

# Lighting the Way

An information resource to support people who are bereaved through suicide



Thanks to all those who gave their time and professional expertise in helping to develop this resource. Their openness, patience, care and positive suggestions have contributed richly to this resource.

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**Working Group**

**Health Action Zone Project** - This is a health initiative based on the northside of Cork City. Community Health Workers use a community development approach to health work.

**The Gardaí Síochána** - National Police Force of Ireland

**LINC** - Advocates for Lesbian and Bisexual women in Ireland

**Traveller Healthy Minds Project**

Aims to reduce the risk of suicide and to provide bereavement support in the Traveller Community in Cork City.

**Cork City Partnership** - Local Development Company operating under the National Development Plan

**HSE Health Promotion Department** - Working to promote health in Ireland

**Artwork**

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*“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.

**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. This resource contains important information on the processes involved immediately after the suicide. It outlines levels of support available in the community and provides information around how to access these supports.

The development of *Lighting the Way* is a collaborative initiative between HAZ for the Cork North Community Work Department of the HSE South with An Gardaí Síochána as well as involving other organisations with a vested interest in the project.

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 can be used by An Gardaí Síochána, HSE frontline staff and community services as well as other professionals in the provision of bereavement support information to those affected by suicide.

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# Following a Death

## 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.

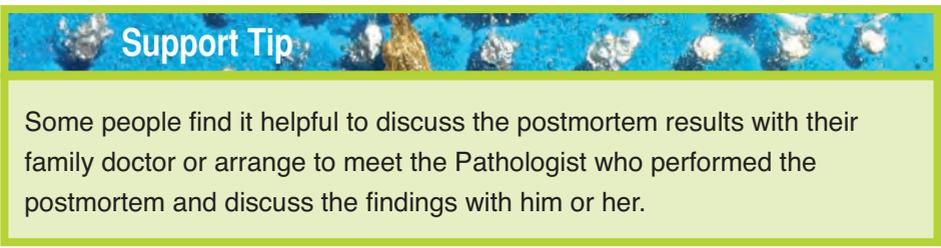
### Support Tip

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 good-bye. 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.

## Death Certificate

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

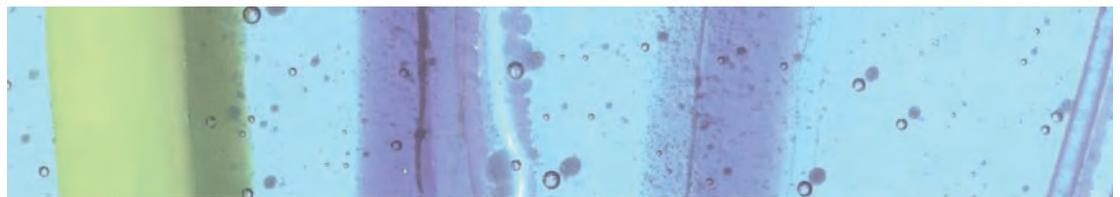
When registering the death you need to have the following:

- 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 27 for contact details





# Dealing with the Loss

## 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*

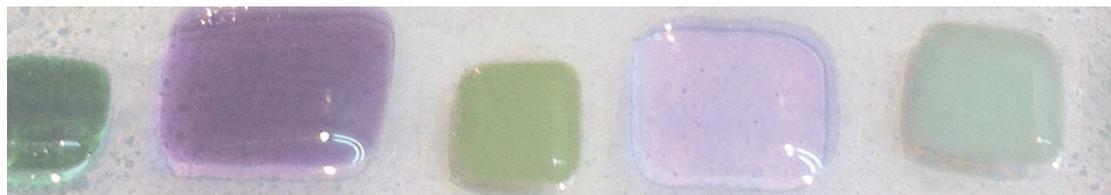
Know that you may feel overwhelmed by the intensity of your feelings but remember that all your feelings are normal. Feelings of anger, guilt, confusion and forgetfulness are common. Remember all of these feelings are normal: you are in mourning.

### *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.

## **Further Reading (available from local library p 67 - for full list see p 68)**

**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**

**Glasscock, 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.*



3

### 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.

2

### 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.

1

### 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. Professionally training is not necessary but an awareness of the grieving process and the ability to listen is required.

## 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

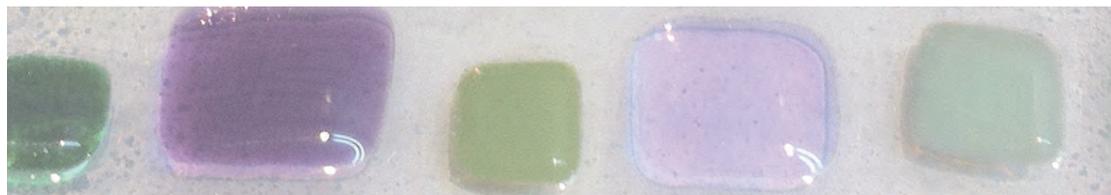
All these questions are normal responses to a suicide and an honest attempt to create some meaning. However, suicide often does not make sense to the bereaved. That is why it is important to mind oneself after bereavement by suicide and get support to deal with the grieving process.

### *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 service 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 the HUMAN Counselling Service for contributing to this section based on their experience of dealing with those bereaved through suicide.*

*See Community Supports section for more information on this local service.*

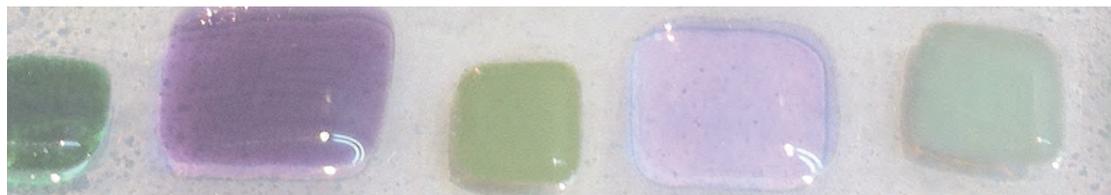
## **Early grief and mourning**

### ***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 bereavement. 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*

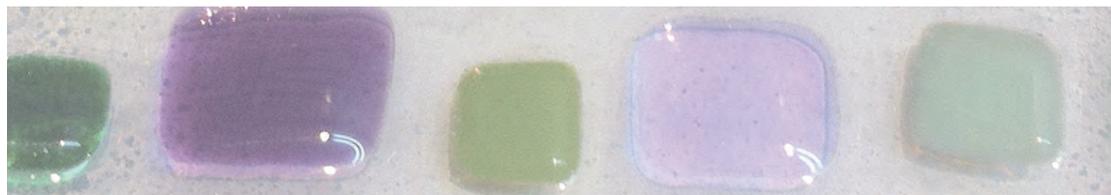
- Create a memory box. Put mementoes of your loved one into a special box and look at them anytime.
- Look at pictures of past good times.
- Read together. Books can encourage understanding and discussion (see suggested reading and further reading p 69 )
- Use a toy phone to talk about what happened.
- 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**

**[www.health.nsw.gov.au/pubs/2002/pdf/supporting\\_children\\_.pdf](http://www.health.nsw.gov.au/pubs/2002/pdf/supporting_children_.pdf)**



## Memorials and Social Networking

Public discussion, following a death by suicide, can have both a positive and negative impact on those bereaved, including family members, friends and wider communities. Nowadays, these wider communities extend beyond more traditional settings – like schools, colleges and workplaces – to include online communities that the deceased person may have belonged to. The response in online settings has become an important area to consider when someone dies. It is recommended that any public communication about a suicide avoids glamorising the death in any way; and avoids providing details of particular suicide methods. This will help you manage a safe and sensitive response to a death by suicide.

It is recommended to take this approach to online communication as well as in more traditional settings.

Online communications include:

social networking websites that large groups of people can access; and more private interactions, such as one-to-one instant messaging.



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, please report the information to:

[www.facebook.com/help/contact.php?showform=deceased](http://www.facebook.com/help/contact.php?showform=deceased)

This web address will bring you to a special Facebook form which you fill in and submit to the network’s administrators. Facebook can then 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.

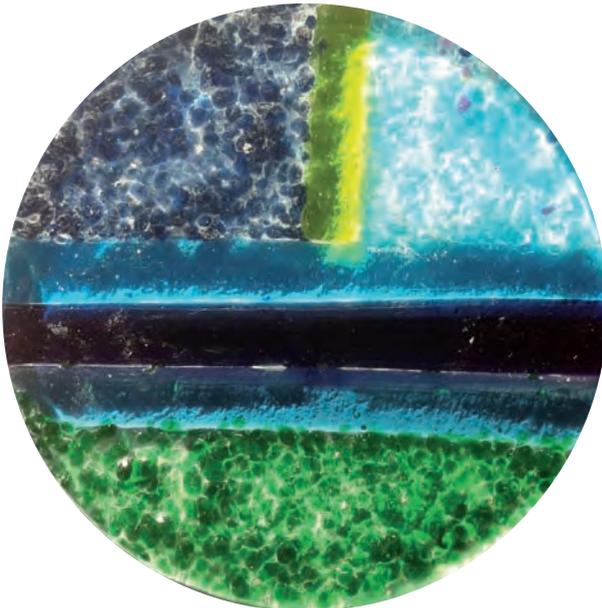
## *How to remove a Facebook account*

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. To make a request to memorialize or remove a profile, go to [www.facebook.com/help/contact.php?showform=deceased](http://www.facebook.com/help/contact.php?showform=deceased).

If you have a special request regarding a deceased person's user account, go to [www.facebook.com/help/contact.php?showform=memorializespecialrequests](http://www.facebook.com/help/contact.php?showform=memorializespecialrequests)

This form is only for accounts that have already been memorialized.

Facebook will also remove a memorial group if a family member asks them to do so.





## 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 St. Michael's Unit, Out Patients in Block 7 or the Home Based Crisis Team for City North West and City North East Sectors.

The Home Based Crisis Team was set up by the HSE Mental Health services to work with people in a mental health crisis in the community. The basic aim is to treat the person in their home where at all possible. A person can be referred by their GP to the Home Based Crisis Team and will then be supported for approximately 4 weeks at which time the case will be reviewed.

Selective GPs can refer to the Clinical Nurse Specialists in Primary Care who would do group work or individual work.

All teams have access to Consultants, Non Consultant Hospital Doctors, Nurses, Community Mental Health Nurses (home visits), Occupational Therapists, Social Workers, Psychologists, Counsellors and Addiction Counsellor, Cognitive Behavioural Therapist, Art Therapist, Family Support Nurse, Psychotherapist and Early Intervention with Psychosis Nurse.

This referral will be assessed firstly at the Out Patients and then referred to any of the above which will be based on the need of the referred person.

Below is a list of some of the support groups available in Community Recovery

- Hearing Voices
- Anxiety Management
- Relaxation Techniques
- Recovery from Depression
- Being Well Programme
- Healthy Lifestyles
- Food and Mood
- Stress Management
- Bipolar Management
- OCD
- Social Anxiety

# Community Supports

## 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 and 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 p12 for more information)

 **1** Needed most often...

 **2** Needed sometimes...

 **3** Needed less frequently...

# Citizen s Information Service

## *What is available*

The Citizens information Service provides information on public services and entitlements in Ireland. This includes information on Social Welfare, Employment, Education and Training, Travel and Recreation, Housing, Moving Country, Money and Tax, Family and Relationships, Health, Justice, and Consumer Affairs. In relation to Death and Bereavement information and help can be provided on Making a will, When someone dies in Ireland, Registering a death, Bereavement counseling services, What happens the deceased s estate, and Money matters after a death.

## *How it works*

Drop in to one of the local Citizens' information services offices or log on to the website to access information and download forms. You can also make an appointment

You will find Citizens Information Offices in Hollyhill Community Building, Foyle Avenue, Knocknaheeny; Blackpool Community Centre, 90 Great William O'Brien Street; Mayfield, Roseville House (Lower Level), Old Youghal Road, and in the City Centre, 80 South Mall, Cork



see above



0761 07 4000



[citizensinfocork@eircom.net](mailto:citizensinfocork@eircom.net)



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



10am-1pm, 2-4pm Mon-Fri  
(may vary)



Service for adults



No charge



Varies depending on office



Yes



No childcare available

# Cork City Partnership Gurrabraher Outreach Office

## What is available

Community Development Office which gives support to the Community through organising residents meetings/ Committees, Community Education classes. Support with funding applications, form filling and supports to the elderly through Friendly Call Cork are available.

## How it works

The Gurrabraher Outreach office encourage people to drop in and find out what is going on and an outreach service is also provided within the Community. The project is very involved in the Shine A Light Suicide Awareness Group and links people seeking support for bereavement by suicide to the Coiscéim counselling service.

**Referral process:** We refer on to other organisations.

**Waiting time:** No



Parochial Hall, Knockfree  
Avenue, Gurrabraher,  
Cork



021 430 1770  
087 130 8913



Along@partnershipcork.ie



www.corkcitypartnership.ie



9.30am-5pm Mon-Fri



All ages



Nominal charge



On street parking



Yes



No childcare available

# Cork City Partnership Knocknaheeny (formerly We The People)

## *What is available*

We are a locally based outreach community project who work closely with the local community and provide a range of supports which include: secretarial and resource supports to the local community; supports to residents groups; education courses and programmes; employment supports; Health, Welfare & Wellbeing programmes, youth activities, supports to the elderly, environmental issues/initiatives.

As a project we respond on a daily basis to queries and signpost people to the relevant supports and resources.

## *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:** As appropriate

**Waiting time:** Drop in



Knocknaheeny  
Community Building  
Foyle Avenue, Cork



021 439 9503



N.oregan  
@partnership.cork.ie



www.corkcitypartnership.ie



9am-5.30pm Mon-Fri



All ages



Nominal fee requested for  
some courses



Free on street parking



Yes



No childcare available

# Cork Mental Health and Housing Association

## What is available

Cork Mental Health Foundation provides education and awareness on mental health. We run workshops in secondary schools and deliver presentations to community groups, workplaces etc on mental health. We run several projects throughout the year such as Public Speaking and Reflecting Through 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 does through a form available from the office).

**Waiting time:** No



Nore House, Bessboro Road, Blackrock, Cork.



021 451 1100



admin@corkmentalhealth.com



www.corkmentalhealth.com



9am-5pm Mon-Fri



Service for adults



No cost



Free 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 Traveller Visibility Group Ltd.

## What is available

This is an advocacy service for the Traveller community. It also supports the community in health, accommodation, drugs and alcohol and provides cr che facilities. People attend the service for drug and alcohol support, group work, accommodation issues, cr che facilities, health information and health concerns.

## How it works

No appointment is necessary, just drop in. In relation to bereavement issues basic support is provided; such as practical help with tasks and options, as well as providing information about other support services who deal specifically with the area.

**Referral process:** self-referral, service referral

**Waiting time:** none



25 Lower John St, Cork



021 503 3786  
087 130 1756



tvgcork@gmail.com



www.tvgcork.ie



9.30am-5pm Mon-Fri



Service for Traveller community



No charge



Disc parking



Yes



Yes at Goras Community Cr che

# The Fayre Project Farranree

## *What is available*

The FAYRE Project is a Garda Youth Diversion Project and its catchment area is within the Farranree/Fairhill area. Garda Youth Diversion Projects are community based and supported youth development projects which seek to divert young people from becoming involved (or further involved) in anti-social or criminal behaviour. These projects facilitate personal development and promote civic responsibility.

## *How it works*

Who can Access the Project - Young people referred by an Garda Síochána, identified as being at risk of becoming involved in anti-social or criminal behaviour or involved in anti-social or criminal behaviour. The project would offer one-one support and try to link the young person into the appropriate services that would offer professional support in this area.

**Referral process:** self referral or through other service providers

**Waiting time:** No



Cushing House,  
Popham s Road,  
Farranree, Cork.



Young people



021 439 2102



noel.kelleher@foroige.ie  
bridget.mcsweeny@foroige.ie  
alexandra.slye@foroige.ie



Yes



www.foroige.ie



No, but can be arranged



2-10pm Mon-Thurs  
2-8pm Fri



No childcare available

# Health Action Zone (HAZ)

## HSE South

### *What is available*

The HAZ project runs various health promotion activities such as walking groups, healthy eating, dance, teen gym, men s groups, women s groups, stress management etc. the activities vary from area to area.

### *How it works*

The HAZ areas are Mayfield, The Glen, Blackpool/Shandon, Fairhill Farranree and Gurranaabraher and Churchfield. All inquiries about what is on in your area should be made to the Community Work Department office or to the website. HAZ occasionally run suicide awareness training called SafeTALK in association with the Suicide Prevention Office HSE South. The community health workers signpost on to local counselling services specifically for suicide bereavement.

**Referral process:** Self Referral.



HSE Offices, Old Library,  
St Mary s Rd. Cork



All ages



021 4928370



2 to 5  
depending on the activity



Contact the CHW for your  
area through the website



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



8.30am-2.30pm Mon-Fri

# Knocknaheeny/Hollyhill Youth Justice Project

## What is available

The Justice project works with young people aged 12-18 referred by An Garda S'och na. The project encourages young people to engage in other activities and services in their area. We work to enhance the employability of participants by providing them with new skills in the areas of I.T and personal development.

## How it works

Tuesday 7-10 drop in service for 12 to 18 year olds, Friday 2.30-4.30 drop in session for 8-12 year olds please note all other groups are referrals only. A young person going through bereavement would be supported by a youth worker informally and referred on to a more appropriate service if required.

**Referral process:** Juvenile Liaison Officer, Parent/Guardian, Schools, & Other agencies can refer young people to the project.

**Waiting time:** One week



Knocknaheeny/  
Hollyhill Youth Centre,  
Harbourview Rd, Cork



021 450 3092  
087 317 6754



knocknaheeneyouthgydp  
@gmail.com



Mon 10-6, Tues 2-10, Wed  
10-9, Thur 10-8, Fri 11-6



Young people aged 12-18



Nominal fee requested for  
some groups



Parking in shopping centre  
car park



Yes



No childcare available

# Local Employment Service

## What is available

There are 8 LES outreach offices throughout the Cork City, with 4 based in northside areas and one in the city centre. The Cork City Local Employment Service (CCLES) is a citywide service aimed at supporting jobs seekers in their efforts to find suitable work. The service was set up specifically for those who experience most difficulty in accessing work, education or training opportunities in Cork City

## How it works

The services offer ring and/or drop in types of service in local communities. If individuals require further support than the service can offer then signposting on to more appropriate services is how a person would be supported.

**Referral process:** Self-referral to service and further meetings arranged if necessary.

**Waiting time:** One week



Blackpool 021 450 6266  
Churchfield /Gurranabraher  
021 421 1048  
Mayfield 021 455 3956  
Hollyhill / Knocknaheeny  
021 421 1050



Service for adults 18+



No charge



Parking available



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



Yes



9am-1pm & 2-5 pm  
Mon-Fri



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 Lodge, Fairhill/Farrenree Project, Foroige

## What is available

The service provides personal and social development programmes in an informal educational setting for children aged 8 – 18 years who would be considered at risk. The reasons for accessing the service include prevention of early school leavers, self-esteem issues, family issues, lack of peer relationships

## How it works

The project is not specific to bereavement. In the event of a young person or family experiencing loss, the services offers one-on-one support if desired. It also provides information on specific services where they can seek further professional support.

**Referral process:** Self-referral, school referral, HSE referral, Garda referral, parent referral.

**Waiting time:** There is a waiting list



Knockpogue Ave,  
Farranree



Tina: 087 946 0607  
Eimear: 086 835 0252



Tina.Kearne@foroige.ie  
Eimear.henebry@foroige.ie



www.foroige.ie



11.30am-8pm Mon-Fri



Service for young people  
aged 8-18



No cost



On street car parking



Yes



No childcare available

# Lotamore Family Resource Centre

## *What is available*

Family resource centre provides Pre-School and After School services and a Public Health Nurse in residence once a week. There is also an elder care programme with coffee mornings once every two weeks, adult education courses and an outreach worker attached to the centre. The youth initiative programme also runs from the Lotamore Family Resource Centre.

## *How it works*

Typically the parents would be dropping and collecting their children during the day and people would attend the centre in the evenings for activity classes. In relation to someone seeking help with bereavement by suicide the Family Centre would signpost on to Mayfield Action On Suicide counselling service; Human

**Referral process:** No referral needed

**Waiting time:** One week



20 Lotamore Park,  
Lotamore, Mayfield



021 450 3066



lotamorefrfc@yahoo.ie



8.30am -5pm Mon-Fri



3 to 70yrs of age



No cost



Yes



Yes



Pre-school and After-school  
for children enrolled

# MAOS

## Mayfield Action on Suicide

### *What is available*

Interagency group, agencies in Mayfield. HSE, HAZ and Community Workers, Mayfield NYP, Newbury FRC, Lotamore FRC, Mayfield CDP, Foroige (Ogra) volunteers in the community. Low cost counselling available through Human counselling service. Booking can be made through Lotamore FRC

### *How it works*

Group meets in various setting □ to look at issues of mental health and suicide awareness, prevention, bereavement support. People contact organisations listed above if they are looking for support.

**Referral process:** Referrals are made through individual organisations involved in MAOS

**Waiting time:** One week



c/o Lotamore FRC,  
20 Lotamore Park,  
Lotamore, Mayfield



021 450 3066



All age groups can access services



Low cost counselling available based on ability to pay



9am -5pm Mon-Fri  
Contact any organisation involved in MAOS



No childcare available

# Mayfield Community Development Project Ltd.

## *What is available*

A community resource centre providing a range of services including information provision, support to individuals and groups, a point of contact for Mayfield Action on Suicide, adult education classes, childcare. Support groups such as GROW and Overeaters Anonymous meet here weekly.

## *How it works*

You can just drop in and meet with staff member who may direct you to other more specific support such as GP or counselling service. People who may need extra support with a bereavement by suicide will be referred to other services such as Mayfield Action On Suicide counselling service; Human

**Referral process:** Self-referral

**Waiting time:** none



**Community Resource Centre, 328 Old Youghal Road, Mayfield, Cork**



**021 450 8562**



**mayfieldcdp2@eircom.net**



**9.30am-1, 2-5pm, 7-9pm  
Mon- Thurs.  
9.30-1pm Fri**



**Service for adults only**



**Nominal charge**



**On-street parking.**



**No**



**Childcare available**

# Shine a Light Suicide and Mental Health Awareness Group

## What is available

Shine a light offer low cost counselling, through Coiscéim low cost counselling service, to those with thoughts of suicide or those bereaved by suicide. Please note this is not an emergency service. Coiscéim work with Shine A Light to provide counselling in various local centres across the northside of the city. (see Coiscéim info p 63)

## How it works

You must make reference to Shine a Light Suicide Awareness group when you are booking your counselling session in order to avail of the subsidised counselling session. Your details will be taken during this first phone call and a date will be given for a counselling session.

**Referral process:** Self referral

**Waiting time:** N/A



CC P Gurrabraher,  
The Parochial Hall,  
Knockfree Ave., Cork



021 466 6180  
087 799 8602



shinealightnws  
@gmail.com



9am-1pm+2-5pm Mon-Fri



Shine a Light work mainly with adults but specialised services can be arranged



Nominal contribution to counselling and arranged directly with Coiscéim



Yes



No childcare available

# Youth Work Ireland Cork, Gurrabraher

## *What is available*

Supportive groups for youths from ages 7 to 25 these include; Girls Group, Teen Gym, Boys Soccer Group, Teen Drop-in Group, Short-term Drama Project, One to One Support Work, Youth Council, Homework Support, and the Cool Art Club.

## *How it works*

Contact must be made with a youth worker to put your name down for all of the activities except for the Teen drop in evenings and the teen gym. All times of activities and more information can be found on the website. A young person going through bereavement would be supported by a youth worker informally and referred on if required.

**Referral process:** Self Referral.



Youth & Community  
Resource Building, 11  
Gurrabraher Road, Cork.



021 439 9862



admin@ywicork.com



www.ywicork.com



Dependant on activity



Service for young people  
aged 7-25



Nominal cost for some  
activities



Some on-street parking  
available



Yes



No childcare available

1

2

# Aware

## What is available

Aware offer numerous services to support those suffering with depression, these services include local support groups, online support groups, a help line/information service and an email support service. The Aware website contains extensive information on all services listed above.

## How it works

Aware Support Group: when people arrive at a meeting they will be greeted by the Aware volunteer support group facilitator and welcomed into the group. Meetings every Thursday at 8pm at Blackpool Community Centre, 90 Great William O brien St. every Tuesday at 8pm at Inniscarraig Centre, Erinville Hospital complex. (Pedestrian access at western end of hospital, vehicle access off Mardyke Rd at rear)

**Referral process:** Self referral via helpline or email

**Waiting time:** None



**Aware Helpline Call**  
1890 303 302



**info@aware.ie**



**www.aware.ie**



**10am-10pm Mon-Sun**



**Service for adults 18+**



**Some on-street parking**



**Yes**



**No childcare available**

# Barnardos Brighter Futures

## What is available

This is an early intervention and prevention service for children aged 0-10 and their parents. It includes support for preschool, cr che, parenting, parent-toddler, school-age. People basically attend to improve their lives through the support and services offered. The service helps with emotional wellbeing and capacity to learn and develop.

## How it works

While there is some bereavement support through the Seasons for Growth group for Junior Infants to Sixth Class; for more specialised support/ counselling children are referred to Barnardos Bereavement Counselling for Children.

**Referral process:** Self-referral, professional services referral

**Waiting time:** There is a waiting list



Ardmore Avenue,  
Knocknaheeny, Cork



021 430 7964



Jenna.Russell@barnardos.ie



www.barnardos.ie  
twitter - @barnardos\_IRL



9am-5pm Mon - Fri



Service for children aged  
0-10 and their parents



Mostly free. The cr che costs  
between 2-3 per day.



Free on-street parking



Yes



Childcare available at highly  
subsidised rate

1

2

# Churchfield Community Trust

## *What is available*

A community based organisation offering education, training and therapeutic support to young men in recovery from addiction. The Churchfield Community Trust aims to assist men maintain sobriety in the early days following treatment. It provides them a safe space and supports them in establishing a routine and structure in their lives. It offers support whilst waiting to go for treatment or during a detox phase prior to treatment.

## *How it works*

The service specialises in the area of addiction which has been associated to criminal behaviour or at risk of being returned to prison. Grief occurs at various stages and phases for clients and this has been looked at initially whilst they have been in treatment. It is also facilitated by in-house staff as it arises.

**Referral process:** Men are referred through the Probation Service, Addiction Treatment Centres or other community based groups.

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



107/109 Knockfree  
Avenue, Churchfield,  
Cork



021 421 0348  
087 659 9533



Service for young men in  
recovery from addiction



No cost



On street car parking



Yes



9.30am-5pm Mon-Fri



No childcare available

# Foroige-Link Point Youth Services

## What is available

Foroige-Link Point Youth Services engage with young people who do not currently engage with a youth service, to facilitate their growth and development. People attend to access the services provided, to be in a safe and caring environment and be in a place where they will be respected

## How it works

The bereaved person will usually be known to them and will meet with a worker who they can trust. From there it is a process of beginning to work through the issues and also decide if this the appropriate service for them. If there is a greater need the service will refer onto a more appropriate one.

**Referral process:** Self referral, professional referral through the school, HSE, drop in during weekend open sessions

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

- 
**LinkPoint Youth Building,  
Harbourview Rd,  
Knocknaheeny, Cork.**
- 
**021 494 2780  
086 607 6072**
- 
**Each worker has a specific email**
- 
**www.forige.ie**
- 
**10am- 10 pm: Mon-Fri  
2pm- 5pm Sun.**
- 
**Service for young people**
- 
**No cost**
- 
**On street car parking**
- 
**Yes**
- 
**No childcare available**

1

2

# Grow

## 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 the Cork GROW Office, Tuesday 7.30 pm in Mayfield Community Resource Centre, Wednesday 8 pm Wilton, S.M.A. Parish Centre & 10.30am at the Cork GROW Office. Thursday 7:30 pm Young Adult Group, S.M.A. Parish Centre, Wilton & 8 pm in Cork GROW Office,

**Referral process:** Self Referral



Cork GROW Office 1st Floor,  
34 Grand Parade, Cork



Service for adults 18+



Infoline: 1890 474 474



No cost



contact via website



Yes



www.grow.ie



Yes



Phone line 9am to 5pm



No childcare available

# Knocknaheeny St Mary's on the Hill Parish

## *What is available*

The parish provides bi annual bereavement support courses lasting six weeks. In addition we provide low cost counselling especially for those affected by suicide.

## *How it works*

A person is given counsellors phone number by a member of parish team and they initiate the contact.

**Referral process:** Self referral or through personal invitation by parish team and also some people referred by G.P, other health professionals and community representative groups.



St. Marys on the Hill Parish  
Office, Harbourview Rd,  
Knocknaheeny



021 439 2427  
087 654 4836



contact via website



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



8.30am-2.30pm Mon-Fri



Nominal charge for  
counselling service



Parking on the church  
grounds



Yes



No childcare available

# Cork Local Drugs Taskforce

## What is available

Cork Local Drugs Taskforce is part of the Community/Voluntary Sector funded by the Drugs Programme Unit (DPU), Department of Health. It provides:

- information, education, support, one to one interventions/counselling.
- referral service to other more appropriate services for those at risk of or currently experiencing drug or alcohol misuse/ abuse.
- support services for family members.
- information and training to professionals, other agencies and community members in the area of drugs and alcohol.

## How it works

The Cork Local Drugs Task Forces funds services that provide services at all levels of bereavement support. While the projects funded by CLDTF are drug and alcohol specifically, bereavement and loss are common issues presenting for the service users attending the projects and sometimes a contributory factor to their drug and alcohol misuse/abuse.

**Referral process:** Self-referral, GP referral, agency referral, family member/ concerned person referral

**Waiting time:** The waiting lists will vary depending on the project/service



Floor 1, Kinvara House,  
Dublin Hill, Cork.



021 493 0102



Co-ordinator:  
kate.gibney@hse.ie



www.corkdrugsinfo.ie



9.30am-5pm Mon-Fri



Service for all ages



A pay plan can be drawn up  
with the agencies/ services  
where fees are applicable



Parking available



Yes



No childcare available

# Barnardos Bereavement Counselling for Children

## What is available

A service for children and young people who have lost someone close to them, like a parent or sibling, through death. It aims to help children to understand, to grieve and to cope a little better. The service is based on and tailored to the individual needs of each child and their family. It provides specialist bereavement counselling, including trauma counselling to children and juveniles following the death of someone close.

## How it works

The service takes into consideration development stage of each child, the relationship with the deceased, the nature of death and the particular circumstance of each family. Counsellors are based in Cork and Dublin but work with children from across the country.

**Referral process:** by anyone with permission from parent/carer; agencies can make referrals using Barnardos Bereavement referral form.

**Waiting time:** There is a waiting list



The Bowling Green,  
White Street, Cork



Service for children



021 431 0591  
Helpline 01 473 2110



No cost



bereavement@cork.barnardos.ie



Car park & disc parking



facebook.com/barnardosireland



Yes



9am-5pm Mon-Fri



No childcare available

1

2

3

# Before 5 Family Resource Centre

## *What is available*

Early childhood care and education through Montessori pre-school, crèche facilities, afterschool service, parent toddler groups and Adult courses & classes.

## *How it works*

Information on adult courses/classes such as women's health issues, stress management, Art, crafts, textiles, child development, family communication can be accessed from the office and one to one counselling can be arranged on request. In terms of bereavement support the one to one counselling would be offered or the person would be referred on to another service.

**Referral process:** Self referral



Churchfield Hill,  
Churchfield, Cork



021 430 3561



before5centre@eircom.net



9am-5pm Mon-Fri  
open some eves for classes



All ages



Costs vary



Yes



Yes



Enquire in Family Centre

# Cork Simon Community

## What is available

Cork Simon Community responds to homelessness through providing food and shelter, including emergency shelter and housing support; provides access to health care, counselling, activities, education and training. People who use the service are usually homeless or at risk of homelessness.

## How it works

Cork Simon Community employs a counsellor part-time to meet the demand for general counselling, including bereavement counselling.

**Referral process:** Self-referral, referral by other organisations working with homeless people.

**Waiting time:** There is usually a waiting list for counselling

-  Andersons Quay, Cork
-  021 427 8728
-  shelter@corksion.ie
-  www.corksion.ie
-  facebook - CorkSimon
-  twitter - Cork\_Simon
-  Emergency shelter operates on a 24 hour basis

-  Service for homeless or those at risk of homelessness
-  No charge
-  No
-  No
-  No childcare available

1

2

3

# Console

## 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.

24 hour National freephone suicide bereavement helpline **1800 201 890**

1Life National freephone suicide prevention and intervention helpline **1800 24 7 100**

## 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



1a Perott Avenue,  
College Road, Cork



021 427 4218



Ger.rynn@console.ie



www.console.ie



9am-5.30pm Mon-Fri



Adolescents and adults



No cost



On street parking



Yes



No childcare available

# Faranree Family Resource Centre

## *What is available*

The centre runs a variety of courses and a listing is available in the office or call and request an email copy.

## *How it works*

The centre is located at the back of the church, there are double doors and a sign on the wall. People are dealt with on a personal level at entrance to the centre. People can walk in and tap on the office window with requests to speak with someone if necessary.

**Referral process:** Self Referral.

**Waiting time:** Can depend on individual circumstances



Closes Green,  
Farranree, Cork



021 430 1030



farranreefamcen  
@yahoo.com



8.30am-2pm Mon-Fri



Service for adults 18+



Nominal charge for courses &  
counselling



Limited on street parking



On ground floor only



Check with centre

1

2

3

# Glen & District Neighbourhood Youth Project

## What is available

This service operates out of a community house and offers the following types of services: Intensive family support, therapeutic support, counselling, advocacy, advice, information, group work, therapeutic play, mentoring, networking. Glen & District Neighbourhood Youth Project is a voluntary organisation

## How it works

In terms of bereavement type supports available the Glen NYP offers a programme called Seasons for Growth, this is a loss and grief peer-group education programme

**Referral process:** Self referral, agency referral, families in need of support may be referred in by North Lee Social Work Dept.

**Waiting time:** No waiting list, however some cases are prioritised when service is very busy



23 Mangarton Close,  
The Glen. (service is  
due to move to Glen  
Ave from June 2013)



021 239 0122  
085 199 1123



fidelmatwomey@gmail.com



9 am- Late afternoons  
and evenings



Service for families in need  
of support



No Cost



Parking available



No wheelchair access



No childcare available  
however arrangements can  
be made

# Healthy Minds, Traveller Suicide & Mental Health Project

## What is available

The Health Minds Project offers a one-to-one confidential service, which includes listening services, advice, information, referrals to other appropriate services and advocacy. The project workers can also arrange for workshops such as suicide awareness training - SafeTALK as well as other mental health related workshops.

## How it works

People attend or seek out services if they are depressed, have anxiety or other mental illness. Those bereaved (through suicide or general death) contact service if they need one to one support or information on accessing mental health services.

**Referral process:** Self-referral, other services can refer (such as community worker, social workers)

**Waiting time:** No waiting list



3 Carraig Lee, Western Road



021 492 8398  
087 759 0050



John.walsh2@hse.ie



9am-5pm Mon-Fri



Service for travelling community



No Cost



Parking available



Yes



No childcare available

1

2

3

# HSE Springboard

## *What is available*

Springboard is a family support service aimed at supporting the most vulnerable families. People often seek out the service with stress related issues, anxiety, worry, mental health difficulties. The service operates a number of specific support groups and programmes at various times throughout the year.

## *How it works*

When a person comes to the service for whatever the reason, an initial meeting is held with them to assess what is going on for them and determine what is needed for the person and situation. A Springboard Project Worker follows up this meeting on a one to one basis with the person. They then work toward connecting the person with appropriate resources and supports dependant on their situation and level of need.

**Referral process:** Self referral, GP, other community agency based referrals

**Waiting time:** No waiting list



16 Cushing Road,  
Farranree



021 430 5300



Days and evenings and  
some weekends



Family support aimed at the  
most vulnerable children



No cost



On street parking



Yes



No childcare available

# Mna Feasa Domestic Violence Project

## *What is available*

Mn Feasa is a community based - domestic violence project, which provides supports such as emotional support, support group, helpline, court accompaniment, one-to-one meetings, & a schools programme. The project also will make referral on to counselling services such as Cois Ceim Counselling Services for service users where appropriate.

## *How it works*

The project offers a drop in service so all are welcome.

**Referral process:** Self referral, Gardai, Hospital & Social Work Dept etc.

**Waiting time:** None



36 Ardmore Avenue,  
Knocknaheeny, Cork



Office - 021 421 1955  
Helpline - 021 421 1757



[mnafeasa@eircom.net](mailto:mnafeasa@eircom.net)



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



10am-4pm Mon-Fri



Women aged 16+



No cost



Limited parking



No, but arrangements can be made to meet service users in another suitable location



1

2

3

# Newbury House Family Centre Ltd.

## *What is available*

The centre provides family support services. Also, low cost child and family counselling; as part of the overall service; can be provided. People attend the centre for a range of reasons, including bereavement counselling, risk of self-harm and suicide, depression.

## *How it works*

You can drop in to the centre or phone. The coordinator works with individuals and tailors the level of support to their needs. For example, it might be a parent support programme that best suits. In relation to bereavement counselling (and other counselling) the person will be given the counsellor's number to contact directly. The counsellor usually arranges to meet on a Tuesday or Friday, but will try and accommodate other needs.

**Referral process:** Self-referral usually, GP referral, agency referral

**Waiting time:** There is usually a waiting list.



Old Youghal Road,  
Mayfield, Cork



021 450 7999



newburyhse@yahoo.ie



8.30am-2.30pm Mon-Fri



Service for children & adults



Low cost service based on what  
the individual can afford



Free car park



Yes



Childcare available

# Niche Community Health Project

## What is available

Niche provides a large range of services aimed at improving the health & quality of life of people living in the Knocknaheeny/Hollyhill area. The programme includes therapeutic services - massage, acupuncture, counselling, art therapy; women s & men s health groups, social & physical activity programmes; family health supports and information; health information & advocacy; Arts for Health Programme & Community Garden.

## How it works

You can just call or drop in and arrange to talk with a community health worker (CHW). The CHW can give you information on Niche services and supports. In relation to bereavement support the CHW can provide links to groups for peer support, as well as individual counselling and therapies.

**Referral process:** Self-referral, drop-in, referral by other agencies

**Waiting time:** There is usually a waiting list for massage & acupuncture. Some groups & activities stop for July & August.

 **Knocknaheeny Community Building, Harbourview Rd, Cork**

 021 430 0135

 info@nicheonline.ie

 www.nicheonline.ie

 9.30am to 4.30 pm Mon-Fri  
6-9pm Tues, Weds & Thurs  
(except Jul/Aug)

 Service for adults

 Activities/groups 2, therapies 5/7, low cost counselling

 Free on street car parking

 Yes

 No childcare available

1

2

3

## SHINE - Supporting people affected by mental ill health

### *What is available*

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



**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**

# Coiscim

## What is available

Coiscim 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. Coiscim Counsellors are based in different locations throughout Cork, City & County & Kerry. Our referral counsellor 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:** No



Village Chambers,  
The Village Centre,  
Ballincollig, Cork



021 466 6180  
087 799 8602



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



9am-1pm+2-5pm Mon-Fri



Service for adults



Based on ability to pay



Yes



Yes



No childcare available

# Human

(formerly known as Oaktree Counselling)

## What is available

Human provides counselling and psychotherapy, trauma therapy (EMDR), critical incident/trauma debriefing, family and workplace mediation, groupwork processes and training. In relation to bereavement people attend to help them work through the bereavement process as well as addressing other associated issues which may arise such as guilt, questioning, shock; people also attend for issues such as depression, (sexual) abuse, stress, domestic violence, bullying.

## How it works

Initial contact is made by phone where there will be an assessment around the suitability of the client for therapy. The first session will provide a more detailed assessment. The number of sessions will be based on the needs of the client and arising issues.

**Referral process:** Self-referral, GP referral, agency referral, family member referral (with client permission)

**Waiting time:** Generally no waiting time



81 South Mall, Cork



087 756 5490



info@human.ie



www.human.ie



Appts available Mon-Fri 7.45am-10pm & Sat



Service for adults



60 per hour



Disc parking



No



No childcare available

# My Mind, Cork

## What is available

Consultations with mental health professionals (Individual, couple and family therapy). My Mind have reduced fees for unemployed clients, (requires proof of unemployment) also depends on the professional's availability, as well as expert counselling and therapy for all. We can help you with: Depression, Anxiety, Stress, etc.

## How it works

My Mind offers a quick and affordable appointment within 72 hours. You can make the appointment online or over the phone. Types of therapy available are; Cognitive Behavioural Cognitive Behavioural Therapy, Psychoanalytic Therapy, Employment and Life coaching, Psychological and educational assessment. The My Mind team is committed to providing professional and affordable services in a safe, confidential and non-judgemental environment.

**Referral process:** Self-referral or by health professional

**Waiting time:** No longer than 72 hrs



9 Dyke Parade, Cork  
(above the Children's  
Leukaemia Association)



LoCall 076 680 1060



hq@mymind.org



www.mymind.org



9am-9pm Mon-Fri  
9am-5pm Sat



Service for adults & children



Varies



On street parking (including  
two disabled bays)



Yes



No childcare available



# Cork City Libraries

## 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 is free for over 65, €15 standard & €5 concession/children/young people.



Blackpool Library - Redforge Rd, Blackpool, Cork  
Hollyhill Library - Foyle Avenue, Knocknaheeny, Cork  
Mayfield Library - Old Youghall Rd, Mayfield, Cork  
Central Library - 57-61 Grand Parade, Cork



Blackpool 021 492 4933/37  
Hollyhill 021 492 4928  
Mayfield 021 492 4935



hollyhill\_library@corkcity.ie  
mayfield\_library@corkcity.ie  
blackpool\_library@corkcity.ie



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



10am-1pm+2-5.30pm Tues-Sat  
Closed Sats of BH weekends



Open to everyone



membership fee to borrow,  
1 for 30 mins internet



Parking available



Yes



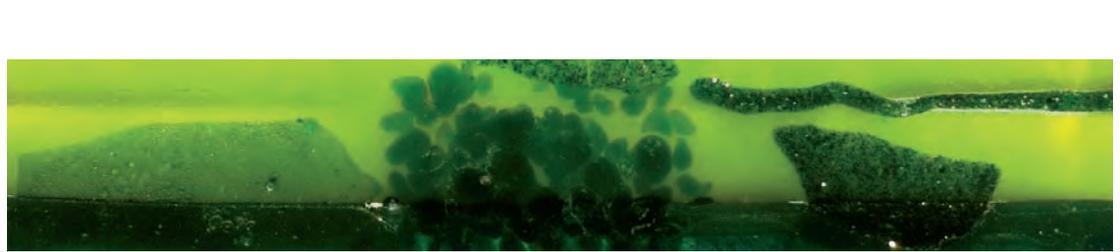
No childcare available

# Further Reading

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](http://www.livinglinks.ie) Providing assertive outreach support to the suicide bereaved
- [www.pieta.ie](http://www.pieta.ie) Centre for the Prevention of Self-harm or Suicide
- [www.letsomeoneknow.ie](http://www.letsomeoneknow.ie) Website promoting positive mental health for young people
- [www.samaritans.ie](http://www.samaritans.ie) Website provide confidential, emotional support and information to people who are experiencing feelings of distress or despair, including those which may lead to suicide.
- [www.shineonline.ie](http://www.shineonline.ie) Supporting people affected by Mental Ill Health
- [www.headsup.ie](http://www.headsup.ie) A mental healthpromotion project which aims to contribute to suicide prevention
- [www.seechange.ie](http://www.seechange.ie) To reduce stigma and challenge discrimination associated with mental health
- [www.belongto.org](http://www.belongto.org) An organisation for Lesbian, Gay, Bisexual and Transgendered (LGBT) young people, aged between 14 and 21
- [www.childline.ie](http://www.childline.ie) 24 hour confidential phonenumber for children and young people Free Phone: 1800 666 666 text 'talk' 50101 (1 to 1 text support)
- [www.headstrong.ie](http://www.headstrong.ie) The National Centre for Young Mental Health
- [www.1life.ie](http://www.1life.ie) Dedicated 24 hour freephone national suicide prevention helpline 1800 24 7 100 text 'help' to 51444 (1 to 1 text support)

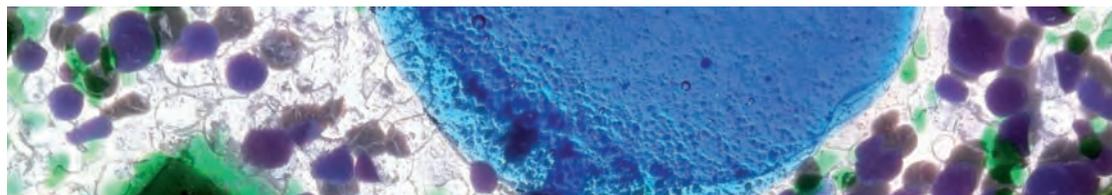
# Bibliography

## 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 advice 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
- Health Service Executive (2005), Reach Out: The Irish National Strategy for the Prevention of Suicide (2005 - 2014). Ireland

## 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)
- [http://www0.health.nsw.gov.au/pubs/2002/pdf/supporting\\_children\\_.pdf](http://www0.health.nsw.gov.au/pubs/2002/pdf/supporting_children_.pdf)



## The glass artwork

The glass artwork featured throughout *Lighting the Way* was created by a small dedicated team, specifically for this resource. The group worked with artist Charlotte Donovan as part of Niche Community Arts for Health Programme. They met weekly, and discussed the purpose of the resource, while exploring the creative possibilities of fused glass. The group decided that they wanted to make a lamp which would be lit from inside as a memorial and a beacon of hope, and that the form would be a 3 sided pyramid, each with 3 layers. The structure of the pyramid symbolises the support that we can all give to each other - for each side would be unable to stand alone.

Glass artists: Paul Collins, Eileen O'Leary, Triona Gorman

Niche Arts for Health Programme promotes access to and participation in the arts for health & wellbeing. For more information contact Niche - details on p 61.



Paul & Eileen at work

