

Bereavement Information



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

*Information for people
bereaved through suicide
or other sudden death*

REFLECTION

I had thought that your death was a waste
and a destruction,
a pain of grief hardly to be endured.
I am only beginning to learn that your life
was a gift and a growing, and a loving left
with me.

The desperation of death destroyed the
existence of love, but the fact of death
cannot destroy what has been given.
I am learning to look at your life again
instead of your death and departing.

Marjorie Pizer

REFLECTION

SUGGESTIONS FOR THE BEREAVED

The Death of a loved one, even when expected, makes great emotional demands on us. Death, by suicide, is so much more difficult to take in and cope with. Still despite the huge sense of loss, we can cope.

Those who have known such loss in their lives remind us of some basic and simple things to keep in mind. In the case of death by suicide, not knowing 'why' is often the hardest part because it leaves you angry, sometimes guilty and confused. So, as you try to come to terms with a death by suicide you can expect to be deeply upset. You must not be afraid to cry. Your tears reflect the deep sense of loss and hurt you feel. As you move through the journey of bereavement it is very important to have a good listener as a companion and guide. Your 'good listener' may be a trusted friend or a professional counsellor if necessary.

A good listener helps you to talk through the pain and loss and helps you to be patient with yourself, helping you especially to understand why you feel as you do. You need to take things gently, just each day at a time because we know healing takes time.

Remember however deep your sense of loss, other members of the family are making their journey of bereavement too. The awareness of others pain is itself healing.

Finally, because those bereaved by suicide experience such deep trauma it is better to avoid making major decisions. It is best to leave them until you feel stronger and more at peace with life.

**SUGGESTIONS
FOR
THE
BEREAVED**

Bereavement and Loss - Understanding the Grieving Process

What is Loss?

Loss is losing someone that is significant to us.

What is Grief?

Grief is the psychic pain we experience after losing a 'love object.' Grief causes internal and external reactions.

What does 'being bereaved' mean?

It means:

- That we physically lose the person who has died, we can no longer see or speak to them.
- It also means that we lose the relationship which we had with them. If they were our friend, lover or confidante, we lose that aspect of our lives.
- It leaves us with the question "Who am I without this significant person in my life?"

How does grief affect us?

Grief will affect us at different levels namely:

- Feelings
- Physical sensations
- Thoughts
- Behaviours
- Social difficulties
- Spiritual searching

FEELINGS

Numbness
 Shock
 Sadness
 Anger
 Blame
 Guilt
 Anxiety
 Loneliness
 Fatigue
 Helplessness/hopelessness

PHYSICAL SENSATIONS

Hollowness in stomach
 Tightness in chest
 Oversensitivity to noise
 Breathlessness
 Weakness in the muscles
 Lack of energy
 Dry mouth
 Constant swallow

THOUGHTS

Disbelief
 Confusion
 Preoccupation
 Sense of presence
 Hallucinations

BEHAVIOURS

- Disturbed sleep
- Appetite affected
- Absentmindedness
- Social withdrawal
- Dreams
- Searching and pining
- Sighing
- Over activity, Crying

SOCIAL DIFFICULTIES

- In interpersonal relationships i.e. siblings/children/partner/relatives/friends
- Functioning within an organisation
- Disorientation
- Feeling different to others
- Loss of enthusiasm

SPIRITUAL SEARCHING

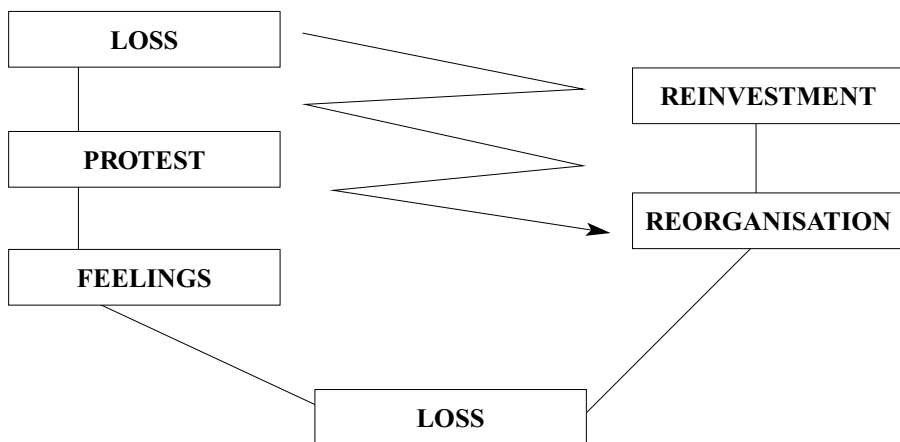
- Searching for meaning
- Shattered assumptions (our belief in the world as secure is shattered) this leaves us feeling very insecure
- Trying to make sense out of life

What are the key points to grieving?

- Grieving will take time
- There is no right way to grieve
- Each person’s grief is unique and individual
- There is no time frame in which we must grieve
- Routine helps
- Grief brings up strong emotions
- Grief will bring up the pain of past losses

What is the journey of grief like?

The journey through grief is like a journey through a deep valley where the journey begins with the loss itself moving through protest and intense feelings to the lowest point of loneliness and despair. This begins in time to move towards reorganisation of our lives and finally reinvestment in life itself. This process does not occur in a linear fashion but swings like a pendulum moving from Loss to Restoration constantly.



- Loss and restoration go on at the same time
- A person moves from one to the other
- This takes a different pace for different individuals
- One needs to take time out from their grief
- Grieving does not just happen, it is actively done by the individual

Grief will be influenced by:

- Who the person was
- The type of attachment
- Circumstances of the death
- How previous losses were grieved
- Personality of the griever
- Social variables
- Family circumstance
- Secondary stressors
- Personal variables

THE IMPACT OF SUICIDE ON RELATIVES AND FRIENDS

Each individual's grief is unique to himself or herself. However there are some common emotions that people experience at different stages following a death. You may feel some or all of these emotions as you grieve for your loss. You may also feel these at different stages over time.

Shock

- Of discovering the body
- That the person killed him/herself

Distress

- That the person is dead
- That suicide is the cause of death

Guilt?

- For in some way contributing to the suicide
- For not preventing the suicide
- For poor parenting, the breakdown of the relationship or for sibling rivalry with the deceased before death
- For not identifying the suicidal behaviour before the death
- Using the guilt to punish oneself for the suicide
- About a death wish
- At the sense of relief following the death
- From the content of the suicide note

Anger

- At the deceased for the emotional pain and added responsibilities, at being cheated out of the relationship, at not being able to retaliate
- At the system, self, press, therapist, doctor, God

Questioning

How?

- What method and substances were used

Why?

- The events and relationships leading to the death
- The state of mind of the deceased before the death

Shame

- About mental illness, the suicide, blame, guilt

Blame

- Towards other people for their contribution

Fear of Another Suicide

- Over protection of family members

Suicidal Thoughts

- To join the deceased
- From the loss of meaning and purpose in life, clinical depression

Loss of Trust

- Difficulty in maintaining old or forming new relationships
- Loneliness and social isolation

Wasted Life

- Remorse at unfulfilled talents and opportunities

Crisis of Values

- Fall of self-esteem
- Confusion in personal and religious values and beliefs

Unfinished Business

- Wishing the deceased had known how much he/she was appreciated and loved
- About past disputes

Grief Recovery

- Reasoning that the deceased is out of emotional pain
- Discerning a peaceful expression on the deceased's face after death
- Fulfillment of the deceased's wish
- The strength of the deceased
- Relief that the suicide is over
- Recognising that there may be few answers
- Developing a new spiritual relationship with the deceased
- Finding reason for the loss

TALKING TO CHILDREN ABOUT DEATH

How to Help:

- The child should be told by a parent or trusted adult. This prevents the possibility of denial. It also allows them to feel safer when you are breaking the news
- A parent may need support to do this, particularly if the death is sudden and of a parent or sibling
- Use clear simple language, including words like dead and dying
- It's okay to say I don't know or it's not clear yet
- Don't preface information with "be brave", "don't cry", "you'll be sad", etc.
- Allow for a range of emotions, e.g. sadness, shock, fear, confusion, anger, rejection, curiosity, apparent disinterest
- Children ask questions repeatedly as a means of trying to understand what has happened. Young children often ask questions about where the body went. How did it get there? When is he/she coming back?
- Give an explanation for the cause of death, e.g. his heart stopped working. Once the body stops working there is no pain
- Go from known to unknown, e.g. "Do you remember when Daddy left home this morning...?"
- Do not use euphemisms such as "gone to sleep", "gone away". It confuses the child and can arouse anxieties about sleep
- Even in the case of a terminal illness, it is not good to say "Mammy is better off dead" as this inhibits the grief process for the child who genuinely misses the parent/sibling
- Allow for telling more later, especially following traumatic deaths
- Prepare the child for what will happen next, e.g., viewing body, attending the funeral
- Appoint a trusted adult to be with the child for the funeral
- You are a role model for the grieving child – don't hold back tears, etc. Children learn to mourn by observing others
- Encourage the child to come and talk to you about their sadness, fears and worries
- Reassure them where you can over the course of the next few days/weeks about practical arrangements.

Sudden and Traumatic Deaths

All of the guidelines just quoted hold true for sudden and traumatic deaths but there are some necessary additions. Usually children's fantasies are far worse than the

reality so again simple truthful explanations are best. With suicide, initially say something like “I need to talk to you about how Daddy’s life ended”, or “how Daddy ended his life”

Some Simple Guidelines

- You may need to rehearse both what and how you are going to explain the traumatic death to the child
- Talk about how their parent’s/sibling’s life ended
- Locate the position of the fatal injury. The actual cause of death and who was responsible can come later. Explain how the person died
- Go from what the child knows already, e.g. “You know how mammy was very sad a lot of the time” or “Sean was on his way home from school”
- In the case of suicide, emphasise that there is always help but the deceased stopped thinking clearly and thought it would be better if he was dead
- Remind the child they are not to blame
- Allow for questions – especially details. Children often raise specific questions about how the person died
- If possible, the child should see the body but may need preparation and extra support.

Anticipatory Grief

Explain serious illness and the fact that doctors will try their best but may fail. However, you also need to hold out some hope.

- Children find the time gap between hearing news of impending death and the event itself unbearable, so timing is important
- Children also need messages that life can go on and be lived to the end
- Children need basic information about what may accompany the condition so they can understand and be prepared
- Include children in caring and sharing as much as possible
- Remember that when death comes it will still be a shock

Suggestions for Helping Children Bereaved Through Suicide

It is hard to tell children that someone they love has killed themselves. But not telling children also causes difficulties with secrets in families. Sometimes we find it easier to tell older children, but not the younger ones. The child’s age will be a factor in how much they can understand. But include all the children.

- It is best that children are told about the suicide by either a parent or someone very close to them. A parent may need the support of another adult in this phase
- Use clear, simple language. Use words like dead and killed himself/herself
- Go from known to unknown “Do you remember when I told you...” or “Do

you remember how sometimes daddy was very quiet and sad...”

- Allow for telling more later. Create an atmosphere in which the child feels comfortable about asking questions and expressing emotions.
- Talk about how life ended, e.g. “He put gas into the car. This made him go to sleep. Then the gas made his stop breathing. When he couldn’t breathe he died.” or “He put a rope around his neck and let it get so tight that he couldn’t breathe anymore. When he stopped breathing he died.”
- Emphasise that the illness meant he/she wasn’t thinking clearly. That mum/dad couldn’t think of another way out of the pain. Also emphasise that there is always another way. Talking about it helps
- Remind the child they are not to blame. Feeling guilty and responsible are very common responses after suicide. Arguments and difficulties in relationships are not reasons why people kill themselves.
- Children, particularly younger children usually ask questions about the details of the suicide. This may be difficult for you to answer but it does help the child come to terms with the death. Be prepared to answer the same questions again and again
- If possible the child should see the body. Like all funerals, explain to the child in advance what will happen
- Once the child knows about the cause of death, the older child may/may not have some concerns about what to say to friends. If this is an issue, help them find words to say what they are comfortable with
- It’s also okay to say I don’t know or we don’t really know why
- Get support for yourself
- Allow for a range of emotions and responses. Children often go and play after hearing traumatic news. It is their way of digesting the news
- Younger children are more concerned about the absence of the person who died, but do include them in the story of how mum/dad died
- Children need to know that the person who died loved them. Because of the illness they may not have been able to let the child know that
- Children also need reassurance that the adults in their life will take care of them. Take up these offers you have of support, particularly those days you feel like not going on.
- Know you can survive – so can your children
- Grief work is draining – keep a balance on your life
- Do not hesitate to seek professional help if you are concerned or need help in talking to your children about suicide.

Donnelly, P. (2002) Someone To Talk To: A Handbook on Childhood Bereavement. Dublin: Barnardos’ National Children’s Resource Centre

TALKING TO CHILDREN ABOUT DEATH

WHAT TO EXPECT FOLLOWING THE DEATH

1. Involvement of the Gardaí

The Gardaí are involved on behalf of the local Coroner. They assist the Coroner in arranging a formal identification of the body of the deceased by a member of the family, or a relative of the family, or other person who knew the deceased and is in a position to identify the deceased. Sometimes the Garda Officer may know the deceased personally, and therefore, would be in a position to identify the deceased. In such circumstances the family do not need to formally identify the deceased.

The Gardaí will compile a report around the circumstances of the death (Form C71) and send it to the Coroner. The fact that relatives may be met at the hospital by a uniformed Garda or the fact that Garda call to the home to take a statement, does not mean that the death is regarded as suspicious. The Gardaí will, in the majority of cases be acting as Coroner's Officers to assist the Coroner in establishing the identity of the deceased and where, how and when the death occurred.

2. Who is the Coroner?

A Coroner is, a doctor, solicitor or barrister. The Coroner is an independent official who is responsible for inquiring into sudden unexplained, violent or unnatural deaths. All such deaths in the Republic of Ireland are inquired into under the Coroners' Act 1962. The inquiry is held to determine the cause and circumstances of the death. In some cases, an inquest is held and recommendations are made to prevent further deaths occurring in similar circumstances.

3. Why is an inquest necessary?

The law of the Republic of Ireland does not permit a doctor to sign a death certificate if the cause of death is unclear, or if the doctor has not attended the person within one month of death prior to death from a natural illness, or if death by violent or unnatural means is suspected. The purpose of the inquest is to determine the identity of the person, date, time and place of death, and circumstances, such as cause and manner of the death.

4. When may funeral arrangements be made?

Where a death is reported to a Coroner funeral arrangements should not be made until the body is released, or until the Coroner has indicated when the release will occur. This is important at all times but particularly so at Bank Holiday weekends.

5. When is a body released?

The body will normally be released to the spouse or next of kin immediately after the post mortem examination (autopsy) has been completed irrespective of whether or not an inquest is to take place.

6. How long may the body remain in the custody of the Coroner?

The Coroner, by law, is entitled to exclusive possession and control of the body of the deceased person until he or she has completed sufficient inquiry to establish the identity of the deceased, the place of death and how the death occurred. The Coroner, in recognition of the anxiety of the next of kin and relatives of a deceased to complete funeral arrangements, endeavours to arrange for completion of the post mortem examination (autopsy) at least within 24 to 48 hours of the occurrence of the death, assuming the availability of a Consultant Pathologist to carry out the post mortem examination.

7. What is a post mortem (Autopsy)?

The post mortem (autopsy) is a procedure to establish the cause of death. All stages will be carried out in a professional manner. The Pathologist will take blood and tissue samples for further laboratory analysis to assist in arriving at a definitive cause of death. There may be delays in relation to the obtaining of post mortem reports, as some samples may be sent to the State Laboratory or Beaumont Hospital Laboratory or other laboratories for analysis. This is especially so in cases involving suspected drug overdoses, or suspected poisoning whether self induced or not.

When the Pathologist issues his post mortem report, if the death is due to natural causes the Coroners Certificates will be issued by the Coroner to the Registrar of Births and Deaths, for the district within which the death occurred. The Registrar of Deaths will proceed to register the death, and will then issue the Death Certificate on receipt of an application for the next of kin.

If the death is due to unnatural causes an inquest must be held. The death certificate will be issued when the inquest is concluded.

8. What is an inquest?

An inquest is an inquiry in public by a Coroner, sitting with or without a jury, into the circumstances surrounding a death.

An inquest must be held by law when a death is due to unnatural causes.

The purpose of the inquest is to establish the facts surrounding the death and to place those facts on the public record, and to make findings of the identification of the deceased, the date and place of death and the cause of death. A verdict will be returned in relation to the means by which the death occurred. The range of verdicts open to a Coroner or jury include accidental death, misadventure, suicide, open verdict and natural causes (if so found at an inquest) and in certain circumstances unlawful killing.

9. What public interests are served by holding an inquest?

The Supreme Court of the Republic of Ireland has declared that:

“Few would dispute the need to have a public inquiry by a person with appropriate legal or medical qualifications into the death of a person as a result of violence or in circumstances which render such an investigation appropriate.”

The Supreme Court also listed a number of public interest duties of the Coroner when holding an inquest:

- To determine the medical cause of death
- To allay rumour and suspicion
- To draw attention to the existence of circumstances which, if not highlighted, might lead to further deaths
- To advance medical knowledge
- To preserve the legal interests of the deceased’s family, heirs or other interest parties.

10. Can funeral arrangements be made before an inquest is held?

Yes. If an inquest is to be held, the Coroner is usually able to allow burial or cremation once a post mortem (autopsy) has been completed.

11. Who gives evidence at an inquest?

The Coroner is the person with sole power to decide which witnesses should attend, and in what order they will be required to give evidence.

The most usual witness are: the person who identified the deceased, the investigating Garda and the pathologist.

12. Can I ask questions at the inquest?

Yes. Any person who has a proper interest in the inquest may personally examine a witness, or may be legally represented by a solicitor or barrister.

Such interested parties include:

- The family and next of kin of the deceased
- Personal representative of the deceased
- A representative of a board or authority in whose care the deceased was at the time of death. For example, hospital, prison or other institutions.
- Those responsible for the death in some way – the driver of a motor vehicle for example
- Representatives of insurance companies, where death resulted from an accident at work
- Representatives of Trade Unions
- An employer of the deceased
- An inspector of the Health and Safety Authority

- Other persons at the discretion of the Coroner
- A Garda Superintendent/Inspector presents the evidence at the hearing on behalf of the state.

13. Can a report of the inquest be obtained?

Copies of the post mortem report and statements taken from witnesses at an inquest, including a copy of the verdict, are available from the Coroners office on payment of the statutory fee, once the inquest has been concluded. Inquest papers are not available prior to the inquest being held.

14. Will the inquest be reported in the newspapers?

All inquests are held in public and reporters may be present. In practice, a minority of inquests are reported. The existence of suicide notes will be acknowledged but the contents will not be read out, except at the specific request of the next of kin, and then only at the discretion of the Coroner. Every attempt is made to ensure that the inquest proceedings are not unduly intrusive on the family concerned.

FREQUENTLY ASKED QUESTIONS

Q. Who has to register the death?

A. If a death occurred at home the next of kin must register the death by bringing a Medical Certificate of cause of death to the local Registrar. Your Health Board will tell you who the Registrar is. The hospital usually registers the death if the death happened in the hospital.

Q. Where can I get a copy of the Death Certificate?

A. If a death was recent, then the certificate can be obtained from the local Registrar for the district where the person died. If you are registering the death, you can get copies of the Death Certificate at the same time.

Q. How much does the Death Certificate Cost?

A. The fee is €6.98. If you need it for Social Welfare purposes the fee is 89c.

Q. Do I have to wait for a Death Certificate before claiming Social Welfare benefits?

A. No. If there is delay in getting the Death Certificate, a temporary certificate or 'Interim Death Certificate' can be obtained from the Coroner.

Q. Does the deceased have to be buried in a particular graveyard or can any cemetery be chosen?

A. Any cemetery can be chosen, bearing in mind any expressed wishes of the deceased. Most people use a family plot. Please note that prices for graves and burials can vary a lot.

Q. Is there any help available towards the funeral costs?

A. You may be able to get help under the Supplementary Welfare Allowance Scheme. This is a discretionary scheme and there is a means test. If possible, you should apply to the Community Welfare Officer at your local health centre before making the funeral arrangements.

A social welfare Bereavement Grant may be paid to the next of kin or the person responsible for the funeral costs. This grant used to be called a death grant. The maximum grant is €634.87. Please note that it is essential that the invoice for the funeral arrangements be made out in the name of the applicant. This invoice should then be submitted with the application for the Bereavement Grant.

The grant may be payable if the person who died was:

- An insured person
- The wife or husband of an insured person
- The widow or widower of a deceased insured person
- A contributory pensioner (or spouse of a contributory pensioner)
- A child under age 18, or under age 22 if in full-time education (where either parent or the person that the child normally lives with satisfies the PRSI contribution conditions)
- The qualified adult of a contributory pensioner, including those who would be qualified but are in receipt of another social welfare payment e.g. Carers Allowance
- A qualified child
- An orphan or a person to whom an orphan's (contributory) allowance is payable

The person who died or his/her spouse must have enough PRSI contributions. If the person who died was a dependant child, the parent/guardian of the child must also have enough contributions. At present, nearly all PRSI contributions, including civil and public service and self-employed contributions count towards this grant.

A special Widowed Parent's Grant may be payable to a parent on the death of his/her spouse if there is a dependent child in the family. It is payable to widows and widowers who have a qualified child living with them and who are eligible for widow's/widower's pension, One-Parent Family Payment or Bereavement Grant.

Q. If the deceased was getting a Social Welfare payment, am I entitled to this for six weeks after the death?

- A. If the person who dies was receiving a social welfare payment it generally continues to be payable to that person's dependent spouse/partner for six weeks after the death. The rules are quite complex and the exact entitlement depends on which payments the deceased and the survivor were receiving.

If the deceased was receiving a pension and the spouse/partner is either an adult dependant or is receiving a pension in his/her own right, then the 6 weeks payment continues. If the deceased is getting a short term payment, the 6 weeks payment continues if the spouse/partner is a dependant or would be but for the fact that he/she is getting an old age pension, Blind Person or Carer's Allowance in his/her own right.

If the deceased was an adult or child dependant, payment is usually also continued for six weeks.

If the only qualified child of a recipient of the One Parent Family Payment (OPF) dies, the full OPF is payable for six weeks.

If you are getting a Carer's Allowance and the person being cared for is not your spouse, your Carer's Allowance is also payable for six weeks after the death.

When the person dies, the Department of Social and Family Affairs should be notified.

If this six weeks payment is granted then any widow or widower's pension due starts to be payable after the six weeks.

If the deceased had a pension book, this should be returned to the Department of Social and Family Affairs with notification of the death; if the deceased was receiving Unemployment Benefit or Assistance, the Social Welfare Local Office should be notified about the death. The Health Board should be notified in the case of Health Board payments.

Q. How do I claim this payment?

A. You should notify the section in the Department of Social and Family Affairs which was making the payment e.g. the local Social Welfare if it was Unemployment Benefit or Assistance. In the case of a pension, return the pension book, as soon as possible, to the relevant section, with note about the death and include the Death Certificate or Death Notice from the newspapers. (Keep a note of the pension claim number).

Q. Can I cash the cheques or pension orders after the death?

A. No. You should return the cheques or pension books to the Department of Social and Family Affairs. If you are not entitled to this six weeks payment, then, whatever is due at the time of death can be examined by whoever is taking care of funeral expenses.

For further information & Where to claim:

If the deceased person was getting one of these listed pensions/allowances:

- Old Age (Contributory) Pension
- Retirement Pension
- Old Age (Non Contributory) Pension
- Blind Person's Pension
- Widow/er's (Contributory) Pension
- Widow/er's (Non Contributory) Pension

- **One-Parent Family Payment**
- **Deserted Wife's Benefit**
- **Deserted Wife's Allowance**
- **Orphan's (Contributory) Allowance**
- **Orphan's (Non Contributory) Pension**

or if the deceased person was a dependant (adult/child) or a person who is getting one of these listed pensions/allowances, please forward your application to:

**Pension Services Office,
College Road,
Sligo,
Telephone: Sligo (071) 69800**

NOTIFYING THE TAX OFFICE

- The deceased's tax office should be advised as soon as possible of the date of death and the name and address of the personal representative until such time as the administration of the estate is finalised.
- **If the deceased was self-employed**, you will most likely get the deceased's accountant to file any outstanding Income Tax Return and business accounts with the deceased's tax office. As well as Income Tax, you will need to ensure that any outstanding VAT, Employer's PAYE/PRSI, or other taxes in respect of the period up to date of death are fully paid.
- **If the deceased was an employee**, there may be a PAYE tax rebate due, as the deceased's tax-free allowances for the year of death may not have been fully used up. The deceased's employer will send Form P45 to the tax office to facilitate the rebate.
- **Special allowance for surviving spouse with a dependent child.** Special income tax rules apply for the year of death. If you have any dependent children you may be entitled to a special Income Tax Allowance (called "Widowed Parent's Allowance") for the 3 tax years after the year of your spouses death. You may also be entitled to the "one-parent family allowance" for as long as you have any dependent children.
- **Remember**
Let the tax office know of your spouse's death as soon as you can. They will ask you certain questions – including the date of death, your late spouses RSI number, and the name of the personal representative. They will also need to make sure you are receiving the proper tax-free allowances. To do this they will want to know if you have any dependent children, and if you will be receiving a pension (either from the Social Welfare or from your spouses employer).
- **Don't Worry**
If you haven't got all the information when you are contacting the tax office, tell them as much as you know.

**NOTIFYING
THE
TAX
OFFICE**

WHERE CAN I GET A DEATH CERTIFICATE?

The death certificate is available following the inquest, when one is held, from the Birth, Deaths and Marriages Registration Office.

CARLOW

Community Care Centre,
Registration of Births, Deaths and Marriages,
Athy Road,
Carlow.
Tel: 059-9136542

KILKENNY

Community Care Headquarters,
Registration of Births, Deaths and Marriages,
James Green,
Kilkenny.
Tel: 056 7784711

TIPPERARY SR

Community Care Headquarters,
Registration of Births, Deaths and Marriages,
Western Road,
Clonmel.
Tel: 052 77205

St. Vincent's Health Centre, (Mon - Thur, 9-12.30pm)
Registration of Births, Deaths and Marriages,
Tipperary Town,
Co.Tipperary
Tel: 062 51207

WATERFORD

Community Care Headquarters,
Registration of Births, Deaths and Marriages,
Cork Road,
Waterford.
Tel: 051 842825/24

Registration of Births, Deaths and Marriages,
St. Joseph's Hospital,
Dungarvan.
058 20900

WEXFORD

Wexford Community Care Headquarters,
Registration of Births, Deaths and Marriages,
Grogan's Road,
Wexford.
053 9123522

Registration of Births Deaths and Marriages,
Enniscorthy Health Centre, (Mon- Fri, 2-4pm)
Mill Park Road,
Enniscorthy.
053 9233465

Registration of Births, Deaths and Marriages,
Gorey Health Centre, (Mon- Fri, 2-4pm)
Gorey.
053 9421374

Registration of Births, Deaths and Marriages,
New Ross Health Centre, (Mon-Fri, 2-4pm)
Hospital Grounds,
New Ross.
051 421445

HELPFUL ORGANISATIONS /SUPPORT GROUPS

GENERAL BEREAVEMENT

Family Ministry,
Sr. Anna Brady,
St. John's College,
John's Hill,
Waterford
Tel: 051 874199

St. Peter's and St. Paul's Church
Parish Office,
Gladstone Street,
Clonmel,
Co. Tipperary.
Tel: 052 22138

**St. Mary's Bereavement Support
Group**
Pastoral Centre,
Irishtown,
Clonmel,
Co. Tipperary.
Tel: 052 22773

**St. Oliver's Bereavement Support
Group**
21 Heywood Heights,
Clonmel,
Co. Tipperary.
Tel: 052 25235

Bereavement Counselling Service
Askea Parish Centre
Carlow
Tel: 059-9142565

**Bereavement Care & Counselling
Service
(Family Life Service)**
St. Bridget's Centre,
Roches Road,
Wexford.
Tel: 053 9123086

Ossory Social Services
Waterford Road,
Kilkenny
Tel: 056 7765883/1850 370 300

SUICIDE BEREAVEMENT

Talk It Over
(Waterford, Wexford, South Tipperary, Kilkenny and Carlow)
Tel: 1850 201 249

OTHER

Alcoholics Anonymous
01 4538998

AWARE (defeat depression)
051 565693
1890 303 302 (*24 hr Lo-call helpline*)

GROW
056 7761624

Samaritans
1850 60 90 90

Childline (24 hrs)
1800 66 66 66

Citizens Information
1890 777 121

Parentline
1890 927 277

Schizophrenia Ireland
1890 60 90 90

NATIONAL OFFICES

National Suicide Bereavement Support Network

P.P Box No 1,
Youghal,
Co.Cork

Contact: Teresa Millea
Tel: 024 95561

- To offer a means of connecting groups and individuals, already in existence, who provide bereavement support; to inform bereaved people where support groups have been set up.

Irish Friends of the Suicide Bereaved
Planning Office,
c/o St. Finbar's Hospital,
Cork

Tel: 021 4316722

- Replies to queries by telephone and letter.
- Offers one to one support
- Runs support groups for adults in Cork and residential weekends for people from any part of the country

Irish Association of Suicidology

Tel: 094 21333 ext.2084

- Organises conferences/workshops on suicide and suicidal behaviour
- Promotes research and awareness
- Supports suicide bereavement groups

Irish Association for Counselling and Therapy

8 Cumberland Street,
Dun Laoighaire,
Co.Dublin.

Tel: 01 2300061

- Operates a telephone referral help line and publishes a National Register of Accredited Members

Barnardos

Dublin Barnardos

Christchurch Square,
Dublin 8.

Tel: 01 4532110

Help Line: 01 4732110 (10am - 12pm)

Cork Barnardos

18 Patrick's Hill,
Cork

Tel: 021 552100

- Bereavement Counselling for children and families who have suffered a painful loss of a parent, sibling or other significant other in their lives, through death
- Information and advice through the help line; family counselling, individual and group work with children who have been bereaved; a library of information on all aspects of bereavement and child care

USEFUL SUPPORT GROUPS

Senior Help Line

Tel: 1850 440444

- Offers a listening service to isolated and lonely older people for the price of a local call

Irish Sudden Infant Death Association

Carmichael House,
4 North Brunswick Street,
Dublin 7.

Tel: 1850 391391

National Association of Widows in Ireland

21 Gardiner Place,
Dublin 1.

Tel: 01 8728814 / 01 8733622

FINANCIAL AND LEGAL ADVICE

Pension Services Office
 College Road,
 Sligo.
Tel: 071 69800/01 8748444

Injury Benefit Section
 Social Welfare Services Office,
 157/164 Townsend Street,
 Dublin 2.
Tel: 01 8748444

Central Revenue Information Office
 Cathedral Street,
 Dublin 1.
Tel: 01 8780000

A useful guide: What to do about tax when someone dies; available from the Forms and Leaflet Section.
Tel: 01 8780100

Probate Office
 High Court,
 Four Courts,
 Dublin 7.
Tel: 01 6711000

WEBSITES

www.nsrq.ie	National Suicide Review Group
www.ias.ie	Irish Association of Suicidology
www.suicidology.org	American Association of Suicidology
www.afsp.org	World Federation of Mental Health
www.mentalhealthireland.ie	Mental Health Association of Ireland
www.nsbsn.org	National Suicide Bereavement Support - Network
www.samaritans.org	Samaritans
www.awaresoutheast.com	Aware
www.indigo.ie/ala	Alcoholics Anonymous
www.sirl.ie	Schizophrenia Ireland

SUGGESTED READING MATERIAL

GENERAL BEREAVEMENT

She Never Said Goodbye: One Man's Journey Through Loss.

Robert Dykstra (1990)

Crowborough: Highland Books. ISBN 0946 616 68X

On Death and Dying

Elizabeth KublerRoss (1969)

London:Tavistock Publications Limited. ISBN 0422 754900

Healing Grief: A Guide to Loss and Recovery

Barbara Ward (1995). London: Hutchinson. ISBN 0091 778395

Beyond Grief: A Guide for Recovery from the Death of a Loved One

Carol Staudacher (1988) London. Souvenir Press. ISBN 0258 650696

Someone to talk to. A Handbook on Childhood Bereavement.

Pat Donnelly (2001) Dublin. Barnardos. ISBN 1898 662584

BEREAVEMENT THROUGH SUICIDE

A Special Scar: The Experiences of People Bereaved by Suicide.

Alison Wertheimer (1991)

London: Routledge. ISBN 0415 017637

After Suicide: Help for the Bereaved.

Dr. Sheila Clarke (1995)

Melbourne: Hill of Content. ISBN 0885 7220622

Night Falls Fast: Understanding Suicide.

Kay Redfield Jamison (2000)

London: Macmillan. ISBN 0859 695859

Hope in the Face of Suicide

Marie Barrett (1996)

Dublin: Veritas Publications. ISBN 185 3903701



Féidhmeannacht na Seirbhíse Sláinte
Health Service Executive

Regional Suicide Resource Office,

St. Patrick's Hospital,
John's Hill,
Waterford.

Tel: 051 874013

Website: www.hse.ie

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