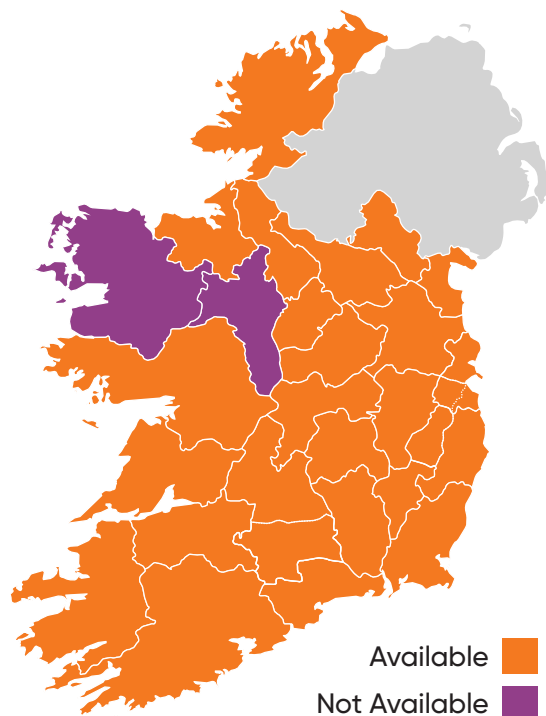


The Pieta Suicide Bereavement Liaison Service (SBLS) is available in the following areas 3 days a week, 9am-5pm:



Pieta operates the SBLS in 24 out of the 26 counties in the ROI.

Pieta does not operate the SBLS in either Mayo or Roscommon.

For Mayo, please contact The Family Centre on **087 217 2866**.

For Roscommon, please contact Vita House on **085 740 7856**.

Other Pieta services

We are here for people in need who are self-harming, experiencing suicidal thoughts, or coping with the loss of someone to suicide.

As well as our Suicide Bereavement Liaison Officers, we provide free, nationwide support offering access to professional, qualified therapists. Support is available by phone, video call or in person.

We also operate a 24/7 Crisis Helpline.

How to get help

If you are in crisis, you can contact the Pieta Crisis Helpline 24/7 at **1800 247 247** or **text HELP** to **51444**.

If you are thinking of self-harming, suicide, or have lost someone to suicide, you can access counselling by calling **0818 111 126**.

All services are free of charge and no referral is needed.

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Suicide Bereavement Liaison Service

If you have lost someone to suicide, our local Suicide Bereavement Liaison Officer can help.

Call us on

0818 111 126

or email

sblo.referrals@pieta.ie

or find out more at

pieta.ie

Have you lost someone to suicide?

When someone close to you dies, it can be one of the most difficult life experiences you have ever faced. When the death is by suicide, family, friends and communities must cope with the additional, intensified thoughts and feelings.

Grief is unique to everyone; there is no logical order in the way people go through the emotions and reactions to the loss.

The Suicide Bereavement Liaison Service (SBLS) seeks to offer prompt and pro-active support in the immediate aftermath of a loss by suicide.

What to expect

The SBLS offers emotional support, practical information, and guidance to anyone affected in the immediate aftermath of a death by suicide.

When you first call, we will take your details and identify which area you live in to help us direct your enquiry appropriately.

A member of the SBLS team will then call you to assess your needs and establish what supports you need. If the SBLS is not the appropriate service, we can provide information and support to access other services.



Without my Suicide Bereavement Liaison Officer, I would not have anyone to turn to or help me deal with such a traumatic time in my life.

Denise on Pieta's Suicide Bereavement Liaison Service



The Suicide Bereavement Officer (SBLO) offers up to 10 sessions.

Your SBLO can provide:

- Support available in person (one to one/family/small group) or remotely (by phone or video call).
- Support in the immediate aftermath of death by suicide (under 18s will be supported through their parent or guardian).
- Signposting to other services that are appropriate for client needs: local grief support groups and financial aid services, etc.
- Support around coroner's inquests, anniversaries, and important milestones.
- Support with referrals to other services.

Pieta bereavement therapy

When a client has completed their work with the SBLO, they can be referred on to Pieta's Bereavement Therapy service.