



## **What to Look Out For**

**Sometimes those grieving may need professional help particularly if some of the following persist for a period of time after the death.**

**Below are some signs that you may need to talk to someone, or seek Professional Help.**

- A prolonged loss of interest in daily activities
- A prolonged change in appetite
- Disrupted sleep patterns –unable to sleep
- Persistent self-blame or guilt
- Withdrawal from friends, hobbies, school activities
- Prolonged fear or anger
- Behaving as a much younger child

**Seek Help immediately if your see signs of**

- Risk taking behaviours, reckless driving, alcohol or drug abuse.
- Self-destructive behaviours – self harm
- Expressions of suicidal thoughts
- Giving away belongings



## Who Can I Contact – Where do I get help?

***The first port of call is your family GP***

The following websites and numbers may be helpful for additional support/ advice

<p><b>1Life Suicide Prevention Helpline</b></p> <p><b>www1life.ie</b> Free phone 1 800 24 7 100</p>	<p>A dedicated 24 hour Suicide Prevention and Intervention helpline providing professional counselling services to anyone who has an issue related to suicide.</p>
<p><b>Aware</b></p> <p><b>www.aware.ie/Support-Line</b> Aware LoCall Helpline 1890303302</p>	<p>A listening service for people who experience depression and are concerned about family and friends.</p>
<p><b>Walk In My Shoes</b></p> <p><b>01 249 3555</b> <b>Help@walkinmyshores.ie</b></p>	<p>A Helpline for 18-25 year olds. – A confidential telephone and email service</p> <p>Monday to Friday from 09.00 am to 05.00 pm, with late evening Monday, Tuesday and Thursday until 9pm</p>
<p><b>Pieta House</b></p> <p><b>www. Pieta.ie -</b> <b>Phone: 01-6010000 Lucan</b></p>	<p>Opening Hours: Monday to Thursday: 9am to 9pm Friday: 9am to 5pm/Sunday 9am – 2pm</p>
<p><b>Samaritans</b></p> <p><b>1850 609 090</b> Email <b>jo@samaritans.org</b> SMS Text message to <b>087 260 9090</b></p>	<p>Helpline and 24:7 text support 365 days of the year</p>
<p><b>Headstrong</b></p> <p><b>https://www.headstrong.ie</b></p>	<p>Work with young people 12 – 25 to support mental health and well-being</p>
<p><b>Console</b></p> <p><b>1800 201 890</b> Email infor <b>@console. ie</b>    <b>www.console.ie</b></p>	<p>Bereavement support counselling and advise for people who have lost a relative or friend to suicide</p>
<p><b>Barnardo's</b></p> <p><b>01 8391766</b> <b><a href="http://www.barnardos.ie/assets/files/publications/free/DeathHTU_Booklet_2.pdf">http://www.barnardos.ie/assets/files/publications/free/DeathHTU_Booklet_2.pdf</a></b></p>	<p>This is a link to a free publication which gives very helpful information for parents to support teenagers in coping with death.</p>

