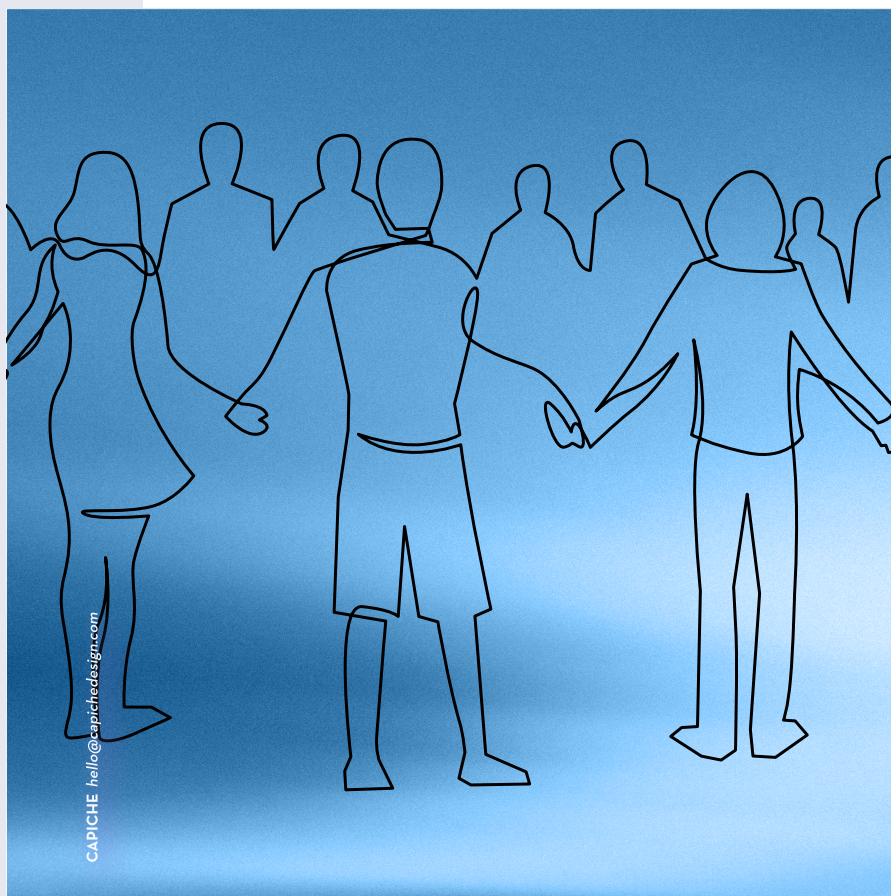


Visit **www.yourmentalhealth.ie**
for information and support
services for your mental health
and wellbeing.

**A workshop for professionals and
key contact people providing
support to those bereaved
by suicide**



This leaflet is available to order on
www.healthpromotion.ie and has
been produced by;

The National Office for Suicide Prevention
HSE Community Strategy and Planning
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What does this workshop cover?

Loss is losing something that is significant to us. The key to understanding someone's grief is understanding the significance in their life of the person who has died. This will be different for different people. This workshop explores the unique needs of suicide bereavement, so that participants become more equipped to provide support in the safest and most effective ways possible. Participants will:

- Develop a knowledge and understanding of the grieving process
- Enhance their skills in supporting people bereaved by suicide

Who is this training for?

The workshop is about bereavement and grieving particularly in the context of suicide and is for people who in the course of their work come in contact with those who are bereaved by suicide. This will include but is not limited to:

- Teachers
- Healthcare professionals
- An Garda Síochána
- Community Leaders

What happens at a workshop?

The workshop has been designed to be participative and experiential. At the end of the workshop participants can expect to:

- Understand the grieving process, the context of suicide and the risk factors associated with suicide
- Have developed their understanding of the key elements of supporting someone bereaved by suicide
- Be able to apply the learning from this workshop to their own practice and support people bereaved by suicide

How is the workshop delivered?

The workshop is available for delivery both face to face and online.

- Face to Face workshop – participants attend a full day's training 10.00am - 4.30pm
- Online, participants complete a self-directed one hour e-module before attending a 4 hour online facilitated workshop

About the HSE's National Office for Suicide Prevention (NOSP)

The role of the NOSP is to effectively support, inform, monitor and coordinate the implementation of Connecting for Life, Ireland's National Strategy to Reduce Suicide, 2015-2024. The NOSP coordinates and funds a suite of suicide prevention and postvention training programmes at a national level and these programmes are free for all individuals to attend.

The professional bereavement workshop is one of a number of training programmes coordinated at a local level by HSE Resource Officers for Suicide Prevention.

For information on training programmes that are available or coming up in your area, visit **www.nosp.ie/training**

