



About FirstLight...

The sudden loss of a child is one of the most unimaginable pains a family can experience. Every year in Ireland children die suddenly, unexpectedly and often without explanation.

That is why FirstLight are here.

*FirstLight believes
that all families
should have access
to the support and
information they need
when a child dies.*

FirstLight

Supporting Suddenly Bereaved Parents & Families

www.firstlight.ie



FirstLight offers support and information, and promotes research into the sudden, unexpected, often unexplained death of a child.

FirstLight is here to support the parents and families who have lost a child, regardless of the circumstances.

We provide care, compassion, and professional support to bereaved parents and families in their darkest hour.

We know the darkness that consumes anyone who loses a child. We've been there.

And for 35 years we've been helping people through those darkest moments, helping them find the first flicker of hope...

...the **FirstLight**.

Through understanding their grieving process and receiving help in dealing with bereavement from appropriately trained professionals, families can learn to live with their grief and begin rebuilding their lives.

FirstLight Supports

Our services are provided to all families who have lost a child up to the age of 12 years. All our services are provided nationwide and are free of charge.

National LoCall helpline: 1850 391 391

This service is confidential, and is available seven days a week.

Befriending Service

The befriending service is on offer to bereaved parents. Befrienders are parents who have attended bereavement groups and following this have been trained in basic listening and befriending skills.

Home Visits

Home visits are provided to newly bereaved parents. The aim of this visit is to provide parents with the opportunity to ask questions, talk about their child, and about the grieving process in the privacy and comfort of their own home. Parents are encouraged to talk through our services and discuss what their own individual needs may be.

Crisis Intervention

When FirstLight is notified of the death of a child on our hot-line 087-2423777 and if the parents consent, our support services coordinator contacts the parents.

If this contact is at the time of the death of the child our coordinator will talk the parents through the following days step by step.

The purpose of this is to encourage them to make decisions about their child. They couldn't control the death of their child but they can control what happens in the following days.

This service is available 7 days a week.

HOTLINE NUMBER 087-2423777

Individual Counselling and Psychotherapy

Everyone is different and each person's need is different, especially so in grief. Counselling and psychotherapy can be helpful to talk through feelings and thoughts that may be difficult to share with family and friends. FirstLight has a database of therapists throughout the country. This service is provided free of charge and all therapists are fully qualified.

Couple Counselling and Psychotherapy

Distress may be caused by growing conflict, poor communication, difficulty with acknowledging and expressing feelings or a range of other factors. No two people grieve the same, but because of that some or all of the above factors may become obvious in the relationship. This type of therapy can help couples come together to discuss their feelings and thoughts.

Residential Groups

The residential groups involve parents committing to a structured programme which involves parents committing to attend one Friday night and Saturday once a month for four months.

It is structured in a way that allows parents to explore their grief and how they are coping with it. Mothers and Fathers grief is totally different ways, the weekends acknowledge this and have time out time from partners to openly explore their own grief.

Groups are facilitated by qualified psychotherapist.

FirstLight

Carmichael Centre
4 North Brunswick Street
Dublin 7

Office: 01-8732711 / Fax: 01-8726056

Web: www.firstlight.ie

Email: info@firstlight.ie

National Paediatric Mortality Register

George's Hall
The Children's University Hospital
Temple Street
Dublin 1

Office: 01-8788455 / Fax: 01-8787696

Web: www.sidsireland.ie

Email: npmr@firstlight.ie

National LoCall Helpline

1850 391 391

Office: 01-8732711 Mob: 087-2423777

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