

## Bereavement Supports

### Helplines:

**Pieta House:** 1800 247 247 or text 'HELP' to 51444

Pieta House also provide the Suicide Bereavement Liaison Service. The Dublin North Suicide Bereavement Liaison Officer is Kate O'Mahony: 085 870 6574

**Irish Hospice Foundation:** 076 680 5278

The Irish Hospice Foundation also has a lot of information on their website relating to grief and bereavement during COVID-19 (plus in the attached leaflet). There is specific information on providing support to children, teens as well as adults. This information can be found here: <https://hospicefoundation.ie/bereavement-2-covid19-care-and-inform/>

To access a guidance document on Responding to a person in suicidal distress - please click [HERE](#)

*The document* aims to support staff and volunteers working in public-facing roles to interact with people who present or contact the service in distress or at risk of suicide and self-harm. The guide can be incorporated into staff induction packs or training manuals. The HSE National Office for Suicide Prevention strongly recommends that it is rolled out together with safeTALK training (see: [www.nosp.ie/training](http://www.nosp.ie/training) for details).

### Support Groups:

Support groups include the following:

[HUGG.ie](#): All groups now meeting on-line. To access support call/e-mail the following Tel: 01 513 4048 (monitored answering machine) E: [info@hugg.ie](mailto:info@hugg.ie) or fill in the form at the following link: <http://tinyurl.com/HUGGform>

[anamcara.ie](#): Anam Cara provides information, resources and bereavement support after the death of a child of any age and through all circumstances to all bereaved parents. They host regular parent evenings for those who have experienced a loss of a child (children). Their resources page can be found [here](#) and contact can be made via the following: [info@anamcara.ie](mailto:info@anamcara.ie) or call/text 085 2888 888

[friendsofsuicideloss.ie](#): Have recently become a nationwide service. Currently operating online, they have groups for the recently bereaved, parents only, siblings only etc. Contact can be advice via: Phone: (01) 492 7576 Mobile: 086 937 1030 Email: [info@fosl.ie](mailto:info@fosl.ie)

The Irish Hospice Foundation have produced a number of leaflets on bereavement and loss

For information on grieving in exceptional times click [HERE](#)

To access a leaflet on acknowledging and coping with grief on a COVID 19 death please click [HERE](#)

To access information on helping children to grieve during COVID 19 restrictions please click [HERE](#)

For information on how to support teenagers to grieve under covid-19 restrictions please click [HERE](#)

For information on how to find ways to help children and young people grieve please click [HERE](#)

For information on how to plan a funeral in exceptional times please click [HERE](#)

For information on how to plan a funeral when your relative has died from COVID 19 please click [HERE](#)

For information on suicide bereavement resources please click [HERE](#)