

## THINGS THAT MAY HELP

- ◆ Spend time with people who care about you and who understand.
- ◆ *Let others help you.*
- ◆ Ask for assistance when you need it.
- ◆ *Know its OK to grieve.*
- ◆ There is no time limit on grieving.
- ◆ *Have a space where you can be on your own when you need to.*
- ◆ Cry, it's a great release.
- ◆ *Say what's on your mind and in your heart.*
- ◆ Be honest with children.
- ◆ *Little things may upset you, let them, its OK.*
- ◆ Go easy on yourself; you will have good and bad days. Tell yourself you are going to be OK, you can do it.
- ◆ *Be patient with yourself and others.*
- ◆ Read about grief and suicide, gain insight, it can help.
- ◆ *Speak with others who have also experienced a suicide.*
- ◆ Don't make any major decisions in the weeks or even months after your loved ones death.
- ◆ *Seek answers but try not to dwell on the why.*
- ◆ Don't isolate yourself
- ◆ *Celebrate your loved one's life & cherish the memories. Remember, your loved one is still very much a part of your life.*
- ◆ Remember you are not alone.



*“Silence is no certain token  
That no secret grief is there;  
Sorrow which is never spoken  
Is the heaviest load to bear ”*

Author Unknown

## SUICIDE BEREAVEMENT LIAISON OFFICER



**Sinéad Raftery**

Vita House Family Centre  
Abbey Street  
Roscommon

Tel: 090 66 25898

&

Family Life Centre  
Boyle  
Co. Roscommon

Tel: 071 96 63000

Mobile: 085 7407856

Email: [sraftery@vitahouse.org](mailto:sraftery@vitahouse.org)

Roscommon Suicide Bereavement Liaison Service is provided in partnership between Vita House Family Centre & Boyle Family Life Centre and is funded by the HSE National Office for Suicide Prevention



## Suicide Bereavement Liaison Service



*Supporting  
Individuals  
Families and  
Communities  
Bereaved  
by Suicide*

## WHEN A LOVED ONE DIES BY SUICIDE

*Nothing can truly prepare you for the news that someone you love or care for has taken their own life. Whether someone else broke the news to you, or you had the traumatic experience of discovering your loved one, shock and disbelief are often the immediate responses to suicide.*

*The emotions you experience can be powerful, frightening and overwhelming. You may feel that the person's death has come out of the blue, without warning. Even in cases where a person has previously told you that they were feeling depressed, or had made suicide attempts in the past, their death may still come as a shock.*

*In other cases, people may feel that they had 'seen it coming' but been powerless to prevent it or the manner of death may be particularly hard for you to accept.*

*Whatever the circumstances, finding out about the suicide of a loved one is deeply painful. Therefore accessing supports that can assist you through this difficult & traumatic time can be very beneficial for you and all affected by the loss.*



*“Grief never ends. . . But it changes.  
It's a passage, not a place to stay.  
Grief is not a sign of weakness,  
nor a lack of faith . . . It is the price of Love”*

*Author Unknown*



### OUR AIM

The Aim of Roscommon Suicide Bereavement Liaison Service is to provide support & assistance to individuals, families & communities bereaved by suicide

### WHO IS THE SERVICE FOR?

Roscommon SBLs is available to people bereaved by a recent or a past suicide. This includes;

- ◆ *People bereaved by suicide including families, friends, associates, witnesses, schools, workplaces, groups & individuals*
- ◆ *Emergency and community responders*
- ◆ *Communities affected by suicide*

### HOW CAN WE HELP?

Roscommon Suicide Bereavement Liaison Service respects, understands and supports the health and wellbeing of people bereaved by suicide.

There are several ways we can assist you in your grief. The Suicide Bereavement Liaison Officer is an accredited psychotherapist who can provide you with initial support and begin a process of determining with you the assistance which will best meet your individual needs.

The Suicide Bereavement Liaison Officer can provide 1:1 support, telephone support, group support information and link you to other community support services as required.

The Suicide Bereavement Liaison Officer can meet you at a place and time most suitable for you including your home or alternatively in Vita House Family Centre or Boyle Family Life Centre.

A **Suicide Bereavement Support Pack** specific to County Roscommon is also available through the Suicide Bereavement Liaison Officer.

### HOW CAN I ACCESS ROSCOMMON SBLs ?

To access Roscommon SBLs you can contact the **Suicide Bereavement Liaison Officer** directly on **085 7407856**. You can also give permission for someone to call Roscommon SBLs on your behalf.

### IS THERE A FEE?

No, Roscommon SBLs is completely free and funded by the HSE National Office for Suicide Prevention.