

### St Francis Hospice Bereavement Service

**Phone: 01 832 7535**

**Access:** Self-Referral or referral from the hospice team.

**Email:** bereavement@sfh.ie

**Website:** www.sfh.ie

**Service Provided:** Practical support, bereavement information and resources, including service of remembrance and bereavement talks, volunteer bereavement support and social work bereavement counselling.

### Irish Hospice Foundation

**Phone:** Bereavement Support Line **1800 80 70 77**

**Access:** Self-Referral

**Email:** info@hospicefoundation.ie

**Website:** www.hospicefoundation.ie

**Service Provided:** Irish Hospice Foundation (IHF) is a national charity that addresses dying, death and bereavement in Ireland. From advocacy and education to services such as Nurses for Night Care and a Bereavement Support Line.

**Address:** Morrison Chambers (Floor 4), 32 Nassau Street, Dublin 2.

### Counselling In Primary Care (CIPC) / HSE National Counselling Service

**Phone: 01 795 7170**

**Access:** GP/Primary Care Team Professional

**Email:** CIPCDNC@hse.ie

**Service Provided:** The HSE CIPC service provides time limited counselling to adult medical cardholders with mild to moderate psychological difficulties, including grief and bereavement. Clients bereaved during the COVID-19 pandemic do not require a medical card and can self-refer for counselling.

**Address:** Unit 1, First Floor, St Fintan's, North St Swords, Co Dublin.

## Crisis Information

There are many agencies and services in Dublin North City and County to help and advise you or someone known to you who may have been bereaved.

The loss of a loved one can be difficult and can affect your mental health. There is no right or wrong way to experience loss or grieve. You may experience a wide range of emotions. This is part of the bereavement process and coming to terms with a sad loss. You don't need to go through bereavement alone. Talking and sharing your feelings with someone can help. Don't be afraid to talk about the person who has died.

**Crisis Text Line: Text HELLO to 50808**

### D-Doc

**Phone: 0818 22 44 76 or 041 685 0720**

D-Doc provide a service for urgent medical problems from 6pm - 8am, Mon - Fri and 24 hours on Sat, Sun and all public holidays. If you need medical advice during these times please call a number above.

### Emergency Services

**Phone: 999 / 112**

The official emergency telephone number for people to contact the emergency services for urgent assistance i.e. Ambulance, Coast Guard, Gardaí and Fire Service.

### Samaritans

**Phone: 116 123**

**Email: jo@samaritans.ie**

Samaritans offer emotional support 24 hours a day, 365 days a year, to anyone who is in distress, lonely, struggling to cope or feeling suicidal.

### Resource Officers for Suicide Prevention

**sandra.taylor@hse.ie**

**johnc.duffy@hse.ie**

Connecting for Life  
**DUBLIN NORTH CITY and  
COUNTY**

**Bereavement  
Support Services**

**www.yourmentalhealth.ie**  
The hub for everything mental health.  
**Information Line: 1800 111 888**  
Freephone any time to find supports  
and services near you.



### Anam Cara

**Phone:** 085 288 8888 or 01 404 5378

**Access:** GP or Self-Referral

**Email:** info@anamcara.ie

**Website:** www.anamcara.ie

**Service Provided:** Anam Cara support bereaved parents of children of any age and through any circumstance. They offer information booklets, online and face-to-face support meetings, information evenings family remembrance events and links to other services.

### Barnardos Children's Bereavement Service

**Phone:** 01 473 2110

**Access:** GP, Parents or Carers

**Email:** bereavement@barnardos.ie

**Website:** www.barnardos.ie

**Bereavement Helpline:** Mon – Thurs: 10am - 12pm

**Service Provided:** Barnardos works with families to help them support their child through the grieving process.

**Address:** Christchurch Square, Merchants Quay, Dublin 8.

### Bethany Bereavement Support

**Phone:** 087 990 5299

**Access:** Self-Referral

**Email:** bethanybereavement1982@gmail.com

**Website:** www.bethany.ie

**Service Provided:** Bethany is a voluntary community and parish based service which supports the bereaved through the grieving process.

### Citizens Information

**Phone:** 0818 07 4000

**Website:** www.citizensinformation.ie

**Service Provided:** Information to guide you through the immediate things that must be done following a death.

### Pieta Bereavement Service

**Phone:** 01 884 0532 (Collins Avenue)

**Phone:** 01 233 3860 (Swords)

**Access:** GP or Self-Referral

**Website:** www.pieta.ie

**Opening Hours:** Mon – Fri: 9am to 9pm

**Service Provided:** Pieta provide free counselling, therapy and support to individuals, couples, families and children who have been bereaved by suicide.

**Address:** 309 Collins Avenue, Whitehall, Dublin 9 and Bridge Street, Swords, Co Dublin.

### Pieta Suicide Bereavement Liaison Service

**Phone:** 085 870 6574

**Access:** Self-Referral/GP

**Email:** marian.king@pieta.ie

**Website:** www.pieta.ie

**Service Provided:** Anyone affected by suicide may contact the Suicide Bereavement Liaison Officer, who can arrange to meet, provide an opportunity to talk, give information and guidance to access supports.

### HUGG - Suicide Bereavement Self Help Group

**Phone:** 01 513 4048 (monitored answering machine)

**Access:** Free, Self-Referral

**Email:** support@hugg.ie

**Website:** www.hugg.ie

**Service Provided:** HUGG is a national suicide bereavement charity. It provides information and support for anyone over 18 who has been bereaved by suicide. HUGG support groups are led by trained volunteers, who have a lived experience of suicide bereavement. HUGG groups provide a free, safe, non-judgemental, and confidential space where people can share their experiences and feelings, and receive and offer support to each other.

To join a HUGG group simply complete an online form at [www.hugg.ie](http://www.hugg.ie) or call 01 513 4048.

**Address:** Groups nationwide, in-person and online.

### Oasis – Deora Counselling

**Phone:** 01 836 4524

**Email:** info@oasiscentre.ie

**Website:** www.oasiscentre.ie

**Service Provided:** Deora Counselling is a specialised counselling and crisis intervention service working with bereavement and suicide loss. Direct services include individual, group, assessments, crisis intervention, ASIST and safeTALK training.

**Address:** 2 St. Laurence's Place East, North Dock, Dublin 1.

### Fingal Counselling Service

**Phone:** 01 890 2596

**Access:** Self-Referral

**Email:** info@counsellingatfingal.com

**Website:** www.fingalcounselling.ie

**Opening Hours:** Mon – Fri: 10am – 1pm

**Service Provided:** This service offers a safe and confidential environment where clients are encouraged and supported while working through their difficulties.

**Address:** BASE Resource Centre, Brackenstown, Swords, Co. Dublin.

### Target Counselling

**Phone:** 01 867 1967

**Email:** counselling@targeteducation.net

**Access:** Self-Referral

**Website:** www.targeteducation.ie

**Opening Hours:** Mon – Thurs: 9am – 8pm,  
Fri: 9am – 1pm.

**Service Provided:** This service provides bereavement support which is confidential, one to one, non-directive counselling. It is offered by counsellors, trained to listen, support and counsel people in need.

**Address:** Donaghmede House, Newbrook Rd, Donaghmede, Dublin 13.