

Crisis Information

There are lots of agencies and services in Dublin North City and County that can help and advise you or someone known to you who may have been bereaved.

The loss of a loved one is difficult and can affect your mental health. There is no right or wrong way to experience loss or how to grieve. You may experience a wide range of emotions. This is part of the bereavement process and coming to terms with a loss. You don't need to go through bereavement alone. Talking and sharing your feelings with someone can help. Don't be afraid to talk about the person who has died.

D-Doc

D-Doc provide a service for urgent medical problems from 6pm – 8am, Monday- Friday and 24 hours on Saturdays, Sundays and all public holidays. If you need medical advice during these times please contact – **1850 22 44 77**.

Emergency Services

Phone: 999 / 112

Service Provided: This is the official emergency telephone number which allows the caller to contact emergency services for urgent assistance i.e. Ambulance, Gardaí and Fire Brigade.

Samaritans

Phone: 116 123 (24hr Support)

Email: jo@samaritans.ie

Text: 087 260 90 90 (standard text rates apply)

Resource Officers for Suicide Prevention

sandra.taylor@hse.ie

johnc.duffy@hse.ie

**STEP 1:
Visit your local GP
(or D-Doc out of hours)**

**STEP 2:
Your GP will assess you
for the help and support
you need**

**STEP 3:
If you need immediate
help, go to your nearest
Emergency Department or
ring 999 and ask for help**

**Connecting for Life
Dublin North City
and County**

**Bereavement
Support
Services**

www.yourmentalhealth.ie

The hub for everything mental health

Information Line: 1800 111 888

Freephone any time to find supports and services near you



Target Counselling

Phone: 01 867 0279

Email: counselling@targeteducation.net

Access: Self-Referral

Website: www.targeteducation.ie

Opening Hours: Monday- Thursday, 9:30am – 9pm
Friday, 9:30 am – 1:30pm

Service Provided: Target offer confidential, one to one non directive counselling. This service is offered by counsellors trained to listen support and counsel.

Address: Donaghmede House, Newbrook Rd, Donaghmede, Dublin 13.

Fingal Counselling Service

Phone: 01 890 2596

Access: Self-Referral

Email: info@counsellingatfingal.com

Website: www.counsellingatfingal.com

Opening hours: Monday – Friday, 10am – 1pm

Service Provided: This service offers a safe and confidential environment where clients are encouraged and supported while working through their difficulties.

Address: BASE Resource Centre, Brackenstown, Swords, Co. Dublin.

Bethany Bereavement Support

Phone: 087 9905299

Access: Self-Referral

Email: bethanysupport@eircom.net

Website: www.bethany.ie

Service Provided: Bethany is a voluntary community and parish based service which supports the bereaved through the grieving process.

Pieta House Collins Avenue

Phone: 01 884 0532

Helpline: Call 1800 247 247 to speak to a counsellor

Access: GP or Self-Referral

Website: www.pieta.ie

Opening Hours: Monday to Friday, 9am- 9pm

Service Provided: Pieta House provide free counselling, therapy and support to individuals, couples, families and children who have been bereaved by suicide.

Address: 309 Collins Avenue, Whitehall, Dublin 9

Pieta House Suicide Bereavement Liaison Service

Phone: 085 870 6574

Access: Self-Referral/GP

Email: kate.omahony@pieta.ie

Website: www.pieta.ie

Service Provided: Anyone affected by suicide may contact the Suicide Bereavement Liaison Officer, who can arrange to meet, provide an opportunity to talk, give information and guidance to access supports.

Address: 309 Collins Avenue, Dublin 9.

Oasis – Deora Counselling

Phone: 01 836 4524

Email: info@oasiscentre.ie

Website: www.oasiscentre.ie

Service Provided: Deora Counselling is a specialised counselling and crisis intervention service working with bereavement and suicide loss. Direct services include individual, group, assessments, crisis intervention, ASIST and safeTALK training.

Address: The Oasis Centre, St. Laurence's Place East, Seville Place, Dublin 1.

Anam Cara

Phone: 085 288 8888 or 01 404 5378

Access: GP or Self-Referral

Website: www.anamcara.ie

Anam Cara Parent Bereavement understands we don't live in an ideal world; we live in a world after our precious children have died before their time. Bereaved parents have set up this organisation to help themselves and all bereaved parents cope with their grief and loss.

HUGG - Suicide Bereavement Peer Support Group

Phone: 01 513 4048

Access: Self-Referral

Email: info@hugg.ie

Website: www.hugg.ie

Service Provided: HUGG is a self-help organisation which provides a safe, confidential environment in which those bereaved by suicide can share their experiences and feelings and gain support from others. The support group meets fortnightly on Tuesdays (7:30pm – 9:30pm).

Address: Maldron Hotel, Smithfield, Dublin 7.

Barnardos Children's Bereavement Service

Phone: Helpline 01 473 2110 **Reception** 01 8134100

Access: Self-Referral by parent/guardian or co-referrals via professionals with parental consent

Email: bereavement@barnardos.ie

Website: www.barnardos.ie

Opening Hours: Helpline Monday – Thursday, 10am- 12pm. **Reception** Monday-Friday 9am-5pm

Service Provided: Information, advice and therapeutic support for bereaved children, young people and their families.

Address: 23/24 Lower Buckingham St, Dublin 1