Wednesday, 19 March 2025

Health and Social Wellbeing Improvement



The purpose of this booklet is to provide practical guidance and emotional support following a possible death by suicide. It considers the range of feelings and reactions that may be experienced following an unexpected death, and offers advice on how to cope in the immediate aftermath of a bereavement and in the weeks, months and years following. It examines the issues that may arise for people with a particular relationship to the person who has died, and also provides guidance on how to support someone who has been bereaved. The booklet also includes information on the official procedures following a death by suicide, outlines practical matters that may need dealt with afterwards, and highlights other local sources of information and support.

Please note that the translations are of an earlier version of the booklet.

Details

Format 56 pages, 17.5x24.9cm, booklet Target group People who have been bereaved by suicide

Downloads

| Attachment | Size |
|-------------------------------------------|-----------|
| Help is at hand 03.25 | 979.75 KB |
| Help_is_at_hand_Arabic 01.24 - LR.pdf | 2.68 MB |
| Help is at hand Irish 01.24 - LR.pdf | 1.88 MB |
| Help_is_at_hand_Lithuanian 01.24 - LR.pdf | 1.86 MB |
| Help_is_at_hand_Polish 01.24 - LR.pdf | 1.89 MB |
| Help is at hand Portuguese 01.24 - LR.pdf | 1.86 MB |
| Help is at hand Romanian 01.24 - LR.pdf | 1.88 MB |

Tags

- suicide
- bereavement
- <u>death</u>
- grief
- mental health

Print