

Grief is how a bereavement affects us personally. It is what we experience when we lose something or someone significant to us. This experience can be especially difficult when someone close to us dies. Making sense of the loss and learning to live without that person is the work of grieving.

Everyone's loss is different. Therefore, everyone's grief is different. Grief can be hard at times and it is completely normal to experience a wide range of feelings which can include shock, disbelief, confusion, sadness, loneliness and anger. If you are grieving, it is important to understand that what you are feeling is part of the process of trying to come to terms with a major change in your life.

Tips for supporting yourself

Helping yourself when you are bereaved

If you have experienced a loss, there are a number of things which will help you as you grieve:

- **Be gentle with yourself.** Your energy may be low for a while so do not place too many demands on yourself.
- **Look after your physical health.** You may find that you have lost your appetite. However, it is important that you eat healthily. Many people find that eating little and often helpful. It is also important to try to get some exercise. Even a small walk each day can be beneficial.
- **Make sure you get enough rest and sleep.** This will help you to avoid becoming run down and more likely to pick up infections.
- **Seek out support from others who are willing to listen.** Talking is important as it helps you express what you are feeling. Try to find one or two people with whom you can simply be yourself and who will allow you to talk when you need to.
- **Allow yourself to experience the feelings which come with bereavement** even if at times, they are difficult. It can be helpful to talk these over with someone you trust. This could be a family member, although it is important to remember that they are grieving too. Sometimes, talking to someone outside the family can be beneficial.
- **Don't rush things.** You are trying to come to terms with a major upheaval in your life so please do give yourself permission to take things a bit easier. In general, it is best to put off making major decisions such as moving home or changing jobs for at least six months to a year.

Bereavement leaflets

The following bereavement leaflets address different types of grief and provide information on what to expect and how to cope.

- [Death of a Partner](#)
- [Understanding Grief](#)
- [Understanding Grief \(Video\)](#)
- [Death of a Parent](#)
- [Grieving the death of someone close](#)
- [The Grieving Family](#)
- [Grieving the death of someone close \(polish translation\)](#)
- [Death of a Child](#)
- [Children's Grief](#)
- [Adolescent Grief](#)
- [Talking to Children About Traumatic Death](#)
- [Death of Same Sex Partner](#)
- [Supporting Someone who is Grieving](#)
- [Death of a Pet](#)
- [Grief in the Workplace](#)
- [Bereaved by Suicide](#)
- [Grief at Christmas](#)

Dementia and grief

The Alzheimer's Society of Ireland in collaboration with the Irish Hospice Foundation have developed three leaflets for families and carers coping with dementia. These leaflets are currently available electronically only.

- [Grieving following the death of someone with dementia](#)
- [Loss and grief when a family member has dementia](#)
- [Understanding late stage dementia](#)

Helping a bereaved person:

Grieving is difficult, it is difficult to go through and it is also difficult to witness. Here are some tips to help you support someone who is bereaved.

- **Everyone grieves in their own way.** While everyone grieves in their own way, it is important to remember that feeling irritable, confused, relieved, bitter, angry or guilty is just as much a part of grieving as feeling sad and lonely. It is sometimes more challenging to

support bereaved people through these emotions.

- Following a death, **bereaved people often find it hard to take care of day-to-day tasks**. Their energy levels may be low, sleeping and eating patterns may be disrupted and their concentration and memory may be poor.
- Bereaved people are likely to have **some days when they feel they are doing quite well and other days when they may feel overwhelmed by their loss**. Sometimes a difficult day may be triggered by an anniversary or a special day. Hearing a certain song on the radio, seeing a familiar-looking figure on the street or smelling a certain scent can also impact on their grief, unexpectedly flooding them with memories. This means that their support needs can be very different depending on how they find themselves that day.

Most people will cope with their bereavement with support from family, friends and colleagues and with access to information on the grieving process. For some additional support can be useful either from volunteers or peer support groups.

When to consider getting extra help

- If the person him/herself feels unable to cope
- If there are not many people available to the bereaved person
- If going through some of the details of the death and/or relationship with someone who is not a family member might help

Bereavement Resources Local and National

Sulis Holestic Centre

Magheracloone, Carrickmacross, Co. Monaghan & Iontas, Castleblaney

Bereavement support by working on one to one basis – Kathleen Tuite

- 086 2408724
- 042 9668076
- caithtuite@yahoo.co.uk

BLAYNEY BLADES

Bereavement Counselling – Iontas, Conabury, Castleblaney

Contact name: Olive Bolger

Phone number: 042-9753410 / 404 / 411 / 412

Opening Hours: Monday to Thursday 9.00am – 5.00pm, Friday 9.00am – 4.00pm

Blayney Blades aims to provide affordable counselling locally and emergency counselling in times of death and separation

Counselling service is available at a low cost based on ability to pay.

PATRICK J O'ROURKE BSc (Hons) COUNSELLOR & PHYSCOTHERAPY

Loss & Grief / Bereavement Counselling

Kingscourt, Co. Cavan

Phone number(s) 042 9693838 / 087 0514394

Email:saoirsepor@yahoo.co.uk

www.patrickorourkephyscotherapy.ie

CAVAN FAMILY RESOURCE CENTRE

Child Counselling, Bereavement Counselling/Support,

Street address: Main Street, Cavan

Contact name: Nuala McGovern

Phone number: 049-4371363

Opening Hours: Monday to Friday 11.00am – 4.00pm

Other details:

- Cavan Family Resource Centre embraces all people, irrespective of age, race, class, religion or politics.
- We recognise and respect the many faces of family, and strive to support and enrich it in its many diverse forms through the services we provide
- Mediation services
- Psychotherapy/counselling services – available on a sliding scale based on ability to pay
- Suicide bereavement support
- Solus Nua – a programme for widowed, separated or divorced

CONNECT FAMILY RESOURCE CENTRE

Bereavement Counselling/Support,

Street address: 171, Moneymore Estate, Drogheda

County: Louth

Phone number: 041-9846608

Opening Hours: Monday to Friday 9.30am – 5.30pm

MONAGHAN BEREAVEMENT SUPPORT GROUP

Bereavement Counselling/Support

Street address: 32 Park Street

County: Monaghan

Contact name: Lily McMahon

Phone number: 047-82196

Other details:

Support those grieving for the loss of a loved one in Monaghan parish and its surrounding areas

Service is voluntary, free, confidential and non-judgemental

National Support Organisations

Barnardos Bereavement Counselling for Children

Hyde Square, 654 South Circular Road, Dublin 8

Tel: (01) 473 2110 (Monday to Friday, 10am to 12 noon)

Email: bereavement@barnardos.ie Web: barnardos.ie

Bereavement Counselling Service

(Greater Dublin Area, Bray, Kildare and Newbridge)

Dublin Street, Baldoyle, Dublin 13 Tel: (01) 839 1766

Email: bereavement@eircom.net Web: bereavementireland.com

Bethany Bereavement Support Group

Parish-based support groups around the country

See website for local contact details: bethany.ie

Console (Living with suicide)

Console House, 4 Whitethorn Grove, Celbridge. Co. Kildare

Tel: (01) 610 2638 Helpline: 1800 201 890

Email: info@console.ie Web: console.ie

Irish Hospice Foundation

Morrison Chambers

32 Nassau St, Dublin 2, Tel: (01) 679 3188

Email: info@hospice-foundation.ie Web: hospice-foundation.ie

Irish Sudden Infant Death Association

Carmichael House

4 North Brunswick Street, Dublin 7, Tel: (01) 873 2711, Helpline: 1850 391 391

Email: isida@eircom.net , Web: isida.ie

A Little Lifetime Foundation

(Formerly Irish Stillbirth and Neonatal Death Society)

Carmichael House, 4 North Brunswick Street, Dublin 7

Tel: (01) 872 6996 Email: info@alittlelifetime.ie Web: alittlelifetime.ie

Miscarriage Association of Ireland

Carmichael Centre, North Brunswick Street, Dublin 7

Tel: (01) 873 5702 Email: info@miscarriage.ie Web: miscarriage.ie

National Association of Widows in Ireland

Coleraine House, Coleraine Street, Dublin 7

Tel: (01) 872 8814 or 873 3622, Email: info@nawi.ie

Web: nawi.ie/citizensinformation.ie

Rainbows Ireland

(helps children bereaved by parental death, separation or divorce)

Loreto Centre, Crumlin Road, Dublin 12

Tel: (01) 473 4175 Email: ask@rainbowsireland.com Web: rainbowsireland.com

Samaritans

The Samaritans provide a national helpline number and have local branches around the country.

Helpline: 1850 60 90 90, Email: jo@samaritans.org, Web: samaritans.org

Widowed Young

Email: info@widowedyoung.ie

Web: widowedyoung.ie

Supports for Young Adults & Children

Rainbows Ireland

Rainbows Ireland, a registered charity, is a peer-support programme to assist children and young people experiencing a significant loss in their lives through a death, separation or divorce in their family.

RAINBOWS DUNDALK

- Counselling Organisation
- St Louis Secondary School, Castleblayney Road, Dundalk,
- County: Louth
- Contact name: Dara Mee
- Opening Hours: 9am – 5pm Monday – Friday
- Other details:
- Aim of organisation – to help students with issues around loss, separation & bereavement.
- Service available for free.

RAINBOWS ST JOSEPH'S CONVENT (NAVAN)

- Bereavement Counselling/Support
- St Joseph's Convent Primary School, Railway St, Navan
- Phone number: 046-9021989
- Opening Hours: Monday to Friday 9.20am – 3.00pm
- They provide peer support to children dealing with a death, separation or any other painful transition in their lives
- The service is available for free
- For further information on the Rainbows programme:
 - Telephone: 01-4734175
 - Website: www.rainbowsireland.com

APPLE TREE FOUNDATION

- Type(s): Bereavement Counselling/Support, Child Counselling
- Service Provider Type: Counselling Organisation
- Street address: Roden House, Roden Place, Dundalk
- County: Louth
- Contact name: Pearl Deery
- Phone number: 042-9329532
- Opening Hours: Monday to Friday 9.00am – 1.30pm (office hours), the foundation is open 7 days per week depending on the programme
- Other details:
- The vision of the Apple Tree is to create a supportive relational environment where young

- people in our community are welcomed, valued and encouraged to get in touch with and express their individual gifts through creativity and the arts
- Our aim is to work in partnership with the young people, key agencies and youth services providers to develop and provide the following services and facilities:
 - a vibrant and dynamic youth cafe
 - a youth information service
 - a programme of creative training opportunities using a range of methodologies – drama, music, photography, creative writing, crafts, dance and film
 - an exhibition space for young people’s artistic work
 - a performance space and youth theatre
 - professional counselling for young people
 - art therapy
 - meditation room to support the spiritual growth of young people
 - garden space
 - The service is available on a sliding scale based on ability to pay

Suicide Bereavement Support

Living Links – Cavan & Navan

Trained volunteers are now available to offer confidential, practical support and information to families who have experienced a death by suicide. At the request of the family, the Suicide Outreach Support Person can call to the home or meet at a location appointed by the family.

The outreach worker can provide information and practical support concerning the following areas:

- The funeral
- The inquest
- Entitlements
- What to say to children
- How to deal with the neighbours
- Help the person to clarify their personal grief
- Connect the person to other support services in their area
- Provide information on suicide and attempted suicide
- Be there, as a friend, for the person.

The Living Links listening/support service is free of charge and available to any person in the community including emergency personnel, gardai and clergy etc., who have in any way been affected by suicide.

<http://www.livinglinkscavan.ie/>

Living Links Cavan

House No. 2
Realtog Centre
Kilnaleck
Co. Cavan

Phone – 086 0235414

Emails:

hazel@southwestcavancdp.ie

info@livinglinkscavan.ie

Living Links in Navan

Sr. Elma Peppard, at 046 9021407

Dowdstown Hse,

Dalغان Park,

Navan,

Co. Meath.

SOSAD (<http://www.sosadireland.ie/>)

SOSAD is a community organisation dedicated to helping all people who might be considering suicide, suffering from depression or bereaved by suicide. They offer a full range of support services including suicide interventions, suicide risk or psychological assessments, one to one counselling as well as practical help and support. Their services are free, and are available for emergencies around the clock.

DROGHEDA OFFICE:

60 Trinity Street,

Drogheda, Co. Louth

24 hour emergency: 041 9848754

Email: info@sosadireland.ie

NAVAN OFFICE:

4 O'Growney Tce,

Navan, Co. Meath

24 hour emergency: 046 9031855, 083 3712622

Email: navan@sosadireland.ie

DUNDALK OFFICE:

31 Williamson's place,

Dundalk, Co. Louth

24 hour emergency: 042 9327311

Email: dundalk@sosadireland.ie

CAVAN OFFICE:

3 Tower Hamlets (beside Garda station)

Farnham Street,

Cavan, Co. Cavan
24 hour emergency: 049 4326339, 0834339090
Email: cavan@sosadireland.ie

Carrickmacross OFFICE:
6A Parnell St,
Carrickmacross, Co. Monaghan
Email: kingscourt@sosadireland.ie

LIFE SUPPORT (SUICIDE BEREAVEMENT SUPPORT)

Type(s): Bereavement Counselling/Support

Service Provider Type: Counselling Organisation

Street address: 19/20 Rear Office Park St, Monaghan Town

County: Monaghan

Contact name: Patricia O'Connell

Phone number: 047-72606 / Lo-Call: 1890-555121

Opening Hours: Monday to Friday 10.00am – 4.00pm

Other details:

We support family members and friends in the aftermath of a suicide through the provision of the following services:

- one-to-one support
- group support
- information on entitlements e.g. death grants
- referral to counselling services
- training courses through Fás

Counselling services are available at a low cost

GRIEF AND BEREAVEMENT AWARENESS – SUGGESTED READING LIST

General:

Kubler-Ross, E (2005)	On Grief & Grieving
Payne (1999)	Loss and Bereavement
Wertheimer(2001)	A Special Scar; Experiences of People Bereaved by Suicide
Wolfelt, A (1992)	Understanding Grief: Helping Yourself Heal
Strobe & Strobe (1993)	Handbook of Bereavement
Littlewood, J (1992)	Aspects of Grief: Bereavement in Adult Life
Wright, B (1996)	Sudden Death, 2nd Ed

Texts relating to grief in children & young people:

Crossley & Stokes	Beyond the Rough Rock – Supporting a Child who has been Bereaved through Suicide
Worden	Children & Grief – When a Parent Dies
Sunderland & Engleheart	Draw on Your Emotions
Dyregrov	Grief in Children; A Handbook for Adults
Smith	The Forgotten Mourners: Guidelines for Working With Bereaved Children
Wolfelt	A Child's View of Grief: A Guide for Parents, Teachers and Counsellors
	When Someone Very Special Dies
	When Someone Has a Very Serious Illness
'Drawing out Feelings' Series	When Something Terrible Happens
	Facilitation Guide
Dept of Health	Booklets 'What to do if You're Worried a Child is Being Abused' or 'About Preventing Child Abuse'

Cruse Bereavement Care's Youth Involvement Project

Interactive website for young people: www.rd4u.org.uk

This site is aimed primarily at young people between 12-18, but is often used by younger and older. They can post on the message board or read other messages from young people so they know others go through similar experiences. Children/young people can find support when they don't to want talk to adults.