** 01 404 5378 **M:** 085 288 8888

**E:** info@anamcara.ie

**www.anamcara.ie**

**Services provided:** Bereavement support services for parents and siblings.

 Freephone number

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## MAYO *(continued)*

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### Console (Mayo)

Console, Whitethorn Cottage, Tullynahoo,  
Midfield, Swinford, Co. Mayo.

**T:** 01 610 2638  **1800 247 247**

*(all enquiries to Console Head Office)*

**E:** info@console.ie

**www.console.ie**

**Services provided:** Suicide bereavement support.

**Is there a charge?** No

### Console (Ballina Outreach)

Ballina Family Resource Centre, Abbey Street,  
Ballina, Co. Mayo.

**T:** 01 610 2638  **1800 247 247**

*(all enquiries to Console Head Office)*

**E:** info@console.ie **www.console.ie**

**Services provided:** Suicide bereavement support.

**Is there a charge?** No

### Kilmoremoy Bereavement Support Group

Rathlacken, Carrowmore Lacken, Ballina,  
Co. Mayo.

**M:** 086 335 0261

**E:** kilmoremoy.bereavement@gmail.com

**Services provided:** We conduct talks on  
bereavement, depression, suicide awareness  
and mental health issues.

 Freephone number

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## **MAYO** *(continued)*

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### **Lacken Bereavement Support Group**

Castlelacken, Carrowmore Lacken,  
Ballina, Co. Mayo.

**M:** 086 335 02661

**Services provided:** Bereavement support in a group setting. It's an 8 week programme run 3 to 4 times a year depending on the need. We deal with the psychological process, tasks of the bereaved and tasks of the carer.

### **Living Links (Mayo)**

**T:** 086 040 6666 **E:** mayo@livinglinks.ie

**www.livinglinks.ie**

**Services provided:** Suicide bereavement support.

**Is there a charge?** No

### **Mayo Suicide Bereavement Liaison Service**

c/o Family Centre, Chapel Street, Castlebar,  
Co. Mayo.

**T:** 094 902 5900 **M:** 087 217 2866

**E:** mairenidh@thefamilycentre.com

**www.thefamilycentre.com**

**Services provided:** The service supports individuals and families following a suicide by providing a range of supports to the bereaved. A liaison person meets with the family in their own home or a place of their choosing. This meeting may take place with all the family members together or with individuals or with different family member groups. The family is informed about the range of supports that are available to them including counselling and other appropriate bereavement supports throughout the county.

**Is there a charge?** No

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## MEATH

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### Living Links (Meath)

**M:** 087 273 1001 **E:** meath@livinglinks.ie

**www.livinglinks.ie**

**Services provided:** Suicide bereavement support.

**Is there a charge?** No

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## OFFALY

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### Dochas Offaly Cancer Care Centre

Offaly Street, Tullamore, Co. Offaly.

**T:** 057 932 8658 **E:** info@dochasoffaly.ie

**www.dochasoffaly.ie**

**Services provided:** Bereavement support programmes.

**Is there a charge?** No

### Living Links (Offaly)

**M:** 086 160 0641 **E:** offaly@livinglinks.ie

**www.livinglinks.ie**

**Services provided:** Suicide bereavement support.

**Is there a charge?** No

### Tullamore Parish Bereavement Support Service

Tullamore Parish Centre.

**T:** 057 932 6604

**Services provided:** Bereavement support.

**Is there a charge?** No

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## OFFALY *(continued)*

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### Offaly Suicide Bereavement Liaison Service

**M:** 086 418 0088 **E:** midlandssbbs@gmail.com

**Services provided:** This service supports individuals and families following a suicide by providing a range of supports to the bereaved. A liaison person meets with the family in their own home or a place of their choosing. This meeting may take place with all the family members together or with individuals or with different family member groups. The family is informed about the range of supports that are available to them including counselling and other appropriate bereavement supports throughout the county.

**Is there a charge?** No

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## ROSCOMMON

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### Living Links (Roscommon)

**M:** 086 031 1888 **E:** roscommon@livinglinks.ie  
**www.livinglinks.ie**

**Services provided:** Suicide bereavement support.

**Is there a charge?** No

### Roscommon Hospital Specialist Palliative Care Service

Roscommon County Hospital, Athlone Road, Roscommon.

**T:** 090 662 6200 / 090 663 2111

**T:** 090 663 2188 **E:** helen.ely@hse.ie

**E:** geradineb.keane@hse.ie

**Services provided:** General bereavement services to those patients in palliative care.

**Opening hours:** 8.30am-4.00pm Mon-Fri

**Is there a charge?** No

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## ROSCOMMON

*(continued)*

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### **Roscommon Suicide Bereavement Liaison Service**

Vita House Family Centre, Abbey Street,  
Roscommon.

**T:** 090 662 5898 / 071 966 3000

**M:** 085 740 7856

**E:** [sraftery@vitahouse.org](mailto:sraftery@vitahouse.org)

**Services provided:** This service supports individuals and families following a suicide by providing a range of supports to the bereaved. A liaison person meets with the family in their own home or a place of their choosing. This meeting may take place with all the family members together or with individuals or with different family member groups. The family is informed about the range of supports that are available to them including counselling and other appropriate bereavement supports throughout the county.

**Is there a charge?** No

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## SLIGO

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### **HSE Bereavement Counselling**

Primary Care Centre, Barrack Street,  
Sligo Town, Sligo.

**Services provided:** Individual and family counselling for bereavement by suicide. This service is accessed through referral only. Please speak to your GP for more information and referral to appropriate services.



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## SLIGO *(continued)*

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### Living Links (Sligo)

**M:** 086 399 9029 **E:** sligo@livinglinks.ie

**www.livinglinks.ie**

**Services provided:** Suicide bereavement support.

**Is there a charge?** No

### Samaritans (Sligo)

3 The Mall, Sligo.

**T:** 071 914 2011  : 116 123

**Services provided:** Confidential emotional support, 24-hour helpline.

**Usual hours open to receive callers at the door:**

11.00am-9.00pm daily

**Is there a charge?** No

### Sligo Suicide Bereavement Liaison Service

HSE West, JFK House, JFK Parade, Sligo.

**M:** 087 195 5990 **E:** anne.lynch@console.ie

**Services provided:** This service supports individuals and families following a suicide by providing a range of supports to the bereaved. A liaison person meets with the family in their own home or a place of their choosing. This meeting may take place with all the family members together or with individuals or with different family member groups. The family is informed about the range of supports that are available to them including counselling and other appropriate bereavement supports throughout the county.

**Is there a charge?** No

 Freephone number

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## TIPPERARY

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### Anam Cara (Tipperary)

**T:** 01 404 5378 **M:** 085 288 8888

**E:** info@anamcara.ie

**www.anamcara.ie**

**Services provided:** Bereavement support services for parents and siblings.

### Living Links (Tipperary)

**M:** 087 969 3021

**E:** tipperarylivinglinks@gmail.com

**www.livinglinks.ie**

**Services provided:** Suicide bereavement support.  
**Is there a charge?** No

### North Tipperary Suicide Bereavement Liaison Service

Console, 114 The Grange, Raheen, Limerick.

**M:** 085 856 8081

**E:** jim.meaney@console.ie

**Services provided:** This service supports individuals and families following a suicide by providing a range of supports to the bereaved. A liaison person meets with the family in their own home or a place of their choosing. This meeting may take place with all the family members together or with individuals or with different family member groups. The family is informed about the range of supports that are available to them including counselling and other appropriate bereavement supports throughout the county.

**Is there a charge?** No

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## TIPPERARY

*(continued)*

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### **South Tipperary General Hospital Palliative Care Service**

Western Road, Clonmel, Tipperary.

**T:** 052 617 7341 **M:** 087 659 0445

**E:** maryt.connolly@hse.ie

**Services provided:** General bereavement services.

**Is there a charge?** No

### **South Tipperary Suicide Bereavement Liaison Service**

Regional Suicide Resource Office,  
HSE, Front Block, St. Patrick's Hospital,  
John's Hill, Waterford.

**M:** 087 755 8892 **E:** denis@console.ie

**Services provided:** This service supports individuals and families following a suicide by providing a range of supports to the bereaved. A liaison person meets with the family in their own home or a place of their choosing. This meeting may take place with all the family members together or with individuals or with different family member groups. The family is informed about the range of supports that are available to them including counselling and other appropriate bereavement supports throughout the county.

**Is there a charge?** No

### **St Mary's Bereavement Support Group**

St. Mary's Parish Office, Pastoral Centre,  
Irishtown, Clonmel, Tipperary.

**T:** 052 612 2773

**E:** pastoralcentreclonmel@eircom.net

**Services provided:** St. Mary's Bereavement Support Group are trained volunteers providing a confidential support service.

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## WATERFORD

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### Family Ministry

St. John's College, John's Hill, Waterford.

**T:** 051 858 772 **E:** familyministryoffice@eircom.net

**Services provided:** Bereavement support is available in Waterford, Dungarvan and Clonmel as part of the services provided by Family Ministry which reaches out to all families in the Diocese of Waterford and Lismore. Bereavement Support workers are trained in the skills involved in helping people through the bereavement process and work to a strict code of ethics which includes confidentiality.

**Is there a charge?** No

### HSE Bereavement Counselling Service

Front Block, St. Patrick's Hospital, John's Hill, Waterford.

**T:** 051 874 013 **E:** sean.mccarthy@hse.ie

**Services provided:** Counselling for people aged 16 years and over who have been bereaved by traumatic circumstances such as suicide, homicide, road traffic accidents, industrial/agricultural/domestic accidents or drowning. Referral to the service is through a health professional.

**Is there a charge?** No

### Samaritans (Waterford)

16 Beau Street, Waterford.

**T:** 051 872 114 **☎:** 116 123

**Services provided:** Confidential emotional support, 24-hour helpline.

**Usual hours open to receive callers at the door:**

9.00am-9.00pm daily

**Is there a charge?** No

☎ Freephone number

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## **WATERFORD**

*(continued)*

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### **Waterford Suicide Bereavement Liaison Service**

Regional Suicide Resource Office,  
HSE, Front Block, St. Patrick's Hospital,  
John's Hill, Waterford.

**M:** 087 755 8892 **E:** denis@console.ie

**Services provided:** This service supports individuals and families following a suicide by providing a range of supports to the bereaved. A liaison person meets with the family in their own home or a place of their choosing. This meeting may take place with all the family members together or with individuals or with different family member groups. The family is informed about the range of supports that are available to them including counselling and other appropriate bereavement supports throughout the county.

**Is there a charge?** No

### **West Waterford Bereavement Support Group**

**T:** 058 46100

**[www.westwaterfordbereavement.org](http://www.westwaterfordbereavement.org)**

**Services provided:** West Waterford Bereavement Support, which is based in Dungarvan, has a long track record of helping people to cope with bereavement. The aim of this group is to offer one-to-one support to anyone bereaved and grieving the loss of a loved one. Our members have been specially trained in bereavement issues and are supervised to ensure our clients receive the help they need. This service is free and confidential.

**Is there a charge?** No

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## WESTMEATH

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### **Bethany St. Camillus Bereavement Support Group**

St. Camillus Nursing Centre, Riverstown,  
Killucan, Co. Westmeath.

**T:** 044 937 5445 / 044 937 4196

**M:** 087 911 7432

**Services provided:** Provides group and one on one support sessions with trained ministers. Not an official counselling service, also holds a healing mass once a month.

### **Console (Athlone Outreach)**

Sonas Healthcare, Cloghanboy, Athlone,  
Co. Westmeath.

**T:** 091 769 942  **1800 247 247**

**E:** info@console.ie **www.console.ie**

**Services provided:** Suicide bereavement support.  
**Is there a charge?** No

### **Living Links (Westmeath)**

**M:** 086 160 0641 **E:** westmeath@livinglinks.ie  
**www.livinglinks.ie**

**Services provided:** Suicide bereavement support.  
**Is there a charge?** No

### **Samaritans (Athlone and Midlands)**

3 Court Devenish, Athlone, Westmeath.

**T:** 090 647 3133  **116 123**

**Services provided:** Confidential emotional support, 24-hour helpline.

**Usual hours open to receive callers at the door:**  
10.00am-10.00pm daily

**Is there a charge?** No

 Freephone number

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## WESTMEATH

*(continued)*

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## Westmeath Suicide Bereavement

### Liaison Service

**M:** 086 418 0088

**E:** midlandssbbls@gmail.com

**Services provided:** This service supports individuals and families following a suicide by providing a range of supports to the bereaved. A liaison person meets with the family in their own home or a place of their choosing. This meeting may take place with all the family members together or with individuals or with different family member groups. The family is informed about the range of supports that are available to them including counselling and other appropriate bereavement supports throughout the county.

**Is there a charge?** No

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## WEXFORD

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## Console (Wexford)

Console House, 14 Francis Street, Wexford.

**T:** 053 912 2787

**☎:** 1800 247 247

**E:** info@console.ie

**www.console.ie**

**Services provided:** Suicide bereavement support.

**Is there a charge?** No

 Freephone number

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## WEXFORD *(continued)*

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### Wexford Suicide Bereavement Liaison Service

Regional Suicide Resource Office, HSE,  
Front Block, St. Patrick's Hospital,  
John's Hill, Waterford.

**M:** 087 755 8892

**E:** denis@console.ie

**Services provided:** This service supports individuals and families following a suicide by providing a range of supports to the bereaved. A liaison person meets with the family in their own home or a place of their choosing. This meeting may take place with all the family members together or with individuals or with different family member groups. The family is informed about the range of supports that are available to them including counselling and other appropriate bereavement supports throughout the county.

**Is there a charge?** No

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## WICKLOW

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### Living Links (Wicklow)

**M:** 086 777 9868

**E:** wicklow@livinglinks.ie

**www.livinglinks.ie**

**Services provided:** Suicide bereavement support.

**Is there a charge?** No




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## WICKLOW *(continued)*

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### Samaritans (Wicklow)

Paramount Arcade, 53 Main Street, Arklow.

: 116 123

**Services provided:** Confidential emotional support, 24-hour helpline.

**Usual hours open to receive callers at the door:**

Mon, Wed, Thurs, Sat 5.30pm-8.30pm

**Is there a charge?** No

 Freephone number

# Key Support Services

## Aware

Aware offers a service for people who experience depression, and for concerned family and friends.

**T:** 1890 30 33 02

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

## Barnardos

Barnardos provides bereavement counselling for children and young people who have lost someone close to them through death.

**T:** 01 473 2110

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

## BeLonGTo

BeLonGTo supports lesbian, gay, bisexual and transgender young people in Ireland.

**T:** 01 670 6223

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

## Bodywhys

Provides support to people affected by eating disorders.

**T:** 1890 20 04 44

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

## Childline

Childline is a 24 hour listening service for all children up to the age of 18.

**T:** 1800 666 666

or text TALK to 50101

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

## Console

Console supports those bereaved through suicide.

**T:** 1800 24 72 47

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

## GROW

GROW helps people who have suffered, or are suffering, from mental health problems.

**T:** 1890 47 44 74

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

## Health Service Executive

Ireland's national health and social care provider.

**T:** 1850 24 18 50

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

## Jigsaw

Jigsaw supports young people's mental health and well-being.

**T:** 01 472 7010

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

## LGBT Helpline

A non-judgmental and confidential service providing listening, support and information to lesbian, gay, bisexual and transgender (LGBT) people, their family and friends.

**T:** 1890 929 539

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

### **Living Links**

Living Links provide assertive outreach support to people bereaved by suicide.

**M:** 087 412 2052

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

### **MyMind**

MyMind offers accessible and affordable mental health care for those in need.

**T:** 076 680 1060

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

### **Pieta House**

Centre for the prevention of self-harm or suicide.

**T:** 01 601 0000

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

### **Samaritans**

A confidential 24 hour emotional support service for people who are experiencing feelings of distress or despair, including those which may lead to suicide.

**T:** 116 123

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

### **Senior Helpline**

A confidential listening service for older people by older people.

**T:** 1850 44 04 44

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

### **Shine**

Shine is dedicated to upholding the rights, and addressing the needs of, all those affected by enduring mental illness.

**T:** 1890 62 16 31

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

### **Suicide or Survive (SOS)**

SOS offer the Eden Programme, a supportive weekly group environment over a 6 month period, and wellness workshops that give people the tools to improve their own mental wellness.

**T:** 1890 577 577

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

### **Turn2Me**

Turn2Me is an online mental health community providing moderated peer-to-peer forums, online group support and online counselling services.

[www.turn2me.org](http://www.turn2me.org)

### **YourMentalHealth.ie**

This website gives information on mental health and support services across the country.

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

# Disclaimer

Use of this directory means that you have understood and accepted the disclaimer terms and conditions set out below.

The directory provides listings of individuals and organisations involved in general bereavement counselling and support, and bereavement counselling and support to those bereaved by suicide. The directory is an information resource about grief relating to death, for people who are bereaved and grieving, their carers, friends and colleagues, and for health and welfare workers. It is not the intention of the National Office for Suicide Prevention to provide specific treatment or care advice, but rather to provide users with listings of potential service providers and information sources to better understand their care needs and provide access to services.

The National Office for Suicide Prevention does not provide certification or accreditation for any counselling organisation, individual practitioners or treatment/care models.

The National Office for Suicide Prevention does not endorse or recommend any of the service providers, agencies or organisations listed in this directory.

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While every care has been taken in the preparation of the information, due to the nature of the publication, the information may not be complete, correct or up to date.

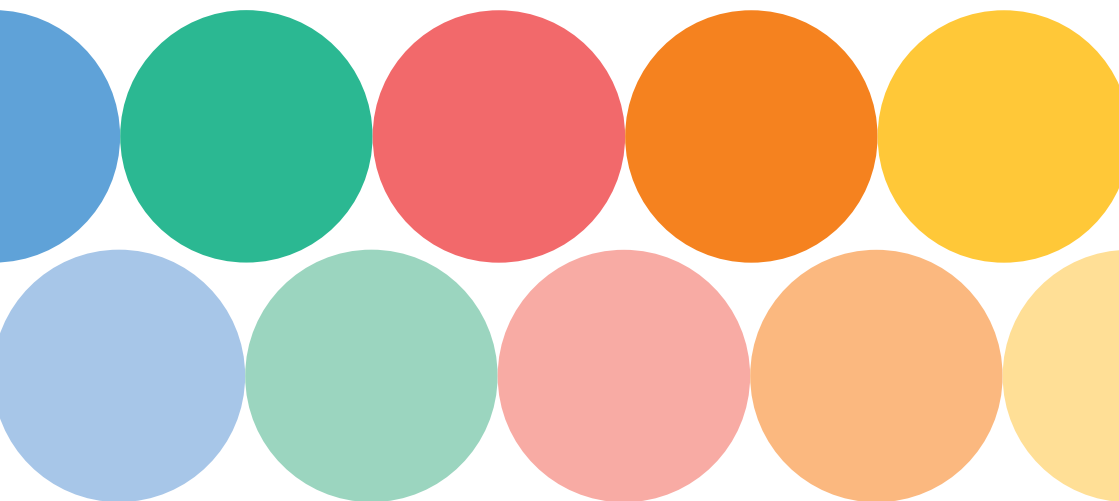
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## Notes

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Prepared by:  
HSE Resource Officers for Suicide Prevention, Republic of Ireland,  
HSE National Office for Suicide Prevention, Republic of Ireland.

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**National Office for Suicide Prevention**

Mental Health Division,  
Health Service Executive,  
Stewart's Hospital, Palmerstown, Dublin 20.

**T:** 01 620 1670

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