

Bereavement and Grief Supports:



Rainbow Ireland: Supports children with bereavement and parental separation. Public and school centres offering group support

Tel: 01 4734175 or email: ask@rainbowsireland.ie
www.rainbowsireland.ie



Childrens Grief Centre: Supports children with bereavement and parental separation. Public and school centres offering one-to-one support

Tel: 061 224627 or email: info@childrensgriefcentre.ie
www.childrensgriefcentre.ie



Living Links: Supports those bereaved by Suicide

Limerick: Tel 061 314111 www.livinglinkslimerick.com
Tipperary: 087 9693021 www.tipperarylivinglinks.com



Clare Suicide Bereavement Support:

Support for those bereaved by suicide
Tel 086 0565373 or 0873698315

www.claresuicidebereavementsupport.com



Irish Childhood Bereavement Network: Works with professionals that deal with young people and children experiencing bereavement & their families

Tel: 01 6793188

www.childhoodbereavement.ie

Parenting
Positively

Helping teenagers to cope with

Death

Parenting Positively:

Booklet to help teenagers cope with death

https://www.tusla.ie/uploads/content/Teenagers_coping_with_Death_d3.pdf



Pieta House: Provides support for people that are struggling to cope, self harming or at risk of suicide. Also gives support to people who have lost loved ones to suicide
Tel 1800 247247

Anchor

Anchor Support group in Limerick for people that have lost loved ones through suicide.
Tel: 061 315322



Anam Cara is a parent bereavement group for parents who have lost a child. They also support and run events for siblings, grandparents and other friends and family but with a focus on helping parents recover from a loss of a child.

www.anamcara.ie Tel 01 4045378



Online support for families who have lost a child. Based in the US but most services and supports are also available online for parents, siblings, grandparents etc

<https://www.compassionatefriends.org/>



Support after Homicide is a national voluntary organisation which provides emotional support and practical information to people whose lives have been affected by homicide. Phone: 087 983 7322

www.supportafterhomicide.ie



A directory of bereavement support services

<https://www.healthpromotion.ie/hpfiles/docs/HSP00494.pdf>

Other supports that may be helpful are low cost counselling supports, support groups and courses