

SECOND EDITION

bereaved
a guide to the
by
feelings and services
suicide

HEALTH SERVICES
WESTCARE
WESTERN AUSTRALIA

This booklet has been compiled by **The Foyle and Sperrin Lakeland Forums on Suicide** and contains information on a range of services and suggestions that the Forums feel may be relevant to those who have been bereaved by suicide.

Our primary aim is to assist all those who have been bereaved by suicide and those who work with them. We hope the booklet will help in some way reduce the confusion and minimise the upset that arises after a suicide-related death.

The booklet has been divided into what are felt to be relevant sections which may be read at the appropriate time.

The opening section deals directly with the **feelings and emotions that may be experienced** by those bereaved after the death. It highlights Immediate Reactions, Natural Responses and explores the often-asked question Why? The remainder of the section deals with the experiences and Isolation the Family and Children may go through and highlights the support that can be drawn upon in such circumstances. This section ends with some Suggestions For The Bereaved which may help during this difficult time.

The second section, **Investigation of a Death by Suicide** outlines the procedures involved following a death by suicide, the role of the coroner, the postmortem and registering the death.

Sorting Out Your Affairs, is geared towards practical help and assistance. It deals with some actions that may be required to assist with future arrangements such as Help With a Funeral, Dealing with an Estate and Funeral Arrangements.

The final section lists names, addresses and telephone numbers of some **Helpful Organisations** that can be of support throughout the grieving process.

The booklet is designed to provide some brief general guidelines on managing the immediate events and coping with the long-term future. Most of all it is an attempt to communicate the fact that you are not alone. Many others have experienced a death by suicide, so much so, that they are offering support on an on-going basis, having learned how to deal with this terrible event in their own lives.

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FEELINGS YOU MAY BE
EXPERIENCING

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When someone dies by suicide many people are affected. Parents, partners, relatives and friends all feel the pain. People bereaved by suicide need to know that there is a range of services available to support them through the extreme circumstances and reactions they may experience.

Immediate Reactions

When bereaved by suicide the whole fabric of your normal world disintegrates. You feel totally overwhelmed by what has just happened and wonder how you will ever survive this tragic loss. Nothing can prepare a person for such an event. You find yourself in a place that is unfamiliar and unknown, with no signposts to show the way, feeling disorientated and powerless. While shocked and numb you have to cope with events that are out of your control. Your heart feels broken with pain beyond your comprehension.

Police, doctors and other professionals seem to take over; information and answers can be in short supply. There may be an intrusion by the media and your private grief can become public property. These overwhelming events can leave you feeling stunned. You may not want to believe that your loved one has taken their life and search for other explanations. You feel that this is happening to someone else and hope that when you awake from this awful dream, everything will be back to the way it was before....

Natural Responses

Grieving is a natural response to loss. It includes crying, remembering, yearning, sobbing and talking - all the many ways that we express our sadness. Anger can also be a major part of grief. We often struggle with the loss and with a sense that the death is unfair. It should not have happened. There can be a terrible sense of loneliness and absence. Life can lose its meaning for a time, your mood can be very low and it can feel difficult for you to just keep on going, day by day and even hour by hour. Guilt feelings, which are a normal part of grief, are often exacerbated. Grieving can cause feelings of anxiety, depression and fatigue. Sometimes these feelings become severe and prolonged. If you experience these symptoms to an extreme degree, you may need to talk to your family doctor.

When your loved one dies by suicide the grieving response can be more complex and even more difficult to resolve. The death is sudden and unexpected. It appears to have been avoidable and so very intense feelings of anger and guilt can arise. Somebody must be to blame.

You may feel angry with the person who has died - "why did he or she leave me?" A deep sense of rejection may be experienced, particularly if it is a partner who has died in this way. Family members often feel responsibility for the deceased

actions and believe that they could or should have done something to prevent the death. It is important to hold on to the reality that the death was not your fault. This is a tragic event that has happened. No one can take total responsibility for the life of someone else.

Anger can be turned out towards others - "someone should have noticed." Others turn the anger on themselves - "I should have noticed," and so begins a harmful pattern of self blame and guilt.

Why?

The question "why" assumes enormous proportions. You may go over this again and again. There can be a frantic search for a note that will give an explanation but even if it is found it will rarely answer your questions.

It will tell you how your loved one felt at a moment of intense distress, but it will probably not tell you the full story. "Why me? Why us? What have we done to deserve this?"

You may experience the symptoms of post-traumatic stress disorder, with panic attacks, nightmares, sleep disorders and flashbacks, particularly if you have found the body yourself. It is a very natural response to think that you are "going mad".

The Family

Family relationships can suffer at this time. Family members, grieving in different ways, can find it hard to understand one another or to communicate with one another. Some relatives may not even want to mention the dead person's name. Conflicts may develop causing further heartbreak and pain. Sometimes the search for someone to blame results in one particular family member becoming a scapegoat, leaving that person especially isolated.

The Children

Children in the family may have particular difficulties. Often the family tries to protect the children by keeping them away from the funeral or not telling them what has happened. The children, however, can observe the severe distress all around and usually hear all the painful details from other sources e.g. at school. It may be useful to discuss your concerns with the school or other organisations which the children are involved with e.g. youth clubs etc.

They can feel trapped in silence as they are "not supposed to know" and they feel that they do not have permission to talk about what has happened, to share in the grieving events and to grieve too. Gossip may harm children if they have not been told the truth.

Children need to be prepared for the outside world after a traumatic death. Honest and open communication, shared in loving ways helps most. Younger children are often satisfied to know that their relation had an accident. Older children will need to know what has happened and to be allowed to talk about it and to ask questions.

Isolation

Families bereaved by suicide often feel socially isolated. Friends and neighbours, not knowing what to say, may withdraw from you or avoid you. Others may approach and ask how you are but you sense that they really do not want to know. You can feel surrounded by happy families who do not want to see your pain. As a result you may feel stigmatised and isolated. You may even feel a sense of shame.

You may not know anyone else bereaved in this tragic way. This may make your grief journey feel especially lonely and difficult. Other outsiders may ask personal questions that are difficult to answer - it seems they just want a piece of your story. A simple statement like "He or she was unable to go on" may be enough.

In grief a person needs to be able to express and work through their feelings. There is a need to talk about what has happened and about the meaning of the event and to ask "why". It is important to tell your story and

to continue telling it for as long as is necessary for you. This process may go on for a long time, possibly for years.

Support

To get through this difficult time you will need the support of other people.

You may turn to family, friends, clergy or funeral directors. Since this bereavement is different from other bereavements support from counsellors or doctors may also be needed. The opportunity to meet others bereaved in the same way may also help. It is important to understand that an extreme grief reaction is a very natural response to such a sad and tragic event. This is a time to be aware of your own vulnerability and to take care of yourself. Most of all it is important to remember that you are not to blame. No one is to blame.

SUGGESTIONS FOR THE BEREAVED

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

Struggle with “why” it happened until you no longer need to know “why” or until you are satisfied with partial answers.

Know that you may feel overwhelmed by the intensity of your feelings but all your feelings are normal.

Anger, guilt, confusion and forgetfulness are common responses. You are not crazy; you are in mourning.

Be aware you may feel inappropriate anger at the person, at the world, at God, at yourself. It's okay to express it.

You may feel guilty for what you think you did or did not do. Guilt can turn into regret through forgiveness.

Having suicidal thoughts is common. It does not mean that you will act on these thoughts.

Remember to take one moment or one day at a time.

Find a good listener with whom to share. Call someone if you need to talk.

Don't be afraid to cry. Tears are healing.

Give yourself time to heal.

Remember the choice was not yours. No one is the sole influence in another's life.

Expect setbacks. Emotions can return like a tidal wave but you may only be experiencing a remnant of grief, an unfinished piece.

Try to put off major decisions.

Give yourself permission to get professional help.

Be aware of the pain of family and friends.

Be patient with yourself and with others who may not understand.

Set your own limits and learn to say no.

Steer clear of people who want to tell you what or how to feel.

Knowing that there are support groups that can be helpful such as Samaritans, Compassionate Friends and Survivors of Suicide groups. If not, ask a professional to help start one.

Call on your personal faith to help you through.

It is common to experience physical reactions to your grief e.g. headaches, loss of appetite, inability to sleep.

The willingness to laugh with others and at yourself is healing.

Wear out your questions, anger, guilt, or other feelings until you can let them go. Letting go doesn't mean forgetting.

Know that you will never be the same again, but you can survive and even go beyond just surviving.

Be kind and gentle with yourself.



INVESTIGATION OF A
DEATH BY SUICIDE

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Official agencies always intervene in the investigation of deaths by suicide, namely the police, coroner and pathologist.

The bereaved sometimes feel that they have little control over preliminary events but it is important for such deaths to be investigated thoroughly and promptly to facilitate early release of the body to the family for burial or cremation.

When the body is found, the police will preserve the scene until they have completed their preliminary investigation and a doctor has confirmed death. The doctor will be the GP, a police doctor or a hospital doctor. An ambulance team will usually be in attendance. The coroner shall be advised and he will authorise the transfer of the body by the family funeral director to a hospital mortuary for formal identification by a family member or friend.

The coroner is an experienced lawyer responsible for a local district and contact details can be found on page 33. The coroner instructs the police to arrange for the body to be examined externally and internally by a specially trained doctor called a pathologist and this may take place at a different mortuary which is specially equipped. A police officer always accompanies the body when it is moved until released to the family by the coroner. This examination, known as the post-mortem or autopsy, is carried out generally within 24

hours of the finding of the body which is returned to the family immediately thereafter. If the pathologist has retained organs for further analysis, they are returned as soon as possible or otherwise dealt with according to the family's instructions.

The police document their investigation on behalf of the coroner by taking statements from witnesses, family, police, doctors and paramedics and may photograph the scene. The preparation of post-mortem reports and police evidence takes several months to complete whereupon the coroner shall decide how to proceed. Most cases of suicide in Northern Ireland do not result in an inquest which is a formal examination of the circumstances of a death conducted in court, in public. The bereaved may wish to contact the coroner involved to enquire of the nature and extent of his/her investigation (see page 33). If the coroner concludes the investigation without an inquest, he issues a document formally reporting the conclusions of his investigation to the local Registrar of Deaths who will then invite a family member to attend the Registrar's office to register the death and obtain the death certificate.

From Start to Finish



SORTING OUT
YOUR AFFAIRS

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Sorting Out Your Affairs

Extended family and friends will need to be informed, including the personal representative e.g. the executor of the will or the administrator of the estate (you may need to contact your solicitor to find out who this is). If the personal representative is not told at this stage, there may be difficulties later, for example, in making funeral arrangements.

There will usually be a number of financial issues, which need sorting out when a person has died. It will be useful to try and collect together as many of the relevant documents as can be found. These will include:

- The Will.
- Bank and building society books and statements
- Insurance policies
- Pension or benefit order books
- Details of any credit agreements or outstanding loans
- Mortgage Statements
- Rent books
- Shares, savings certificates, premiums and bonds.

- Tax Documents.

The property and belongings of the person who has died should not be disposed of. They cannot be given away until there is legal authority to do this. This legal authority is known as getting a grant of probate if there is a will, or letters of administration if there is not.

HELP WITH THE COSTS OF A FUNERAL

The bereaved can claim a funeral payment if s/he:

- Or her/his partner receives income support or income-based jobseeker's allowance, working families' tax credit, disabled persons' tax credit, housing benefit; and
- is paying for a funeral which takes place in the United Kingdom and the deceased was originally resident in the United Kingdom at the date of his/her death
- accepts responsibility for the funeral expenses, and the Social Security Agency accept that it is reasonable for her/him to do so

If the bereaved is not receiving one of the benefits or credits when the funeral takes place but claims, and is entitled to, one of

them within three months of the funeral, s/he may be entitled to a funeral payment. The bereaved should make the claim for the funeral payment at the same time as s/he makes the benefit claim or application for the tax credit. The bereaved should not wait until s/he actually received his/her benefit or tax credit as the three-month time limit for making the claim for funeral payment may expire.

The Social Security Agency must accept that it is reasonable for the bereaved person to be responsible for the funeral expenses, and that there is no-one else who could be expected to be responsible.

The bereaved can claim funeral payment from the day of the death up to three months after the date of the funeral. The bereaved can claim a payment even if s/he has already paid for the funeral.

The bereaved cannot claim a funeral payment until s/he has a bill for the funeral.

The bereaved should use Form SF 200 (available from local Social Security Offices), or make an initial claim by letter and be sent Form SF 200. The date of claim will be the date when the social security office received the first letter, provided that the form is returned within a month of that date.

The bereaved must also send in the original of the funeral director's bill (not a photocopy) with the claim form. If the bereaved does not have the bill s/he should send the claim form and send the bill as soon as s/he receives it.

The following can be deducted by the Social Security Agency from a funeral payment:

Any of the dead person's assets which are available to the client or his/her family before probate or letters of administration are granted. Once probate or letters of administration have been granted the Social Security Agency can recover the funeral payment from the dead persons Estate. Funeral expenses have a priority claim on the estate. However, personal possessions left to relatives and the value of a home occupied by a surviving partner do not count as part of the estate.

DEALING WITH AN ESTATE: GETTING PROBATE

Everything owned by a person who has died is known as her/his estate.

The estate of the person who has died is usually passed to surviving relatives and friends, either according to instructions in a will, or according to the rules of intestacy where someone has died without a will.

The legal authority required to act on behalf of a person who has died is known as a grant of representation. There are two types of grant of representation:

- **Probate** - Probate given to a person named in a will as an executor.
- **Letters of Administration** - Letters of administration are given if there is no will, if a will is not valid, if there are no executors named in the will or if the executors cannot or are unwilling to act. Letters of administration should normally be applied for by the next of kin.

In this item the word probate will be used to describe both types of grant of representation.

A grant of probate is a High Court document issued by the probate registry. It proves that a person has the legal authority to deal with the estate and affairs of the person who has died. It is especially important when dealing with institutions holding money in the name of the person who has died. In effect the grant of probate transfers all of the property of the person who has died to the person holding the grant of probate.

BENEFITS

After a death it is important to check if there is any entitlement to Social Security Benefits such as Income Support, Working Families Tax Credit or Housing Benefit etc.

Since April 2001 Widows Benefits have been replaced by a Bereavement Payment; a Widowed Parent's Allowance; Bereavement Allowance and a Bereavement Premium which is included as part of Income Support, Income Based Jobseekers Allowance and Housing Benefit.

Further advice and assistance can be obtained from the Social Security Agency, Inland Revenue, local independent advice centre or Citizens Advice Bureau. (See helpful organisation section)

HELPFUL ORGANISATIONS

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**FOYLE CRUSE
BEREAVEMENT CARE**

4 Dacre Terrace
L'DERRY

Tel: L'Derry 028 71262941
email: foylecruse@hotmail.com
www.crusebereavementcare.org.uk
National Helpline: 0870 1671 677

Riverside House
Woodvale Avenue
OMAGH

Tel: Omagh 028 82 244414

Services

Bereavement support and counselling for anyone experiencing problems in coping with the death of a loved one. Group support. Information and literature on bereavement and loss.

Access

Self-Referral or referrals through General Practitioners, Social Services, Family/ Friends of bereaved people.

Opening Hours

10.30 - 5.30 Monday - Friday
Answering machine outside office hours.

**OMAGH & FERMANAGH CRUSE
BEREAVEMENT CARE**

Riverside House
Woodvale Avenue
Omagh

Tel; Omagh 028 8224 4414

Opening Hours
10 - 1 Monday - Friday
Answering machine outside office hours.

THE SAMARITANS

20 Campsie Road
OMAGH

Tel: Omagh 028 82 244944

16 Clarendon Street
L'DERRY

Tel: L'Derry 028 71265511
or
Tel: 08457 909090 (local rate)

Services

Listening / befriending for people who are lonely, suicidal or depressed. Confidential telephone line 24 hours a day.

Doors open in Omagh Office at 2pm.
L'Derry Office at 10am - 10pm

AISLING CENTRE

37 Darling Street
ENNISKILLEN
CO FERMANAGH

Tel: Enniskillen 028 66 325811
9am - 5.30pm (Mon - Fri)

Services

Counselling - individual, couple and family covering a range of issues such as bereavement / loss, relationship difficulties, stress / anxiety related situations.

Access

Self-referral or referral through General Practitioner, Social Worker

TARA CENTRE

11 Holmview Terrace
OMAGH

Tel: Omagh 028 82 250024

Services

Counselling - individual, couple and family covering a range of issues including bereavement / loss, abuse either physical, emotional or sexual. Personal development programmes - to build confidence / self- esteem.

Access

Self-referral or through General Practitioner, Social Worker.

PATHS

POSITIVE ACTION TO HELP THOSE
BEREAVED BY SUICIDE

Tel: 028 82 835302
or 028 82 835297

Meeting takes place in Post-graduate Centre, Tyrone County Hospital, Omagh on the first Tuesday of every month at 8pm.

Services

Confidential self help group, if you have been bereaved by suicide PATHS can help you. This support group will assist you to come to terms with your grief through the support of others who have had similar experiences. Also provides information on the grieving process.

Access

Self-referral.

CITIZENS ADVICE BUREAU

1-3 Guildhall Street
L'DERRY

Tel: L'Derry 028 71362444

31 Patrick Street
STRABANE

Tel: Strabane 028 71 382665

Services

Impartial, confidential, free advice on welfare benefit and money advice.

Access

Telephone / Drop-in - open door policy

DERRY WELL WOMAN

17 Queen Street
L'DERRY

Tel: L'Derry 028 71 360777

Services

Support/Therapy and listening ear service.

Access

Self-referral

AWARE DEFEAT DEPRESSION

22 Great James Street
L'DERRY

Tel: L'Derry 028 71 260602

Services

Support groups and self help for depression / manic depression.

Access

Open Referral

PARENTS ADVICE CENTRE

65 Clarendon Street
L'DERRY

Tel: L'Derry 028 71 26663

Services

Support, guidance and counselling for parents.

Access

Contact Office

KORAM CENTRE

3 Mourné Villas
Lower Main Street
Strabane

Tel: 028 71 886181
Email koramcentre@hotmail.com

Services

Listening ear and counselling service

Access

Self-referral

THE CHURCHES ADVICE CENTRE

121 Spencer Road
Waterside
L'Derry

Tel: 028 71 342536
Email welfarerights@churchadvicecentre.org

Services

Providing independent welfare rights advice

Access

Self-referral

THE COMPASSIONATE FRIENDS

(See Regional page 31 - 32)

BELFAST CRUSE OFFICE

10 College Green
Belfast

Tel: 028 9023 2695
Tel: 028 9043 4600
National Helpline: 08701671 677
www.crusebereavementcare.org.uk

Services

Bereavement support and counselling for anyone experiencing problems in coping with the death of a loved one. Group support. Information and literature on bereavement and loss.

Access

Self-Referral.

Opening Hours

9.30 - 4.30 Monday - Friday
Answering machine outside office hours.

NORTH DOWN & ARDS CRUSE OFFICE

106 Castle Street
Bangor

Tel: 028 9127 2444

Access

Self referral or referral through General Practitioners, Social Services, Family/Friends of bereaved people.

Opening Hours

9.30 - 1.30 Monday - Friday
Answering machine outside office hours.

SAMARITANS

Tel: 0345 909090 (24 hours a day)
www.samaritans.org.uk

Services

Listening/befriending for people who are lonely, depressed or suicidal.

Bangor & North Down
92 Dufferin Ave
Bangor
Tel: 028 9146 4646

Doors open 9.30 - 9pm.

Belfast
5 Wellesley Ave
Belfast
Tel: 028 9066 4422

Doors open 9am - 10.30pm.

Hard of Hearing, Deaf & Speech Impaired only
Tel: 0845 7909192

CITIZENS ADVICE BUREAU

Belfast, 6 Callender St
Tel: 028 9024 3196
Hours 9.30 - 12.30pm
Tuesday 2 - 4pm

Bangor, Hamilton House, Hamilton Road
Tel: 028 9127 0009
Hours 10 - 4pm Monday - Friday
Closed Thursday.

Downpatrick, 8 Irish Street
Tel: 028 4461 4110
Hours 10.30 - 4pm Mon, Tue & Friday.

Lisburn, 50 Railway Street
Tel: 028 9266 2251
Hours 9.30 - 12.30, 1.30 - 4.30 Mon - Fri.

Newtownards, 23 Regent Street
Tel: 028 9181 9257
Hours 11 - 2.30 Monday - Friday.

Services

Impartial, confidential, free advice on welfare benefit and money advice.

PARENTS ADVICE CENTRE

Franklyn House
Brunswick Street
Belfast

Tel: 028 9023 8800

Services

Support, guidance and counselling for parents.

Access

Contact by telephone.

COMMUNITY RESPONSE

41a Suffolk Road
Belfast

Tel: 028 9060 0641

Services

Families bereaved by suicide providing support for others.

AWARE DEFEAT DEPRESSION

(See Regional page 31 - 32)

PARENTS ADVICE CENTRE

Unit 1 Feeny's Lane
Dungannon

Tel: (028) 8775 2900

75 Wellington Street
Ballymena

Tel: (028) 2565 0099

Services

Support, guidance and counselling for parents.

Access

Contact office

CITIZENS ADVICE BUREAU

Cookstown Branch
15 Molesworth Street
Cookstown
BT80 8NX

Tel: (028) 8676 6126

Fax: (028) 8676 9396

Magherafelt Branch
43 Queen's Avenue
Magherafelt
BT45 6BX

Tel: (028) 7963 4562

Fax: (028) 7030 0200

Telephone Advice Line (028) 8676 0917
(Monday to Friday 9.30am - 4.30am)

Opening Hours

Monday to Friday 10.00am to 3.00pm

Coleraine Branch
24 Lodge Road
Coleraine

Tel: (028) 7034 4817

Opening Hours

9.30am - 1.00pm and 2.00pm - 4.00pm

Services

Confidential advice and information on a range of issues including housing rights, welfare rights and benefits, money / debt, consumer rights, employment rights and relationship issues.

Access

By telephone appointment, Telephone Advice Line, Appointments and Drop-in-open door policy.

THE COMPASSIONATE FRIENDS
(See Regional page 31 - 32)

SHADOW OF SUICIDE

(See Region page 31 - 32)

BANNSIDE CRUSE BEREAVEMENT CARE

Oak Cottage
Braid Valley Hospital
Ballymena
Co. Antrim

Tel: (028) 2563 0900

(Covering Ballymena, Cookstown,
Magherafelt, Antrim, Larne and Glenarm)

Services

Bereavement support and counselling for anyone experiencing problems in coping with the death of a loved one. Information and literature on bereavement and loss.

Access

Self referral or through General Practitioner, Social Services, Family/Friends of bereaved people.

Opening hours:

9.15am - 11.15am Mon, Tues, Thurs.
1.30 - 5.30pm Wed, Fri.

CAUSEWAY OFFICE

Robinson Memorial Hospital
Newal Road
Ballymoney
Co. Antrim

Tel: (028) 2766 6686

Opening hours:

Monday to Friday 9.30am - 12.30pm

THE SAMARITANS

Ballymena Samaritans
45 Mount Street
Ballymena
BT43 6BP

Tel: (028) 2565 0000

Coleraine District Samaritans
20 Lodge Road
Coleraine
BT52 1NB

Tel: (028) 7032 0000

National Line 08457 909090 (Local Rate)

Services

Listening / befriending for people who are lonely, suicidal or depressed. Confidential telephone line 24 hours a day.

ARMAGH & DUNGANNON CRUSE BEREAVEMENT CARE

Merrion House
46 The Square
MOY
Co Tyrone

Tel: 028 8778 4004
National Helpline: 0870 1671 677
www.crusebereavementcare.org.uk

Services

Bereavement support and counselling for anyone experiencing problems in coping with the death of a loved one. Information and literature on bereavement and loss.

Access

Self-referral or through General Practitioners, Social Services, Family/Friends of bereaved people.

Opening hours

Mon Wed Thurs Fri 2.00pm - 4.00pm
Tuesday 10.30am - 12.30pm
Answering machine outside hours

NEWRY & MOURNE BEREAVEMENT CARE

5 Edward Street
NEWRY
Co Down

Tel: 028 3025 2322
Email: cruse.newrymourne@talk21.com

Opening hours
Monday - Friday 10.00am - 1.00pm
Answering machine outside hours

SUICIDE BEREAVEMENT SUPPORT GROUP

Ballybot House
NEWRY
Co Down

Tel: 07764193319 (Gordon Myers)

A group of people who have been bereaved by suicide from an extensive geographical area, who meet and support each other. Meets the 2nd Tuesday of each month at 7.30pm

Self-referral

SUICIDE BEREAVEMENT SUPPORT GROUP

Benburb Priory
BENBURB
Co Tyrone

Tel: 028 3754 8241 (Fr Gabriel)

A group of people who have been bereaved by suicide from an extensive geographical area, who meet and support each other. Meets the 3rd Thursday of every month.

Self-referral

CARE IN CRISIS

39 Union Street
LURGAN
Co Armagh

Tel: 028 3832 9900

Counselling/support services for those suffering from bereavement including bereavement for suicide, post abortion, miscarriage etc.

Anyone can contact this centre directly or be referred by GP, Social Worker, Friend or Family.

Monday - Friday 9.00am - 5.00pm
Clinic for teenagers Thursday afternoon

**DUNGANNON & DISTRICT
CITIZENS ADVICE BUREAU**

5-6 Feeney's Lane
DUNGANNON
Co Tyrone

Tel: 028 8772 5299
Advice and Information
Telephone Helpline and Drop-in Centre

**ARMAGH & DISTRICT CITIZENS
ADVICE BUREAU**

9 McCrum's Court
ARMAGH
BT61 7RS

Tel: 028 3752 4041

Provisions of advice, information, help, advocacy; a domestic violence drop-in centre.

Open-door Policy - 10.00am - 1.00pm
Telephone Advice - 10.00am - 1.00pm /
2.00pm - 4.00pm

Outreach Services

Keady, Markethill, Tandragee, Richhill,
Loughgall, Middletown.

**CRAIGAVON DISTRICT CITIZENS
ADVICE BUREAU**

6 Union Street
LURGAN

Tel: 028 3832 3571

7 Edward Street
PORTADOWN

Tel: 028 3835 3260

Advice and Information
Self-referral, Telephone Appointment,
Disability Access.

Monday - Friday 10.00am - 2.00pm

PARENTS ADVICE CENTRE

1 & 2 Feeney's Lane
DUNGANNON
Co Tyrone

Tel: 028 8775 3630

Support guidance and counselling for parents.

Self-referral

T.A.S.S.K HEALTHY LIVING CENTRE

Old Technical Building
Downshire Road
BANBRIDGE
Co Down
Tel: 028 4062 9930

A suicide awareness programme aimed at promoting understanding of issues around suicide and practical assistance to those affected by suicide in the Craigavon and Banbridge area.

Self-referral

NEWRY SAMARITANS

19 St Coleman's Park
NEWRY

Tel: 028 3026 6366
24 hour Helpline 08457 909090

CRAIGAVON SAMARITANS

162 Thomas Street
PORTADOWN

Tel: 028 3833 3555
24 hour Helpline 08457 909090

Offers confidential emotional support 24 hours a day.

Self-referral

AWARE DEFEAT DEPRESSION

(See Regional page 31 - 32)

CONTACT YOUTH COUNSELLING AND INFORMATION SERVICE

2A Ribble Street
BELFAST

Tel: Belfast 028 90457848
Helpline: 028 90 456654
10am - 10pm (Mon - Fri)

Services

Information and counselling service for young people.

AWARE DEFEAT DEPRESSION

22 Great James Street
L'DERRY

Tel: L'Derry 028 71 260602

Services

Support groups and self help for depression / manic depression.

Access

Open Referral

NATIONAL SUICIDE BEREAVEMENT SUPPORT NETWORK

TERESA MILLEA
Community Centre
Killeagh
Co. CORK

Tel: Youghal 00353 24 95561
Email: nsbsn@eircom.net
www.nsbsn.orgs

Services

Offers a means of connecting groups and individuals who provide bereavement support.

CHILDLINE NORTHERN IRELAND

Freephone 0800 1111

Services

A confidential helpline for children and young people in danger or distress.

RURAL SUPPORT LINE

Tel: (0845) 606 7607

Services

A listening and signposting helpline for the farming and rural community.

CONTACT YOUTH

139 Raven Hill Road
BELFAST

Tel: 028 9045 7848
Freephone Youthline 0808 8088000

Information and counselling services for young people.

Self-referral

**IRISH ASSOCIATION OF
SUICIDOLOGY**

St. Mary's Hospital
Castlebar
Cc. Mayo

Tel: Castlebar 00353 94 21333 Ext2084

Services

Organises conferences on suicide.
Promotes research and awareness.
Supports suicide bereavement groups.

THE COMPASSIONATE FRIENDS

Linden House
32 Lower Ballinderry Road
Ballinderry
Co. Antrim
BT28 2JH

National Helpline: 0117 9539 639
N.I. Helpline: 028 9265 2550
Foyle Area Contact: 028 7134 8195

Email: infor@tcf.org.uk

Services

A nationwide organisation of bereaved parents offering understanding, support and encouragement to other bereaved parents and their families. Telephone contact, letter contact and self help groups.

Access

National helpline available seven days a week 10am - 10.30pm.

SHADOW OF SUICIDE

A specific service of the Compassionate Friends for parents and siblings bereaved through suicide.

Access

N. I. Contact Tel: 028 7134 8195

CRUSE BEREAVEMENT CARE (NI)

Regional Headquarters
Knockbracken Health Care Park
Saintfield Road
Belfast BT8

Tel: 028 9079 2419

RELATE NORTHERN IRELAND

74-76 Dublin Road
BELFAST

Tel: 028 9032 3454

Ballybot House
22 Cornmarket
NEWRY

Tel: 028 3026 1022

Relationship counselling for couples or individuals, Psychosexual Therapy.
Relate Teen - counselling for young people on relationship issues.

Self-referral

LIST OF CORONERS

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HELPFUL READING

"Suicide and the Irish",
Dr M. Kelleher,
Mercier Press (1998)

"Silent Grief - Living in the Wake of
Suicide",
Lukas and Seiden,
Aranson (1998)

"Bereaved by Suicide".,
Patrick Shannon (2000)
Cruse Bereavement Care

"A Special Scar - the experiences of people
bereaved by suicide",
A.Wertheimer,
Routledge (1991)

"Suicide Survivors - A Guide for those Left
Behind",
Afterwards Publishing, ,
Adina Wroblewski
Minnesota, USA (1991)

Echoes of Suicide
Siobhan Foster Ryan & Luke Monaghan (eds),
Veritas Publications (2001)

A Voice For Those Bereaved By Suicide
Sarah McCarthy
Veritas (2001)

Healing Grief: A Guide To Loss & Recovery
Barbara Ward
Vermillion (1994)

Bereaved Through Suicide
Community Response (2003)
41a Suffolk Road, Belfast

Books for Young People

When Someone Dies: Help for Young
People Coping With Grief
Dwaine Steffes
Cruse Bereavement Care (1997)*

Facing Grief: Bereavement & the Young
Adult
Susan Wallbank
Lutterworth Press (1996)*

Healing Your Grieving Heart: For Teens
Alan D. Wolfelt
Companion Press (2001)*

For Young Children

A Child's Questions About Death
Available free from Dignity.
Tel: 0800 387717

Beyond The Rough Rock - Supporting A
Child Who Has Been Bereaved By Suicide
Winstons Wish Publications
www.winstonswish.org.uk

*Available from Cruse Bereavement Care,
Mail Order. Tel: 020 8939 9530

bereaved
a guide to the
by
feelings and worries
suicide