

Pieta Suicide Bereavement Liaison Service

Phone: 0818 111 126

Access: Self-Referral

Email: sblo.referrals@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.

St Francis Hospice Bereavement Service

Phone: 01 832 75 35

Access: Self – Referral or Referral from the Hospice Bereavement Service

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.

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 national charity that supports people who are over 18 who have been bereaved by suicide. Trained volunteers lead support groups where members can share their feelings in a safe, private, and non-judgemental space. To join this free HUGG group, visit www.hugg.ie to complete an online form or call 01 513 4048.

Address: Groups nationwide, in-person and online.

Target Counselling

Phone: 01 867 0279

Access: Self- Referral

Email: counselling@targeteducation.net

Website: www.targeteducation.ie

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

Service Provided: This service provides confidential one-to-one counselling for bereavement support. Counsellors trained to listen, support and counsel people in need.

Address: Donaghmede House Community Centre, Newbrook Rd, Donaghmede, Dublin 13, D13 K6Y1

Crisis Text line: Text Hello to 50808

D-Doc

Phone: 0818 22 44 76 or 041 685 0720

D-Doc provides a service for urgent medical problems from 6pm – 8am, Mon - Fri and 24 hours on Sat, Sun and all public holidays.

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 NORTH DUBLIN

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 supports bereaved parents of children, regardless of age or circumstances. They offer information booklets, support meetings, remembrance events, and links to other services.

Barnardos Children's Bereavement Service

Phone: 01 473 2110

Access: GP or Parents or Carers

Email: bereavement@barnardos.ie

Website: www.barnardos.ie

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

Service Provided: Barnardos Children's Bereavement Service offers therapeutic bereavement support to children and their families together.

Address: 4 Christ Church Square, Christchurch Pl, The Liberties, Dublin 8, D08 DT63

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.

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

Phone: 01 795 7170

Access: GP or Primary Care Team

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.

Address: HSE, Unit 1, 1st Floor, St Fintan's, North St, Swords, Co. Dublin, K67 D663

FirstLight

Phone: 01 873 2711

Access: GP or Self-Referral

Email: info@firstlight.ie

Website: www.firstlight.ie

Service Provided: FirstLight provides crisis intervention and free professional counselling services throughout Ireland to bereaved parents and family members who have suddenly lost a child up to 18 years.

Address: FirstLight, Carmichael Centre, 4 Brunswick Street North, Dublin 7.

Fingal Counselling Service

Phone: 01 890 2596

Access: Self-Referral

Email: info@counsellingatfingal.com

Website: www.counsellingatfingal.com

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, K67 PH96

Irish Hospice Foundation

Bereavement Support Line - Freephone 1800 80 70 77

Access: Self-Referral

Email: info@hospicefoundation.ie

Website: www.hospicefoundation.ie

Opening Hours: Mon – Fri: 10am – 1pm

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, 32 Nassau St, Dublin 2 D02 X627

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, addiction and suicide intervention. Direct services include individual counselling, assessments, crisis intervention.

Address: The Oasis Centre, 2 St. Laurence's Place East, North Dock, Dublin 1, D01 E5Y9

Pieta Suicide Bereavement Service

Phone: 01 884 0532

Access: GP or Self – Referral

Website: www.pieta.ie

Opening hours: Mon – Thurs: 8am – 8pm, Fri: 8am – 5pm, Sat: 9am – 2pm

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

Address: Bridge St. Swords Co. Dublin, K67 F5D0