

Bereavement Supports & Services

If you, a member of your family or someone you know is in distress or needs someone to talk to; help, support and advice is available. In the first instance contact your GP, if it is late in the evening or at the weekend call CAREDOC on 0818 300 365. If you or someone is in immediate danger go to the Emergency Department of the nearest hospital or call the Emergency Services on 999 or 112.

BEREAVEMENT SUPPORTS & SERVICES:

The Irish Hospice Foundation

T: 01 679 3188 / www.hospicefoundation.ie

CANCER BEREAVEMENT SUPPORT

The Irish Cancer Society

T: 1800 200 700 / www.cancer.ie

Waterford: **Solas** T: 051 304 604

Wexford: **Hope** T: 053 923 8555

Carlow: **Éist** T: 085 866 1499

Kilkenny: **Cois Nore** T: 056 775 2222

South Tipperary: **C.A.R.E.** T: 052 618 2667

Circle of Friends T: 062 33550

North Tipperary: **Suaimhneas** T: 067 37403

Suir Haven T: 0504 21197

CHILDREN'S GRIEF AND LOSS

Barnardos Childhood Bereavement

T: 01 453 0355 / www.barnardos.ie

The Irish Childhood Bereavement Network

T: 01 679 3188 / www.childhoodbereavement.ie

Rainbows Ireland

T: 01 473 4175 / www.rainbowsireland.ie

PARENTS BEREAVEMENT

Anam Cara

Call or Text: 085 288 8888 / www.anamcara.ie

SUICIDE BEREAVEMENT

HSE Bereavement Counselling Service for Traumatic Deaths (South East) T: 051 874 013

Pieta T: 1800 247 247 / www.pieta.ie

Suicide Bereavement Liaison Officer (South East)
T: 085 807 3040

HELPLINES:

Barnardos

Bereavement Helpline

Monday to Thursday, 10 am to 12 pm.

T: 01 473 2110

Childline

24 Hour Freephone Helpline

T: 1800 666 666

Text: TALK to 50101

50808

24 Hour Crisis Messaging Service

Text: YMH to 50808

Irish Hospice Foundation

Bereavement Support Line

Monday to Friday, 10am to 1pm.

T: 1800 807 077

Pieta

24 Hour Freephone Helpline

T: 1800 247 247

Text: HELP to 51444

(standard message rates apply)

Samaritans

24 Hour Freephone Helpline

T: 116 123

Email: jo@samaritans.ie

This campaign highlights bereavement supports in the South East but there is a range of mental health related services in your county, you can find them on www.cypsc.ie and www.yourmentalhealth.ie (Tel: 1800 111 888). Additional resources can be found on www.healthpromotion.ie