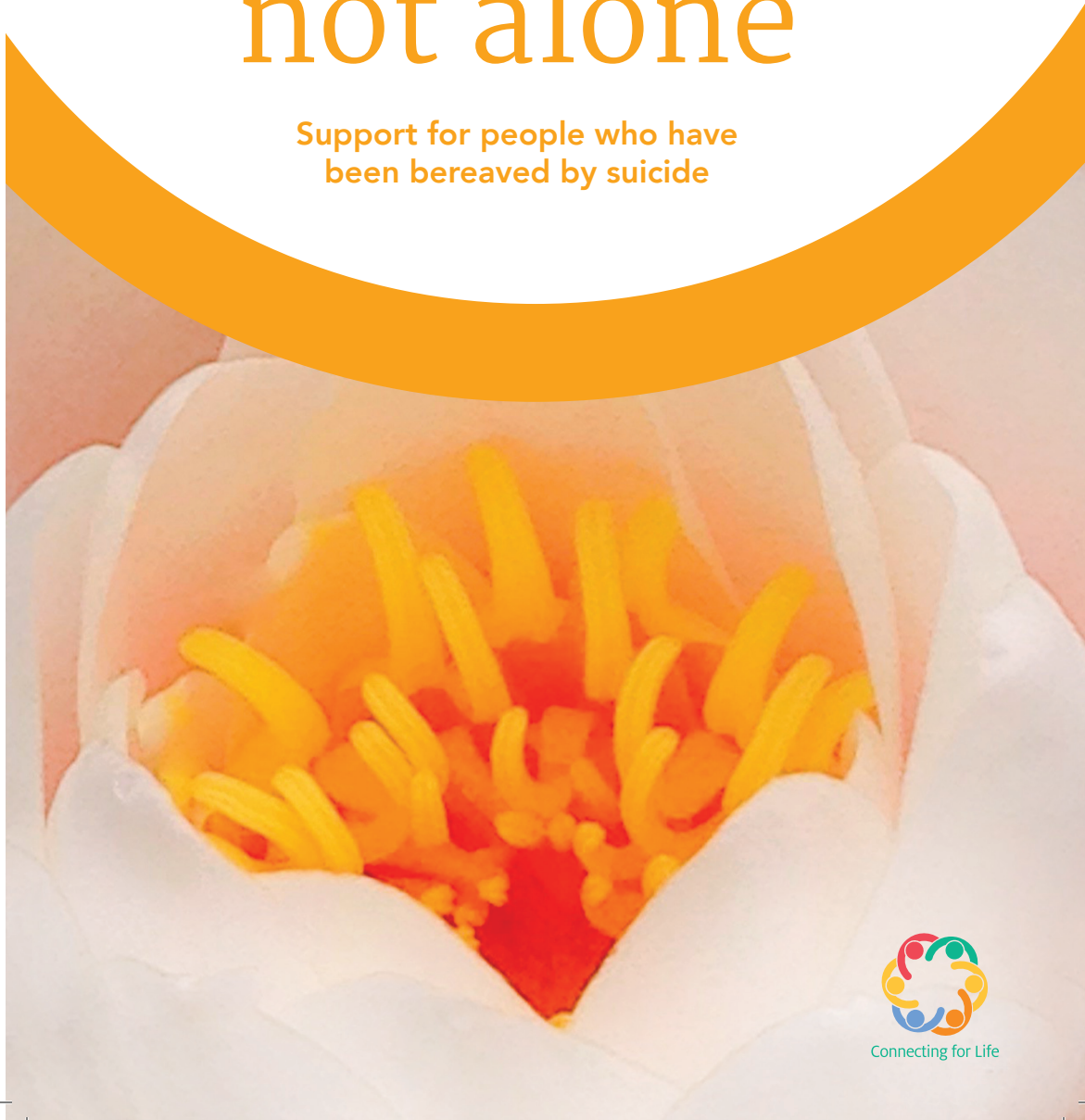




# You are not alone

Support for people who have  
been bereaved by suicide



Connecting for Life

# CHO 1 (Donegal)

## **Pieta Suicide Bereavement Liaison Officer**

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

Mobile: 087 911 5498

Hours: Monday to Thursday 9am-5pm

Email: [mairead.millmore@pieta.ie](mailto:mairead.millmore@pieta.ie)

[www.pieta.ie](http://www.pieta.ie)

## **Pieta Northwest**

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

3rd Floor, Grand Central Building Canal Road, Letterkenny Co. Donegal F92EK7Y

Tel: (074) 912 6594

Hours: Monday & Wednesday:

12pm-8pm Tuesday, Thursday & Friday:

9am-5pm

## **Pieta**

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

Call 0818 111 126 – to make an appointment with a therapist.

## **HSE Donegal Bereavement Service**

Provides professional one-to-one therapeutic service to people who have suffered a traumatic bereavement.

69 Ballyraine Road, Letterkenny,

Co. Donegal

Tel: 074 916 7250

## **HUGG Suicide Bereavement Support Group**

HUGG is a peer support organisation who 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. Support groups are facilitated by people who have been bereaved by suicide.

Tel: 01 513 4048

## **Resource Officer for Suicide Prevention**

Resource Officer for Suicide Prevention  
HSE Donegal Mental Health Service, St Conal's Campus, Letterkenny, Co. Donegal.

Hours: Monday to Friday 9am-5pm

Email: [ciara.wray@hse.ie](mailto:ciara.wray@hse.ie)

Tel: 086 837 9909

[www.connectingforlifedonegal.ie](http://www.connectingforlifedonegal.ie)



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