

Bereavement Guide

Information for those bereaved or dealing with loss



#TakingActionOnMentalHealth



Support for those dealing with loss

During this difficult time, we extend our heartfelt condolences to you, your family, and your friends. We recognize the profound feelings of distress and pain that accompany the unexpected death of a loved one.

Please rest assured that you are not alone.

Support is readily available now, and throughout the coming days, weeks, months, and years ahead, and it is accessible to anyone who has been impacted by this loss.

Remember that everyone's journey through grief is unique, and there's no right or wrong way to grieve. It's okay to seek help and take the time you need to heal.



How we can help?

AMH New Life Counselling

Action Mental Health New Life Counselling provides high-quality counselling services and is part of Action Mental Health. AMH New Life Counselling is committed to supporting the emotional health and wellbeing needs of its clients through the provision of counselling, providing friendly and professional counselling services for children, young people, adults and families.

Thanks to the support of our funders and donors, our services are provided free of charge to our clients.

Action Mental Health's counselling team provides services for children, young people, adults and families who have been bereaved by suicide in the greater Belfast area, although individuals may also access services in other parts of the city.

For more information visit: www.amh.org.uk/new-life-counselling

Email: counselling@amh.org.uk

Telephone: [028 9039 1630](tel:02890391630)



bacp | Accredited Service

AMH New Life Counselling is a BACP Accredited Counselling Service

amh menssana

Our AMH MensSana team, alongside our partners at PIPS Newry & Mourne, deliver the Your Protect Life Resource Service in the Southern Area and are here to help you regarding suicide and self-harm prevention and mental health promotion.

We provide an outreach community development service with a particular focus on promoting positive mental health and the prevention of suicide and self-harm through community development approaches.

Find out more at: amh.org.uk/protect-life-resource-service/

amh works

AMH Works provide specialised mental wellbeing training and consultancy to tackle workplace mental ill-health.

They also provide safeTALK Suicide Prevention Training and Applied Suicide Prevention Training (ASIST) for businesses and their employees.

Email: amhworks@amh.org.uk

Tel: 07540 124 083



safeTALK
suicide alertness for everyone



ASIST
Applied Suicide Intervention Skills Training

Other sources of support

If you are in crisis and need urgent support please contact one of these agencies:

"It's alright to ask for help"



116 123

Samaritans

Samaritans works to make sure there's always someone there for anyone who needs someone. Chat with them online. Talk to one of their listening volunteers or use their new web chat service.



0808 808 8000

Lifeline

Lifeline is Northern Ireland's crisis response helpline. Available 24/7. Speak to a trained counsellor. Calls are FREE.



Childline

Get help and advice about a wide range of issues. You can call Childline on 0800 1111, talk to a counsellor online, send Childline an email or post on the message boards.



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