

Resources for the Suicide Bereaved

This is a selection of Suicide Bereavement Support organisations, national & regional. Please also check yourmentalhealth.ie for suicide bereavement supports in your area.

ORGANISATION	AREA	WEBSITE	EMAIL	TELEPHONE
NATIONWIDE				
H.U.G.G. Healing Untold Grief Groups Suicide Bereavement Support Groups	Peer support meetings available at locations in Dublin, Cavan, Cork, Galway, Limerick & Donegal. Two virtual groups meet online. See HUGG Website for details.	www.HUGG.ie	support@HUGG.ie	Tel: 01 513 4048 (monitored answer machine)
Pieta	Nationwide	www.pieta.ie	mary@pieta.ie	1800 247 247
Rainbows Ireland	Nationwide	www.rainbowsireland.ie	ask@rainbowsireland.com	01 473 4175
Stop Suicide	Nationwide	www.stopsuicide.ie	info@stopsuicide.ie	071 985 6070 1850 211 877 086 777 2009
LEINSTER				
Bereavement Counselling Service	Dublin, Bray, Newbridge, Kildare	www.bereavementireland.com	bereavement@eircom.net	
HUGG: Healing Untold Grief Groups	Dublin meeting points: Leopardstown, Smithfield, Tallaght. Meath / Louth plus see regional centres below. Virtual meetings available online	www.hugg.ie Facebook / Twitter @healinguntoldgrief	support@hugg.ie	Tel: 01 513 4048 (monitored answer machine)
Kilkenny Bereavement Support	Kilkenny	www.kilkennybereavementsupport.com		056 7756538
Living Life Counselling	Bray & Arklow Co Wicklow	www.livinglifecounselling.com		Bray: 01-2866729 Arklow 012866729
Midlands Suicide Bereavement Liaison	Laois, Offaly, Longford and Westmeath	www.suicidebereavementmidlands.com	midlandssbl@gmail.com	086 418 0088
Kildare Suicide Bereavement Group	Offering support and one-to-one counselling for suicide bereaved. Qualified counsellors provide non-denominational counselling.	www.naasparish.ie/group/suicide-bereavement-group/		086 854852 045 871 340
SOSAD	Carrickmacross, Drogheda, Dundalk, Cavan, Navan, Tullamore	www.sosadireland.ie	info@sosad.ie	041 48754
Talk to Tom –counselling and bereavement support	Gorey, Co Wexford	www.talktotom.ie	info@talktotom.ie	0818 303061

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MUNSTER				
HUGG: Healing Untold Grief Groups - Suicide Bereavement Support Groups	Cork, Waterford and Limerick . See also Dublin and regional centres. Virtual meetings available online	www.hugg.ie Facebook / Twitter @healinguntoldgrief	support@hugg.ie	Tel: 01 513 4048 (monitored answer machine)
Bereavement Support Group	Kerry	www.southwestcounselling.ie	info@kerrylifeline.ie	064 663 6100
Clare Suicide Bereavement Support	Clare	www.claresuicidebereavementsupport.com		086 056 5373 087 369 8315
Living Links	Tipperary & Midlands	www.livinglinks.ie	Tipperary: tipperarylivinglinks@gmail.com Midlands Facebook: facebook.com/Midlands-Living-Links	Tipperary: 087 9693021 Midlands: 086 1600641
CONNAUGHT				
HUGG: Healing Untold Grief Groups	Galway Virtual meetings available online	www.hugg.ie Facebook / Twitter @healinguntoldgrief	support@hugg.ie	Tel: 01 513 4048 (monitored answer machine)
Boyle Family Resource Centre	Roscommon	www.boylefrfc.ie/	sraftery@vitahouse.org	085 740 7856 090 662 5898 071 966 3000
The Family Centre	Mayo	www.thefamilycentre.com		094 902 5900 087 217 2866
Bereavement Support Group	Sligo			086 777 2009
Vita House Family Centre	Roscommon	www.vitahouse.org	info@vitahouse.org	090 662 5898
Jacinta's Smile Sibling Bereavement Support	Mayo	www.jacintassmile.ie	info@jacintassmile.ie	090 6625898 087 4220000

ORGANISATION	AREA	WEBSITE	EMAIL	TELEPHONE
ULSTER				
HUGG: Healing Untold Grief Groups	Donegal Cavan Virtual meetings available online	www.hugg.ie Facebook / Twitter @healinguntoldgrief	support@hugg.ie	Tel: 01 513 4048 (monitored answer machine)
Bereaved by Suicide Support	Fermanagh			028 7186 5127 (NI)
Bereavement Support Group	Belfast	www.suicideawareness.co.uk		028 9023 9967
Cruse Bereavement Support		www.cruse.org.uk		0808 808 1677
East Belfast Survivors of Suicide	East Belfast	eastbelfastsos@gmail.com		028 9046 0201
Families Voice		www.familiesvoicesforum.com		028 7138 3386
Foyle Search & Rescue- Suicide Bereavement Support Group	Derry	www.foylesearchandrescue.org		028 7186 5127
Lenadoon Counselling Project	Lenadoon	lenadooncounselling@yahoo.co.uk		028 9060 0641
Lighthouse Bereavement Support		www.lighthousecharity.com		028 9075 5070
Niamh Louise Foundation		www.niamhlouisefoundation.com		028 8774 0354
P.I.P.S.	Newry & Mourne	www.pipsnewryandmourne.org		028 302 66195
PATHS (Positive action to help those bereaved by suicide)	Omagh	www.facebook.com/PATHSOmagh/		028 8283 5302