

Suicide Bereavement Liaison Officer (SBLO) Pieta:

The Suicide Bereavement Liaison Service is a free, confidential service that provides assistance and support to families and individuals after the loss of a loved one to suicide.

The SBLO can meet with a bereaved family as a group or individually. They can answer questions about some of the difficult practical issues following a death by suicide. They can also provide guidance or assistance in accessing therapeutic services when appropriate.

The SBLO can provide emotional and practical support in the immediate aftermath of a loss by suicide.

The SBLO can also provide support to parents to help support children during this difficult time.

The service additionally provides information and support around the time of an inquest/coroner's court.

Resource Officer for Suicide Prevention (ROSP):

The ROSP also has a role in providing information and support to people who have lost a loved one to suicide.

This includes signposting bereavement support to families, organisations, and communities.

ROSP & SBLO joint roles:

Where there are concerns that a suspected death by suicide may impact on a family, community or group, the local ROSP and SBLO can be contacted to discuss additional support that may be required.

Out-of-Hours Support:

Pieta 24 hour free phone crisis helpline on 1800 247 247 or text HELP to 51444

Pieta Suicide Bereavement Liaison Service
this is a HSE part-funded support service.

Suicide Bereavement Liaison Officer (Pieta) – Louth Meath

Kathleen Moore Avila
(Monday, Tuesday & Wednesday)

☎ 085 738 0444

✉ kathleen.mooreavila@pieta.ie

Resource Officer for Suicide Prevention HSE Louth Meath

Rosaleen Dolan

☎ 087 2165846

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✉ rosaleen.dolan@hse.ie

Contact details of person providing this leaflet:

Name:
Location:
Contact Number:

This leaflet provides information on the Resources and Services available to people who have lost a loved one to a suspected suicide.



Someone
is **always**
there to
listen to you



**If it's an emergency,
Dial 999/112**

Emergency 24 hour Services

SAMARITANS

TALK IT THROUGH,
WE'RE HERE TO LISTEN **116 123**

jo@samaritans.ie www.samaritans.org

pieta **1800 247 247**

TEXT HELP TO 51444 mary@pieta.ie

Pieta supports people and communities in crisis by providing freely accessible, professional services to all.

www.pieta.ie

text about it

TEXT HELLO **50808**

A free 24/7 text service, providing support for people going through a mental health or emotional crisis – big or small.

www.text50808.ie

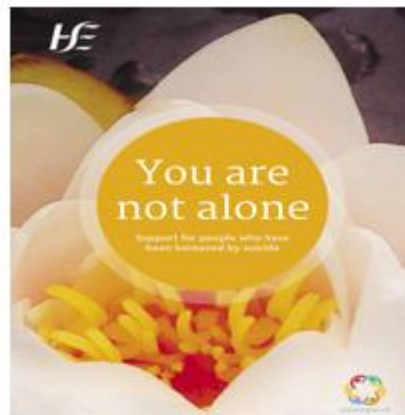
ISPCD Childline

1800 66 66 66

(24 HRS A DAY, EVERYDAY)
Text TALK to 50101
Online chat – www.childline.ie

CONTACT YOUR GP OR GP OUT OF HOURS SERVICE

MIDOC 1850 302 702 **NEDOC 1850 777 911**



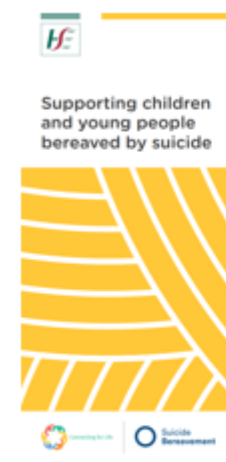
This guide focuses on five key areas:

1. Taking care of the practical matters
2. What you may be feeling
3. Your connection with the person who has died
4. Getting through and creating a new future
5. Help and support.



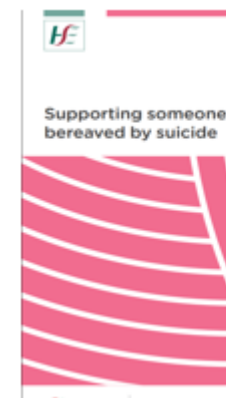
This guide offers advice and guidance to help the reader understand the range of emotions and physical reactions people experience when first discovering that someone close has died by suicide. It has three parts:

1. The grieving process
2. What is different about suicide?
3. The need to understand.



This guide has four parts:

1. Talking to your child about suicide
2. Answering difficult questions
3. How children and young people may respond to a death by suicide
4. How to support children and young people, depending on



This guide offers advice and guidance on how best to support someone who has been bereaved by suicide. It has two parts:

1. Supporting those bereaved by suicide
2. Self-care.

All resource guides can be accessed through local Resource Officers for Suicide Prevention.

For additional information, please visit:

www.hse.ie/eng/services/list/4/mental-health-services/nosp/

www.pieta.ie/how-we-can-help/bereavement-support-counselling/suicide-bereavement-liaison-service/