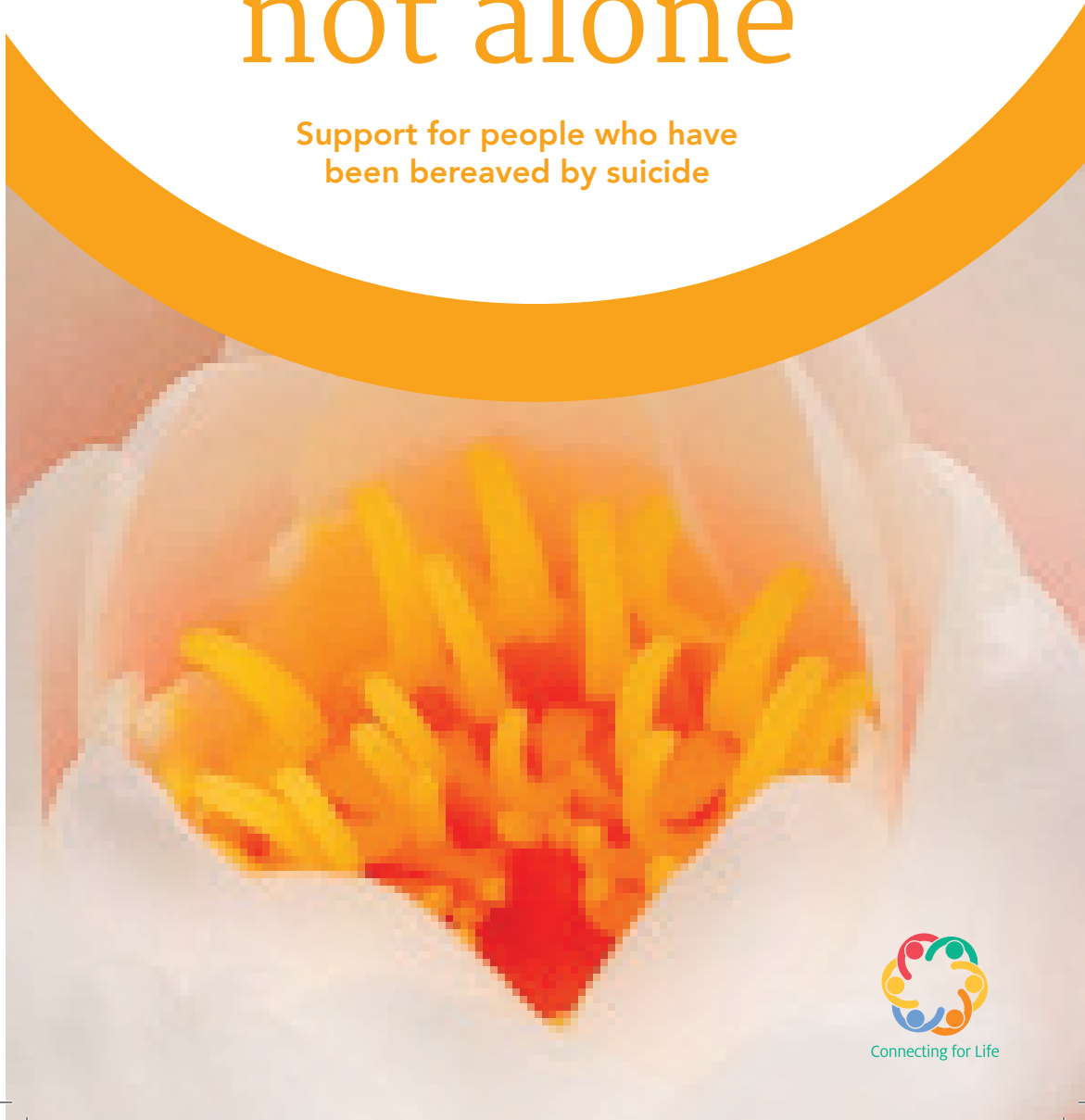




You are not alone

Support for people who have
been bereaved by suicide



Connecting for Life

CHO 1 (Cavan and Monaghan)

Pieta Suicide Bereavement Liaison

Service provides emotional and practical support to people bereaved by suicide, including the provision of follow on support and therapeutic services, as required.

Tel: 085 870 6591

Hours: Monday to Wednesday 9am-5pm

Pieta Crisis Counselling and Suicide Bereavement Counselling Service

provides professional one-to-one therapeutic service to people (6+ years) who are in suicidal distress, those who engage in self-harm, and those bereaved by suicide. All of our services are provided free of charge and no referral is needed.

Free Phone 1800 247 247 or text HELP to 51444 to speak to a therapist if you are in crisis.

www.pieta.ie

Pieta Cavan Outreach Location

Tusla Child and family Agency,
Hampton Court, Cootehill Road,
Drumalee, Co Cavan, H12 YY84

Tel: 0818 111 126 to book an appointment

Hours: Monday 10am-2pm,
Wednesday 1pm-5pm

Pieta Monaghan Outreach Location

Tusla Child Wellbeing Centre, Bree,
Castleblayney, Co. Monaghan, A75 RT02

Tel: 0818 111 126 to book an appointment

Tuesday 9am-1pm

Thursday 9am-1pm

HUGG Suicide Bereavement Support Group

HUGG is a peer support organisation. We provide a safe, confidential environment in which those bereaved by suicide can share their experiences and feelings, so giving and gaining support from each other. Our support groups are facilitated by people who have been bereaved by suicide.

If you would like to come along to a HUGG group, just call us on 01 513 4048 (monitored answering machine) or email support@hugg.ie for more information.

www.HUGG.ie

HSE Resource Officer for Suicide Prevention (Cavan and Monaghan)

Tel: 086 171 7563

Email: emer.mulligan@hse.ie

www.connectingforlifecavanmonaghan.ie

