

Samaritans

24/7 Confidential Emotional Support

Sunville, Kilrush Road, Ennis

TEL: 116 123 (THIS NUMBER IS FREE CALL)

TEXT: 087 260 90 90

VISIT: 10.00am / 10.00pm

EMAIL: jo@samaritans.ie

TWITTER: @SamaritansClare

Pieta House

Suicide & Self Harm Crisis Centre

Ardaulin, Mungret, Limerick

TEL: 061 484 444

EMAIL: mary@pieta.ie

WEB: www.pieta.ie

TWITTER: @PietaHouse

Suicide Resource Office

HSE Mid West

TEL: 061 461 454 or 061 461 143

Your Mental Health - HSE.ie



*Providing Help & Support
for people bereaved by suicide*



Charity No:
CHY15522

C.R.A.
20053819

Who



Who Are We?

Clare Suicide Bereavement Support is a group of trained, non-professional volunteers who befriend and support individuals, families and communities bereaved by suicide.

The suicide may be recent or in the past.

Why



Why Contact Clare Suicide Bereavement Support?

You may be finding it difficult to cope with the kind of feelings you are having following the death of a loved one.

These feelings are a natural consequence of what has happened.

It could help to talk to one of our support workers.

How



How Can We Support You?

One to One Befriending

Family Support

A Healing Programme

A Monthly Support Meeting

The Healing Programme

This is an 8-week series of meetings available for people bereaved by suicide.

The aims of the programme are:

- (a) To help people find support and healing in a caring, safe and confidential environment.
- (b) To provide an opportunity to meet with others who have also experienced loss through suicide.

Monthly Meetings

A meeting is held on the first Wednesday of every month where there is a chance for the bereaved to support each other in coming to terms with what has happened.

How To Contact Us

Clare Suicide Bereavement Support (Clare SBS) can be contacted by telephone or text on the following numbers:

086 0565373 / 087 369 8315

www.claresuicidebereavementsupport.com