

Traumatic Bereavement

The death of a loved one can be particularly traumatic if it happens without warning, if it is untimely or if it involves violence e.g. a road traffic accident or a suicide. It is also difficult for those bereaved if they haven't had the opportunity to say goodbye. Reactions to traumatic deaths can include shock, fear and anxiety, anger and sometimes guilt. Fewer events in life are as painful as the traumatic death of a loved one but help and support is available.



COPING WITH TRAUMATIC DEATH

- Confide in someone if you are struggling to deal with your grief
- Lean on family and friends and your existing support structures
- Remember that there is no right way to grieve; everyone grieves in their own way
- There is no timeline for grief
- Special occasions can be difficult to manage e.g. birthdays or anniversaries; you can continue old traditions or create new ones to remember your loved one
- Find a way to say goodbye
- Look after yourself and know where to seek support if you need it



Grief and loss is a natural part of life and everyone will experience it at some stage. Most people will get through it and benefit from support from family and friends, from their community or by accessing professional help e.g. a helpline or a support group. Some deaths may be more difficult to grieve than others e.g. a death by suicide or an accidental death. Remember that you are not alone and that help is at hand.

The HSE Bereavement Counselling Service for Traumatic Deaths in the five counties of the South East provides free counselling to people aged 16 years and over who have been bereaved through suicide, homicide, road traffic accident, industrial/agricultural/domestic accident or drowning. Referrals are accepted from a relevant medical professional e.g. your GP.



The HSE Bereavement Counselling Service for Traumatic Deaths (South East Community Healthcare)

Phone: 051 874013

Email: Bereavement.sro@hse.ie

<https://www.hse.ie/eng/services/list/4/mental-health-services/connecting-for-life/publications/national-suicide-bereavement-support-guide.html>



Seirbhís Sláinte
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á Forbairt

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