



### Q1 | What **support services** should be available for people bereaved by suicide?

#### SUPPORT DEVELOPMENT

Timely, tailored, easy-to-access and culturally inclusive **community-based supports** for priority and marginalised groups including **young adults and teens**.

A range of supports including **peer supports** and **signposting** to therapy and counselling as appropriate, using a trauma-informed approach.

**Trauma-informed supports** and signposting to the next level of therapy and counselling as appropriate.

**Information that is accessible** to vulnerable people with physical & sensory needs and available on mobile technology.

Expansion of **SBL** (Suicide Bereavement Liaison) service, in line with international models.

A **local level crisis plan** to support the suicide bereaved.

**Standardisation of supports** across urban and rural communities.



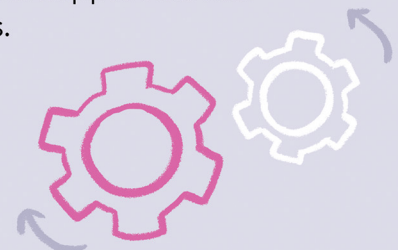
#### RESOURCING + INFRASTRUCTURE

A collaboratively created **broad visual menu** of support services so that providers can offer the right services at the right time, to the right person within the family.

A national and local level **information pack** for the bereaved available for first responders and FLOs (Family Liaison Officers).

**Immediate support** for the bereaved, free at the point of access.

Tools to interpret **GDPR** (General Data Protection Regulation) to allow appropriate support service responses.



#### EDUCATION + AWARENESS

Standardised **awareness training** for education, healthcare and family support service staff.

**Education campaigns** so that people have the language to speak about suicide bereavement.



[Click here](#) to read the full report

# AfterWords

## A SURVEY OF PEOPLE BEREAVED BY SUICIDE IN IRELAND

Recommendations and actions identified from a stakeholder workshop



### Q2 | What **challenges** might we encounter when trying to enhance support services?

#### INFRASTRUCTURE

Disparities in timely access to services due to **geography** and **waiting lists**.

Awareness and **visibility** of existing services.

Lack of **real time data**.

Lack of **clear protocols** within and between organisations/agencies.

Systems/processes to identify **who** needs support.

A **fragmented approach** between support services and research.



#### RESOURCING

**Funding**/Financial resource constraints.

Access to **qualified professionals**.

**Burn out** for staff working in the area.



#### EDUCATION + AWARENESS

**Stigma** and **fear** hindering open discussion and access to support.

Inadequate **cultural awareness** to engage people from marginalised groups.



[Click here](#) to read the full report

# SuicideAfterWords



@HUGGIreland  
@NSRFireland



National Suicide Research Foundation



University College Cork, Ireland  
Coláiste na hOllscoile Corcaigh



Connecting for Life







### Q3 | Bearing in mind the challenges, what steps do we need to take to improve services?

#### INFRASTRUCTURE

**More collaboration** between organisations and service providers.

Develop a **national network of stakeholders** working in the area to improve knowledge sharing and agree an action plan.

Create **clearer pathways** between services, improve communication, training & multi-agency work.

Up-to-date **database** or one-stop information hub for the bereaved.

**Standardised operating procedures** within the field of suicide bereavement.

**Review coronial process**, location and support provided.

Work more closely with the coroners' service and funeral directors as **points of contact** with those bereaved by suicide.

#### LEARNING FROM LIVED EXPERIENCE

**Give voice to families** and individuals impacted.

More **co-production** of research and supports, particularly with young people and marginalised groups.

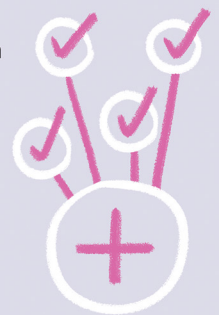
#### RESOURCING

**Improved funding** especially for on-the-ground community and voluntary groups.

Ring-fenced funding should be **attached to actions**.

Prioritising the expansion and development of **evidence-based** services.

**Increased support** for staff and professionals supporting those bereaved by suicide.



#### EDUCATION + AWARENESS

**Increased awareness** via campaigns and signposting to supports, to increase use of existing support services.

Make **training** more accessible for education, healthcare and community professionals.

Develop and share the dos and don'ts of how to talk about suicide and bereavement by suicide to create **language consistency**.

➔ [Click here](#) to read the full report