



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive



YOU ARE NOT ALONE

DIRECTORY OF BEREAVEMENT SUPPORT SERVICES 2013

Prepared by:

**HSE Resource Officers for Suicide Prevention, Republic of Ireland,
National Office for Suicide Prevention, Republic of Ireland.**

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Dr Steevens' Hospital, Dublin 8.*

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Foreword

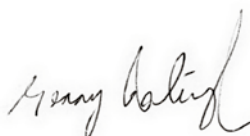
I am very pleased to issue the third edition of *You Are Not Alone: Directory of Bereavement Support Services*. When we lose someone close to us, not only do we have to deal with many practical issues, we are also faced with the huge emotional challenges of dealing with our loss, making sense of the death, and trying to shape our lives to accommodate our loss. This booklet and its companion - *You Are Not Alone: Help and advice on coping with the death of someone close* - are intended to provide some help, guidance and support during a difficult time. These documents were developed as resources to help people bereaved by suicide. However, the information and support services may also be of use to individuals and families who have been bereaved in other ways.

This directory lists the individual counsellors and organisations across the country who provide services to those who are bereaved. These range from local support groups, self-help groups, voluntary and community-based groups to larger organisations with multiple branches. The directory also provides contact details for some organisations in Northern Ireland.

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

Since the last edition, the NOSP, in conjunction with Console and Turas le Chéile, published *National Quality Standards for the Provision of Suicide Bereavement Services: A Practical Resource (2012)*. This document provides a framework for the delivery of suicide bereavement support services in Ireland, recognising the four levels of service delivery. It can be accessed on www.nosp.ie and www.console.ie. A brief outline of this resource is provided at the start of this directory.

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



Gerry Raleigh Director

NATIONAL OFFICE FOR SUICIDE PREVENTION

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

WILLIAM SHAKESPEARE

Introduction

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

DISBELIEF
DEPRESSION
SHOCK
ANXIETY
ANGER
DESPAIR
SADNESS
LONGING
RELIEF
LONELINESS

These emotions normally occur; however, some or more of these responses may be experienced for differing lengths of time, depending on the individual. The main initial responses to a death - even one that has long been expected - are disbelief, shock and anger. These may lessen in time and can be followed by a sense of guilt, depression, anxiety and despair. Other responses include an acute sense of longing for the dead person, hopelessness at the thought of their absence, loneliness and sadness at their loss or even a sense of relief that they are gone (which may, in turn, lead to feelings of guilt).

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

Physical reactions may include:

LOSS OF ENERGY AND INTEREST
IN LIFE
AN INABILITY TO SLEEP OR
CONSTANT TIREDNESS
POOR CONCENTRATION AND
FORGETFULNESS
LOSS OF APPETITE OR COMPULSIVE
COMFORT EATING
AN INABILITY TO CRY OR A TENDENCY
TO CONTINUOUSLY BURST INTO TEARS
NAUSEA AND/OR DIARRHOEA
HEADACHES AND UNEXPLAINED
BODY PAINS

There are many bereavement services and support groups throughout the country, both public and private, professional and voluntary, religious and secular. If you are religious, there may be pastoral care available through your local priest, order, minister, rabbi or congregation. You should make contact through the relevant place of worship.

This directory provides information and contact details about organisations that provide support to the bereaved. Some organisations have several branches and these are listed separately and also in the relevant listing for specific counties. Other organisations provide a more limited service to a specific area or in terms of the hours that the service may be available. In many cases the service is provided by volunteers and services are provided free of charge.

Those who are looking for support should consider discussing the matter with their GP in the first instance. Those intending to use any of the services listed should familiarise themselves with the disclaimer at the end of this directory.

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

This document sets out national standards for all levels of suicide bereavement support services in Ireland. It is a resource to be used by services or organisations to examine, improve and validate the services they provide. It shows how to identify which standards apply to individual services and helps service providers to assess what action needs to be implemented to put the standards in place.

The standards relate directly to the area of suicide bereavement support and service and do not take into account other requirements and needs of specific groups or minorities, such as children. In such cases, organisations are advised to adhere to all other relevant standards which apply to their specific area of work and keep up to date with new legislation and standards.

The need for these standards was identified in the *Review of General Bereavement Support and Specific Services Available Following Suicide Bereavement* (Petrus Consulting, 2008).

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

The objectives for the project included:

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

The resource offers a number of steps which organisations can follow to determine whether they meet the standards, and to assess what actions need to be taken to put the standards in place.

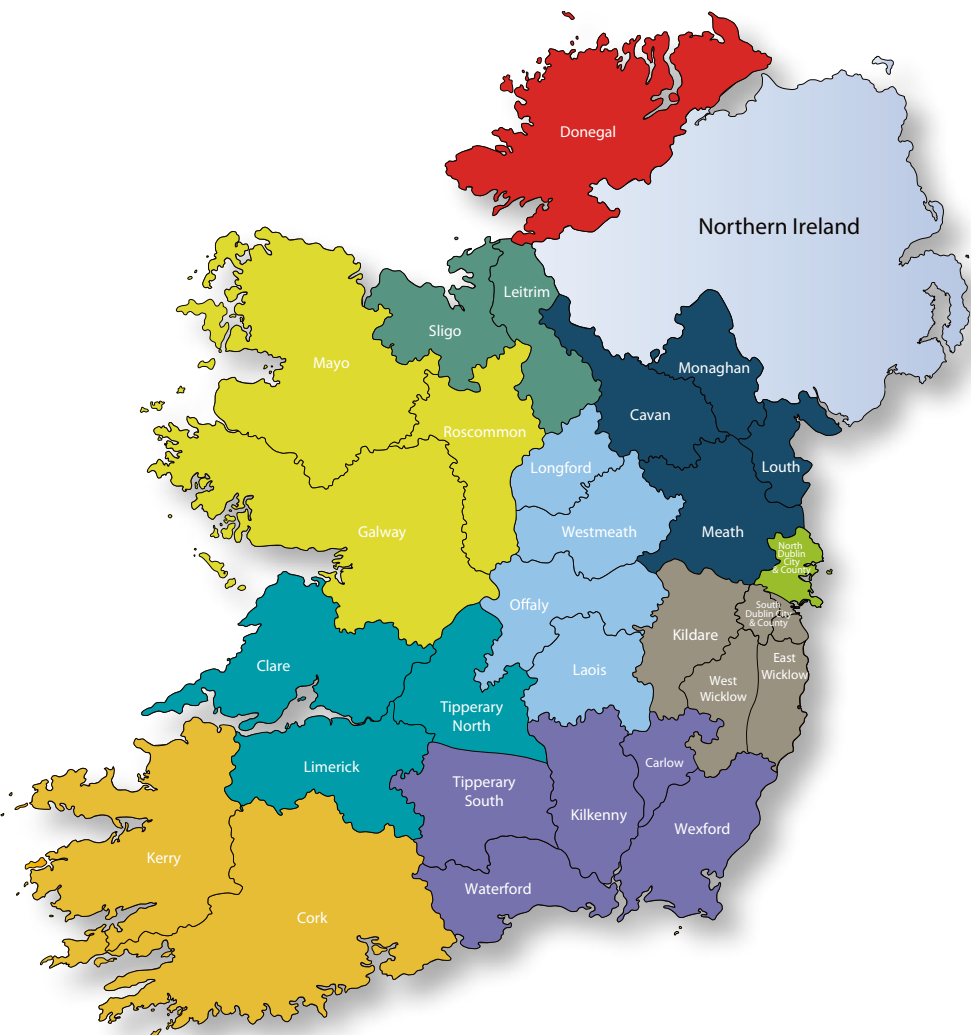
1. Ten guiding principles are set out which should underpin all services provided for those bereaved by suicide. Organisations are asked to reflect on whether they subscribe to these principles.
2. There are four different levels of service delivery, ranging from Information Services (level 1) to Psychotherapy (level 4). Organisations are provided with information to determine at which level they operate. Eleven questions are provided which help services to make this determination. These questions relate to the service's aims, target group, delivery of services, and staff.
3. Once the level of service delivery is known, the organisation can then conduct an assessment of their service. Standards are set out for each of the four levels of service. The number of standards varies according to the service level. Each standard refers to examples of policies and practices that indicate how a service might develop compliance with that standard. Proformas and summary sheets are provided, which allow the organisation to track their record over time.



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

Copies are available from Console at www.console.ie and from the HSE National Office for Suicide Prevention at www.nosp.ie, or 01 6352179.

HSE Resource Officers for Suicide Prevention



Carlow, Kilkenny, South Tipperary, Waterford, Wexford

Mr. Sean McCarthy
Resource Officer for Suicide Prevention
HSE South, St Patrick's Hospital,
Johns Hill, Waterford.
Tel: 051 874013
Email: sean.mccarthy@hse.ie

Cavan, Louth, Meath, Monaghan

Mr. Garreth Phelan
*Resource Officer for Mental Health Promotion /
Suicide Prevention*
Health Promotion Unit, HSE Dublin North
East, St Brigid's Complex, Ardee, Co. Louth.
Tel: 041 6850674
Email: garreth.phelan@hse.ie

Clare, Limerick, North Tipperary

Ms. Bernie Carroll
Resource Officer for Suicide Prevention
Mental Health Directorate, St. Joseph's
Hospital, Mulgrave Street, Limerick.
Tel: 061 461454
Email: berniem.carroll@hse.ie

Cork, Kerry

Ms. Helena Cogan
Co-ordinator of Training & Support Services
Mental Health Resource Office,
'Nemetona', St. Stephen's Hospital,
Glanmire, Cork.
Tel: 028 40402
Email: helenacogan@hse.ie

Donegal

Ms. Anne Sheridan
Mental Health Promotion Officer
Health Promotion Department,
1st Floor, St Conal's Campus, Letterkenny,
Co. Donegal.
Tel: 074 9104693
Email: Anne.Sheridan1@hse.ie

Galway, Mayo, Roscommon

Ms. Mary O' Sullivan
Resource Officer for Suicide Prevention
HSE West,
64 Dominick Street, Galway.
Tel: 091 560182
Email: Mary.OSullivan@hse.ie

Kildare, South Dublin City & County, Wicklow

Pauline O'Reilly
Resource Officer for Suicide Prevention
Department of Health Promotion,
HSE Dublin Mid-Leinster,
52 Broomhill Road, Tallaght, Dublin 24.
Tel: 01 4632800
Email: pauline.oreilly@hse.ie

Laois, Longford, Offaly, Westmeath

Ms. Josephine Rigney
Suicide Prevention Resource Officer
Suicide Prevention Office, HSE Dublin Mid
Leinster, Old Birr Hospital, John's Terrace,
Birr, Co. Offaly.
Tel: 057 9357807
Email: josephine.rigney@hse.ie

Leitrim, Sligo

Mr. Mike Rainsford
Mental Health Promotion / Suicide Resource Officer
HSE West, JFK House, JFK Parade, Sligo.
Tel: 071 9135098
Email: michael.p.rainsford@hse.ie

North Dublin City, North Dublin County

Ms. Roisin Lowry
*Resource Officer for Mental Health Promotion /
Suicide Prevention*
HSE Dublin North East,
Health Promotion Department,
Nexus Building, Blanchardstown
Corporate Park, Ballycool, Dublin 15.
Tel: 01 8976121
Email: roisin.lowry@hse.ie

Multi Branch Organisations

ANAM CARA

Anam Cara is a national organisation set up by bereaved parents to support bereaved parents and siblings throughout Ireland. They offer a number of services online and face to face. These include support meetings, support groups, public talks, remembrance events, an information line and more.

Anam Cara currently has satellite groups in the following locations:

Armagh
Cork
Donegal
Dublin
Galway
Mayo
Tipperary

HEAD OFFICE

HCL House
Second Avenue
Cookstown Industrial Estate
Tallaght
Dublin 24.
PHONE: 01 404 5378
MOBILE: 085 288 8888
EMAIL: info@anamcara.ie
WEBSITE: www.anamcara.ie

BARNARDOS CHILDREN'S BEREAVEMENT SERVICE

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

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

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

There are a number of services that we provide:

BARNARDOS BEREAVEMENT HELPLINE SERVICE: (01) 473 2110

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

THERAPEUTIC INTERVENTION

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

- * Referrals will be accepted from any source with the consent of parents/carers.
- * Parents and carers are welcome to contact us directly.
- * Referrals can be made through the Helpline or by contacting our services in Cork and Dublin.
- * Other agencies can make referrals using the Barnardos Bereavement referral form. This is available on request. EMAIL: bereavement@barnardos.ie

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

TRAINING AND CONSULTANCY

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

EMAIL: bereavement@barnardos.ie

RESEARCH

We undertake research on issues relating to childhood bereavement.

EMAIL: bereavement@barnardos.ie

INFORMATION

Barnardos has developed information and resource materials on bereavement.

BARNARDOS PARENTING POSITIVELY BOOKLET – COPING WITH DEATH

Booklet for Adults

Booklet for Children

BARNARDOS GUIDE – DEATH

Helping Children Understand

Helping Teenagers Understand

“Someone To Talk To – a Handbook on Childhood Bereavement” by Pat Donnelly
– available to purchase.

HELPLINE: (01) 473 2110

Open Monday to Thursday, 10am to 12pm.

DUBLIN:

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

PHONE: (01) 813 4109

EMAIL: bereavement@barnardos.ie

CORK:

Barnardos, The Bowling Green, White Street, Cork.

PHONE: (021) 431 0591

EMAIL: bereavement@cork.barnardos.ie

BETHANY BEREAVEMENT SUPPORT GROUP

The Bethany Bereavement Support Group is a voluntary, parish-based ministry which aims to help the bereaved and those grieving. Many Bethany members have themselves been bereaved. They are trained to listen with understanding. They accept those suffering loss as they are and support them through the grieving process. Groups currently exist in parishes throughout Ireland. Please contact Bethany Head Office for details of local services.

HEAD OFFICE

Bethany Bereavement Support Group
Rathfarnham Parish Centre
Willbrook Road
Rathfarnham
Dublin 14.
PHONE: 087 9905299
EMAIL: bethanysupport@eircom.net
WEBSITE: www.bethany.ie

CONSOLE

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

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

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

Console provides:

A NATIONAL 24 HOUR FREEPHONE HELPLINE

INDIVIDUAL, COUPLE AND FAMILY COUNSELLING OR THERAPY

COUNSELLING AND THERAPY FOR CHILDREN AND ADOLESCENTS who have been bereaved by suicide

PRACTICAL INFORMATION including guidance, literature and other resources

THERAPY AND SUPPORT GROUPS which offer safety and understanding

TRAINING, AWARENESS AND EDUCATIONAL PROGRAMMES to community groups, schools or agencies, particularly when they have been affected by suicide.

PROFESSIONAL WORKSHOPS, PRESENTATIONS, SEMINARS AND CONFERENCES

THE ANNUAL CHRISTMAS CELEBRATION OF LIGHT. Bereaved families are invited to celebrate Christmas with Console and to remember their loved ones in a seasonal evening of song, poetry and reflection.

NATIONAL HELPLINE: 1800 201 890

HEAD OFFICE

Console House

4 Whitethorn Grove,

Celbridge, Co. Kildare.

PHONE: 01 6102638

FAX: 01 6102642

EMAIL: info@console.ie

WEBSITE: www.console.ie

Continued ➡

CONSOLE

COUNSELLING CENTRES

Console Cork

Console House, 1A Perrott Avenue,
College Road, Cork.
T: 021 427 4218

Console Dublin

Console House, 68 Ardpark Road,
Off Navan Road, Dublin 7.
T: 01 868 5232

Clondalkin Outreach

The Beacon of Light 2, Rosse Court,
Balgaddy Road, Clondalkin, Dublin 22.
T: 01 868 5232

Tallaght Outreach

The Dominican Retreat Centre,
Tallaght Village, Dublin 24.
T: 01 868 5232

Console Galway

Console House, 9A Elm Park,
Renmore, Galway.
T: 091 769942

Athlone Outreach

Sonass Healthcare, Cloghanboy,
Athlone, Co. Westmeath.
T: 091 769942

Console Kerry

Console House, Catherine McAuley
Centre, Balloonagh, Tralee, Co. Kerry
T: 01 610 2638
(all enquiries to Console Head Office)

Console Limerick

Console House, 114 The Grange,
Raheen, Limerick.
T: 061 306792

Console Mayo

Console, Whitethorn Cottage,
Tullynahoo, Midfield, Swinford,
Co Mayo.
T: 01 610 2638
(all enquiries to Console Head Office)

Ballina Outreach

Ballina Family Resource Centre,
Abbey St, Ballina, Co Mayo.
T: 01 610 2638
(all enquiries to Console Head Office)

Console Wexford

Console House, 14 Francis Street,
Wexford.
T: 053 912 2787

DAUGHTERS OF CHARITY CHILD AND FAMILY SERVICE

The Daughters of Charity Child and Family Service, in partnership with the Health Service Executive Dublin North East, respectively provide services to children, young people and their families living in a number of areas.

The centres provide a wide range of services on parenting and family support including counselling and therapy to children and families experiencing difficulties. For further information please contact the manager of a centre near you.

HEAD OFFICE

Child and Family Service
Management Office
1st Floor, T O'Reilly Building
Swords Road
Santry
Dublin 9.
PHONE: 01-8425100
EMAIL: admin@docharity.net
WEBSITE: www.docharity.net

BRANCHES:

Balbriggan, Dublin
T: 01 8414122

Ballyfermot, Dublin 10
T: 01 6231313

Blanchardstown, Dublin 15
T: 01 8852680

Darndale, Dublin 17
T: 01 8771712

Kilbarrack, Dublin 5
T: 01 8488137

46 North Strand Road, Dublin 3
T: 01 8559313

Phibsboro, Dublin 7
T: 01 8388077

Santry, Dublin 9
T: 01 8425955

Tallaght, Dublin 24
T: 01 4585703

LIVING LINKS

Living Links provides outreach, practical help, advice and support to persons bereaved by suicide. Trained individuals are available to offer confidential, practical support and advice to families bereaved by suicide. The Suicide Outreach Support Person, at the request of the family, can call to the home or meet at a location appointed by the family. The outreach worker can provide information and practical support concerning:

THE FUNERAL

THE INQUEST

ENTITLEMENTS

WHAT TO SAY TO THE CHILDREN

HOW TO DEAL WITH THE NEIGHBOURS

HELP TO CLARIFY YOUR PERSONAL GRIEF

CONNECT YOU TO OTHER SUPPORT SERVICES IN YOUR AREA

INFORMATION ON SUICIDE AND ATTEMPTED SUICIDE

BE THERE, AS A FRIEND, FOR YOU

HEAD OFFICE

Urra

Ballycommon

Nenagh

Co. Tipperary.

PHONE: 087 4122052

EMAIL: info@livinglinks.ie

WEBSITE: www.livinglinks.ie

LIVING LINKS

BRANCHES

Cavan
T: 086 0235414
EMAIL: info@livinglinkscavan.ie

Cork East
T: 087 1370792
EMAIL: corkeast@livinglinks.ie

Cork West
T: 085 2445575
EMAIL: corkwest@livinglinks.ie

Dublin
T: 087 3938697
EMAIL: info@livinglinks.ie

Donegal
T: 087 9286007
EMAIL: donegal@livinglinks.ie

Galway
T: 087 4122052
EMAIL: info@livinglinks.ie

Kerry
T: 087 9006300
EMAIL: kerry@livinglinks.ie

Kildare
T: 087 6543311
EMAIL: kildare@livinglinks.ie

Limerick
T: 087 7998427
EMAIL: limerick@livinglinks.ie

Mayo
T: 086 0406666
EMAIL: mayo@livinglinks.ie

Meath
T: 087 2731001
EMAIL: meath@livinglinks.ie

Midlands
T: 086 1600641
EMAIL: offaly@livinglinks.ie
laois@livinglinks.ie
longford@livinglinks.ie
westmeath@livinglinks.ie

Roscommon
T: 086 0311888
EMAIL: roscommon@livinglinks.ie

Sligo/Leitrim
T: 086 3999029
EMAIL: sligo@livinglinks.ie
leitrim@livinglinks.ie

Tipperary
T: 087 9693021
EMAIL: tipperary@livinglinks.ie

Wicklow
T: 086 7779868
EMAIL: wicklow@livinglinks.ie

RAINBOWS

Rainbows Ireland is a national support service for children and young people experiencing grief and loss resulting from the death of someone close, parental separation and divorce.

Rainbows believes that children and young people can be deeply affected by the death of someone close or if their parents separate or divorce.

Children's grief and loss needs to be recognised, understood and acknowledged. Children and young people need to be supported to talk and be listened to. Grief and loss that is ignored can cause deep and long lasting effects into the future lives of children and young people.

Rainbows offers a 12-week programme that brings children and young people of similar age and loss experience together into groups. The programme supports children and young people to realise that they are Not the Only One! That they are not to blame! That it is okay to be sad, lonely, confused and angry!

Rainbows supports children and young people to adapt and integrate change and loss into their lives and to rebuild confidence, self-esteem and resilience.

The Rainbows Programme is available in schools, Family Resource Centres, youth Projects and parish centres throughout Ireland. The programme generally runs six weeks before and after Christmas and is delivered by trained facilitators. It is not professional counselling or therapy.

Rainbows is a registered charity, funded by the Family Support Agency, and is a free service to all children and young people. Approximately 15,000 children and young people access the service every year.

Details of the locations of the Rainbows Programme are available at www.rainbowsireland.com or call 01 4734175.

HEAD OFFICE

Rainbows Ireland:
Head Office,
Loreto Centre,
Crumlin Road,
Dublin 12.

PHONE: 01 4734175

EMAIL: ask@rainbowsireland.com

WEBSITE: www.rainbowsireland.com

SAMARITANS

Samaritans' service is available 24 hours a day to provide confidential emotional support for people who are experiencing feelings of distress or despair, including those which may lead to suicide.

HEAD OFFICE

4-5 Usher's Court
Usher's Quay
Dublin 8.
PHONE: 01 6710071
SMS TEXTING: 087 2609090
EMAIL: jo@samaritans.org
WEBSITE: www.samaritans.ie

NATIONAL HELPLINE: 1850 609090

BRANCHES

Athlone
3 Court Devenish, Athlone.

Ballymena
45 Mount Street, Ballymena.

Bangor & North Down
92 Dufferin Avenue, Bangor.

Belfast
5 Wellesley Avenue, Belfast.

Coleraine
20 Lodge Road, Coleraine.

Cork
Coach Street, Cork.

Craigavon
162 Thomas Street, Craigavon.

Derry
16 Clarendon Street, Derry.

Drogheda
3 Leyland Place, Drogheda.

Dublin
112 Malborough Street, Dublin.

Ennis
Kilrush Road, Ennis.

Galway
14 Nuns Island, Galway.

Kilkenny & Carlow
Barrack Street, Kilkenny.

Limerick
20 Barrington Street, Limerick.

Newbridge
3 McElwaine Terrace, Newbridge.

Newry
19 St Colman's Park, Newry.

Omagh
20 Campsie Road, Omagh.

Sligo
3 The Mall, Sligo.

Tralee
43-44 Moyderwell, Tralee.

Waterford
16 Beau Street, Waterford.

TEEN-LINE IRELAND

Teen-Line Ireland is a national free-phone service open every day of the week from 7pm to 10pm. All calls are confidential. Teen-Line Ireland's volunteers are ordinary, every day people who understand that young people need to be heard - They volunteer to listen - they do it because they value young people and care about how they are feeling - and they really want to listen.

CATCHMENT AREA: National

SERVICES PROVIDED: A confidential listening service for young adults from the ages of 12 years and up.

PHONE: 01-4622128 / 01-4622124

OFFICE OPENING HOURS: 10.00am - 5.00pm

EMAIL: info@teenline.ie

WEBSITE: www.teenline.ie

IS THERE A CHARGE? No

HELPLINE

Nationwide

T: 1800 833634

7 days / 365 days a year

7.00pm - 10.00pm Mon-Sun

3.00pm - 10.00pm Wed

County Listings

CARLOW

CARLOW REGIONAL YOUTH SERVICE

Kennedy Street, Carlow.

CATCHMENT AREA: Carlow

SERVICES PROVIDED: Youth counselling services provide both bereavement and suicide bereavement counselling.

OFFICE PHONE: 059 9130476

EMAIL: carlowys@iol.ie

WEBSITE: www.carlowys.ie

OPENING HOURS: 9.30am-5.30pm Mon-Fri

IS THERE A CHARGE? No

CARLOW WOMEN'S AID

1B Acorn Business Centre, Staplestown Road, Carlow.

CATCHMENT AREA: Carlow

SERVICES PROVIDED: Counselling where client also has domestic abuse issues.

OFFICE PHONE: 059 9173552

SUPPORT PHONE: 1800 444944

EMAIL: carlowwomensaid@gmail.com

OPENING HOURS: 9.30am-12.30pm and 2.00pm-4.30pm Mon-Fri

IS THERE A CHARGE? No

HSE BEREAVEMENT COUNSELLING SERVICE FOR TRAUMATIC DEATHS

Regional Suicide Resource Office, Health Service Executive.

CATCHMENT AREA: Carlow, Kilkenny, Tipperary, Waterford and Wexford

SERVICES PROVIDED: The HSE provides a free confidential counselling service to people bereaved through suicide, homicide, road traffic accident, industrial/agricultural/ domestic accident or drowning. This service is available to all people over 16 years of age and referral must be made in writing by a GP.

PHONE: 051 874013

IS THERE A CHARGE? No

SUICIDE BEREAVEMENT GROUP

Askea Parish Centre, Brownseshill Ave, Carlow.

CATCHMENT AREA: Carlow

SERVICES PROVIDED: Individual counselling.

OFFICE PHONE: 059 9131323

EMAIL: roquigley@hotmail.com

IS THERE A CHARGE? Yes

TALK IT OVER

Suicide and General Bereavement Support, Castle Hill House, Castle Hill, Carlow.

CATCHMENT AREA: Carlow

SERVICES PROVIDED: One-to-one and group support available.

PHONE: 086 3364961

IS THERE A CHARGE? No

TEACH BHRIDE

Tullow, Carlow.

CATCHMENT AREA: Carlow

SERVICES PROVIDED: General counselling and workshops on bereavement and suicide.

OFFICE PHONE: 059 9152465

EMAIL: teachbhride@eircom.net

OPENING HOURS: 8.30am-10.00pm Mon-Sat

IS THERE A CHARGE? Yes

CAVAN

LE CHEILE

Family Resource Office, Main Street, Cavan.

CATCHMENT AREA: Cavan

SERVICES PROVIDED: Le Cheile is a support group for those who have lost a loved one through suicide offering empathy, encouragement and direction following the suicide of a loved one.

PHONE: 049 4371363

CONTACT GERALDINE: 087 2675859

CONTACT ELISHA: 087 6645341

EMAIL: cavfamil@oceanfree.net

LIVING LINKS (*Cavan*)

House 2, Realtog Centre, Kilnaleck, Co Cavan.

CATCHMENT AREA: Cavan

SERVICES PROVIDED: Suicide bereavement support. Trained volunteers offer confidential, practical support and advice to families who have experienced a death by suicide.

PHONE: 086 0235414

EMAIL: cavan@livinglink.ie

WEB: www.livinglinks.ie

IS THERE A CHARGE? No

SUICIDE BEREAVEMENT SUPPORT CAVAN

Family Resource Office, Lr. Main St., Cavan Town, Co. Cavan.

CATCHMENT AREA: Cavan/Monaghan

SERVICES PROVIDED: Provide Cavan/Monaghan suicide support group and Cruse Bereavement services.

OFFICE PHONE: 049 4371363

SUPPORT PHONE: 049 4372999

EMAIL: cavfamil@oceanfree.net

OPENING HOURS: 10.00am-5.00pm Mon-Fri

IS THERE A CHARGE? No

CLARE

AMETHYST RESOURCE FOR HUMAN DEVELOPMENT

Ballybroghan, Killaloe, Clare.

CATCHMENT AREA: Clare

SERVICES PROVIDED: Individual counselling.

PHONE: 061 376331

EMAIL: amethyst@iol.ie

WEBSITE: www.holistic.ie/amethyst

OPENING HOURS: By appointment

IS THERE A CHARGE? Yes

CLARE SUICIDE BEREAVEMENT SUPPORT

Innovation House, Roslevan Centre, Ennis, Clare.

CATCHMENT AREA: Clare

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

PHONE: 086 0565373 / 087 3698315

WEBSITE: claresuicidebereavementsupport.com

IS THERE A CHARGE? No

CONGRESS INFO & OPPORTUNITIES CENTRE

Springfield House, Harmony Row, Ennis, Clare.

CATCHMENT AREA: Clare

SERVICES PROVIDED: Group counselling.

PHONE: 065 6841009

EMAIL: cioc@eircom.net

OPENING HOURS: By appointment

IS THERE A CHARGE? No

SAMARITANS *(Clare)*

Sunville, Kilrush Road, Ennis, Co. Clare.

SERVICES PROVIDED: Confidential emotional support, 24-hour helpline.

PHONE: 065 6829777

NATIONAL HELPLINE: 1850 609090

USUAL HOURS OPEN TO RECEIVE CALLERS AT THE DOOR: 9.00am-10.00pm daily

SHANNON BEREAVEMENT GROUP

23 Coill Mhara, Shannon, Clare.

CATCHMENT AREA: Clare

SERVICES PROVIDED: Visit bereaved families and also provide Rainbows facility for children.

PHONE: 061 364133

EMAIL: office@shannonparish.ie

IS THERE A CHARGE? No

STEM *(Strength Through Every Meeting)*

River's Leap, Corofin, Clare.

CATCHMENT AREA: Clare

SERVICES PROVIDED: Relationship and bereavement counselling.

PHONE: 087 6383988

EMAIL: paulinebrad@eircom.net

IS THERE A CHARGE? Donation of €10 per session

CORK

ANAM CARA *(Cork)*

SERVICES PROVIDED: Bereavement support services for parents and siblings.

PHONE: 01 4045378 / 085 2888888

EMAIL: info@anamcara.ie

WEBSITE: www.anamcara.ie

ARC HOUSE

Cliffdale, 5 O'Donovan Rossa Road (near the front gates of UCC on Western Road), Cork.

CATCHMENT AREA: Cork

SERVICES PROVIDED: Cork ARC Cancer Support House is a voluntary organization established to provide a holistic centre in which people with cancer and their

families can find emotional support and practical help. Their aim is to provide therapies that complement the medical model, so as to make a difference to the lives of those affected by cancer.

PHONE: 021 4276688

WEBSITE: www.corkcancersupport.ie

EMAIL: ellen@corkcancersupport.ie

BARNARDOS

Regional Office, The Bowling Green, White Street, Cork.

SERVICES PROVIDED: Bereavement support services for children and young people, bereavement helpline, therapeutic intervention and resource materials.

OFFICE PHONE: 021 4310591

SUPPORT PHONE: 01 4732110

EMAIL: bereavement@cork.barnardos.ie

WEBSITE: www.barnardos.ie

CASTLEHAVEN NURSING ASSOCIATION

The Grounds House, Castletownshend, Cork.

CATCHMENT AREA: Cork

SERVICES PROVIDED: Home visits.

PHONE: 028 36100

OPENING HOURS: One and a half days a week

IS THERE A CHARGE? No

CLONAKILTY BEREAVEMENT GROUP

West Cork, Sleeven, Clonakilty, Cork.

CATCHMENT AREA: Cork

SERVICES PROVIDED: Offer evening support meetings for the bereaved.

OFFICE PHONE: 023 38927

SUPPORT PHONE: 023 34320

EMAIL: bolandkim@eircom.net

IS THERE A CHARGE? No

CONSOLE *(Cork)*

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

SERVICES PROVIDED: Suicide bereavement support.

PHONE: 021 427 4218

EMAIL: info@console.ie

WEBSITE: www.console.ie

CORK COUNSELLING SERVICES

7 Fr Mathew Street, Cork.

CATCHMENT AREA: Cork

SERVICES PROVIDED: Counselling and psychotherapy, Educational services and training for health professionals working with bereavement.

PHONE: 021 4274951

EMAIL: info@thecounsellingcentre.ie

WEBSITE: www.thecounsellingcentre.ie

OPENING HOURS: 9.00am-5.00pm Mon-Thurs, 9.00am-4.00pm Fri

IS THERE A CHARGE? Yes

FAMILIES OF BEARA SUPPORT GROUP

c/o The Caha Centre, Adrigole, Cork.

CATCHMENT AREA: Cork

SERVICES PROVIDED: Information, referral to other services and counselling.

PHONE: 027 60909

EMAIL: familiesofbeara@gmail.com

OPENING HOURS: 9.30am-5.00pm Mon-Fri

IS THERE A CHARGE? Yes

FAMILY MINISTRY CORK

Family Centre 34 Paul Street, Cork.

CATCHMENT AREA: Cork

SERVICES PROVIDED: Seedlings - a grief support programme for 12-18 year olds and bereavement support for spouses. Also provides parish bereavement training and support/counselling.

PHONE: 021 4275136

EMAIL: familyministry@eircom.net

OPENING HOURS: 10.00am-4.00pm Mon-Fri (some evenings and weekend programmes)

IS THERE A CHARGE? No

FÉILEACÁIN

Caring for Families experiencing stillbirth.

SERVICES PROVIDED: Féileacáin is a new not-for-profit organisation that aims to provide support to anyone affected by the death of a baby during pregnancy or shortly after. We ourselves are a group of bereaved parents who came together to offer hope and support to others who may need our help in the future.

PHONE: 085 2496464

WEBSITE: www.feileacain.ie

EMAIL: info@feileacain.ie

IRISH FRIENDS OF THE SUICIDE BEREAVED

The Planning Office, St Finbarr's Hospital, Douglas Road, Cork.

CATCHMENT AREA: Cork

SERVICES PROVIDED: Support and counselling for people bereaved by suicide.

PHONE: 021 4316722

EMAIL: ifsb@gofree.indigo.ie

LET'S GET TOGETHER FOUNDATION

Middleton, Cork.

CATCHMENT AREA: Cork

SERVICES PROVIDED: Counselling and support group for the bereaved and those bereaved by suicide.

PHONE: 087 6917609

EMAIL: patbuckleylgtf@yahoo.co.uk

WEBSITE: www.letsgettogether.ie

OPENING HOURS: 24 hrs at present

IS THERE A CHARGE? No

LIVING LINKS (*Cork East*)

CATCHMENT AREA: East Cork

SERVICES PROVIDED: Suicide bereavement support.

PHONE: 087 1370792

EMAIL: corkeast@livinglinks.ie

WEBSITE: www.livinglinks.ie

IS THERE A CHARGE? No

LIVING LINKS (*Cork West*)

CATCHMENT AREA: West Cork

SERVICES PROVIDED: Suicide bereavement support.

TELEPHONE: 085 2445575

EMAIL: corkwest@livinglinks.ie

WEBSITE: www.livinglinks.ie

IS THERE A CHARGE? No

MERCY UNIVERSITY HOSPITAL - PALLIATIVE CARE

Palliative Care Services, Mercy Hospital, Cork.

CATCHMENT AREA: Cork

SERVICES PROVIDED: Palliative care service to acute hospital population.

PHONE: 021 4271971

EMAIL: shilliard@muh.ie

OPENING HOURS: 9.00am-5.00pm Mon-Fri

IS THERE A CHARGE? No

MITCHELSTOWN FAMILY COORDINATING GROUP

Ballyhoura Development, Baldwin Street, Mitchelstown, Cork.

CATCHMENT AREA: Cork

SERVICES PROVIDED: Organises the “Living with Loss” programme which provides bereavement support to teenagers who have suffered loss in their lives. Programme is community based.

OFFICE PHONE: 025 85213

SUPPORT PHONE: 086 6080304

EMAIL: c.ryan@ballyhoura.org

IS THERE A CHARGE? No

NATIONAL SUICIDE BEREAVEMENT SUPPORT NETWORK

4 St. Francis Court, Cork Hill, Youghal, Cork.

CATCHMENT AREA: Cork / Nationwide

SERVICES PROVIDED: A website dedicated to providing information to the suicide bereaved.

EMAIL: info@nsbsn.org

WEBSITE: www.nsbsn.org

IS THERE A CHARGE? No

SAMARITANS *(Cork)*

Coach Street, Cork.

SERVICES PROVIDED: Confidential emotional support, 24-hour helpline.

PHONE: 021 4271323

NATIONAL HELPLINE: 1850 609090

USUAL HOURS OPEN TO RECEIVE CALLERS AT THE DOOR: 9.00am-10.00pm daily

SOCIAL AND HEALTH EDUCATION PROJECT

SERVICES PROVIDED: The Social and Health Education Project (SHEP) is a HSE funded, community based training and development organisation working in Cork, Kerry and Limerick. SHEP's activities include part-time, experiential courses in health and well-being.

PHONE: 021 4666180

WEBSITE: www.socialandhealth.com

DONEGAL

ANAM CARA (*Donegal*)

SERVICES PROVIDED: Bereavement support services for parents and siblings.

TELEPHONE: 01 4045378 / 085 2888888

EMAIL: info@anamcara.ie

WEBSITE: www.anamcara.ie

BEREAVEMENT SERVICE

Shiel House, Ballyshannon, Co Donegal.

CATCHMENT AREA: Donegal

OFFICE PHONE: 074 9822776

SUPPORT PHONE: 087 7987883

EMAIL: liam.neville@hse.ie

FAMILY MINISTRY SUPPORT AND DEVELOPMENT GROUP

Pastoral Centre, Monastery Avenue, Letterkenny, Donegal.

CATCHMENT AREA: Donegal

SERVICES PROVIDED: Provide individual and group support to the bereaved and suicide bereaved; also host A.S.I.S.T. (Suicide Intervention Skills Training).

PHONE: 074 9121853

EMAIL: diocesanpclk@eircom.net

WEBSITE: www.northwestcounsellingservices.com

OPENING HOURS: 9.00am-5.00pm Mon-Fri

IS THERE A CHARGE? No

HELP CARE NORTH WEST LTD

Tabor House, Drimark, Donegal Town, Donegal.

CATCHMENT AREA: Donegal

SERVICES PROVIDED: Individual counselling.

PHONE: 087 2879707

EMAIL: taborhouse2004@eircom.net

OPENING HOURS: 10.00am-4.00pm Mon-Fri

IS THERE A CHARGE? Yes

HSEW BEREAVEMENT COUNSELLING SERVICE

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

CATCHMENT AREA: Donegal

SERVICES PROVIDED: Individual counselling/grief therapy, information and literature, group work, consultation, training and research.

OFFICE PHONE: 074 9123670

SUPPORT PHONE: 074 9123695
EMAIL: carolm.phelan@mailb.hse.ie
OPENING HOURS: 9.00am-5.00pm Mon-Fri
IS THERE A CHARGE? No

LIVING LINKS (*Donegal*)

CATCHMENT AREA: Donegal
SERVICES PROVIDED: Suicide bereavement support.
PHONE: 087 9286007
EMAIL: donegal@livinglinks.ie
WEB: www.livinglinks.ie
IS THERE A CHARGE? No

MOVILLE AND DISTRICT FAMILY RESOURCE CENTRE

Moville FRC, Malin Road, Moville, Donegal.

CATCHMENT AREA: Donegal
SERVICES PROVIDED: Counselling sessions on a weekly basis.
PHONE: 074 9385548
EMAIL: info@movillefrc.com
OPENING HOURS: 9.00am-5.00pm Mon-Thurs, 9.00am-4.00pm Fri
IS THERE A CHARGE? No

STEER

Mental Health Organisation, 5 Rosemount Villas, Letterkenny, Donegal.

CATCHMENT AREA: Donegal
SERVICES PROVIDED: Provides mental health services to include postvention and family support.
PHONE: 074 9177311
EMAIL: steerireland@donegal.net
OPENING HOURS: 9.00am-5.00pm Mon-Fri
IS THERE A CHARGE? No

STOP SUICIDE

CATCHMENT AREA: Leitrim, Sligo, Donegal
SERVICES PROVIDED: Counselling for people in distress and for people who are bereaved by suicide. A bereavement support group meets on the first Thursday of each month at the Bee Park Centre in Manorhamilton from 7.00pm to 8.30pm.
PHONE: 1850 211877
E-MAIL: info@stopsuicide.ie
WEBSITE: www.stopsuicide.ie
IS THERE A CHARGE? No

DUBLIN

ABATE COUNSELLING & EMPLOYEE ASSISTANCE PROGRAMME

110 Seafield Rd, Clontarf, Dublin 3.

CATCHMENT AREA: Nationwide

SERVICES PROVIDED: Provides counselling and therapy throughout Ireland and individual counselling in suicide bereavement and general bereavement.

PHONE: 1800 222833

EMAIL: counselling@indigo.ie

WEBSITE: www.abatecounselling.ie

IS THERE A CHARGE? Yes

A LITTLE LIFETIME FOUNDATION (*formerly ISANDS*)

18 Orion Business Campus, Rosemount Business Park, Ballycoolin, Dublin 15.

CATCHMENT AREA: Nationwide

SERVICES PROVIDED: Provide support to bereaved parents and families who have lost a baby. Parents nights, literature, telephone contact support and individual support available.

OFFICE PHONE: 01 8829030

EMAIL: info@alittlelifetime.ie

WEBSITE: www.alittlelifetimefoundation.ie

OPENING HOURS: Please ring for information

IS THERE A CHARGE? No

ANAM CARA PARENTAL & SIBLING BEREAVEMENT SUPPORT

Central Office

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

CATCHMENT AREA: Ireland / N. Ireland

SERVICES PROVIDED: Anam Cara's online and face to face support services are available to all parents regardless of age or circumstances of their child's death and are available for as long as they are needed.

Anam Cara has support groups in the following areas, Dublin, Cork, Galway, Tipperary, Mayo, Donegal and Armagh, Northern Ireland. Support services include, parent evenings, bereavement talks by guest speakers, family remembrance and social events, website and on-line private message forums.

OFFICE PHONE: 01 4045378

MOBILE: 087 9637790 / INFORMATION ONLY: 085 2888888

EMAIL: info@anamcara.ie

WEBSITE: www.anamcara.ie

IS THERE A CHARGE? No

AN CUAN CENTRE FOR PSYCHOLOGICAL SERVICES

2 Rathgar Avenue, Rathgar, Dublin 6.

CATCHMENT AREA: Dublin

SERVICES PROVIDED: Provide individual counselling, child and adolescent psychotherapy and family therapy.

PHONE: 01 4906628

EMAIL: info@ancuan.ie

WEBSITE: www.ancuan.ie

OPENING HOURS: 8.00am-9.00pm Mon-Sat

IS THERE A CHARGE? Yes

AWAKENINGS

2 Dodder Park Dr., Rathfarnham, Dublin 14.

CATCHMENT AREA: Nationwide

SERVICES PROVIDED: Counselling and psychotherapy services for individuals and couples.

PHONE: 01 4920122

OPENING HOURS: 8.00am-9.00pm Mon-Sat, appointment only

IS THERE A CHARGE? Yes

BARNARDOS

23/24 Lower Buckingham Street, Dublin 1.

CATCHMENT AREA: Nationwide

SERVICES PROVIDED: Bereavement support services for children and young people, bereavement helpline, therapeutic intervention and resource materials.

OFFICE PHONE: 01 8134109

SUPPORT PHONE: 01 4732110

EMAIL: bereavement@barnardos.ie

WEBSITE: www.barnardos.ie

BEACON OF LIGHT COUNSELLING CENTRE

4 Collinstown Grove, Neilstown, Clondalkin, Dublin 22.

CATCHMENT AREA: Dublin

SERVICES PROVIDED: Counselling and group facilitation.

PHONE: 01 4578700

EMAIL: beaconoflight@iolfree.ie

OPENING HOURS: 9.00am-8.00pm Mon-Thur, 9.00am-5.00pm Fri

IS THERE A CHARGE? Yes

BEAUMONT HOSPITAL SOCIAL WORK DEPARTMENT

Beaumont Road, Dublin 9.

CATCHMENT AREA: Dublin

SERVICES PROVIDED: One-to-one bereavement counselling and group work to families who are bereaved at Beaumont Hospital.

PHONE: 01 8093290

EMAIL: medicalsocialwork@beaumont.ie

OPENING HOURS: 9.00am-5.00pm Mon-Fri

IS THERE A CHARGE? No

BEECHLAWN MEDICAL CENTRE

Carrickbrennan Road, Monkstown, Dublin.

CATCHMENT AREA: Dublin

SERVICES PROVIDED: Individual counselling.

OFFICE PHONE: 01 2147613

SUPPORT PHONE: 087 2245484

EMAIL: annemariehearne@eircom.net

WEBSITE: www.annemariehearne.com

OPENING HOURS: 7.45am-8.30pm Mon-Fri

IS THERE A CHARGE? Yes

BLACKROCK HOSPICE

The Venerable Louis & Zelig Martin Hospice, Sweetman's Avenue, Blackrock, Dublin.

CATCHMENT AREA: South County Dublin

SERVICES PROVIDED: Counselling services for individuals and families of the bereaved and dying.

PHONE: 01 2064000

EMAIL: blackrockhospice@olh.ie

WEBSITE: www.olh.ie/Departments/BlackrockHospice

IS THERE A CHARGE? No

CDVEC PSYCHOLOGICAL SERVICES

25 Temple Road, Dartry, Dublin 6.

CATCHMENT AREA: Dublin

SERVICES PROVIDED: Provides psychological services to youth in schools and Youthreach centres.

PHONE: 01 4971442

EMAIL: stephen.harper@psychser.cdvec.ie

WEBSITE: www.cdvec.ie

OPENING HOURS: 9.00am-5.00pm Mon-Fri

IS THERE A CHARGE? No

CONSOLE (*Clondalkin Outreach*)

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

SERVICES PROVIDED: Suicide bereavement support.

PHONE: 01 868 5232

EMAIL: info@console.ie

WEBSITE: www.console.ie

CONSOLE (*Dublin*)

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

SERVICES PROVIDED: Suicide bereavement support.

PHONE: 01 868 5232

EMAIL: info@console.ie

WEBSITE: www.console.ie

CONSOLE (*Tallaght Outreach*)

The Dominican Retreat Centre, Tallaght Village, Dublin 24.

SERVICES PROVIDED: Suicide bereavement support.

PHONE: 01 868 5232

EMAIL: info@console.ie

WEBSITE: www.console.ie

DAUGHTERS OF CHARITY (*Balbriggan*)

13 Drogheda Street, Balbriggan, Dublin.

CATCHMENT AREA: North County Dublin

SERVICES PROVIDED: Individual and group counselling for the bereaved / suicide bereaved.

PHONE: 01 8414122

OPENING HOURS: 8.30am-8.00pm Mon and Thurs, 8.30am-5.15pm Tues, Wed, Fri

EMAIL: bfc@docharity.net

WEBSITE: www.docharity.net

IS THERE A CHARGE? No

DAUGHTERS OF CHARITY (*Ballyfermot*)

Cherry Orchard Family Centre, Cherry Orchard Avenue, Ballyfermot, Dublin 10.

SERVICES PROVIDED: Family support services.

PHONE: 01 6231313

EMAIL: cofamilycentre@docharity.ie

OPENING HOURS: 8.30am-8.00pm Mon-Thurs, 9.00am-4.00pm Fri

DAUGHTERS OF CHARITY (*Blanchardstown*)

Aistear Beo Family Centre, First Floor, Commercial House, Westend Village, Blanchardstown, Dublin 15.

SERVICES PROVIDED: Family support services.

PHONE: 01 8852680

EMAIL: aistearbeo@docharity.ie

OPENING HOURS: 8.30am-9.30pm Mon, 8.30am-8.30pm Tues, 8.30am-5.00pm Weds-Fri

DAUGHTERS OF CHARITY Springboard Project (*Darndale*)

Our Lady Immaculate Junior School, Darndale, Dublin 17.

SERVICES PROVIDED: Family support services.

PHONE: 01 8771712/3/6, 087 6149334

EMAIL: springboard@docharity.ie

OPENING HOURS: 9.00am-7.00pm Mon -Thurs, 8.00am-5.00pm Fri

DAUGHTERS OF CHARITY (*Kilbarrack*)

St Benedict's Family Centre, Resource Centre, Swansnest Road, Kilbarrack, Dublin 5.

SERVICES PROVIDED: Family support services.

PHONE: 01 8488137

EMAIL: stbenedicts@docharity.ie

OPENING HOURS: 9.00am -5.00pm Mon-Thurs, 9.00am-4.00pm Fri

DAUGHTERS OF CHARITY (*North Strand*)

Cúram Family Centre, 46 North Strand Road, Dublin 3.

SERVICES PROVIDED: Family support services.

PHONE: 01 8559313

EMAIL: curam@docharity.ie

OPENING HOURS: 9.00am-5.00pm Mon, Thurs, Fri; 8.30am-7.30pm Tues-Weds

DAUGHTERS OF CHARITY (*Phibsboro*)

Connaught Street Family Centre, 85 Connaught St. Phibsboro, Dublin 7.

SERVICES PROVIDED: Family support services.

PHONE: 01 8388077

EMAIL: cstreet@docharity.ie

OPENING HOURS: 8.30am-8.00pm Mon-Thurs, 8.30am-3.30pm Fri

DAUGHTERS OF CHARITY (*Santry*)

Claidhe Mór Family Centre, Swords Road, Santry, Dublin 9.

SERVICES PROVIDED: Family support services.

PHONE: 01 8425955

EMAIL: claidhemor@docharity.ie

OPENING HOURS: 8.00am-8.00pm Mon-Thurs, 8.00am-5.00pm Fri

DAUGHTERS OF CHARITY *(Tallaght)*

Jobstown Family Centre, Mary Mercer Health Centre, Fortunestown Rd., Tallaght, Dublin 24.

CATCHMENT AREA: Dublin 24 and surrounding areas.

SERVICES PROVIDED: Individual counselling and therapy and group intervention based on "Seasons for Growth", which addresses loss generally.

PHONE: 01 4585703

WEBSITE: www.docchildandfamily.ie

OPENING HOURS: 9.00am-8.00pm Mon-Tue, 9.00am-5.00pm Wed, Thur, Fri

IS THERE A CHARGE? No

DIT COUNSELLING SERVICE

Dublin Institute of Technology, Pembroke St., Dublin 2.

CATCHMENT AREA: Dublin 2

SERVICES PROVIDED: Psychological counselling, education/awareness, support groups, self-help material and workshops for students and staff.

PHONE: 01 4023443/3352

EMAIL: susan.lindsay@dit.ie

WEBSITE: www.dit.ie

OPENING HOURS: 9.00am-5.00pm Mon-Fri; 6.00pm-8.00pm Tues and Thurs

IS THERE A CHARGE? No

DRUG TREATMENT CENTRE

Trinity Court, 30-32 Pearse St., Dublin 2.

CATCHMENT AREA: Dublin 2

SERVICES PROVIDED: A multi-disciplinary team works with clients who have experienced bereavement by suicide and general bereavement.

PHONE: 01 6488600

EMAIL: mbreathnach@dtcb.ie

WEBSITE: www.addictionireland.ie

OPENING HOURS: 9.00am-5.00pm

IS THERE A CHARGE? No

DUBLIN COUNSELLING & THERAPY CENTRE LTD

41 Upper Gardiner Street, Dublin 1.

CATCHMENT AREA: Dublin

SERVICES PROVIDED: Counselling and psychotherapy for individuals, couples and families.

PHONE: 01 8788236

EMAIL: info@dctc.ie

WEBSITE: www.dctc.ie

OPENING HOURS: 9.30am-5.30pm Mon-Fri

IS THERE A CHARGE? Yes

FAIRVIEW THERAPY CENTRE

10 Fairview Strand, Fairview, Dublin 3.

CATCHMENT AREA: Dublin and surrounding areas

SERVICES PROVIDED: General psychotherapy practice.

PHONE: 01 8561289

EMAIL: info@fairviewtherapycentre.ie

WEBSITE: www.fairviewtherapycentre.ie

OPENING HOURS: 8.00am-10.00pm Mon-Sat, by appointment only

IS THERE A CHARGE? Yes

FAMILY THERAPY CENTRE

204 Griffith Avenue, Dublin 9.

CATCHMENT AREA: Dublin

SERVICES PROVIDED: Individual and family therapy.

PHONE: 01 6238035

OPENING HOURS: 8.00am-4.00pm Mon-Fri

IS THERE A CHARGE? No

FINGAL COUNSELLING SERVICE BASE RESOURCE CENTRE

Brackenstown, Swords, Dublin.

CATCHMENT AREA: Dublin

SERVICES PROVIDED: One-to-one humanistic counselling.

PHONE: 01 8902596

WEBSITE: www.fingalcounsellingservice.org

OPENING HOURS: 9.30am-9.30pm Mon-Fri

IS THERE A CHARGE? No

GREINE COUNSELLING & PSYCHOTHERAPY CENTRE

Glebeview House, River Mall, Swords, Dublin.

CATCHMENT AREA: Dublin

SERVICES PROVIDED: Counselling.

PHONE: 01 8107667

EMAIL: bredabutler123@eircom.net

OPENING HOURS: By appointment

IS THERE A CHARGE? Yes

GROUP ANALYTIC PRACTICE

29 Lower Abbey Street, Dublin 1.

CATCHMENT AREA: Nationwide

SERVICES PROVIDED: Group and individual psychotherapy.

PHONE: 01 8786486
EMAIL: gap@grouptherapy.ie
WEBSITE: www.grouptherapy.ie
OPENING HOURS: 8.30am-9.30pm Mon-Fri
IS THERE A CHARGE? Yes

IRISH ASSOCIATION OF UNIVERSITY & COLLEGE COUNSELLORS

c/o Student Counselling Services, Trinity College, Dublin 2.

CATCHMENT AREA: Dublin 2
SERVICES PROVIDED: Individual counselling, information on bereavement and debriefing/support postvention.
PHONE: 01 8961407
WEBSITE: www.iaucc.ie
OPENING HOURS: 9.15am-5.10pm Mon-Fri
IS THERE A CHARGE? No

JOHNSTOWN THERAPY CENTRE

35A Johnstown Road, Cabinteely, Dublin 18.

CATCHMENT AREA: Dublin
SERVICES PROVIDED: Psychotherapy/Counselling.
OFFICE PHONE: 01 2024837
SUPPORT PHONE: 086 2400329
OPENING HOURS: 9.00am-9.00pm Mon-Fri
IS THERE A CHARGE? Yes

LIVING LINKS *(Dublin)*

CATCHMENT AREA: Dublin
SERVICES PROVIDED: Suicide bereavement support.
PHONE: 087 3938697
E-MAIL: dublin@livinglinks.ie
WEBSITE: www.livinglinks.ie
IS THERE A CHARGE? No

MERCY CENTRE CARE GROUP

St Brendan's Drive, Coolock, Dublin 5.

CATCHMENT AREA: North Dublin
SERVICES PROVIDED: Workshops on coping with loss.
PHONE: 01 8487259
EMAIL: mercycoolock@eircom.net
OPENING HOURS: 9.00am-1.00pm Mon-Fri
IS THERE A CHARGE? Yes

NCAD COUNSELLING CENTRE

100 Thomas St., Dublin 8.

CATCHMENT AREA: Dublin 8

SERVICES PROVIDED: General bereavement support for any student registered in college.

PHONE: 01 6364200

EMAIL: counsellor@ncad.ie

OPENING HOURS: 10.00am-4.00pm Mon-Thurs

IS THERE A CHARGE? No

NEWLANDS INSTITUTE FOR COUNSELLING

2 Monastery Road, Clondalkin, Dublin 22.

CATCHMENT AREA: Dublin

SERVICES PROVIDED: Counselling and psychotherapy.

PHONE: 01 4594573

EMAIL: ronangrimshaw@eircom.net

OPENING HOURS: 10.00am-9.00pm Mon-Fri

IS THERE A CHARGE? Yes

NORTH DUBLIN CLINICAL PSYCHOLOGY SERVICES

Nurses Home, Rathdown Rd., Dublin 7.

CATCHMENT AREA: Dublin 7

SERVICES PROVIDED: General psychotherapy services.

PHONE: 01 8380137

EMAIL: psychservices@eircom.net

IS THERE A CHARGE? No

NORTHSIDE COUNSELLING SUICIDE BEREAVEMENT SUPPORT GROUP

Northside Counselling Services Ltd., Coolock Development Centre, Bunratty Drive, Bonnybrook, Dublin 17.

CATCHMENT AREA: Dublin

SERVICES PROVIDED: The aim of the counselling service is to provide a quality, accessible and low cost professional counselling service that meets the on-going needs of the local community.

PHONE: 01 8484789

EMAIL: ncsl@gofree.indigo.ie

IS THERE A CHARGE? Yes

OASIS COUNSELLING SERVICE

1 Drumfinn Park, Ballyfermot, Dublin 10.

CATCHMENT AREA: Dublin and surrounding areas

SERVICES PROVIDED: Low cost or voluntary counselling and support.

PHONE: 01 6268519

EMAIL: jovimac@esatclear.ie

WEBSITE: www.oasiscounselling.net

OPENING HOURS: 9.00am-9.00pm Mon-Wed, Thurs 9.00am-4.00pm, Sat 9.30am-1.30pm

IS THERE A CHARGE? No

RIVERSIDE COUNSELLING SERVICE

Blessed Sacrament Chapel, 20 Bachelors Walk, Dublin 1.

CATCHMENT AREA: Dublin

SERVICES PROVIDED: Individual counselling, open support group, information and literature and family counselling.

PHONE: 01 8724597

EMAIL: liams63@yahoo.ie

OPENING HOURS: 9.00am-5.00pm Mon-Sat

IS THERE A CHARGE? No

ST. CATHERINE'S COUNSELLING SERVICE

The Priory, Tallaght, Dublin 24.

CATCHMENT AREA: Dublin 24

SERVICES PROVIDED: Individual counselling and psychotherapy.

PHONE: 01 4513076

OPENING HOURS: 10.00am-5.00pm Mon-Fri

IS THERE A CHARGE? No

ST. FRANCIS HOSPICE

Station Road, Raheny, Dublin 5.

CATCHMENT AREA: Dublin 5

SERVICES PROVIDED: Volunteer bereavement support for family and friends of those who have died under care at St. Francis Hospice.

PHONE: 01 8327535

IS THERE A CHARGE? No

ST. VINCENT'S UNIVERSITY HOSPITAL / SOCIAL WORK DEPARTMENT

Department of Palliative Medicine, Elm Park, Dublin 4.

CATCHMENT AREA: Dublin 4

SERVICES PROVIDED: Bereavement Support Programme held twice yearly and social workers provide some one-to-one support.

PHONE: 01 2214286/2214831

EMAIL: palliativecare@st-vincent.ie

WEBSITE: www.stvincent.ie

OPENING HOURS: 9.00am-5.00pm

IS THERE A CHARGE? No

ST. VINCENT'S TRUST

9 Henrietta Street, Dublin 1.

CATCHMENT AREA: Dublin

SERVICES PROVIDED: Counselling for the bereaved.

PHONE: 01 8874100

EMAIL: info@stvincentstrust.ie

WEBSITE: www.svt.ie

OPENING HOURS: 9.00am-5.00pm Mon-Thurs, 9.00am-1.00pm Friday

IS THERE A CHARGE? No

SAMARITANS

112 Marlborough Street, Dublin 1.

CATCHMENT AREA: Nationwide

SERVICES PROVIDED: Confidential emotional support, 24-hour helpline.

PHONE: 01 8727700

NATIONAL HELPLINE: 1850 609090

EMAIL: jo@samaritans.org

WEBSITE: www.samaritans.org

USUAL HOURS OPEN TO RECEIVE CALLERS AT THE DOOR: 10.00am-9.00pm Mon-Sun

IS THERE A CHARGE? No

SAOL

58 Amiens Street, Dublin 1.

CATCHMENT AREA: Dublin 1

SERVICES PROVIDED: Working on training in conjunction with the NOSP.

PHONE: 01 8553391

EMAIL: progressionroutes@saolproject.ie

OPENING HOURS: 9.00am-5.00pm Mon-Thurs, 9.00am-5.00pm Fri

IS THERE A CHARGE? No

SHINE

38 Blessington Street, Dublin 7.

CATCHMENT AREA: Nationwide

SERVICES PROVIDED: Support for those with mental ill health and their relatives and friends.

OFFICE PHONE: 01 8601620

SUPPORT PHONE: 1890 621631

EMAIL: info@shineonline.ie

WEBSITE: www.shineonline.ie

TALLAGHT TRAVELLERS YOUTH SERVICE

St Aidan's Travellers Centre, Brookfield, Tallaght, Dublin 24.

CATCHMENT AREA: Dublin 24

SERVICES PROVIDED: Individual and family counselling.

PHONE: 01 4596692

EMAIL: ttys@iol.ie

OPENING HOURS: 9.00am-5.30pm Mon-Fri

IS THERE A CHARGE? No

TEEN COUNSELLING

Crosscare, Mater Dei, Clonliffe Road, Dublin 3.

CATCHMENT AREA: Dublin 3

SERVICES PROVIDED: Counselling and family therapy.

PHONE: 01 8371892

EMAIL: mforrest@teencounselling.com

WEBSITE: www.crosscare.ie

IS THERE A CHARGE? No

THE ALBANY CLINIC

Lower Fitzwilliam Street, Dublin 2.

CATCHMENT AREA: Dublin

SERVICES PROVIDED: General counselling practice.

PHONE: 01 6612222

EMAIL: bolgercat@hotmail.com

OPENING HOURS: 11.00am-7.00pm Mon-Wed

IS THERE A CHARGE? Yes

THE BEREAVEMENT COUNSELLING SERVICE

G.S.P.C., Dublin Street, Baldoyle, Dublin 13.

CATCHMENT AREA: Carlow, Dublin, Kildare, Wicklow

SERVICES PROVIDED: Provides one-to-one counselling, community talks and group facilitation for children in 7 centres operating in Dublin, Wicklow, Carlow and Kildare.

PHONE: 01 8391766

EMAIL: bereavement@eircom.net

WEBSITE: www.bereavementireland.org

OPENING HOURS: 9.00am-1.00pm Mon-Thurs, 9.00am-12.30pm Fri

IS THERE A CHARGE? No

TIERNAN'S WOMENS GROUP

St Tiernan's Community School, Parkvale, Balally, Dublin 16.

CATCHMENT AREA: Dublin 16

SERVICES PROVIDED: Counselling services available.

PHONE: 01 2061554

EMAIL: marypsfagan@eircom.net

IS THERE A CHARGE? No

TIVOLI INSTITUTE

24 Clarinda Park East, Dun Laoghaire, Dublin.

CATCHMENT AREA: Dublin

SERVICES PROVIDED: Counselling/psychotherapy.

PHONE: 01 2809178

EMAIL: tivoliinstitute@gmail.com

WEBSITE: www.tivoliinstitute.com

OPENING HOURS: 8.30am-9.30pm Mon-Fri

IS THERE A CHARGE? Yes

TURAS FAMILY CENTRE

Our Lady Immaculate School, Darndale, Dublin 17.

CATCHMENT AREA: Most of North Dublin and County

SERVICES PROVIDED: Work with families bereaved by suicide in partnership with Console.

PHONE: 01 8678180

OPENING HOURS: 9.00am-5.00pm Mon-Fri

IS THERE A CHARGE? No

GALWAY

ANAM CARA (*Galway*)

SERVICES PROVIDED: Bereavement support services for parents and siblings.

TELEPHONE: 01 4045378 / 085 2888888

EMAIL: info@anamcara.ie

WEBSITE: www.anamcara.ie

CONSOLE (*Galway*)

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

CATCHMENT AREA: Galway and surrounding counties

SERVICES PROVIDED: Suicide bereavement support, counselling, support, monthly support group.

PHONE: 091 769942

E-MAIL: info@console.ie

WEBSITE: www.console.ie

OPENING HOURS: 9.00am-5.30pm. Late appointments can be facilitated.

IS THERE A CHARGE? Contribution if possible from 5 euros upwards.

FORUM - NORTH AND WEST CONNEMARA

Rural Development Project Ltd., Ellis Hall, Letterfrack, Galway.

CATCHMENT AREA: Galway

SERVICES PROVIDED: Forum supports a common based counselling service based in Clifden every Friday. Forum is also a registered Rainbows site offering programmes to children affected by loss through death or separation.

PHONE: 095 41116

E-MAIL: forum@indigo.ie

IS THERE A CHARGE? Yes

GALWAY COMMUNITY COUNSELLING

Ballybane Enterprise Centre, Ballybane, Galway.

CATCHMENT AREA: Galway and surrounding counties.

SERVICES PROVIDED: Individual counselling and psychotherapy, bereavement - adults, children and adolescents (all therapists fully qualified and accredited).

PHONE: 086 7732880 / 087 1276791 / 087 1273757

E-MAIL: michelle@galwaycommunitycounselling.com

grainne@galwaycommunitycounselling.com

kathy@galwaycommunitycounselling.com

WEBSITE: www.galwaycommunitycounselling.com

OPENING HOURS: 9.00am-6.30pm Mon-Fri

IS THERE A CHARGE? Depends on personal circumstances (from €65 to €25)

GALWAY DIOCESAN PASTORAL CENTRE

Arus de Brun, Newtownsmith, Galway.

CATCHMENT AREA: Galway

SERVICES PROVIDED: Individual and group counselling

PHONE: 091 565066

E-MAIL: gdpc@eircom.net

OPENING HOURS: By appointment

IS THERE A CHARGE? No

GALWAY DIOCESAN YOUTH SERVICES

Tagaste House, 4 Saint Augustine Street, Galway.

CATCHMENT AREA: Galway

SERVICES PROVIDED: Counselling for 15 to 25 year olds.

PHONE: 091 568483

E-MAIL: gdyouthservices@gmail.com

WEBSITE: www.gdys.org

IS THERE A CHARGE? €5 per session (only if an individual can afford to pay)

LIVING LINKS (*Galway*)

CATCHMENT AREA: Galway

SERVICES PROVIDED: Suicide bereavement support.

PHONE: 087 4122052

E-MAIL: info@livinglinks.ie

WEBSITE: www.livinglinks.ie

IS THERE A CHARGE? No

PRO CONSULT

1 St. Helen's St., Cooke's Corner, Galway.

CATCHMENT AREA: Galway

SERVICES PROVIDED: Individual counselling/psychotherapy.

PHONE: 091 589581

E-MAIL: office@proconsult.iol.ie

OPENING HOURS: 9.30am-5.00pm Mon-Wed, 5.30pm-7.30pm Thurs & Fri,
9.00am-12.00pm Sat

IS THERE A CHARGE? Yes

SAMARITANS (*Galway*)

14 Nun's Island, Galway.

SERVICES PROVIDED: Confidential emotional support, 24-hour helpline.

PHONE: 091 561222

NATIONAL HELPLINE: 1850 609090

USUAL HOURS OPEN TO RECEIVE CALLERS AT THE DOOR: 9.00am-8.00pm daily

YOUTH WORK IRELAND (*Galway*)

41-43 Prospect Hill, Galway.

CATCHMENT AREA: Galway

SERVICES PROVIDED: Support in response to a youth suicide, staff trained to offer Rainbows and Spectrum and trained in ASIST youth counselling.

PHONE: 091 561637

EMAIL: info@youthworkgalway.ie

WEBSITE: www.youthworkgalway.ie

OPENING HOURS: 10.00am-5.00pm Mon-Fri

IS THERE A CHARGE? No

KERRY

CASTLEMAINE FAMILY RESOURCE CENTRE

Castlemaine, Kerry.

CATCHMENT AREA: Kerry

SERVICES PROVIDED: Individual and group bereavement support.

PHONE: 066 9767833

E-MAIL: cmainefrc@eircom.net

OPENING HOURS: 9.00am-6.00pm Mon-Fri

IS THERE A CHARGE? No

CONSOLE (*Kerry*)

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

SERVICES PROVIDED: Suicide bereavement support.

E-MAIL: info@console.ie

WEBSITE: www.console.ie

KERRY ADOLESCENT COUNSELLING SERVICE

Balloonagh, Tralee, Kerry.

CATCHMENT AREA: Kerry

SERVICES PROVIDED: Adolescent and family counselling, grief and loss programme for parents, bereavement support in schools when required.

PHONE: 066 7181333

E-MAIL: kfrcs@eircom.net

OPENING HOURS: 9.00am-5.00pm Mon-Fri

IS THERE A CHARGE? Yes

KERRY COUNSELLING CENTRE

D17 Edward Court, Edward Street, Tralee, Kerry.

CATCHMENT AREA: Kerry

SERVICES PROVIDED: Individual, couple and family counselling.

PHONE: 066 7122931

E-MAIL: kerrycounsellingcentre@hotmail.com

IS THERE A CHARGE? Yes

KERRY DIOCESAN YOUTH SERVICE

KDYS Youth Centre, Fairhill, Killarney, Kerry.

CATCHMENT AREA: Kerry

SERVICES PROVIDED: Information leaflets, resource library available to all youth workers/volunteers and a referral system with links to counselling centre.

PHONE: 064 6631748

E-MAIL: killarneyinformation@kdys.ie
WEBSITE: www.kdys.ie
OPENING HOURS: 9.00am-5.00pm Mon-Fri
IS THERE A CHARGE? No

KILLARNEY COMMUNITY HOSPITAL

Home Care Office, Killarney, Kerry.

CATCHMENT AREA: Kerry
SERVICES PROVIDED: Bereavement support as part of palliative care service.
PHONE: 064 6635026
SUPPORT PHONE: 064 6639645
OPENING HOURS: 9.00am-5.00pm Mon-Fri
IS THERE A CHARGE? No

LIVING LINKS (*Kerry*)

CATCHMENT AREA: Kerry
SERVICES PROVIDED: Suicide bereavement support.
PHONE: 087 9006300
E-MAIL: kerry@livinglinks.ie
OPENING HOURS: 10.00am-12 midday, Mon-Fri
IS THERE A CHARGE? No

MEDICAL CENTRE

Clonalour, Tralee, Kerry.

CATCHMENT AREA: Kerry
SERVICES PROVIDED: Counselling.
PHONE: 066 7121792
IS THERE A CHARGE? Yes

SAMARITANS (*Kerry*)

43-44 Moyderwell, Tralee, Kerry.

SERVICES PROVIDED: Confidential emotional support, 24-hour helpline.
PHONE: 066 7122566
NATIONAL HELPLINE: 1850 609090
USUAL HOURS OPEN TO RECEIVE CALLERS AT THE DOOR: 11.30am-8.30pm Mon, Fri, Sat,
2.30pm-8.30pm Tues, Wed, Thurs, Sun

SOUTHWEST COUNSELLING CENTRE

Emmets Road, Killarney, Kerry.

CATCHMENT AREA: Kerry
SERVICES PROVIDED: Bereavement counselling for children, adolescents and adults,

bereavement and loss support group.
PHONE: 064 6636416
E-MAIL: info@southwestcounselling.ie
WEBSITE: www.southwestcounselling.ie
OPENING HOURS: 9.00am-8.00pm Mon-Fri
IS THERE A CHARGE? Yes

TARBERT BEREAVEMENT SUPPORT GROUP

c/o St. Mary's Church, Tarbert, Kerry.

CATCHMENT AREA: Kerry
SERVICES PROVIDED: Support for the bereaved.
PHONE: 068 6636144 / 068 6636161 / 068 6636224
IS THERE A CHARGE? No

KILDARE

ATHY COMMUNITY COUNCIL

82 Leinster Street, Athy, Kildare.

CATCHMENT AREA: Kildare
SERVICES PROVIDED: General bereavement services.
PHONE: 059 8638099
OPENING HOURS: 9.00am-5.00pm Mon-Fri
IS THERE A CHARGE? Yes

KILDARE SUICIDE BEREAVEMENT SUPPORT

Tandy's Bridge, Oldtown, Naas, Kildare.

CATCHMENT AREA: Kildare
SERVICES PROVIDED: Counselling and psychotherapy.
OFFICE PHONE: 045 895629
SUPPORT PHONE: 086 8554852
IS THERE A CHARGE? No

LIVING LINKS (*Kildare*)

CATCHMENT AREA: Kildare
SERVICES PROVIDED: Suicide bereavement support.
PHONE: 087 6543311
E-MAIL: info@livinglinks.ie
WEBSITE: www.livinglinks.ie
IS THERE A CHARGE? No

NEWBRIDGE FAMILY RESOURCE CENTRE

2664 Dara Park, Newbridge, Kildare.

CATCHMENT AREA: Kildare

SERVICES PROVIDED: Family resource centre with 4 available counsellors providing counselling support in the Newbridge area.

PHONE: 045 438173

E-MAIL: marknewbridgefrfc@eircom.net

OPENING HOURS: 8.00am-10.00pm Mon-Thurs, 8.00am-6.00pm Fri, 9.30am-1.00pm Sat

IS THERE A CHARGE? No

PERSONAL COUNSELLING & PSYCHOTHERAPY CENTRE

Suite 2, Castle Buildings, Friary Road, Naas, Kildare.

CATCHMENT AREA: Kildare

SERVICES PROVIDED: Counselling and psychotherapy and support groups.

PHONE: 045 896690

E-MAIL: info@personalcounselling.ie

WEBSITE: www.personalcounselling.ie

OPENING HOURS: 9.00am-9.00pm Mon-Fri

IS THERE A CHARGE? Yes

SAMARITANS (*Kildare*)

3 McElwain Terrace, Newbridge, Co. Kildare.

SERVICES PROVIDED: Confidential emotional support, 24-hour helpline.

PHONE: 045 435299

NATIONAL HELPLINE: 1850 609090

USUAL HOURS OPEN TO RECEIVE CALLERS AT THE DOOR: 9.30am-9:30pm daily

TURAS LE CHÉILE (*Living Links*)

Whitestown House, Kilcock, Kildare.

CATCHMENT AREA: Dublin South West / Kildare / South Meath

SERVICES PROVIDED: Outreach service for communities following a suicide and support for the bereaved including suicide bereaved.

PHONE: 086 0566819 (9.00am-5.00pm Mon-Fri, answer machine outside these hours. Calls will be returned asap).

OPENING HOURS: Service is an evening service and by appointment

IS THERE A CHARGE? No

KILKENNY

CHILD & ADOLESCENT PSYCHOLOGY SERVICE

Community Services HSE, James' Green, Kilkenny.

CATCHMENT AREA: Kilkenny

SERVICES PROVIDED: Counselling and therapy for bereaved children, adolescents and their families.

PHONE: 056 7770134

E-MAIL: maireade.phelan@hse.ie

OPENING HOURS: 9.00am-5.00pm Mon-Fri

IS THERE A CHARGE? No

HSE CHILD & ADOLESCENT MENTAL HEALTH SERVICES

James' Green, Kilkenny.

CATCHMENT AREA: Kilkenny/Carlow

SERVICES PROVIDED: Provide individual therapy for children and adolescents under 18 years and their families.

PHONE: 056 7784754/059 9178033

OPENING HOURS: 9.00am-5.00pm Mon-Fri

IS THERE A CHARGE? No

KILKENNY BEREAVEMENT SUPPORT

Villa Maria, Talbotts Inch, Freshford Road, Kilkenny.

CATCHMENT AREA: Kilkenny

SERVICES PROVIDED: Offer individual bereavement support, bereavement support for children, workshops for schools and training for various groups.

PHONE: 056 7756538

OPENING HOURS: 9.00am-6.00pm Mon-Fri

IS THERE A CHARGE? No

KILKENNY SOCIAL SERVICES

Waterford Road, Kilkenny.

CATCHMENT AREA: Kilkenny

SERVICES PROVIDED: Provide counselling in schools in the Kilkenny area to include suicide bereavement and general bereavement.

PHONE: 056 7756998

E-MAIL: kilkenncss@eircom.net

OPENING HOURS: School hours

IS THERE A CHARGE? Yes

PATRICK STREET MEDICAL CENTRE

Patrick Street, Kilkenny.

CATCHMENT AREA: Kilkenny

SERVICES PROVIDED: Counselling and psychotherapy for individuals, couples and families.

PHONE: 086 8877936

OPENING HOURS: Thursday and Friday, day and evening

IS THERE A CHARGE? Yes

SAMARITANS (*Kilkenny & Carlow*)

2 Abbeybridge, Dean Street, Kilkenny.

SERVICES PROVIDED: Confidential emotional support, 24-hour helpline.

PHONE: 056 7765554/7765750

NATIONAL HELPLINE: 1850 609090

USUAL HOURS OPEN TO RECEIVE CALLERS AT THE DOOR: 2.00pm-8.00pm daily

LAOIS

ANAM CARA PARENTAL AND SIBLING BEREAVEMENT SUPPORT

CATCHMENT AREA: Laois, Offaly, Longford and Westmeath

SERVICES PROVIDED: Individual and support groups for those bereaved. Satellite support groups throughout Ireland.

TELEPHONE: 01 4045378 / 085 2888888

IS THERE A CHARGE? No

CUISLE CENTRE

Block Road, Portlaoise.

CATCHMENT AREA: Laois

SERVICES PROVIDED: Bereavement counselling.

PHONE: 057 8681492

IS THERE A CHARGE? No

FAMILY RESOURCE CENTRE

Harpers Lane, Portlaoise.

SERVICES PROVIDED: Bereavement and counselling support to individuals and families.

PHONE: 057 8686151

IS THERE A CHARGE? No

LIVING LINKS (*Midlands*)

CATCHMENT AREA: Laois / Offaly / Longford / Westmeath

SERVICES PROVIDED: Suicide bereavement support. Trained individuals are available to

offer confidential, practical support, help and advice to persons bereaved by suicide, either on an individual or family basis.

PHONE: 086 1600641

E-MAIL: info@livinglinks.ie

WEBSITE: www.livinglinks.ie

IS THERE A CHARGE? No

PORTLAOISE PARISH BEREAVEMENT SUPPORT SERVICE

Dublin Road, Portlaoise.

CATCHMENT AREA: Laois

SERVICES PROVIDED: One-to-one and group support for those who are experiencing the loss of a loved one.

PHONE: 057 8621142

IS THERE A CHARGE? No

LEITRIM

CARRICK-ON-SHANNON FAMILY LIFE CENTRE

Presentation House, Main Street, Carrick-on-Shannon, Leitrim.

CATCHMENT AREA: Leitrim

SERVICES PROVIDED: Bereavement support, suicide support, Rainbows for children and young adults.

PHONE: 071 9621791 / 086 0295031

E-MAIL: carrickfamilylifecentre@yahoo.ie

OPENING HOURS: 10.00am-5.30pm Mon-Fri. Out of hours emergency service available.

IS THERE A CHARGE? No

HSE BEREAVEMENT COUNSELLING / THERAPY SERVICE

CATCHMENT AREA: Leitrim, Sligo, W. Cavan

SERVICES PROVIDED: Individual and family counselling for bereavement by suicide.

PHONE: 071 9155108

IS THERE A CHARGE? No

LIVING LINKS (*Sligo/Leitrim*)

CATCHMENT AREA: Leitrim & Sligo

SERVICES PROVIDED: Suicide bereavement support.

PHONE: 086 3999029

E-MAIL: info@livinglinks.ie

WEBSITE: www.livinglinks.ie

IS THERE A CHARGE? No

MOHILL FAMILY SUPPORT CENTRE

Canon Donohoe Hall, Mohill, Leitrim.

CATCHMENT AREA: Leitrim

SERVICES PROVIDED: Rainbows programme for children.

PHONE: 071 9631253

IS THERE A CHARGE? No

STOP SUICIDE

CATCHMENT AREA: Leitrim, Sligo, Donegal

SERVICES PROVIDED: Counselling for people in distress and for people who are bereaved by suicide. A bereavement support group meets on the first Thursday of each month at the Bee Park Centre in Manorhamilton from 7.00pm to 8.30pm.

PHONE: 1850 211877

E-MAIL: info@stopsuicide.ie

WEBSITE: www.stopsuicide.ie

IS THERE A CHARGE? No

LIMERICK

ABBEYFEALE BEREAVEMENT SUPPORT GROUP

Mountmahon, Abbeyfeale, Limerick.

CATCHMENT AREA: Limerick

SERVICES PROVIDED: Bereavement support group.

OFFICE PHONE: 068 31203

SUPPORT PHONE: 068 32444

OPENING HOURS: 7.30pm-9.30pm Mon

IS THERE A CHARGE? No

CONSOLE (*Limerick*)

Console House, 114 The Grange, Raheen, Limerick.

SERVICES PROVIDED: Suicide bereavement support.

PHONE: 061 306792

E-MAIL: info@console.ie

WEBSITE: www.console.ie

HOSPITAL FAMILY RESOURCE CENTRE

Knockaney Road, Hospital, Limerick.

CATCHMENT AREA: Limerick

SERVICES PROVIDED: Confidential counselling service. Work with the local community and the HSE to host workshops and raise awareness on issues and themes that arise.

Host weekly women's group, education classes, parent support & information provision to support people through bereavement.

PHONE: 061 383884

E-MAIL: hospitalfrc@eircom.net

WEBSITE: www.hospitalfrc.com

OPENING HOURS: 9.00am-6.00pm Mon-Fri

IS THERE A CHARGE? Yes - but these are minimal

LIVING LINKS (*Limerick*)

CATCHMENT AREA: Limerick

SERVICES PROVIDED: Suicide bereavement support.

PHONE: 087 7998427

E-MAIL: limerick@livinglinks.ie

WEBSITE: www.livinglinks.ie

OPENING HOURS: 5.00pm to 7.00pm Mon-Fri

IS THERE A CHARGE? No

MILFORD CARE CENTRE

Castletroy, Limerick.

CATCHMENT AREA: Mid-west region

SERVICES PROVIDED: Along with in-patient and community based palliative care, a range of bereavement support services are also offered. These include facilitated support groups for adults and for children. Individual support is also offered, as is telephone support.

PHONE: 061 485800

E-MAIL: info@milfordcarecentre.ie

WEBSITE: www.milfordcarecentre.ie

IS THERE A CHARGE? No

IS LITERATURE PROVIDED? Yes

OUR LADY OF THE ROSARY BEREAVEMENT SUPPORT GROUP

c/o 3 Sunville Court, North Circular Road, Limerick.

CATCHMENT AREA: Limerick

SERVICES PROVIDED: Provides individual support and group support to the bereaved.

PHONE: 061 455815

E-MAIL: pmflood@eircom.net

IS THERE A CHARGE? No

OUR LADY QUEEN OF PEACE BEREAVEMENT SUPPORT GROUP

27 Daly Ave, Janesboro, Limerick.

CATCHMENT AREA: Limerick

SERVICES PROVIDED: Contact families at time of bereavement and provide follow up visits if required.

PHONE: 061 415651

IS THERE A CHARGE? No

SAMARITANS (*Limerick & Tipperary*)

20 Barrington Street, Limerick.

SERVICES PROVIDED: Confidential emotional support, 24-hour helpline.

PHONE: 061 412111

NATIONAL HELPLINE: 1850 609090

USUAL HOURS OPEN TO RECEIVE CALLERS AT THE DOOR: 9.00am-10.00pm daily

SEASONS FOR GROWTH

114 The Grange, Raheen, Limerick.

CATCHMENT AREA: Limerick

SERVICES PROVIDED: Group programmes for children and adults.

E-MAIL: 1margaretosullivan@eircom.net

IS THERE A CHARGE? Yes

SOCIAL SERVICES CENTRE

Henry Street, Limerick, Limerick.

CATCHMENT AREA: Limerick

SERVICES PROVIDED: General counselling and bereavement counselling.

PHONE: 061 314111

OPENING HOURS: 9.30am-5.30pm

IS THERE A CHARGE? No

ST MUNCHINS FAMILY RESOURCE CENTRE

26-28 Clonconnane Road, Ballynanty, Limerick.

CATCHMENT AREA: Limerick

SERVICES PROVIDED: Individual support and bereavement support group.

PHONE: 061 326623

E-MAIL: frc@communitylink.ie

WEBSITE: www.communitylink.ie

OPENING HOURS: 8.45am-5.30pm and 7.00pm-9.00pm Mon-Fri

IS THERE A CHARGE? No

THE BLUEBOX CREATIVE LEARNING CENTRE

8 Limerick Enterprise Dev. Park, Roxboro Road, Limerick.

CATCHMENT AREA: Limerick

SERVICES PROVIDED: Creative therapies.
PHONE: 061 315070
E-MAIL: info@bbclc.ie
WEBSITE: www.bbclc.ie
OPENING HOURS: 9.00am-5.00pm Mon-Fri
IS THERE A CHARGE? Yes

LONGFORD

ACORN COMMUNITY DEVELOPMENT PROJECT

2 Garvey's Yard, Longford.

CATCHMENT AREA: Longford
SERVICES PROVIDED: Individual and group support and counselling.
PHONE: 043 3347944
IS THERE A CHARGE? No

BRIDGEWAYS FAMILY RESOURCE CENTRE

Dean Egan Library, Ballymahon.

CATCHMENT AREA: Longford
SERVICES PROVIDED: Bereavement and counselling support to individuals and families.
PHONE: 090 6432691
IS THERE A CHARGE? No

FAMILY MINISTRY (*Longford*)

The Family Centre, St. Mel's Road, Longford.

CATCHMENT AREA: Longford
SERVICES PROVIDED: Family support.
PHONE: 043 3346827
IS THERE A CHARGE? No

LIVING LINKS (*Midlands*)

CATCHMENT AREA: Laois / Offaly / Longford / Westmeath
SERVICES PROVIDED: Suicide bereavement support. Trained individuals are available to offer confidential, practical support, help and advice to persons bereaved by suicide, either on an individual or family basis.
PHONE: 086 1600641
E-MAIL: info@livinglinks.ie
WEBSITE: www.livinglinks.ie
IS THERE A CHARGE? No

LONGFORD WOMEN'S LINK CENTRE

Willow House, Ardnacassa Avenue, Longford.

CATCHMENT AREA: Longford

SERVICES PROVIDED: Counselling.

OFFICE PHONE: 043 3341511

SUPPORT PHONE: 043 3342891

E-MAIL: info@longfordwomenslink.org

WEBSITE: www.longfordwomenslink.org

OPENING HOURS: 8.00am-6.00pm Mon-Fri

IS THERE A CHARGE? Yes

LUS NA GREINE FAMILY RESOURCE CENTRE

Main Street, Granard, Longford.

CATCHMENT AREA: Longford

SERVICES PROVIDED: Bereavement and counselling support to individuals and families.

PHONE: 043 6660977

IS THERE A CHARGE? No

LOUTH

ARMAGH DIOCESAN PASTORAL CENTRE

The Magnet, Dundalk, Louth.

CATCHMENT AREA: Louth

SERVICES PROVIDED: Bereavement support group, beginning experience support for widowed or separated and Rainbows Bereavement Support for young people aged 6-18.

PHONE: 042 9336393

E-MAIL: pastoralcentredlk@oceanfree.net

IS THERE A CHARGE? Yes

DROGHEDA COMMUNITY SERVICES

Scarlet Crescent, Drogheda.

CATCHMENT AREA: Louth

SERVICES PROVIDED: One-to-one bereavement counselling. Counselling available 9.00am to 5.00pm and evenings by appointment.

PHONE: 041 9836084

E-MAIL: info@droghedacsc.net

IS THERE A CHARGE? No

JEAN CASEY

Lynnbrook, The Lynns, Annagassan, Louth.

CATCHMENT AREA: Louth

SERVICES PROVIDED: Counselling and psychotherapy to individuals and groups, talks and workshops.

PHONE: 042 9372047

E-MAIL: jeancasey@eircom.net

OPENING HOURS: 9.00am-5.00pm Mon-Fri

IS THERE A CHARGE? Yes

SAMARITANS (*Louth*)

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

SERVICES PROVIDED: Confidential emotional support, 24-hour helpline.

PHONE: 041 9843888

NATIONAL HELPLINE: 1850 609090

USUAL HOURS OPEN TO RECEIVE CALLERS AT THE DOOR: 2:30pm-8:30pm daily

MAYO

ANAM CARA (*Mayo*)

SERVICES PROVIDED: Bereavement support services for parents and siblings.

TELEPHONE: 01 4045378 / 085 2888888

EMAIL: info@anamcara.ie

WEBSITE: www.anamcara.ie

BEREAVEMENT SUPPORT SERVICE

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

CATCHMENT AREA: County Mayo and surrounding areas

SERVICES PROVIDED: When a suicide death occurs, members of the counselling team will meet with anyone who has been affected by the suicide of a family member, a friend, a colleague, or neighbour. In the spring and autumn a suicide bereavement support group is advertised and if we have sufficient numbers we run a 6 week group. This is a closed group from the first night. Members of previous support groups can join a monthly meeting throughout the year if they so wish. These groups are facilitated by two trained and accredited counsellors.

OFFICE PHONE: Castlebar 094 9025900

E-MAIL: info@the.familycentre.com

WEBSITE: www.the.familycentre.com

OPENING HOURS: Mon-Fri: 9.30am-1.00pm / 2.00pm-5.30pm

IS THERE A CHARGE? Fees for counselling are charged on a sliding scale depending on a person's ability to pay. We have suggested a fee of €30 a session, but this is negotiable where a person cannot reasonably afford this. There is no charge for the groups, but if people so wish they can make a donation.

CASTLEBAR COUNSELLING AND THERAPY CENTRE “FOUR WINDS”

Westport Road, Castlebar, Mayo.

CATCHMENT AREA: Mayo

SERVICES PROVIDED: Provide individual counselling, couples and family counselling, training in working with suicide bereaved and public lectures.

OFFICE PHONE: 094 9028746

SUPPORT PHONE: 087 2229679

E-MAIL: castlebarpsychotherapy@eircom.net

WEBSITE: www.dctc.ie

OPENING HOURS: 9.30am-5.30pm Mon-Fri, evening appointments available.

IS THERE A CHARGE? No

CONSOLE (*Ballina Outreach*)

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

SERVICES PROVIDED: Suicide bereavement support.

PHONE: 01 6102638 (*all enquiries to Console Head Office*)

E-MAIL: info@console.ie

WEBSITE: www.console.ie

CONSOLE (*Mayo*)

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

SERVICES PROVIDED: Suicide bereavement support.

PHONE: 01 6102638 (*all enquiries to Console Head Office*)

E-MAIL: info@console.ie

WEBSITE: www.console.ie

CURAM FAMILY CENTRE

Claremorris, Mayo.

CATCHMENT AREA: South Mayo & North Galway

SERVICES PROVIDED: Individual Support, Counselling and Group Support for those bereaved through suicide.

PHONE: 094 9362096

E-MAIL: curamclaremorris@eircom.net

OPENING HOURS: 9.30am-5.00pm Mon-Thurs, 9.30pm-4.00pm Fri

IS THERE A CHARGE? No

KNOCK COUNSELLING CENTRE

Knock Shrine, Knock, Mayo.

CATCHMENT AREA: Mayo

SERVICES PROVIDED: Counselling for individuals and families of the bereaved and

suicide bereaved; group sessions for those bereaved by suicide.

PHONE: 094 9388100

E-MAIL: counsellingknock@eircom.net

OPENING HOURS: 9.30am-5.00pm Mon-Fri; Wed until 8.30pm. Also drop-in service.

IS THERE A CHARGE? Yes

LIVING LINKS (*Mayo*)

CATCHMENT AREA: Mayo

SERVICES PROVIDED: Suicide bereavement support.

TELEPHONE: 086 0406666

E-MAIL: mayo@livinglinks.ie

WEBSITE: www.livinglinks.ie

IS THERE A CHARGE? No

SOLACE THE FAMILY LIFE CENTRE

Chapel Street, Castlebar, Mayo.

CATCHMENT AREA: Mayo

SERVICES PROVIDED: Provide individual and group bereavement support and suicide bereavement support; Rainbows programme and in-service training for bereavement support worker.

PHONE: 094 9025900

E-MAIL: info@familylifecentre.ie

WEBSITE: www.familylifecentre.ie

OPENING HOURS: 9.30am-5.30pm Mon-Fri, closed 1.00pm-2.00pm

IS THERE A CHARGE? No

MEATH

AMEN

St Anne's Resource Centre, Railway Street, Navan, Meath.

CATCHMENT AREA: Meath

SERVICES PROVIDED: Provide a helpline, counselling support and peer support.

OFFICE PHONE: 046 9076864

SUPPORT PHONE: 046 9023718

E-MAIL: info@amen.ie

WEBSITE: www.amen.ie

OPENING HOURS: 9.00am-5.00pm Mon-Fri

IS THERE A CHARGE? No

EUREKA SECONDARY SCHOOL

Kells, Meath.

CATCHMENT AREA: Meath

SERVICES PROVIDED: General bereavement support to individuals and groups and home visits as requested.

PHONE: 046 9240132

IS THERE A CHARGE? No

KELLS PARISH BEREAVEMENT SUPPORT GROUP

c/o Parish Office, Kells, Meath.

CATCHMENT AREA: Meath

SERVICES PROVIDED: To visit, listen and support people with the death of a loved one or loss of any kind. A safe space is provided for people to talk freely either in a group setting or on a one-to-one basis about their experience of grief.

PHONE: 046 9240213

E-MAIL: info@kellsparish.ie

WEBSITE: www.kellsparish.ie

OPENING HOURS: 10.30am-1.00pm and 2.00pm-5.00pm Tues-Sat

IS THERE A CHARGE? No

LIVING LINKS (Meath)

Secretary of Meath Living Links, Dowdstown House, Dalgan Park, Navan, Co Meath.

CATCHMENT AREA: Meath

SERVICES PROVIDED: Suicide bereavement support. Trained volunteers offer confidential, practical support and advice to families who have experienced a death by suicide.

PHONE: 046 9021407

MOBILE: 087 2731001

E-MAIL: meath@livinglinks.ie

WEBSITE: www.livinglinks.ie

IS THERE A CHARGE? No

MONAGHAN

DOCHAS FOR WOMEN

Mullaghmatt/Cortolvin FRC, Oriel Road, Monaghan.

CATCHMENT AREA: Monaghan

PHONE: 047 71640

E-MAIL: dochasforwomen@eircom.net

OPENING HOURS: 9.00am-4.00pm Mon-Thurs, 9.00am-3.00pm Fri

IS THERE A CHARGE? Yes

OFFALY

FAMILY RESOURCE CENTRE CLARA

River Street, Clara.

CATCHMENT AREA: Clara

SERVICES PROVIDED: Bereavement and counselling support to individuals and families.

PHONE: 057 9331928

IS THERE A CHARGE? No

FAMILY RESOURCE CENTRE TULLAMORE

Arden View, Tullamore.

CATCHMENT AREA: Tullamore

SERVICES PROVIDED: Bereavement and counselling support to individuals and families.

PHONE: 057 9320598

IS THERE A CHARGE? No

FERBANE PARISH BEREAVEMENT SUPPORT SERVICE

The Presbytery, Ferbane, Offaly.

CATCHMENT AREA: South Offaly

SERVICES PROVIDED: One-to-one and group support for those who are experiencing the loss of a loved one.

PHONE: 090 6454380 / 090 6453695

IS THERE A CHARGE? No

LIVING LINKS *(Midlands)*

CATCHMENT AREA: Laois / Offaly / Longford / Westmeath

SERVICES PROVIDED: Suicide bereavement support. Trained individuals are available to offer confidential, practical support, help and advice to persons bereaved by suicide, either on an individual or family basis.

PHONE: 086 1600641

E-MAIL: info@livinglinks.ie

WEBSITE: www.livinglinks.ie

IS THERE A CHARGE? No

TULLAMORE PARISH BEREAVEMENT SUPPORT SERVICE

St Mary's Parish Centre, Benburb Street, Tullamore.

CATCHMENT AREA: Tullamore

SERVICES PROVIDED: One-to-one and group support for those who are experiencing the loss of a loved one.

PHONE: 057 9326604

IS THERE A CHARGE? No

ROSCOMMON

FAMILY LIFE CENTRE

Boyle, Co. Roscommon.

CATCHMENT AREA: Roscommon, Leitrim and Sligo

SERVICES PROVIDED: Professional counselling and psychotherapy service available to individuals, families or groups. Bereavement support, support for the suicide bereaved - one-to-one and group support available. Rainbows programme for children and adolescents.

OFFICE PHONE: 071 9663000

SUPPORT PHONE / DIRECT LINE: 071 9663841

E-MAIL: info@familylifecentre.ie

WEBSITE: www.familylifecentre.ie

FACEBOOK: [Facebook.com/flcboyle](https://www.facebook.com/flcboyle)

TWITTER: www.twitter.com/FLCBoyle

OPENING HOURS: 9.00am-1.00pm, 2.00pm-5.00pm Mon-Fri

IS THERE A CHARGE? Sliding scale / donation for support services, no charge for Rainbows

HSE COMMUNITY SERVICES - PALLIATIVE CARE

Ardsallagh, Athlone Road, Roscommon.

CATCHMENT AREA: Roscommon

SERVICES PROVIDED: Bereavement care services for those in palliative care.

PHONE: 090 6637596

E-MAIL: maryj.mcdermott@hse.ie

OPENING HOURS: 9.30am-5.30pm, 7 days a week

IS THERE A CHARGE? No

LIVING LINKS (*Roscommon*)

CATCHMENT AREA: Roscommon

SERVICES PROVIDED: Suicide bereavement support

PHONE: 086 0311888

E-MAIL: roscommon@livinglinks.ie

WEBSITE: www.livinglinks.ie

IS THERE A CHARGE? No

ROSCOMMON HOSPITAL SPECIALIST PALLIATIVE CARE SERVICE

Athlone Road, Roscommon.

CATCHMENT AREA: Roscommon

SERVICES PROVIDED: General bereavement to those patients in palliative care.

PHONE: 090 6626200
E-MAIL: helen.ely@hse.ie
OPENING HOURS: 8.30am-4.00pm Mon-Fri
IS THERE A CHARGE? No

THE FAMILY INSTITUTE

Church Street, Ballaghaderreen, Roscommon.

CATCHMENT AREA: Roscommon
SERVICES PROVIDED: Counselling and psychotherapy.
PHONE: 094 9861000
IS THERE A CHARGE? Yes

VITA HOUSE FAMILY CENTRE

Abbey Street, Roscommon.

CATCHMENT AREA: Roscommon and surrounding counties
SERVICES PROVIDED: General counselling & psychotherapy for individuals, couples and families. Bereavement and suicide counselling, personal development workshops, Rainbows. Educational programmes for the wider community. Life after loss and understanding grief workshops.
PHONE: 090 6625898
E-MAIL: vitahouse@eircom.net
WEBSITE: www.vitahouse.org
OPENING HOURS: 9.30am-5.30pm Mon-Fri, late evenings and Saturdays when courses are on
IS THERE A CHARGE? Yes. Client's fees are based on a sliding scale, according to people's ability to pay.

SLIGO

BALLYMOTE FAMILY RESOURCE CENTRE

Wolfe Tone Street, Ballymote, Sligo.

CATCHMENT AREA: Sligo
SERVICES PROVIDED: Provide support and information to the Ballymote area.
PHONE: 071 9189876
E-MAIL: ballymotefrc@eircom.net
WEBSITE: www.frcnf.com/ballymote
OPENING HOURS: 9.00am-5.00pm Mon-Fri
IS THERE A CHARGE? No

BEYOND THE LOSS

Northside Community Centre, Sligo.

CATCHMENT AREA: Sligo

SERVICES PROVIDED: Suicide bereavement support group meetings.

PHONE: 086 2308888

IS THERE A CHARGE? No

HSE BEREAVEMENT COUNSELLING / THERAPY SERVICE

CATCHMENT AREA: Leitrim, Sligo, W. Cavan

SERVICES PROVIDED: Individual and family counselling for bereavement by suicide

PHONE: 071 9155108

IS THERE A CHARGE? No

LIVING LINKS (*Sligo/Leitrim*)

CATCHMENT AREA: Sligo/Leitrim

SERVICES PROVIDED: Suicide bereavement support.

PHONE: 086 3999029

E-MAIL: sligo@livinglinks.ie

WEBSITE: www.livinglinks.ie

IS THERE A CHARGE? No

SAMARITANS (*Sligo*)

3 The Mall, Sligo.

SERVICES PROVIDED: Confidential emotional support, 24-hour helpline.

NATIONAL HELPLINE: 1850 609090

USUAL HOURS OPEN TO RECEIVE CALLERS AT THE DOOR: 11.00am-9.00pm daily

SLIGO SOCIAL SERVICE COUNCIL LTD

Charles Street, Sligo.

CATCHMENT AREA: Sligo

SERVICES PROVIDED: Provide support and counselling to individuals and families.

PHONE: 071 9145682

E-MAIL: info@sligosocialservices.ie

WEBSITE: www.sligosocialservices.ie

OPENING HOURS: 9.30am-5.30pm Mon-Fri

IS THERE A CHARGE? Yes

ST MICHAELS FAMILY LIFE CENTRE

Church Hill, Sligo.

CATCHMENT AREA: Sligo

SERVICES PROVIDED: Counselling, bereavement and suicide bereavement groups and seminars on loss and bereavement.

PHONE: 071 9170329

E-MAIL: stmichaelsfamilylifecentre@eircom.net

OPENING HOURS: 9.30am-4.00pm Mon-Fri, counselling by appointment.

IS THERE A CHARGE? No

STOP SUICIDE

CATCHMENT AREA: Leitrim, Sligo, Donegal

SERVICES PROVIDED: Counselling for people in distress and for people who are bereaved by suicide. A bereavement support group meets on the first Thursday of each month at the Bee Park Centre in Manorhamilton from 7.00pm to 8.30pm.

PHONE: 1850 211877

E-MAIL: info@stopsuicide.ie

WEBSITE: www.stopsuicide.ie

IS THERE A CHARGE? No

TIPPERARY

ANAM CARA (*Tipperary*)

SERVICES PROVIDED: Bereavement support services for parents and siblings.

PHONE: 01 4045378 / 085 2888888

EMAIL: info@anamcara.ie

WEBSITE: www.anamcara.ie

LIVING LINKS (*Tipperary*)

Urra, Ballycommon, Nenagh, Tipperary.

CATCHMENT AREA: Tipperary

SERVICES PROVIDED: Suicide bereavement support.

PHONE: 087 9693021

E-MAIL: tipperary@livinglinks.ie

WEBSITE: www.livinglinks.ie

IS THERE A CHARGE? No

SOUTH TIPPERARY GENERAL HOSPITAL

Palliative Care Service, Western Road, Clonmel, Tipperary.

CATCHMENT AREA: Tipperary

SERVICES PROVIDED: General bereavement services.

OFFICE PHONE: 052 777341

SUPPORT PHONE: 087 6590445

E-MAIL: maryt.connolly@hse.ie

OPENING HOURS: 9.00am-5.00pm Mon-Fri

IS THERE A CHARGE? No

SOUTH TIPPERARY HOSPICE MOVEMENT

3/4 Mandeville House, The Quay, Clonmel, Tipperary.

CATCHMENT AREA: Tipperary

SERVICES PROVIDED: Palliative nursing home care and bereavement support/counselling.

PHONE: 052 27721

E-MAIL: southtipphospice@maila.hse.ie

OPENING HOURS: 9.00am-5.00pm Mon-Fri

IS THERE A CHARGE? No

ST. OLIVER'S BEREAVEMENT SUPPORT

c/o St. Oliver's Parish Office, Glenconnor, Clonmel, Tipperary.

CATCHMENT AREA: Tipperary

SERVICES PROVIDED: One-to-one support offered to the bereaved.

OFFICE PHONE: 052 6125679

OPENING HOURS: 9.30am-4.30pm Mon-Fri

IS THERE A CHARGE? No

S.U.A.S. (Suicide Understanding & Support for those bereaved by suicide)

c/o Caragh, Brittas Road, Thurles, Tipperary.

CATCHMENT AREA: Archdiocese of Cashel & Emly

SERVICES PROVIDED: Listening support and links to support in community.

OFFICE PHONE: 0504 21476

SUPPORT PHONE: 0504 26366

OPENING HOURS: 24 hour phone service

IS THERE A CHARGE? No

SUPPORT AFTER HOMICIDE

16 Toberaheana Estate, Clonmel, Tipperary.

CATCHMENT AREA: Tipperary

SERVICES PROVIDED: Emotional support and practical information for those bereaved by homicide on a one-to-one basis in their home.

PHONE: 087 9837322

IS THERE A CHARGE? No

WATERFORD

FAMILY MINISTRY

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

CATCHMENT AREA: Waterford

SERVICES PROVIDED: Individual counselling, telephone counselling and support and support groups.

OFFICE PHONE: 051 858772

SUPPORT PHONE: 051 874199

E-MAIL: anabradly@eircom.net

IS THERE A CHARGE? No

SAMARITANS (*Waterford*)

16 Beau Street, Waterford.

SERVICES PROVIDED: Confidential emotional support, 24-hour helpline.

PHONE: 051 872114

NATIONAL HELPLINE: 1850 609090

USUAL HOURS OPEN TO RECEIVE CALLERS AT THE DOOR: 9.00am-10.00pm daily

TALK IT OVER (*Waterford*)

c/o St. Otteran's Hospital, John's Hill, Waterford.

CATCHMENT AREA: Waterford

SERVICES PROVIDED: Trained volunteers provide a listening service for those bereaved by suicide.

PHONE: 1850 201249

IS THERE A CHARGE? No

THE MEN'S DEVELOPMENT NETWORK

30 O'Connell Street, Waterford.

CATCHMENT AREA: Waterford

SERVICES PROVIDED: Individual and group counselling to men around general loss and bereavement.

OFFICE PHONE: 051 844260

SUPPORT PHONE: 087 1364886

E-MAIL: mdil@mens-network.net

OPENING HOURS: Office open 9.00am-5.00pm Mon-Fri, counselling after hours.

IS THERE A CHARGE? No

WESTMEATH

CARAPHORT FAMILY RESOURCE CENTRE

Harbour Street, Ballynacargy, Mullingar.

CATCHMENT AREA: Mullingar

SERVICES PROVIDED: Bereavement and counselling support to individuals and families.

PHONE: 044 9373060

IS THERE A CHARGE? No

CONSOLE (*Athlone Outreach*)

Sonass Healthcare, Cloghanboy, Athlone, Co. Westmeath.

SERVICES PROVIDED: Suicide bereavement support.

PHONE: 091 769942

E-MAIL: info@console.ie

WEBSITE: www.console.ie

LIVING LINKS (*Midlands*)

CATCHMENT AREA: Laois / Offaly / Longford / Westmeath

SERVICES PROVIDED: Suicide bereavement support. Trained individuals are available to offer confidential, practical support, help and advice to persons bereaved by suicide, either on an individual or family basis.

PHONE: 086 1600641

E-MAIL: info@livinglinks.ie

WEBSITE: www.livinglinks.ie

IS THERE A CHARGE? No

MONSIGNOR MCCARTHY FAMILY RESOURCE CENTRE, ATHLONE

Battery Heights, Athlone.

CATCHMENT AREA: Mullingar

SERVICES PROVIDED: Bereavement and counselling support to individuals and families.

PHONE: 090 6494336

IS THERE A CHARGE? No

SAMARITANS (*Athlone & Midlands*)

13 Court Devenish, Athlone, Westmeath.

SERVICES PROVIDED: Confidential emotional support, 24-hour helpline.

NATIONAL HELPLINE: 1850 609090

USUAL HOURS OPEN TO RECEIVE CALLERS AT THE DOOR: 10.00am-10.00pm daily

WEXFORD

CONSOLE (*Wexford*)

Console House, 14 Francis Street, Wexford.

SERVICES PROVIDED: Suicide bereavement support.

PHONE: 053 9122787

E-MAIL: info@console.ie

WEBSITE: www.console.ie

OASIS COUNSELLING SERVICE

Creagh, Gorey, Wexford.

CATCHMENT AREA: Wexford

SERVICES PROVIDED: Counselling.

OFFICE PHONE: 053 9421591

SUPPORT PHONE: 087 2223781

E-MAIL: berniehackett@oceanfree.net

OPENING HOURS: By appointment.

IS THERE A CHARGE? Yes

ST. SENAN'S HOSPITAL

Enniscorthy, Wexford.

CATCHMENT AREA: Wexford

SERVICES PROVIDED: Adult mental health services.

PHONE: 053 9243233

E-MAIL: sheilab.kissane@maila.hse.ie

IS THERE A CHARGE? No

TALK IT OVER (*Wexford*)

Mount Cross, Bridgetown, Wexford.

CATCHMENT AREA: Waterford, Wexford, Carlow and Kilkenny

SERVICES PROVIDED: Listening and support service for people bereaved by suicide.

PHONE: 1850 201249

OPENING HOURS: 9.00am-5.00pm Mon-Fri

IS THERE A CHARGE? No

WEXFORD COMMUNITY CARE CENTRE/PSYCHOLOGICAL SERVICES

Grogan's Road, Wexford Town, Wexford.

CATCHMENT AREA: Wexford

SERVICES PROVIDED: Therapy to children under 18 and consultation to parents.

PHONE: 053 9123522

E-MAIL: karen.loane@maila.hse.ie
WEBSITE: www.hse.ie
OPENING HOURS: 9.00am-5.00pm Mon-Fri
IS THERE A CHARGE? No

WICKLOW

BRAY CANCER SUPPORT CENTRE

36B Main Street, Bray, Wicklow.

CATCHMENT AREA: Wicklow
SERVICES PROVIDED: Support groups and one-to-one counselling for the bereaved.
PHONE: 01 2866966
E-MAIL: bcsc@iol.ie
WEBSITE: www.braycancersupport.ie
OPENING HOURS: 10.00am-4.00pm Mon-Fri
IS THERE A CHARGE? No

LIVING LINKS (*Wicklow*)

CATCHMENT AREA: Wicklow
SERVICES PROVIDED: Suicide bereavement support.
PHONE: 086 7779868
E-MAIL: wicklow@livinglinks.ie
WEBSITE: www.livinglinks.ie
IS THERE A CHARGE? No

MENINGITIS TRUST LTD

2 Glencourt, Bray, Wicklow.

CATCHMENT AREA: Ireland
SERVICES PROVIDED: 24 hour helpline, counselling, home and hospital visits and literature to those affected by meningitis.
OFFICE PHONE: 01 2762050
SUPPORT PHONE: 1800 523196
E-MAIL: CaroleN@meningitis-trust.ie
WEBSITE: www.meningitis-trust.org
OPENING HOURS: 9.00am-5.00pm Mon-Fri
IS THERE A CHARGE? No

SUICIDE BEREAVEMENT SUPPORT BRAY AND LIVING LINKS

Holy Redeemer Parish Centre, Bray, Wicklow.

CATCHMENT AREA: Wicklow

SERVICES PROVIDED: Suicide support through the monthly Bray suicide support group. Living Links Wicklow provides support for those bereaved by suicide in the immediate aftermath of the suicide.

PHONE: 01 2868413

OPENING HOURS: 9.00am-12.00pm Mon-Thurs

IS THERE A CHARGE? No

WICKLOW WORKING TOGETHER

Wicklow Child & Family Project, The Mall, Wicklow Town, Wicklow.

CATCHMENT AREA: Wicklow

SERVICES PROVIDED: Provides counselling, family support, literature and information and acts as a liaison with other agencies.

OFFICE PHONE: 0404 64725

SUPPORT PHONE: 087 2873789

E-MAIL: wcandfp@indigo.ie

OPENING HOURS: 9.30am-1.00pm, 2.00pm-4.30pm, Mon-Fri

IS THERE A CHARGE? Yes

Northern Ireland Contacts

ANAM CARA (*Armagh*)

SERVICES PROVIDED: Bereavement support services for parents and siblings.

PHONE: 01 4045378 / 085 2888888

EMAIL: info@anamcara.ie

WEBSITE: www.anamcara.ie

NORTHWEST BEREAVED BY SUICIDE SUPPORT GROUP

c/o Foyle Search & Rescue HQ, 20 Victoria Road, L'Derry.

CATCHMENT AREA: Nationwide

SERVICES PROVIDED: Provides support for people who have been bereaved by suicide. The coming together of those similarly bereaved can offer the opportunity to gain strength and understanding from the individuals within the group.

PHONE: 02871 865127

E-MAIL:

barry.mcgale@westcare.n-i.nhs.uk

OPENING HOURS: 1st & 3rd Monday of the month at 7.30pm

IS THERE A CHARGE? No

PIPS PROJECT

187 Duncairn Gardens, Belfast, BT15 2GF.

CATCHMENT AREA: North Belfast

SERVICES PROVIDED: Working with bereaved families, who have lost a loved one through suicide, in helping to support them in coming to terms with their loss and their grief. Crisis intervention for those who are attempting to and/or have previously attempted to take their own lives.

Provision of counselling and/or complementary therapies for all service users of PIPS.

Lobbying and campaigning for a suicide strategy and the implementation of policies around the issues of suicide and self-harm.

Assisting communities in establishing their own local support networks and groups. We have assisted in establishing such groups in Downpatrick, Newcastle, Cookstown, Newry and Ballynahinch, amongst others.

Going into communities and schools to provide awareness and training around the issues.

Working to remove the social stigma currently attached to suicide, self-harm, depression and other mental health issues.

PHONE: 02890 755070

E MAIL: pipsproject@btconnect.com

WEBSITE: www.pipsproject.com

OPENING HOURS: 8.30am-5.00pm Mon-Fri

IS THERE A CHARGE? No

POSITIVE ACTION TO HELP THOSE BEREAVED BY SUICIDE (PATHS)

TARA Centre, 11 Holmview Terrace, Omagh, Co Tyrone, BT79OAH.

CATCHMENT AREA: Omagh area

SERVICES PROVIDED: A confidential support group for anyone bereaved by suicide.

It was founded in 1999. Counselling and other relevant support services for PATHS members, their dependents and those directly affected by death by suicide.

OFFICE PHONE: 02882250024

SUPPORT PHONE: 07745576886

E-MAIL: info@taraomagh.com

WEBSITE: www.taraomagh.com

OPENING HOURS: 1st Tuesday of each month at 8.00pm

IS THERE A CHARGE? No

SAMARITANS

SERVICES PROVIDED: 24-hour-a-day, confidential, emotional support for people who are experiencing feelings of distress or despair.

NATIONAL HELPLINE: 1850 609090

SAMARITANS (*Ballymena*)

45 Mount Street, Ballymena, Co. Antrim, BT43 6BP.

PHONE: 028 2565 0000 / 1850 609090

USUAL HOURS OPEN TO RECEIVE CALLERS AT THE DOOR: 12.30pm-10.00pm Mon- Weds,
1.30pm-10.00pm Sun

SAMARITANS (*Bangor and North Down*)

92 Dufferin Avenue, Bangor, Co. Down, BT20 3AD.

PHONE: 028 914 64646 / 1850 609090

USUAL HOURS OPEN TO RECEIVE CALLERS AT THE DOOR: 9.00am-10.00pm Mon-Sun

SAMARITANS (*Belfast*)

5 Wellesley Avenue, Belfast, BT9 6DG.

PHONE: 028 906 64422 / 1850 609090

USUAL HOURS OPEN TO RECEIVE CALLERS AT THE DOOR: 9.00am-10.00pm Mon-Sun

SAMARITANS (*Coleraine*)

20 Lodge Road, Coleraine, Co. Londonderry, BT52 1NB.

PHONE: 028 703 20000 / 1850 609090

USUAL HOURS OPEN TO RECEIVE CALLERS AT THE DOOR: 9.00am-10.00pm Mon-Sun

SAMARITANS (*Craigavon*)

162 Thomas Street, Portadown, BT62 3BD.

PHONE: 028 38333555

USUAL HOURS OPEN TO RECEIVE CALLERS AT THE DOOR: 10.00am-10.00pm daily

SAMARITANS (Derry)

16 Clarendon Street, Derry, BT48 7ET.

PHONE: 1850 609090

USUAL HOURS OPEN TO RECEIVE CALLERS AT THE DOOR: 10.00am-10.00pm Mon-Sun

SAMARITANS (Newry)

19 St Colman's Park, Newry, Co. Down BT34 2BX.

PHONE: 028 3026 6366

USUAL HOURS OPEN TO RECEIVE CALLERS AT THE DOOR: 12.30pm-10.00pm Mon, 9.00am-10.00pm, 12.30pm-4.00pm Tues

SAMARITANS (Omagh)

30 Campsie Crescent, Omagh, Co. Tyrone, BT79 0AD.

PHONE: 028 82244944

USUAL HOURS OPEN TO RECEIVE CALLERS AT THE DOOR: 10.00am-10.00pm daily

Key Contacts

ASSOCIATION FOR PSYCHOANALYSIS & PSYCHOTHERAPY IN IRELAND (APPI)

c/o KSi Faulkner Orr, KSi House, 10 Whitefriars, Aungier Street, Dublin 2.

PHONE: 086 7849145

E-MAIL: mcbarry@eircom.net

WEBSITE: www.appi.ie

AWARE

72 Lower Leeson Street, Dublin 1.

OFFICE PHONE: 01 6617211

SUPPORT PHONE: 1890 303302

WEBSITE: www.aware.ie

Organises support groups nationwide and monthly lectures.

BELONG TO SUPPORTING GAY, LESBIAN, BISEXUAL AND TRANSGENDERED YOUTH

Parliament House, 13 Parliament Street, Dublin 2.

PHONE: 01 6706223

E-MAIL: belongto@eircom.net

WEBSITE: www.belongto.org

CHILDLINE (ISPCC)

HELPLINE: 1800 666 666

CONNECT

PHONE: 1800 477477 (Freephone)

PHONE UK & NI: 00800 47704 7777

WEBSITE: www.connectcounselling.ie

OPENING HOURS: 6.00pm-10.00pm Wed-Sun

Free and confidential professional telephone counselling and support for adults abused in childhood. The service is also available to partners or relatives of people with these experiences..

GROW

Ormonde Home, Barrack Street, Kilkenny.

PHONE: 1890 474474

EMAIL: info@grow.ie

WEBSITE: www.grow.ie

OPENING HOURS: 9.00am-1.00pm

GROW is a mental health organisation which helps people who have suffered, or are suffering, from mental health problems.

IMMIGRANT COUNCIL OF IRELAND

2 St Andrew Street, Dublin 2.

INFORMATION SERVICE: 01 6740200

OFFICE PHONE: 01 6740202

FAX: 01 6458031

E-MAIL: info@immigrantcouncil.ie

WEBSITE: www.immigrantcouncil.ie

Link to directory of migrant led community organisations in Ireland;
www.immigrantcouncil.ie/mlco.htm

IRISH ASSOCIATION FOR COUNSELLING & PSYCHOTHERAPY (IACP)

Dublin Road, Bray, Co Wicklow.

PHONE: 1890 907265

E-MAIL: iacp@irish-counselling.ie

WEBSITE: www.irish-counselling.ie

IRISH ASSOCIATION OF SUICIDOLOGY

PO Box 11634, Ballsbridge, Dublin 4.

PHONE: 01 6674900

E-MAIL: info@ias.ie

WEBSITE: www.ias.ie

IRISH COLLEGE OF GENERAL PRACTITIONERS

4/5 Lincoln Place, Dublin 2

PHONE: 01 6763705

FAX: 01 6765850

E-MAIL: info@icgp.ie

WEBSITE: www.icgp.ie

IRISH COUNCIL FOR PSYCHOTHERAPY

13 Farnogue Park, Wexford.

PHONE: 01 9023819

E-MAIL: amps@indigo.ie

WEBSITE: www.psychotherapy-ireland.com

MENTAL HEALTH IRELAND

Mensana House, 6 Adelaide Street, Dun Laoghaire, Co Dublin.

PHONE: 01 2841166

E-MAIL: information@mentalhealthireland.ie

WEBSITE: www.mentalhealthireland.ie

PAVEE POINT

46 North Great Charles Street, Dublin 1, Ireland.

PHONE: 01 8780255

FAX: 01 8742626

E-MAIL: pavee@iol.ie

WEBSITE: www.paveepoint.ie

Organisation to promote the human rights of Travellers.

PSYCHOLOGICAL SOCIETY OF IRELAND (PSI)

Floor 2, Grantham House, Grantham Street, Dublin 2.

PHONE: 01 4720105

E-MAIL: info@psihq.ie

WEBSITE: www.psihq.ie

SAMARITANS

112 Marlborough Street, Dublin 1.

PHONE: 1850 609090

E-MAIL: jo@samaritans.org

SMS TEXTING: 087 2609090

WEBSITE: www.samaritans.ie

SHINE

38 Blessington Street, Dublin 7.

OFFICE PHONE: 01 8601620

SUPPORT PHONE: 1890 621631

E-MAIL: info@shineonline.ie

WEBSITE: www.shineonline.ie

Organisation to support those with mental ill health and their relatives and friends.

Irish & International Websites

WWW.NOSPI.IE

National Office for Suicide Prevention

WWW.HOSPICE-FOUNDATION.IE

Irish Hospice Foundation

WWW.BARNARDOS.IE

Barnardos

WWW.SAMARITANS.IE

Samaritans

WWW.NSBSN.ORG

National Suicide Bereavement Support Network

WWW.AWARE.IE

Aware - Depression support

WWW.GLEN.IE

Gay and Lesbian Equality Network

WWW.IAUCC.IE

Links to student counselling

WWW.DOHC.IE

Department of Health

WWW.NSRF.IE

National Suicide Research Foundation

WWW.IAS.IE

Irish Association of Suicidology

WWW.SURVIVINGSUICIDE.COM

Irish website aimed at the bereaved

WWW.THEBLACKDOG.NET

Irish website aimed at young men

WWW.ICGP.IE

Irish College of General Practitioners

WWW.MENTALHEALTHIRELAND.IE

Mental Health Ireland

WWW.CSO.IE

Central Statistics Office, Ireland

WWW.CITIZENSINFORMATION.IE

Agency supporting the provision of information on social services

WWW.TCD.IE/STUDENT_COUNSELLING

Trinity College mental health initiative

WWW.SPHE.IE

Social, Personal and Health Education

WWW.3TS.IE

Turning The Tide of Suicide

WWW.SPUNOUT.IE

Youth website

WWW.RECOVER.IE

Shine run site with information on mental ill health

WWW.IMMIGRANTCOUNCIL.IE

Immigrant Council of Ireland

HTTP://LASSO.UIO.NO/SSFF/IASP

European Directory of Survivor Services

WWW.SAVE.ORG

Suicide Awareness Voices of Education

WWW.AFSP.ORG

American Foundation for Suicide Prevention

WWW.GRIEFNET.ORG

Grief support

WWW.KIDSAID.COM

Online support for children by children

WWW.GRIEFLINK.ASN.AU

Information resource on grief

WWW.CRUSEBEREAVEMENTCARE.ORG.UK

Cruse bereavement services

WWW.REACHOUT.COM

Youth mental health website run by Inspire Ireland



Application / Revision Form

If you wish to amend your details or to apply for inclusion in a future edition of the directory please include your details below. The NOSP will consider all such applications for inclusion in future editions of the guide.

NAME (OF ORGANISATION):

ADDRESS:

CATCHMENT AREA:

SERVICES PROVIDED:

OFFICE PHONE:

SUPPORT PHONE:

EMAIL:

WEBSITE:

OPENING HOURS:

IS THERE A CHARGE?

IS LITERATURE PROVIDED?

CONTACT NAME (NOT FOR INCLUSION IN THE DIRECTORY):



When complete this form should be sent to:

NATIONAL OFFICE FOR SUICIDE PREVENTION

Health Service Executive, Stewart's Hospital, Mill Lane, Palmerstown, Dublin 20.

TEL: 01 6201672

E-MAIL: info@nosp.ie

WWW.NOSP.IE



Disclaimer

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

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

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

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

The National Office for Suicide Prevention does not endorse, warrant or guarantee the interventions, treatments, services or information described, offered or provided by any of the service providers, agencies or organisations listed.

In no event shall liability exist to any user (or any third party who obtains access to the information) under any law for any loss or damage (including but not limited to direct, indirect, economic and consequential damage) in respect of any matter whatsoever related to any information in the directory nor for the use of the information nor for actions taken or not taken as a result of information contained in the directory (including, without limitation, loss or damage caused by negligence).

The material contained in this directory is provided for general information purposes only and does not constitute care, treatment or other professional advice. Individuals are welcome to use the material contained in the directory but decisions with respect to specific care models are a matter for individual choice. Due to the general nature of the information in this directory, should you require specific help, you should seek the assistance of an appropriately trained professional person.

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

Notes

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

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This image shows a blank sheet of white paper designed for writing. It features horizontal blue lines spaced evenly down the page. Vertical red lines are positioned on either side of the center, creating margins. The overall appearance is that of a standard notebook or lined paper template.

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Notes

This image shows a full page of a document template designed for handwriting practice. It consists of approximately 28 evenly spaced, horizontal blue dashed lines extending across the entire width of the page. The background is plain white, providing a clear contrast for the lines. There are no margins, text, or other markings present.

NATIONAL OFFICE FOR SUICIDE PREVENTION

Health Service Executive, Stewart's Hospital, Mill Lane, Palmerstown, Dublin 20.

Telephone: 01-6201670 E-mail: info@nosp.ie

www.nosp.ie

Order Code: HSP00494