Lighting the Way

North Cork

An information resource to support people who are bereaved through suicide
Thank you to all those who gave of their time and professional expertise in helping develop this resource. Their openness, patience, care and positive suggestions have been much appreciated.

Special thanks to:

The Lighting the Way - North Cork working Group which comprised of representatives of the following services:

Cork North Community Work Department  
HSE South, An Garda Síochána,  
Le Chéile Family Resource Centre, Fermoy  
Community Health Project, Travellers of North Cork, Look Out, Cloyne Diocesan Youth Services and Ballyhoura Development Ltd.

External support and advice was provided by Health Action Zone Community Health Workers based in the Cork North Community Work Department, HSE South and covering specific geographical areas on the northside of Cork City, Joanne McNamara and Stephen Murphy.

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Artwork
Images throughout this resource have been taken from an artwork made specifically for this resource. Many thanks are offered to the wonderful artists who planned and worked on this unique creation as part of the Lighting the Way process. The piece entitled ‘Lantern of Hope’ was created by Patricia Cahill and Stacy Philips with co-ordinating support from Paula Murphy. Further details of this project are on the back inside page.
“Let yourself begin to heal. It is not a sign that we loved the person less. As the months pass we are slowly able to get through the day without the same degree of pain. That’s all right. It is a sign that we are working through our grief and beginning to accept that our loved one would want us to have some peace of mind in our life again…It can take a long time for family and friends to reach a place where they can look at the fullness of their loved ones life and not just their death. It takes time, a lot of time, for the pain to become bearable and for some of the good memories to come back- but they do and they will”. Anonymous
Introduction

Suicide is a tragic and shattering reality, which not only brings a life to an untimely end but also has a far reaching effect on family, friends, colleagues and communities.

This project represents the second edition in a planned series of ‘Lighting the Way’ information resource booklets covering various areas of Cork City and County and follows on from the successful development and launch of the original ‘Lighting the Way’ information resource booklet in Cork City in 2013.

‘Lighting the Way’ is an information support for those bereaved through suicide but also a resource for those working directly with individuals and families who have lost loved ones. The resource aims to improve the level of information and support in the community following a death by suicide and assist those bereaved through suicide in finding and accessing supports locally and nationally as well providing information on the processes involved immediately after the suicide.

The development of ‘Lighting the Way’ North Cork – An Information Resource to support people bereaved through suicide is a collaborative initiative between the Cork North Community Work Department, HSE South with An Garda Síochána as well as involving a working group made up of various organisations with a vested interest in the project. The geographical area that this resource encompasses includes all of the HSE North Cork area (From Millstreet to Mitchelstown) as well as including the Gardai area of North East Kerry.
The Gardaí are often the first to be called to the scene of a suspected suicide. One of the actions outlined in the Irish National Strategy for Action on Suicide Prevention: Reach Out 2005 - 2014 relates to the provision of bereavement support information to Gardaí so that they can provide this to the relatives. We feel that *Lighting the Way* meets this need.

This pack is designed to be used through a range of services locally and nationally including An Garda Síochána, HSE frontline staff, community services listed within the resource itself as well as various national and city/county wide services in the provision of information and support to those bereaved by suicide.
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Why the Gardaí are involved

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

The role of the Coroner

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

Support Tip

You can talk to your Garda before the inquest and he or she can provide tips and links to support the family.
You can also ask questions during the inquest at the Coroner’s Court.
What is a Postmortem

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

Support Tip

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

Funeral Arrangements

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

By not rushing the funeral, taking time to come to terms with what has happened and being with the deceased, some sense of comfort may be experienced. Other families who have experienced a death by suicide have suggested that it is very important to spend time with the body. Even if family members do not wish to view the deceased, a vigil beside the closed coffin is often helpful. Other families emphasise the benefits of and comfort in having a public funeral. It allows them the opportunity to pay tribute to the life of their loved one. Funeral arrangements should not be made until the body is released to the spouse or next of kin, which usually takes place immediately after the postmortem examination has been completed.
The death cannot be registered until the postmortem report is received, which may take six weeks or longer. If the post-mortem examination shows that death was due to natural causes, and there is no need for an inquest, a Coroner’s Certificate will be issued to the Registrar of Births and Deaths who will then register the death and issue the death certificate. If death is due to unnatural causes, the Coroner is obliged to hold an inquest. The death will be registered by means of a Coroner’s Certificate when the inquest is concluded (or adjourned in some cases). Prior to the inquest being held, the Coroner’s office will, on request, provide an Interim Certificate of the fact of death, which may be acceptable to banks, insurance companies and other institutions.

The Inquest

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

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

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

What happens if a suicide note is left?

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

Registration of the death

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

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

When registering the death you need to have the following:

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

The Citizens Information Service can be contacted for support around other issues you may face following a death such as:

- Issues arising immediately after a death
- Access to money
- Income Supports
- Income Tax
- Capital Acquisitions Tax
- Dealing with the deceased person’s estate
- Support and Counselling

See Citizens Information Service page 41 for contact details.
Understanding your feelings

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

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

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

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

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

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

**It was not your choice**

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

**Expect setbacks**

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

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**Further Reading** (available from local library p 62 - for full list see p 64)

- Ironside, Virginia: You’ll get over it : the rage of bereavement
- McCarthy, Sarah : A voice for those bereaved by suicide
- Helen, Maggie : Coping with suicide
- Glassock, Geoffrey G & Gressor, Gregor : Coping with loss & grief
- Hafen, Brent, Q : Youth suicide: depression and loneliness
- Neustatter, Angela : Losing a loved one – (Teen)
Extra Support and Counselling

Not everyone will need bereavement counselling and many people find the support they need by talking with their family and friends but don’t be afraid to get professional help if this is not the case for you. Sometimes family, friends and those closest are unable to help in the process of mourning, maybe because they too are grieving or maybe you do not want to talk to someone you know about the feelings you have. Bereavement counselling can offer the opportunity to explore, understand and work through feelings of grief. Often just reassurance is needed. (See supports listed at back and local information within this booklet)
Pyramid of Bereavement Supports

*Types of supports most needed during and after bereavement.*

1. **Level 1**
   - Information and support from friends, family, neighbours and those known to the person.

2. **Level 2**
   - Extra support from services locally, grieving support in various ways, listening services etc

3. **Level 3**
   - Therapy, psychotherapy, psychology, counselling, medical

3. **Needed less frequently...**

2. **Needed sometimes...**

1. **Needed most often...**
Needed most often

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

Needed sometimes

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

Needed less frequently

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

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

What can friends do?

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

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

Why did it happen?

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

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

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

Will it get easier?

Losing a loved one is always difficult and it takes time to grieve. If you allow yourself to grieve and address the challenges that suicide brings (e.g. changes within the family, anger with the person that committed suicide or changes of communication about them) appropriately, it will get easier. Dealing with the pain of the death and living your own life does not mean that you are forgetting or dishonouring the person that died. You do not need to be in pain to remember a loved one.

It may help to make contact with support services to help you in dealing with the immense pain that you are going through after a death by suicide.
What about medication, drugs and alcohol, do they help?

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

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

Should I tell people if it was suicide?

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

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

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

Also remember, that if people know it was suicide they may be able to support you more adequately or may be able to point you in the right direction for support services that will be able to help you through this difficult time.
What do I say when people ask me how many people are in the family?

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

Thanks to HUMAN Counselling Service who are based in the Mayfield area of Cork City and provided support in the development of the original Lighting the Way information resource. Counsellors with the HUMAN service looked at the area of common questions they tend to deal with when working with those bereaved through suicide and is a valued addition to Lighting the Way.

Early grief and mourning

Shock

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

Numbness

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

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

Searching

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

Anguish and pining

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

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

**Myths and Facts About Grief**

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

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

**Myth:** It’s important to be “be strong” in the face of loss.

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

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

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

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

**Try to remember:**

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

**Helping children with grief**

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

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

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

Suggested activities to do with young children

- Create a memory box. Put mementoes of your loved one into a special box and look at them anytime.
- Look at pictures of past good times.
- Read together. Books can encourage understanding and discussion (see suggested reading and further reading p 65)
- Use a toy phone to talk about what happened.
- Draw or paint to show how you feel. You can make a ‘feelings’ book. Include some things that make you feel safe or loved. Put the date on each page to show how your feelings change as time goes on.

Recommended Reading (online and from your local library)

Micheal Rosen’s Sad Book (picture book) by Micheal Rosen

When People Die by Pete Sanders & Steve Myers

Memorials and Social Networking

At the moment, Facebook is the single largest social networking website in Ireland with an estimated 1.73 million users. Over 70% are under 35 years old. (Source: checkfacebook.com). Facebook can be an online outlet for the bereaved to remember and mourn their friend. However, as in more traditional settings, it is important to encourage safe, helpful and responsible conversation online following a death. Just as public discussion following a death is controlled in the context of funeral speeches, the conversation online can be managed too. To help with this, Facebook have put in place procedures that can be followed when a loved one dies.
How to manage a Facebook profile when someone dies

When a Facebook user dies, Facebook ‘memorializes’ their account to protect their privacy. Memorializing an account removes certain sensitive information – for example, status updates and contact information. Facebook sets privacy so that only confirmed friends can see the profile or locate it in a search. The deceased’s Facebook ‘Wall’ remains so that friends and family can leave posts in remembrance. Memorializing an account also prevents all login access to it.

How to ‘memorialize’ a Facebook account

When someone dies, you can memorialize this person’s account. Facebook says that to protect the privacy of the deceased user, it cannot provide login information for the account to anyone. They do, however, honour requests from close family members to close the account completely.

How to remove a Facebook account

Immediate family members may ask Facebook to remove a loved one’s account. This will completely remove the account from Facebook so that no one can view it. Facebook will not restore the account or provide information on its content unless required by law. If you ask for an account to be removed and are not an immediate family member of the deceased person, Facebook will not process your request, but they will memorialize the account. Facebook will also remove a memorial group if a family member asks them to do so.

To manage a profile, memorialize a persons Facebook page or remove an account, use the following steps:
Use this link: www.facebook.com/help

Choose the following options:

Click Manage your Account for toolbar on left hand side

Click Deactiavting, Deleting & Memorializing Accounts

Choose Heading/information from options listed

If you have difficulty doing any of these things there are community resource centres with helpful staff available to support you. Please refer to the community services pages to look for any support needed.
The GP: your primary carer and main access route to services

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

The GP can refer to the relevant Consultant Psychiatrist for the area through St. Stephens Hospital, Glanmire, Co. Cork and to out patients clinics in Fermoy, Mallow, Charleville and Kanturk. This referral will be assessed by the Multi Disciplinary Team and then referred for the appropriate treatment.

The multi disciplinary team consists of Consultants, Non-Consultant Hospital Doctors, Nurses, Home Based Crisis Team, Community Mental Health Nurses, Occupational Therapists, Social Workers, Psychologists, Clinical Nurse Specialist in Counselling, Advanced Nurse Practitioner in Psychotherapy, Cognitive Behavioural Therapist and Dialectical Behaviour Therapy (DBT). There are Day Centres in Fermoy, Mitchelstown, Mallow, Charleville and Kanturk.

The Home Based Crisis Team provides intensive support for people in the community during periods of mental health crisis. The aim is to offer an alternative to inpatient care.

Health Centres

A number of new primary health care centres have been developed in North Cork in recent years, the most notable being the Living Health centre in Mitchelstown and Mallow Primary Health Centre (MPHC) on the Cork Road in Mallow.
These centres are developing all the time and offer a suite of supports and services under the one roof.

Contact the 4th Practice on 022 52944 for further details

**Private Counselling – available in MPHC**

The 4th Practice in Mallow Primary Health Centre (MPHC) offers enhanced medical services. Two of these services are:

- Counselling/Psychotherapy
- Clinical & Counselling Psychology

These services are private and there is a cost involved.

Counselling / Psychotherapy provides the opportunity to reflect & talk through any concern or difficulty that you are experiencing, with an IACP accredited Counselling Psychotherapist in a confidential, non-judgemental space.

Clinical and Counselling Psychology is where a range of psychological and emotional difficulties can be addressed in confidence, including bereavement.

Contact the 4th Practice on 022 52944 for further details.

- Hearing Voices
- Anxiety Management
- Relaxation Techniques
- Recovery from Depression
- Being Well Programme
- Healthy Lifestyles
- Food and Mood
- Stress Management
- Bipolar Management
- OCD
- Social Anxiety
Research shows that there are strong associations between suicide and addiction both in relation to the person lost through suicide and also for families and friends coping in the aftermath. In North Cork, there are a range of significant services, which can be categorised into:

a) Treatment Centre
b) Addiction Counselling Services
c) Community Drug and Alcohol Projects

**Treatment Centre**

Anchor Treatment Centre Ltd, Anchor @ anchorcentre.ie
Spa Glen, Tel: 022 42559
Mallow, Fax: 022 43843
Co. Cork.

Services Provided:

- Assessment and problem diagnosis
- Twelve week treatment programme for person with dependency on alcohol/drugs/gambling
- Twelve week family programme for concerned persons
- Continuing care programme following completion of the above programmes
- Individual counselling
- Acudetox programme – auricular (ear) acupuncture
- Complementary therapy
Addiction Counselling Services North Cork

Contact number for Dan O’Connell is the Arbour House number 021 496 8933 1 day per week Mitchelstown and Fermoy from August 2014

Contact number for Jimmy Carton is 076 108 3000 1 day per week Kanturk

North Cork Community Drug & Alcohol Projects

Each project offers a range of the following services:

- **One to One Confidential Support**: for individuals at risk of addiction, in addiction or in recovery from addiction
- **Assessment Service**: enabling project workers to make appropriate referrals to other relevant services e.g. residential treatment
- **Family Support**: for family members, carers and friends of alcohol and/or drug mis-users
- **Outreach**: meeting people in their own home or in other local facilities (e.g. local cafe) if requested
- **Personal Development**: on an individual basis or in a group setting
- **Holistic Therapies**: Auricular acupuncture is available in some projects
- **Drug & Alcohol Awareness Raising**: provision of information about drug and alcohol use

Projects cover the following areas but are based in the towns listed below with contact details for Macroom/ Mallow/ Mitchelstown and Fermoy

- **Mitchelstown**
- **Mallow**
- **Shanballymore**
- **Charleville**
- **Buttevent**
- **Clondulane**
- **Fermoy**
- **Glanworth**
- **Conna**
- **Kilworth**
- **Rathcormac**
- **Cloughduv**
- **Macroom**
- **Millstreet**
- **Rylane**
- **Kilnamatyra**
- **Cullen**
- **Ballyclough**
- **Doneraile**
- **Granna**
- **Kilbarry**

30
Al-Anon

In addition to the services detailed above Al–Anon offers support to anyone who feels their life is or has been affected by someone else’s drinking. Local group meetings are held in the following locations:

**Mallow** - Le Chéile FRC on Mondays at 8.30pm (see Community Services Section p56 for more detail on Le Chéile FRC)
**Newmarket** - O'Keeffe Memorial Institute on Thursday at 8.30pm
**Millstreet** - Millstreet Health Centre, Clara Road, on Sundays at 6pm
hope
care
Introduction

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

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

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

If you are looking for a specific level of support such as one-to-one counselling or an informal listening service please note the triangular symbols, which indicate what different services can offer in the community (see Pyramid of Bereavement Support p14 for more information)
ACCORD offers a professional counselling service, facilitating couples and individuals to explore, reflect upon and work to resolve difficulties that arise in their marriages and relationships. ACCORD counsellors are very experienced in working with individuals and couples on a wide range of issues and difficulties that arise in their relationships i.e. communication, intimacy, infidelity, problem behaviours and conflict.

What is available

ACCORD is not specific to bereavement. In the event of an individual or family experiencing loss and you contact the office, our staff will direct you to other more specific supports services locally such as GP, counselling services or local community support groups or they can provide you with contact details for well known national services.

Referral process: If appropriate – referral to bereavement counselling

Waiting time: One week

How it works

St Colman’s Hill, Fermoy, Co Cork
025 31899
accordcloyne@eircom.net
www.accord.ie
facebook: accord
10 am – 1pm Mon-Fri

Over 18’s
Donation
On street parking
Yes
No childcare available
What is available

Towards Occupation (TO) is a training initiative for individuals distant from the labour market, offering Personal Development, Life Skills and Career Guidance. The Rural Social Scheme (RSS) provides income support for farmers and fishermen/women who are getting certain social welfare payments in return for services that benefit rural communities. The Community Service Programme (CSP) ‘Community Connect’ provides a friendly call service to older people and those experiencing mental ill-health, isolation or loneliness.

How it works

(ТО) Referrals are made to relevant services e.g. HSE, GP, Counselling Services should a client require it. Additional one-to-one support provided by ABP where appropriate. (RSS) Participants under stress are advised to contact their GP and are given the Farm & Rural Stress leaflet with contact details (1800 742 645). Regular contact is maintained with participants. (CSP) Participants are linked to appropriate services by staff if required. HSE ASIST training provided to staff. Programme Co-ordinator has ultimate responsibility for actions with stressed participants.

Referral process: As appropriate
Waiting time: Drop in

The Showgrounds, Fermoy, Co. Cork
025 33411
info@avondhublackwater.com
www.avondhublackwater.com
facebook: Avondhu Blackwater
9am to 5.30 pm Mon- Fri

All ages
No charge
Limited
Limited
No childcare available
Aware offers numerous services to support individuals experiencing depression. Services include nationwide support groups, a support line and an email support service. The Aware website contains extensive information on all services listed above. Aware also offers positive mental health programmes based on principles of CBT. The Aware helpline and email support services are available to concerned family members also.

**What is available**

**How it works**

Aware Support Groups: Meetings every Thursday @ 8pm at Le Chéile Family Resource Centre, Mallow Community Campus, Fair St, Mallow. Meetings every Thursday @ 8pm at Blackpool Community Centre, 90 Great William O’Brien St and another group meet every Tuesday @ 8pm at Inniscarraig Centre, Ernville Hospital complex. (Pedestrian and vehicle access via the Western Road)

**Referral process:** Self-Referral/no need for formal referral

**Waiting time:** No

- Not applicable
- Adults 18 +
- 1890 303 302
- No Charge
- supportmail@aware.ie
- Yes
- www.aware.ie
- Yes
- 10am–10pm Mon-Sun
- No childcare available
What is available

A Local Development Company covering East County Limerick and North East County Cork, offering community groups, individuals and businesses information, guidance and mentoring, training, research and development and capital support. We work with people most in need of assistance to access opportunities to achieve significant improvements for themselves and their communities.

How it works

Our outreach offices respond to community queries on a day to day basis. This can be done by dropping in or making a prearranged appointment. One-to-one or group sessions can be accessed. Staff members are Wellness and Recovery Action Planning Trained. We will respond to queries and signpost people to the relevant supports and services.

Referral process: Self referral
Waiting time: Drop in

Baldwin Street, Mitchelstown
Parochial Hall, Chapel Street, Charleville
Charleville 063 21008
Mitchelstown 025 85213
charleville@ballyhoura.org
mitchelstown@ballyhoura.org
www.ballyhouradevelopment.com
facebook Ballyhoura Development
9am-5pm Mon-Fri

All ages
No charge for services but donations accepted
On street parking
Charleville access not parking Mitchelstown no
No childcare available
Bethany Bereavement Support Group offers a Level 2 Listening Support service to those bereaved by Suicide. This support could be the initial contact with a Bereavement Support Group outside of the bereaved family. In Bethany, we are trained to listen with care and compassion and understand feelings associated with grief and loss. Bethany is a free confidential service open to all who are grieving in any way.

What is available

Bethany Bereavement Support Group offers a Level 2 Listening Support service to those bereaved by Suicide. This support could be the initial contact with a Bereavement Support Group outside of the bereaved family. In Bethany, we are trained to listen with care and compassion and understand feelings associated with grief and loss. Bethany is a free confidential service open to all who are grieving in any way.

How it works

A person bereaved by suicide will be met by a compassionate person on the Bethany phone who will make an immediate appointment for him/her with trained volunteers at a time suitable for the client. Bethany facilitates people in talking about their experience of grief and loss. The aim of the Bethany Bereavement Group is to provide compassionate presence and non-directive listening to the bereaved.

Referral process: Self-referral and professional services referral. Bethany can refer clients to Loinnir, Console, Pieta House or Living Links for suicide group support or bereavement counselling. Clients are welcome back to Bethany for further support if desired at any time on completion of their Suicide Support Group Sessions.

Waiting time: none

Service for adults

No charge

Yes

Yes

No childcare available

Not applicable

Mallow 086 391 8751
Charleville 087 604 1975
bethanymallow@gmail.com
bethanycork@gmail.com
www.bethany.ie
By appointment


**What is available**

The aim of the project is to work with young people to help build confidence and self esteem, learn new skills and have fun in a safe and supervised environment. We work with young people in small focused groups, creative groups or on a one to one basis. We provide support, intervention and advice when needed. We also have a group called Rainbows which is a support group that helps children put their feelings into words, work through their grief, build a stronger sense of self esteem, and begin to accept what has taken place in the family.

**How it works**

Contact must be made with a youth worker. From there it is a process of beginning to work through the issues and also decide if this is the appropriate service for them. If there is a greater need the service will refer onto a more appropriate one.

**Referral process:** Self referral or professional service referral.

**Waiting time:** There can be a waiting list

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Mallow: Youth Centre, New Road, Mallow
Fermoy: 2 Fitzgerald Place, Fermoy
Mallow 022 53526
Fermoy 025 51887
miriam@cdys.ie
www.cdys.ie
Facebook CDYS Youth Work Ireland
Mon-Fri 9:00am - 6:00pm

5 years old - 18 years old
Costs vary
Yes
Yes
No childcare available
Charleville Suicide Awareness Project

What is available

Mission: To educate, inform and support the Charleville community on the issue of suicide. Aims: To promote community leadership and involvement in addressing suicide. To co-ordinate a Monthly drop-in support group. To raise awareness of the issue of suicide in the community through hosting information events and distribution of help and support materials. To build the capacity and skills of the community to address this issue through promoting access to existing training programmes.

How it works

Awareness training such as Peer Support, safeTALK and ASIST and other approved programmes are promoted and organised through the project.

Referral process: Self Referral.
Waiting time: Awareness training courses are advertised and filled on a first come basis.

<table>
<thead>
<tr>
<th>Adults</th>
<th>No charge</th>
<th>Yes</th>
<th>Yes</th>
<th>No childcare available</th>
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<td>No charge</td>
<td>Yes</td>
<td>Yes</td>
<td>No childcare available</td>
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<td>Not applicable</td>
<td>No charge</td>
<td>Yes</td>
<td>Yes</td>
<td>No childcare available</td>
</tr>
</tbody>
</table>

Facebook: Charleville Suicide Awareness Project
What is available

Information, advice & advocacy to members of the public on their rights and entitlements. Ours is a free, confidential and independent service.

How it works

Our expertise would be in some of the formalities (e.g. registering a death, access to money, legal issues, and social welfare entitlements such as Widow’s pension). However we’d also signpost / refer people to support groups or others with expertise in the area. Our staff (many of whom are volunteers) have a good knowledge of local supports. Many of our staff have taken SafeTalk training so would be clued into issues around suicide. Our approach is empathetic.

Referral process:  Drop-in service – no referral needed. Waiting time:  Unlikely to be waiting more than 30 minutes. Some of our offices take appointments.

Fermoy CIC
66 Lower Patrick St
076 107 7970  fermoy@citinfo.ie
Mon-Weds 9-1pm Mon 2-5pm Thurs-Fri 10-1pm

Mallow CIC
18.1 Market Square
076 107 8000  mallow@citinfo.ie
Mon-Fri 9:30-12:30pm Mon, Thurs, Fri 2:15-5pm

Mitchelstown CIC
Marian Hall
Convent Hill
076 107 8030  mitchelstown@citinfo.ie
Mon Tue Thurs Fri 10-1pm; Mon Thurs 1:30-4:30pm

Service for adults over 18  No cost

On street car parking  Yes

www.citizensinformation.ie  No childcare available
What is available

CoisCéim is a counselling / psychotherapy centre. The service offers low cost counselling for bereavement, coping difficulties, couples counselling, general grief & loss, marriage issues, relationship issues and stress. CoisCéim counsellors are based in different locations throughout Cork City & County & Kerry. Our referral counsellors will discuss with you your preferred location when choosing a counsellor for you.

How it works

On calling our office your name and number will be taken. Our referral counsellor will call you back and take some details to help her to refer you to a counsellor who would best suit your needs. Together you will agree a fee that you can afford. She will then give your name and the agreed fee to the counsellor allocated to you. She will then call you back with the name and number of your counsellor who will be expecting a call from you. When you make contact you set up your appointment time together

Referral process: Self referral
Waiting time: 3-6 weeks
**What is available**

Individual, couple and family counseling or therapy for anyone bereaved by suicide. Practical information for people bereaved by suicide including guidance, literature, and other resources. Support groups and therapeutic programmes for anyone bereaved by suicide. Console is a national service dealing with prevention and intervention around suicide as well as supports to those bereaved through suicide. Free phone **1800 247 247** or text ‘help’ to **51444** for one to one text support.

**How it works**

A typical visit will depend on the type of service that an individual requires. This could be a one to one session organised in advance with the individual or a group session prearranged or drop in depending on the preference of the individual.

**Referral process:** Self referral or agency referral. Referral forms can be obtained by contacting the centre or downloading from the website

**Waiting time:** Varies – generally 1-2 weeks

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**1a Perott Avenue, College Road, Cork**

**021 427 4218**

**Ger.rynne@console.ie**

**www.console.ie**

**9am-5.30pm Mon-Fri**

**Adolescents and adults**

**No cost**

**On street parking**

**Yes**

**No childcare available**
Cork Gay Community Development Company LTD

**What is available**

The Cork Gay Community Development Company is a community development organisation who work with gay and bisexual men and their families. The project offers activities such as drop in, education programmes, a number of different support groups, social groups, and advocacy/information service.

**How it works**

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

**Referral process:** Self referral  
**Waiting time:** Drop in

- 8 North Mall, Cork  
- 021 430 0430 087 638 1578  
- info@gayprojectcork.com  
- www. gayprojectcork.com  
- 9am-5.30pm Mon-Fri  
- Service for gay and bisexual men and their families  
- No charge for services but donations accepted  
- On street parking  
- Yes  
- No childcare available
Cork Mental Health Foundation and Housing Association provides education and awareness on mental health. We run workshops in secondary schools and deliver presentations to community groups, work places etc on mental health. We run several projects throughout the year such as Public Speaking and Reflective Thought Art Exhibition as well as an annual seminar pitched entirely at young people. The housing association provides housing to people with mental health difficulties; we currently have 28 houses throughout Cork City and County.

**What is available**

Cork Mental Health Foundation and Housing Association provides education and awareness on mental health. We run workshops in secondary schools and deliver presentations to community groups, work places etc on mental health. We run several projects throughout the year such as Public Speaking and Reflective Thought Art Exhibition as well as an annual seminar pitched entirely at young people. The housing association provides housing to people with mental health difficulties; we currently have 28 houses throughout Cork City and County.

**How it works**

We do not provide any specific bereavement support or counselling service but would certainly signpost to other more relevant support service when needed.

Referral process: We do not have a formal referral process, (apart from our housing which goes through a form available from the office).

Waiting time: None

**Contact Information**

Nore House, Bessboro Rd., Blackrock, Cork

021 451 1100

admin@corkmentalhealth.com

www.corkmental.com

Facebook Cork Mental Health Foundation

9am-5pm Mon-Fri

Service for adults 18+

No charge

Free parking available

Yes

No childcare available
People sometimes experience difficulties in life with which they would like help. Counselling in Primary Care (CIPC) is a short-term counselling service that provides up to 8 counselling sessions with a professionally qualified and accredited Counsellor/Therapist. The service is suitable for people who are experiencing certain difficulties such as: depression, anxiety, panic reactions, relationship problems, loss issues, stress.

The referrer sends in the referral form and you phone to opt in to the service. The referral is reviewed by the Counselling Coordinator. When an appointment space becomes available a counsellor will contact you.

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

**Waiting time:** Varies

**Service for adults 18+**

**Medical card holders only**

**Depends on location**

**Yes access. Parking depends**

**No childcare available**
Immediate help for suicidal adults 18 years and over. We offer the patient up to 12 sessions with a qualified therapist/psychotherapist.

The medical professional has our number. When they come across someone in need of our service they ring our clinical director who assigns a therapist to the patient. The patient is contacted by the therapist who arranges to meet the person who will get up to 12 sessions free of charge. We pay the therapist out of our funds.

**Referral process:** Referral is via a qualified medical professional only such as a GP or a psychiatric consultant.

**Waiting time:** It is immediate.

- Not applicable
- 086 364 2010
- enquiries@diadhuit.ie
- www.diadhuit.ie
- Not applicable
- 18 +
- No charge
- Not applicable
- Not applicable
- No childcare available
Duhallow Bereavement Support Service

What is available

If you find that the intensity of loss is unsettling, causing you undue grief and sadness, there is help at hand. The Bereavement Support Group consists of a group of trained volunteers who provide a free confidential service to people who have experienced a loss in their lives whether it is loss through death, separation, divorce, job loss etc. This is not a counselling service but a friendly and supportive listening service. A trained volunteer currently meets in a one to one setting at a time suitable to both parties. To make an appointment please call 087-627 9000.

How it works

Once contacted, we select the volunteer best suited to the situation. After that it is up to the person if they want to chat over the phone or receive one to one support at a meeting with the volunteer. We also refer people on to other services depending on the needs of the individual.

Referral process: People can be referred from local doctors, nurses, HSE, friends, etc. We also refer people on to other services if the need arises.

Waiting time: Meetings are usually organised fairly immediately

James O’Keeffe Institute, Newmarket, Co. Cork
087 627 9000
duhallow@eircom.net
www.irdduhallow.com

Open to all
No cost
At JOK Institute
At side entrance
Can be arranged

Suited to needs of client
Emmaus Bereavement Support Group

What is available

Emmaus Bereavement Support Group was founded in 1987 to provide a safe and confidential space for those experiencing any type of loss. Emmaus Team undergo intensive training to equip them to listen empathically to the loss story. The Key is to help the expression of feelings/emotions.

How it works

In the case of a person presenting as a result of a loved one dying through suicide he/she/family could expect a warm, caring, confidential and safe place where the person/s are free to share at the level they feel ready to share. Allow the person/s to tell the suicide story at their pace. It is crucial to see the family individually on the second visit as each person’s relationship to the person who died is different. Sr Una Boland also sees individuals for counselling. She is a qualified Counsellor/Psychotherapist MA, IACP, ACPE. Referral process: Family, Individuals, GP and other sources Waiting time: Within 7 / 10 Days

Lima, College Road, Fermoy, Co Cork

087 626 3934

unaboland@yahoo.ie

None

10.00am - 5.30 pm Mon- Fri

All ages groups

No cost

Yes

Yes

No childcare available
Fermoy Community Health Project

What is available

The Community Health Worker (CHW) has a base in the Fermoy Community Resource Centre (FCRC). The worker is currently supporting the emergence of new groups around identified needs, collaborating with existing health initiatives and linking with local schools, existing groups and organisations in the community to develop initiatives which will enable and improve the health and well-being of the community.

How it works

The Community Health Worker can be contacted by mobile or phoning the Fermoy Community Resource Centre. She will meet with you to discuss your needs and can signpost to relevant local support services or statutory groups.

Referral process: Self Referral. We refer to other organisations as appropriate.

42 McCurtain Street, Fermoy, Co Cork
CHW 085 874 2320
FCRC 025 32962
chpfermoy@gmail.com

All age groups
None
On street parking - €1 per hour & public car parks
Yes
No childcare available

Monday – Friday (part-time hours)
Suicide Bereavement Network

What is available

Our Monthly drop in evening is run on a voluntary basis, and welcomes anyone who has ever lost a loved one through suicide, whether your loss is recent or occurred several years ago. The support comes from within the group, all of whom are similarly bereaved. Our gathering is not about therapy, our gathering is not about counselling and it’s not about advice, our gathering is quite simply about being in a safe and friendly environment sharing your thoughts and experience with people who understand your grief.

How it works

Contact details for the volunteers running this monthly drop in evening are on information flyers which are located in venues throughout Fermoy and its environs. The group meet in Fermoy Community Resource Centre on the first Monday of every month, if the first Monday is a bank holiday they meet on the second Monday. When people contact us they are given information about the group and how it operates. People can be met in advance or if they wish they can bring a friend along with them as we fully understand how difficult it can be.

Referral process: Self-referral
Waiting time: None - drop in

42 McCurtain Street, Fermoy, Co Cork
Jacinta 087 997 4076
Edel 087 787 4422

Service for adults 18+
None
On street parking & public car parks
Yes
No childcare available
Fermoy Community Resource Centre has a variety of services and groups operating from the centre. Some of these include: working base for Community Health Worker, Meals on Wheels, Thrift Shop, Pre-School Service, Fermoy Community Network, The Young Mothers Group, Weight Watchers, Active Retirement, Narcotics Anonymous, UniSlim, SBN monthly drop in for people bereaved by suicide, Travellers Group, Carers Group, Widows Group and Blackwater Relatives Support group. Rooms are hired on a weekly and monthly basis by local voluntary, community and statutory groups. Various courses and training initiatives are also run from the centre.

What is available

How it works

Fermoy Community Resource Centre has an open door policy. We are located on the main street in Fermoy; within easy access of the main Bus Eireann routes. People entering the Resource Centre will be met by staff and specific queries can be talked over with the community health worker. The Resource Centre will signpost to a local voluntary group called Suicide Bereavement Network (SBN) who run a voluntary monthly drop in for people bereaved by suicide every month. We would also signpost to other private local services and to national support services.

Referral process: Self referral, We refer to other organisations as appropriate

Waiting time: Drop in

42 McCurtain Street, Fermoy, Co Cork
025 32962
fermoycdp@eircom.net
Facebook: Fermoy Community Resource Centre
9am - 10pm Mon - Fri

All ages
None
On street parking - €1 per hour & public car parks
Yes
No childcare available
Foróige Sky Youth Project engages with young people who do not currently engage with a youth service, to facilitate their growth and development. People attend to access services provided to be in a safe and caring environment where they will be respected.

**What is available**

Foróige Sky Youth Project engages with young people who do not currently engage with a youth service, to facilitate their growth and development. People attend to access services provided to be in a safe and caring environment where they will be respected.

**How it works**

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

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

Waiting time: Drop in

No 3 Rathgogan House
Chapel St Charleville
Co. Cork

086 677 3861

Jane.beretta@foroige.ie

www.foroige.ie

Facebook: Foróige Charleville

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

Service for young people aged 10-18

None

On-street parking available

No

No childcare available
What is available

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

How it works

GROW members attend a weekly meeting lasting about two hours, during which a specific Group Method is followed which enables them to learn a practical psychology of mental health, known as the GROW Program.

Local meetings: Monday 8pm in Duhallow Day Centre, Kanturk, & 8pm in Le Cheile Centre, Fair St. Mallow; Tuesday in St. Stephen’s Hospital, Sarsfield Court, Glanmire (Open to Day Centre Clients), & 8pm in Family Resource Centre, Fairfield, Masseytown, Macroom; Thursday 11am in Duhallow Day Centre, Kanturk (Referrals only).

Referral process: Self referral

Waiting time: None

GROW Office, 1st Floor, 34 Grand Parade, Cork
Info line: 1890 474 474
southernregion@grow.ie
www.grow.ie
Phone line 9am to 1pm

Service for adults 18+
None
Yes
Yes
No childcare available
Kerry Diocesan Youth Service (KDYS)

**What is available**

KDYS is a voluntary youth work organisation supporting volunteers in local communities to establish and run youth clubs for young people aged 12 to 18 years, through the provision of training, recruitment, screening and vetting of volunteers and ongoing support for clubs volunteers through club visits, monthly meetings and events. In addition KDYS provides training on Peer Mentoring and Youth Empowerment Training to second level schools and the KDYS Mobile Youth Café is a mobile resource that can be utilised in a community setting to establish interest in setting a youth project. To date it has visited Millstreet and Rathmore.

**How it works**

All KDYS Youth Workers have received ASIST training. The KDYS Youth Worker for the area would sign post the relevant referral services available in the local area. Support would be available on line, over the telephone, via email or in person as appropriate. The KDYS Facebook page and website are regularly updated with relevant information by our Youth Information Staff.

**Referral process:** Contact to be made with the KDYS Youth Worker for the area:

Madeleine Frissung by email or telephone initially.

### Service Details

- **Fair Hill, Killarney, Co. Kerry**
- **066 714 2648**
- **madeleinefrissung@kdys.ie**
- **www.kdys.ie**
- **Facebook**

- **Service for 12-18 years**: Not applicable
- **Not applicable**: Not applicable
- **Not applicable**: Not applicable
- **Not applicable**: Not applicable
Le Chéile Family Resource Centre
Mallow

What is available


How it works

Our Counselling service is accessible to all from age 8 upwards. Simply call to our centre, phone us on 087 3735000 or email counselling@lecheilefrc.ie. There are times in people’s lives when counselling may be helpful, including times of loss, distress, of major change, or times when self-esteem and confidence are low. We provide up to 8 counselling sessions - a low cost, confidential and professional service providing support to individuals, couples and families.

Referral process: We accept referrals from GP’s, Schools, Colleges and other Community Services and Organisations. Waiting time: within one month of initial enquiry. However, at times the Waiting List might be longer.

Mallow Community Campus, Fair St, Mallow
022 42439 (office)
087 373 5000 (counselling)
lecheilefrc@eircom.net
www.lecheilefrc.ie
Facebook Le Chéile FRC
9am - 5pm Mon - Fri
Counselling later by appointment

Counselling Service from 8 years (with written consent from parents/guardians)
A low cost scale of fees applies dependant on the Client’s age and circumstance.
Yes
Yes
No childcare available
LINC (Advocating for Lesbian & Bisexual women in Ireland)

What is available

LINC is a city centre resource centre open to the public Tuesday, Wednesday and Thursday as a drop in and support service for lesbian and bisexual women and their family members. Open some evenings for peer support groups and social activities. One to one peer support and subsidised counselling available.

How it works

LINC encourages you to drop in and talk to them about the services they offer. LINC refer on to other services as requested/required. For bereavement one to one peer support will be offered and the worker/volunteer will also help you choose another appropriate bereavement service to access.

Referral process: No referral necessary to access LINC supports

Waiting time: No waiting list

11A White St. Cork
021 480 8600
info@linc.ie
www.linc.ie

11am-3pm Mon & Tues
11am-8pm Thurs

Service for lesbian/bisexual women and their families
No charge but donations are welcome
Disc parking available
Only to main room. No access to toilet at present
No childcare available but children & family welcome
The Regional Development Officer (RDO) can provide information, listening, support and training, signpost you to services within Shine or externally if appropriate. They can offer you an Individual Support Meeting (ISM), which is unstructured, person centred, confidential, solution focused and individually tailored. Relatives Support Group and Phrenz Group (for relatives of and people with self-experience of mental health difficulties). Practical information and support are the key facets of these groups. The Basement Resource Centre is a peer driven resource centre for people with self-experience of mental ill health. A confidential, affordable, safe and professional service is provided by trained accredited counsellors.

**Email support service:** phil@shineonline.ie

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

**Referral process:** Self Referral

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

- Basement 021 422 6064
- RDO 021 494 9833
- Counselling 086 040 1657
- info@shineonline.ie
- www.shineonline.ie
- 8.30am-4.30pm Mon-Fri

**Service for adults**

- See above
- On street parking available
- Limited
- Not available
Travellers of North Cork (TNC)

What is available

TNC works with the local Traveller Community to support them in addressing the issues that impact on their health and wellbeing. Areas of work include: Support for Traveller families to access health services and health information. Support for local Traveller groups. Liaison with Health Service providers. Supporting mental health initiatives and supports for families bereaved by suicide. Hosting health information sessions.

How it works

The Traveller Community Health Workers will meet with people either individually or in family groups and help them identify what services/supports they need and what services are available in their local area. The worker will support the person/family to make contact with the most appropriate service/support and follow up with the person/family to ensure that appointments are made and any information made available is understood and that the person/family is able to talk through any issues arising and ask questions if needed.

Referral process: The CHWs will support families with making referrals if needed.

Waiting time: All contacts responded to within a week

Riverside, Doneraile, Co. Cork

022 71035

travellersnorthcork@live.com

Facebook Travellersofnorthcork Tnc

9am - 5pm Mon - Fri

Service for adults 18+

No cost

On-street parking available

Yes

No childcare available

Facebook Travellersofnorthcork Tnc
Y.A.N.A. (You are not alone)
North Cork Domestic Violence Project

What is available

A free confidential listening support information and referral service.

How it works

If suicide is disclosed we would refer on to other agencies and or counselling

Referral process: Ask the client to make contact herself or if they prefer we would make contact on their behalf
Waiting time: 1 week

27 – 28 Bank Place, Mallow
022 53915
yana@eircom.net

Support service for women over 18
None
Pay & display, park at rear
No to building, yes to parking
No childcare available

9am - 5pm Mon - Thurs
Youthreach Fermoy/Mallow

What is available

We are a second chance education centre mainly aimed at early school leavers between the ages of 15 and 20 years old. We offer our students Fetac Level 4 and Leaving Cert Applied programmes. Personal development and pastoral care are central to our programme. We have a holistic approach where we aim to nurture our students and help enable them to be independent, to enter the workforce, or to move onto further education.

How it works

We have a counsellor available to our students. The counsellor has an initial meeting with each student and a general stress test is given. Students can make appointments themselves or can be referred on by teachers in the centre if they are concerned about any student.

Waiting time: No waiting time for our students.

Mallow: Synergy Training Centre, Ballyellis, Mallow
Fermoy 025 33633
Mallow 022 42782
fermoyyouthreach@gmail.com
yrmallow@iol.ie
Facebook: Mallow Youthreach
Fermoy Youthreach
8.30 to 4pm Mon-Fri

15 to 20 years
A pay plan can be drawn up with the agencies/services where fees are applicable
Yes
Yes
Yes (Mallow only)
The library is a friendly welcoming space with sections for both adults & children. They have material relating to many subjects including grief/loss/bereavement. Ask the librarian, who is happy to help you find information that suits your need. To borrow books you need to become a member which entitles you to borrow up to 10 items for 2 weeks. Membership fees: Adult €2.50 per year, Child (under 16yrs) €0.50 per year and Senior Citizens no charge. Children must be accompanied by an adult when joining the library.

What is available

The library service is the provider of information for people in local communities. Books can be borrowed or, in the case of reference material can be consulted or pages photocopied. Internet services are available as well as black & white and colour printing. Libraries host bookclubs, Irish language groups, recitals & provides a number of community services. Check website or your local library for details.

How it works

The library is a friendly welcoming space with sections for both adults & children. They have material relating to many subjects including grief/loss/bereavement. Ask the librarian, who is happy to help you find information that suits your need. To borrow books you need to become a member which entitles you to borrow up to 10 items for 2 weeks. Membership fees: Adult €2.50 per year, Child (under 16yrs) €0.50 per year and Senior Citizens no charge. Children must be accompanied by an adult when joining the library.

Fermoy Library, Connolly Street, Fermoy
Mallow Library, Thomas Davis St. Mallow
Millstreet Library, Carnegie Hall, County Council Offices, Millstreet
Mitchelstown Library, Sutton’s Court, Clonmel Road, Mitchelstown

Fermoy 025 31318
Mallow 022 21821
Millstreet 029 21920
Mitchelstown 025 41939

fermoylibrary@corkcoco.ie
mallow.library@corkcoco.ie
millstreet.library@corkcoco.ie
mitchelstown.library@corkcoco.ie

www.corkcoco.ie/library

Open to everyone

membership fee to borrow - see above
charge for internet

Parking available

Yes

No childcare

Fermoy Tues - Sat 9.30am-1pm & 2pm-5:30pm.
Mallow Tues, Wed, Fri & Sat 9:30am - 5:30pm, Thurs 9:30am - 7:30pm
Millstreet Tues, Wed, Fri & Sat 10am - 1pm & 2 - 6pm, Thurs 10am - 1pm & 2.30 - 6pm
Mitchelstown Tues - Sat 9.30am - 5.30pm
(All Libraries closed on Saturdays of Bank Holiday weekends)
All of the books below are available in your local library.
Ask the librarian for assistance.

List of books for Adults:

- Ironside, Virginia: You’ll get over it: the rage of bereavement
- Ribbens McCarthy, Jane: Young people’s experiences of loss and bereavement
- McCarthy, Sarah: A voice for those bereaved by suicide
- Firestone, Robert W: Suicide and the inner voice: risk assessment, treatment & case management
- Spellissy, Sean: Suicide the Irish experience
- Helen, Maggie: Coping with suicide
- Glassock, Geoffrey G & Gressor, Gregor: Coping with loss & grief
- Bryant-Jeffries, Richard: Counselling for death & dying: person-centred dialogues
- Hafen, Brent, Q: Youth suicide: depression and loneliness
- Neustatter, Angela: Losing a loved one (Teen)
- Chopra, Deepak: Life after death, the book of answers
- Kúbler Ross, Elisabeth: On death & dying
- Donnelly, Pat & Barnardos National Children’s Resource Centre: someone to talk to: a handbook on childhood bereavement
- McNeill Taylor, Liz: Living with loss
- Stanford, Peter ed.: The Death of a Child
- Kenneally, Christy: Life After Loss
- Joyce, Yvonne: Ten Fingers and Ten Toes
- Quinn, John: Letters to Olive
- O’Dwyer, Rita: Rachel’s Story
- Kubler-Ross, Elisabeth: Living with Death and Dying
- Kaplan, Louise: Lost children: separation and loss between children and parents
More personal stories of grief and loss

• To travel hopefully: a journal of a death not foretold by Christopher Rush
• Dear Sebastian: a father’s last wish, a legacy of inspiration by Christine Horgan
• Song for Jenny: a mother’s story of love and loss by Julie Nicholson

List of books for children:

• Sanders, Pete & Myers, Steve: When people die
• Rosen, Michael: Michael Rosen’s sad book – (picture book)
• Ireland, Family Support Agency: Coping with death: for children aged 6-12 (desk reserve)
• Edwards, Nicola: Saying goodbye to a grandparent
• Edwards, Nicola: Saying goodbye to a parent
• Coppendale, Jean: Life & death
• Chambers, Catherine: End of life rituals
• Senker, Cath: Life’s end
• Perkins, Ginny & Morris, Leon: Remembering Mum
• Amos, Janine: Death
• Perkins, Ginny: Remembering my brother
• Bryant-Mole, Karen: Death
• Ganeri, Anita: Life Times: Journey’s End
• Newman, Marjorie: Steve, a story about death
• Bennett, Benji: Before you sleep
• Barber, Elke: Is Daddy Coming Back In A Minute
Online Resources

Useful websites

• www.livinglinks.ie  Providing assertive outreach support to the suicide bereaved
• www.pieta.ie  Centre for the Prevention of Self-harm or Suicide.  (only deals in Preventative Work around suicide but will provide signposting information)
• www.letsomeoneknow.ie  Website promoting positive mental health for young people
• www.corksamaritans.ie  Website provides confidential, emotional support and information to people who are experiencing feelings of distress or despair, including those which may lead to suicide.  Free Phone 116123 or mobile for text only service 087 260 9090
• www.shineonline.ie  Supporting people affected by Mental Ill Health
• www.headsup.ie  A mental health promotion project which aims to contribute to suicide prevention
• www.seechange.ie  To reduce stigma and challenge discrimination associated with mental health
• www.belongto.org  An organisation for Lesbian, Gay, Bisexual and Transgendered (LGBT) young people, aged between 14 and 21
• www.childline.ie  24 hour confidential phoneline for children and young people  Free Phone: 1800 666 666 text ‘talk’ 50101  (one to one text support)
• www.headstrong.ie  The National Centre for Young Mental Health
• www.console.ie  24 hour national suicide prevention helpline with bereavement supports available.  Free Phone 1800 247 247 or text ‘help’ to 51444 for one to one text support.  (see p43 for further details)
Bibliography

HSE Publications

• Health Service Executive, (2007) Bereavement: When someone close dies
• Health Service Executive, National Office for Suicide Prevention, You Are Not Alone: Help and advise on coping with the death of someone close.
• Health Service Executive (2009) National Office for Suicide Prevention, Suicide Prevention in the workplace: A resource for organisations and workplaces responding to supporting persons who are at risk of suicidal behaviour.
• Health Service Executive (2012) Suicide Prevention in the Community: A Practical Guide

Other Publications Referenced

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

The artwork featured throughout Lighting the Way North Cork was created by a small dedicated team who worked together specifically for this resource. The group worked on a weekly basis with artist Paula Murphy and they were assisted by Jacinta McCormack, Fermoy Community Health worker. The Lantern of Hope came about following an initial brainstorming session where the group agreed that memories of our loved ones are triggered very much through the five senses: the smell of perfume, a photograph of our loved one, the touch of an item of clothing, a familiar song on the radio or a special meal. The group wanted to represent these senses through images and materials set in the Lantern of Hope and they also brought music and light into the interior of the Lantern of Hope to add another dimension. The Lantern is portable, durable and it is hoped that it will be available to people in our community that have been bereaved by suicide to be used as a centre piece for anniversaries, support groups or remembrance hours, as it would allow people to speak about their own feelings of their loved one through the piece.

**Artists: Patricia Cahill, Stacy Philips, Paula Murphy**
The more beautiful the memories,
The more difficult the parting.
But love and gratitude
Change the pain of remembering
Into a quiet peace
And the beauty of the past
Is carried, not as a thorn
But as a precious gift within