

Support following an unexpected death

At this time we would like to offer our sincere sympathy to you, your family and friends who have been affected by this sad loss. We acknowledge the pain and distress that is felt after the unexpected death of a loved one.

Please know that you are not alone. Help is available in the immediate aftermath, and in the days, weeks, months and years following the sudden death of a loved one. This support is open to all who have been affected by the loss.

If you are in distress or despair, or know someone who is, you can call Lifeline on **0808 808 8000** (Deaf people and those with hearing difficulties or speech impairment can contact Lifeline on Textphone 18001 0808 808 8000) or Samaritans on **116 123** (both numbers are free from UK landlines and mobiles).

If you, or someone you know, is in immediate danger dial 999.

The Northern Ireland Bereavement Network provides information and support for people who have been bereaved at <https://bereaved.hscni.net/>

If you have been bereaved by suicide, bereavement support is available through your local Health and Social Care Trust and contact details are listed below.

The PHA has also published a booklet called *Help is at Hand*, which offers advice after someone may have died by suicide. This is available through the local bereaved by suicide service or can be downloaded from the PHA website at pha.site/hiah



HSC Bereaved by suicide support services

Trust name	Council areas	Contact name	Contact
Western HSCT	Omagh & Fermanagh	Simon Lannon	Mob: 078 4156 9000
	Limavady, Derry City & Strabane	Jennifer Sharkey	Mob: 073 8541 4442
Northern HSCT	Causeway Coast & Glens	Danielle Gallagher	Mob: 077 9563 3916
	Mid-Ulster (parts)	Nuala McLoughlin	Mob: 073 8539 3912
	Mid and East Antrim Antrim & Newtownabbey		Tel: 028 9441 3544
Belfast HSCT	Belfast City	Darren Whiteside	Mob: 073 8595 7572 Tel: 028 9504 4471
South Eastern HSCT	Lisburn & Castlereagh Ards & North Down	Robbie Mason	Tel: 028 4461 3311 ext. 14874
Southern HSCT	Armagh, Banbridge & Craigavon	Gemma Maher	Mob: 078 2562 7133 Tel: 028 3756 4461
	Newry, Mourne & Down		
	Mid-Ulster (parts)		