

Supporting families/individuals

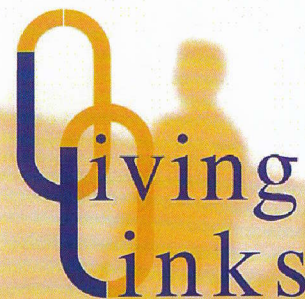
A number of trained individuals are available to offer confidential practical support and information to families and individuals who have experienced a death by suicide.

A *Living Links* Outreach Support Person can call to your home or meet at a suitable location appointed by the family or individual, by their request.

The outreach worker provides information and practical support concerning the funeral, inquest, entitlements, what to say to the children, how to deal with the neighbours and be there, as a friend, for you.

For further information on Living Links Outreach Support Services covering your area you can write to National Living Links Office at 5 Lower Sarsfield Street, Nenagh, Co. Tipperary or telephone 067 43999, 087 4122052 or by email at info@livinglinks.ie

Please visit our website at www.livinglinks.ie

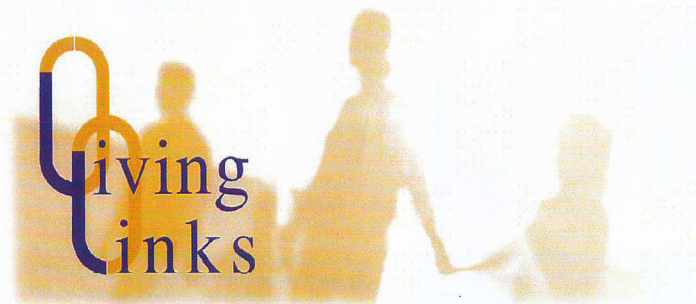


**"SUPPORTING
THE
SUICIDE
BEREAVED"**

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Registered Charity Number CHY: 16921



Objectives are to:

- **provide outreach and support to those bereaved by suicide**
- **to increase awareness and understanding of suicide and its effects on individuals, families and communities.**
- **to liaise and provide families with information on health services available in the region, and referral pathways to such services should such professional counselling be required**
- **to encourage the suicide bereaved and/or suicide affected to establish and foster an ongoing support group among themselves**

Suicide Bereavement

Death by suicide is a tragedy for everyone concerned. The grief and sense of loss experienced is very personal and can be overwhelming. Families, relatives and friends feel confused and helpless.

As well as the normal distressing experience of grief, those bereaved by suicide can experience a sense of stigma, shame, loneliness and rejection. Many are preoccupied with the unanswerable question, WHY? Those bereaved by suicide need to talk about what has happened.

Needs of Survivors: What has helped others?

The experience of loss through suicide is often sudden and always traumatic. You may experience shock; you may initially deny what happened to you and your family. You may be confused and you may be very angry.

It may help to talk honestly and openly about what has happened. Sometimes it is easier to do this with someone outside your own circle of friends or family, simply because they are also experiencing this loss.

Telling the story of the person who has died is important at this time. You need to talk about their life and not just the way in which they died, even though this is something you might need to talk about as well.

Talking about it brings a realization of what has happened which may not be there immediately after the death.

Spend time with reminders of the person whom you have lost, looking at photos and enjoying memories of times you had together.

Speaking with others who have had a similar experience may help.

Following the death you may also need factual information about entitlements and supports. You may need some information about the inquest which will happen later. The *"You are not alone"* booklet has some practical advice on these matters.