

Other support available:

Lifeline

0808 808 8000
www.lifelinehelpline.info

Lifeline

0808 808 8000

Lifeline is a crisis response helpline service operating 24 hours a day, seven days a week. If you are in distress or despair, you can call lifeline and speak to an experienced counsellor in confidence.

SAMARITANS

Samaritans

116 123

Samaritans is a registered charity aimed at providing emotional support to anyone in emotional distress, struggling to cope or at risk of suicide.

Cruse Bereavement Care
Somebody to turn to when someone dies

Cruse Bereavement Care

0808 808 1677

Cruse Bereavement Care supports someone after the death of a loved one when you need to talk.

childline
ONLINE, ON THE PHONE, ANYTIME
0800 1111
childline.org.uk

Childline

0800 1111

Is a counselling service for children and young people up to their 19th birthday. It deals with any issue which causes distress or concern.

"Grief is as unique as you are and as individual as a fingerprint."

Each person will be affected in his or her own way because everyone is different."

People who have used the support service:

"I feel that counselling has been so helpful over the last 3 months. To have a confidential, non-judgemental chance to tell my whole truth has been a relief. It's been six months since the suicide and I am now feeling hopeful about living again."

"I wouldn't be in the better place I am in today without your help. You listened, you encouraged and guided me through this very painful journey."

Bereaved by suicide?



Bereaved by Suicide Support Service

When someone close dies by suicide those left behind have to deal with an overwhelming range of practical and emotional issues.

The Public Health Agency funds a number of organisations to provide a Bereaved by Suicide Support Service. This is freely available to those living within the Belfast Health & Social Care Trust area.

HSC Public Health Agency

Project supported by the PHA



Support available:



AMH New Life Counselling **028 9039 1630**

Action Mental Health's counselling team provides services for children, young people, adults and families who have been bereaved by suicide in the greater Belfast area.

25 Ardoyne Road
Belfast BT14 7HX

Bloomfield House
395-405 Newtownards Road Belfast
BT4 1RH

Website: www.amh.org.uk
Email: counselling@amh.org.uk

*Individuals may also access services in other parts of the city.



Barnardo's **028 9066 8333 or** **07867372711**

Supporting Children and Young People Bereaved Through Suicide Citywide.

23 Windsor Ave Belfast BT9 6EE

Email: ReceptionNI@barnardos.org.uk

  @BarnardosNI

Suicide Awareness **Support Group** **028 9023 9967**

Support individuals and families who have lost loved ones to suicide in West Belfast Area.

209 Falls Road
Belfast BT12 6FB

Email: m.walker@suicideawareness.co.uk



Extern Safe Project **Roberta 07484092474** **Ben 07483156380**

Extern offers support and guidance to those who have been bereaved by suicide.

Hydepark House
3 McKinney Road
Newtownabbey
BT36 4PE

Email: Safe.Project@extern.org
Website: www.extern.org
 @ExternCharity



Lighthouse **028 9075 5070**

Providing support services to families who have been bereaved due to suicide in the North Belfast Area.

187 Duncairn Gardens
Belfast BT15 2GF

Email: info@lighthousecharity.com

Please note there may be other providers available, this list is not intended to be exhaustive. The information in this leaflet is believed to be correct at time of going to print. Where any specific organisation or service is mentioned by name or otherwise this does not necessarily constitute or imply any endorsement or recommendation by PHA of that organisation or service.

Bereavement support resources

Online booklets and resources are available for people who have experienced a bereavement during the COVID-19 pandemic period.

To find out more, visit
www.pha.site/covid19-bereavement

There are a wide range of organisations providing counselling and support services in the fields of Emotional Wellbeing & Drugs & Alcohol - for further detailed information visit:

<https://www.publichealth.hscni.net/publications/directory-services-help-improve-mental-health-and-emotional-wellbeing>
<https://drugsandalcoholni.info/>
<https://covidwellbeingni.info/>