

Why Come for Suicide Bereavement Counselling?

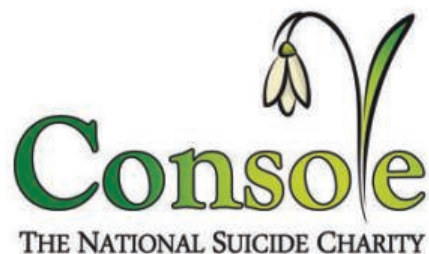
After losing a loved one to suicide, family members and friends may become overwhelmed by intense emotions like grief, anger, guilt, confusion, disbelief and despair. In the early stages and for some time you may be in deep shock and experience numbness towards everything around you.

Counselling allows you to talk about what you are experiencing. It gives you an opportunity to talk to someone outside the family or your group of friends, which itself can be helpful.

In counselling there is an opportunity to talk about the person who has died, the suicide itself and what it means to you. During your sessions with a counsellor you can explore all the emotions you are experiencing and how your life has changed since the loss.

Research shows it is important, and helpful, for a bereaved person to talk about their experience of suicide, to express emotions, to attempt to make meaning of the loss and ultimately develop a new relationship with the person who has died.

At Console, all our counsellors are specifically trained and skilled in the area of suicide grief. They can work with you at a very comfortable pace, to bring health, hope and new ways to cope, into your life.



console **24/7** suicide helpline
1800 247 247

Console Central Administration

Console House, 4 Whitethorn Grove
Celbridge, Co. Kildare

T: 01 610 2638

E: info@console.ie

W: www.console.ie

Console in Dublin

Console House, 68 Ardpark Road, Navan Rd, D7

T: 01 868 5232

(also **Clondalkin & Tallaght** outreach services)

Console in Galway

Console House, 9A Elm Park, Renmore, Galway

T: 091 769 942

(also **Athlone** outreach services)

Console in Limerick

Console House, 114 The Grange, Raheen, Limerick

T: 061 306 792

Console in Cork

Console House, 1A Perrott Avenue, College Road, Cork

T: 021 427 4218

Console in Wexford

Console House, 14 Francis Street, Wexford

T: 053 912 2787

Console in Mayo

Midfield, Swinford, Co Mayo

T: 01 610 2638

(also **Ballina** outreach services)

Console in Kerry

Console House, McAuley Centre
Balloonagh, Tralee, Co Kerry

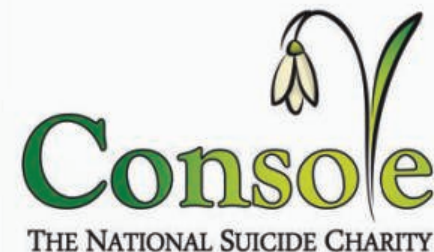
T: 066 712 9700

Family Suicide Prevention & Resource Centre

Console, Unit 10 Loughlinstown SC
Loughlinstown, Co Dublin

T: 01 282 7768

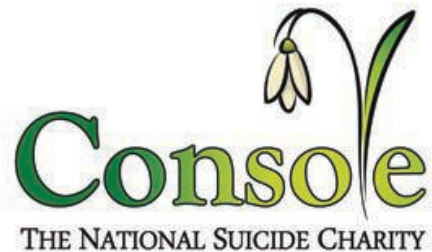
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Suicide Bereavement

web: www.console.ie
helpline: **1800 247 247**
email: info@console.ie

Patron: Michael D. Higgins,
President of Ireland



Grief & Suicide

When someone close to us dies it may be one of the most difficult life experiences we ever have to face. When the death is through suicide, family and friends must cope with the sadness of their loss plus all their additional heightened feelings like confusion, questioning of self, anger and with the element of choice that is associated with the death.

It takes time to cope with loss and we all respond differently. Family and close friends are often left with inner turmoil and try to understand it in their own way.

Why is Suicide Bereavement Different?

There is a sequence of events that takes place when any unexpected death occurs. These may involve the Gardai, who act on behalf of the Coroner's Office and who will make enquiries into the death.

A post-mortem will be conducted and presented to the Coroner at the inquest. Families can be left struggling with the sense of stigma and isolation that accompanies suicide and they may have many questions to be answered.

Families or friends may become depressed, experience their own feelings and thoughts of suicide or be concerned for others around them who have also been bereaved.

Experiencing Grief

It is possible to experience grief in many different ways and every individual's loss will be unique to them. There is no time limit or logical order in the way people go through emotions and reactions. Some of the typical ones to look out for include:

<i>Shock</i>	<i>If only/What if</i>
<i>Numbness</i>	<i>Isolation</i>
<i>Blame</i>	<i>Anger</i>
<i>Disbelief</i>	<i>Depression</i>
<i>Despair</i>	<i>Exhaustion</i>
<i>Searching</i>	<i>Disturbed sleep</i>
<i>Fear</i>	<i>Headaches</i>
<i>Anguish</i>	<i>Crying</i>
<i>Relief</i>	<i>Disturbing images</i>
<i>Guilt</i>	<i>Denial</i>
<i>Shame</i>	<i>Rejection</i>
<i>Abandonment</i>	

Understanding Why?

The need to understand why the deceased person ended their own life may persist for some time.

Exploring and trying to find a reason for the suicide can be an important part of the grieving process but it is not always possible to discover the answer to "why".

It can be difficult to come to this conclusion and many people go on to live with many unanswered questions. The support of close friends, family members is important at times like this.

Finding somewhere safe to ask the questions that you need to ask, is important. Meeting others who have lost someone to suicide (at a support group for example) or attending counselling can further aid this process, especially if it has become quite intense or upsetting.

When to Seek Support?

We are all unique in how we deal with our grief. For some people it will be important to talk to someone quite soon after the death. For others it may be a longer time. If you are feeling alone and isolated after losing a loved one to suicide, Console is always available to support you.

In the days and weeks following a death, family and friends may be all the support you need. As time goes on, some of that support may diminish and you may like to talk to someone about how you are feeling. If you feel you are not coping as well as you would like or you are experiencing any of the following symptoms it may be a good idea to contact Console:

You are feeling overwhelmed by your emotions for a longer-than-expected period of time.

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After the initial weeks you are still feeling numb or bottling up more and more.

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You are not eating or sleeping.

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You are experiencing nightmares or flashbacks.

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You feel isolated or are unable to talk to anyone else.

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Your relationships are suffering.

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You are finding it difficult to parent your children.

~

Your work is suffering.

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You are having suicidal thoughts yourself.

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You (or others) feel you aren't coping, or that things are getting worse.

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You are drinking a lot more or find yourself using drugs to cope.