

Bereaved by Suicide Groups Western Trust Area



Western Health
and Social Care Trust

Bereaved by Suicide Groups Western Trust Area

Grief associated with bereavement by suicide is unique. The journey for those left behind after the loss of a loved one can be excruciatingly painful, devastating and traumatic. When someone dies by suicide many people are affected; families, friends and work colleagues, but all too often no one gets the opportunity to talk about how they feel. Many people who have been bereaved in this way have sought and benefitted from a support group. Evidence shows that support groups are a powerful and constructive way for people to help both themselves and others. The coming together of those similarly bereaved, regardless of when the death occurred, can provide the opportunity to be with other people who can really understand. They have been through the same experience and can offer the opportunity to gain strength and understanding from the individuals within the group.



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Bereaved by Suicide Groups Western Trust Area

Derry/Londonderry

North West Bereaved by Suicide Group

First and Third Monday of every month 7.30pm - 9.00pm

Foyle Search & Rescue. Victoria Road.

For more information contact:

Bereaved by Suicide Liaison

T: 028 7132 0138

M: 078 4156 9000



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Limavady

Roe Valley Bereaved by Suicide Group
Second Tuesday of every month 7.30pm - 9.00pm

The Wellness Centre, IOIA Irish Green Street.

For more information contact:
Bereaved by Suicide Liaison

T: 028 7132 0138

M: 078 4156 9000



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Enniskillen

Forget Me Not

First Monday of every month 7.30pm - 9.30pm

Aisling Centre, Enniskillen.

For more information contact:

Bereaved by Suicide Liaison

T: 028 6638 2112

M: 078 2653 5199



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Lisnaskea

SOLOS (Survivors of Loved One to Suicide)

Second Monday of every month 8.00pm - 10.00pm

Oak Healthy Living Centre,
LITE House, Cross Street.

For more information contact:

Davina or Patricia,
Oak Healthy Living Centre.

T: 028 6722 3843



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Omagh

PATHS

First Tuesday of every month 8.00pm - 10.00pm

Tara Centre, Omagh.

For more information contact:

Jimmy Kerrigan

M: 078 7941 4385



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Calls are answered by trained counsellors who can provide help and support.

Lines open 24 hours a day, 7 days a week.

Calls are free from most landlines and mobiles
(text phone 18001 0808 808 8000)

