

## GET IN TOUCH

The Suicide Bereavement Liaison Service is available in the following areas:

Cavan/Monaghan  
085 870 6591

Meath/Louth  
085 738 0444

Cork/Kerry  
085 870 6714

Midlands  
086 418 0088

Donegal  
085 877 2028

North Dublin  
085 870 6574

Galway City/  
Galway County  
085 856 8082

Sligo/Leitrim  
085 253 8638

Kildare/West Wicklow/  
Dublin West/  
Dublin South City/  
Dublin South West  
085 870 6606

Wexford/Waterford/  
Kilkenny/Carlow/  
South Tipp  
085 807 3040

Limerick/Clare/  
North Tipp  
085 856 8081

Dublin South East/  
Dun Laoghaire/  
East Wicklow  
085 870 6712

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*Without my Suicide Bereavement Liaison Officer, I would not have anyone to turn to or help me deal with such a traumatic time in my life. The service is next level and they really give you a safe space to help you understand as much as possible regarding the situation. Thank you for helping me find myself again.*

*Denise, age 27 years*

## COMPLAINTS AND COMPLIMENTS

We are committed to improving our service to ensure a person-centred approach in all aspects of the work. We welcome all feedback, your concerns or compliments. Pieta's Complaints Policy is available on request if required.

## SEND FEEDBACK

By email to [mary@pieta.ie](mailto:mary@pieta.ie) or by letter to:

Lead Complaints Officer, Pieta Head Office,  
Greenhills Retail Park, Greenhills Road,  
Tallaght, Dublin 24, D24 RH59

Telephone: 01 458 5490



Connecting for Life

*This service is fully funded by the  
HSE National Office for Suicide Prevention*



# Suicide Bereavement Liaison Service

SUICIDE BEREAVEMENT SERVICES  
SUICIDE AND SELF-HARM CRISIS SERVICE

24/7 Helpline 1800 247 247

Text HELP to 51444

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

## Have you been bereaved by suicide?

When someone close to you dies, it can be one of the most difficult life experiences you have ever faced. When the death is by suicide, family, friends and communities must cope with the additional, intensified thoughts and feelings.

The unexpected and unexplained nature of the loss can add to the distress, complexity, confusion and anguish experienced by the bereaved.

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***In December I lost a friend through suicide. What made this even harder is that I was the third on the scene to try and revive him, but unfortunately to no avail. I was in a very deep and dark place and as a man I found I could not reach out.***

***I immediately felt so comfortable and at ease with talking to you. Your words of knowledge, comfort and compassion helped not only me as a person through this dark time but also helped get my family through. For this I don't think the words are there to thank you enough.***

*Alan, First Responder Defence Force Fire Crew*

The Suicide Bereavement Liaison Service can provide emotional support, guidance, and information at a time when you may feel your world has turned upside down and inside out.

### Some common reactions and emotions you may experience:

- Shock/denial/disbelief
- Numbness/Isolation/Stigma
- Questioning/Searching (Why/if/only/what if?)
- Anger/Blame/Guilt
- Despair/Sadness/Crying
- Exhaustion/Sleep disturbance
- Physical complaints-aches, pains
- Lack of focus/Concentration
- Changes to appetite
- Fear/Anxiety/Depression
- Grief is unique to each individual, there is no logical order in the way people go through the emotions and reactions to the loss.



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***Though we need to weep your loss you dwell in the safe space in our hearts where no storm or night or pain can reach you.***

*On the death of the beloved, John O' Donohue*

### Your Suicide Bereavement Liaison Officer can provide:

- A prompt and proactive response in the aftermath of a suicide in the community, working closely with first and second responders.
- One to one/ family /group support, in addition to telephone and online support.
- The SBLO can meet the bereaved in their home, at a Pieta Centre, or a place that best meet the needs of the client.
- Any practical support needed by connecting the bereaved with the relevant services for information regarding finances, Garda enquiries, Coroner report and inquest.
- Knowledge and information on how best to support children and young people who have been bereaved. Advice on referral pathways for ongoing support.
- Support to anyone who is affected by a death by suicide, regardless of when the death occurred.