

The service is unique to each individual and the staff will support you through your traumatic journey of grief.

Please see below words of comfort from previous clients.

- “The service is helping us to weather the storm of grief within an environment of love and understanding. We can share, laugh, cry and honour our daughters memory, healing a little along the way with others who understand our pain.”
- “The service provides hope for us in our darkest days. The staff are always available to provide comfort, kindness and support.”
- “Take one day at a time and know that grief is very unique. Cry when you need to and know that the service is available whenever you need it.”

Please contact:

**Danielle Gallagher**  
Bereaved by Suicide Support Officer  
Holywell Hospital Site 60 Steeple Road  
Antrim BT41 2RJ  
028 9441 3544  
[danielle.gallagher@northerntrust.hscni.net](mailto:danielle.gallagher@northerntrust.hscni.net)

**David Olphert**  
Family Liaison Officer  
Holywell Hospital Site 60 Steeple Road  
Antrim BT41 2RJ  
028 9441 3544  
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**Have you or  
someone you  
know been  
Bereaved by  
Suicide?**



**HSC** Northern Health  
and Social Care Trust

**HSC** Public Health  
Agency

This document is available, on request, in accessible formats, including Braille, cd, audio cassette and minority languages.[www.northerntrust.hscni.net/CS/5996/03/10](http://www.northerntrust.hscni.net/CS/5996/03/10)

**HSC** Northern Health  
and Social Care Trust

# IF YOU HAVE BEEN BEREAVED BY SUICIDE

Suicide has such a traumatic and devastating impact on families and communities.

Dealing with a bereavement through suicide is challenging due to the range and depth of emotions experienced - often accompanied by questions as to 'why' it has happened.

We know that the days and weeks to come will be very difficult, but you do not have to face them alone. There is support, help and information available.

The Bereaved by Suicide Service provides 1-1 therapeutic sessions, bereaved by suicide support groups and events throughout the year.

These sessions are currently available throughout the Northern Trust area, and a fixed number of sessions per person are free through this service.

You are eligible for support if:

You have been bereaved by suicide (bereavement support is most useful when the person has had time to experience natural grieving processes).

You are aged 18 years or older.

You are a resident within the Northern Health and Social Care Trust area which includes the District Council areas of Antrim, Ballymena, Ballymoney, Ballycastle, Carrickfergus, Coleraine, Cookstown, Larne, Magherafelt, Newtownabbey.

If you would like more information about a support group in your area, or to be referred for individual support sessions, please contact the Bereaved by Suicide Support Officer who will complete your referral. Details are overleaf.

## LIFELINE

The Suicide Prevention Helpline for NI. Anyone thinking about or affected by suicide, who is concerned or for someone else, should call the number for immediate and professional support.

## ZEST

A self-harm and suicide information and support service for anyone who has self-harmed or is suicidal, and also provides support to families.

## SAMARITANS

Confidential non-judgemental emotional support, 24 hours a day for people who are experiencing feelings of distress or despair, including those which could lead to suicide.

## COMPASSIONATE FRIENDS

Supporting bereaved parents, grandparents and siblings who have suffered the death of a child/children irrespective of their age.

## CRUSE BEREAVEMENT

Exists to enable anyone bereaved by death to understand their grief, cope with their loss and to promote their wellbeing.

## BARNARDOS CHILD BEREAVEMENT SERVICE

Offering support to Children, Young People and families bereaved up to the age of 18.

0808 808 8000

028 7126 6999

08457 90 90 90

028 8778 8016

028 2766 6686

Advice line Number:  
028 90668333  
(Mon, Tue 9.30-12.30 and  
Friday 10-12.30pm)