

There are a range of Services that can help support you through your traumatic journey of grief.

Please see below comments from family members who have found the support provided by services in the Southern area helpful in coming to terms with their loss:

"Following the death by suicide of my son I got strength from attending a support group. I found a place where I could open up and talk. I realised that I am not alone, we are there for each other to help each other heal."

"I felt safety, comfort and support."

"Through the support group, I have gained great insight, understanding and meaningfulness from others who understand my loss."

The following Services available in the Southern Trust area are contracted and monitored by the Public Health Agency under the Northern Ireland Protect Life Strategy:

Southern Health and Social Care Trust

Protect Life Coordinator

St Lukes Site

71 Loughgall Road

Armagh, BT61 7NQ

T: 028 3756 4461

M: 07825 627 133

www.southerntrust.hscni.net/livewell/MentalHealth.htm

PIPS Hope and Support

Family Support Worker - supporting families bereaved by suicide

50 Mill Street, Newry

Co Down BT34 1AG

T: 028 3026 6195

LIFELINE T: 0808 808 8000

If someone you know is in distress or despair, call Lifeline. Available 24 hours a day, seven days a week. All calls are answered by a qualified crisis counsellor. You will get immediate support over the phone. **(Textphone: 18001 0808 808 8000)**

Bereaved by Suicide



If you have been Bereaved by Suicide

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

Dealing with any bereavement is very difficult. A bereavement through suicide is particularly challenging due to the range and depth of emotions experienced.

The days and weeks to come may be very difficult, but you do not have to face them alone. There is support, help and information available to you.

If you would like more information about the support available in your area, please contact the Southern Trust **Protect Life Coordinator**
T: 028 3756 4461

For further information visit www.southerntrust.hscni.net/livewell/MentalHealth.htm



PIPS Hope and Support

is commissioned by the Public Health Agency to provide a range of bereavement support services for anyone who is a resident in the Southern Health and Social Care Trust and has experienced the death of a loved one through suicide.

The PIPS Hope and Support Bereaved by Suicide Service provides a holistic range of free professional therapeutic services for individuals and families bereaved by suicide, including; support groups, counselling and residential retreats.

If you would like to contact PIPS Hope and Support
T: 028 3026 6195

or drop-in to the PIPS office at
50 Mill Street, Newry

Open 9am-5pm Monday-Friday
9am-9pm Tuesday
9am-1pm Saturday

While not directly commissioned or monitored by the Public Health Agency, there are a number of other charities and organisations that can support families, friends and communities experiencing bereavement in the Southern area, including:

Compassionate Friends

Offers support after the death of a child of any age **T: 028 8778 8016**

Cruse Bereavement Support

Offers support, advice and information to anyone following the death of someone close.
Armagh/Dungannon **T: 028 8778 4004**
Newry and Mourne **T: 028 3025 2322**

Niamh Louise Foundation

Provides individual and group support, mentoring and befriending for all those in the community who have been affected by suicide.
T: 028 8775 3327

PIPS Upper Bann

Provides bereavement support for families and the community affected by suicide.
T: 028 3831 0151

Samaritans

Supports anyone who needs help.
T: 116 123