

# SOSAD Ireland

SOSAD Ireland is a charity based in the North East of Ireland with 5 main goals:

- To raise awareness of suicide in Ireland.
- To break the stigma surrounding suicide.
- To provide support and direction to those feeling suicidal.
- To provide support and direction to those who may be approached by someone feeling suicidal.
- To provide support and direction for those bereaved by suicide.

It is now estimated that there may have been around 700 suicides in Ireland last year and it is the leading cause of death for males under 34. Research indicates that more than 3 out of every four people in Ireland know someone who has died by suicide but in many areas all of us know at least one person who has died this way.

SOSAD Ireland provide a range of supports to anyone who may be affected or concerned about suicide. This includes suicide interventions, psychological assessments and free counselling to anyone who needs it. We also have trained and experienced volunteers ready to help and advise anyone bereaved by suicide. So please feel free to contact us to see how we can help you.

*There is help out there.*



## RESOURCES – all confidential

<b>SOSAD Drogheda</b>	041 9848754 Info@sosadireland.ie
<b>SOSAD Navan</b>	046 9031855 navan@sosadireland.ie
<b>SOSAD Dundalk</b>	042 9327311 dundalk@sosadireland.ie
<b>SOSAD Cavan</b>	049 4326339 cavan@sosadireland.ie
<b>SOSAD Carrickmacross</b>	042 9668992 kingscourt@sosadireland.ie
<b>Samaritans Helpline</b>	1850 609090
<b>Aware helpline</b>	1890 303302
<b>Childline</b>	1800 666666 www.childline.ie
<b>St Brigids Hospital Ardee</b>	041 6853264
<b>Our Lady's Hospital Navan</b>	046 9078500
<b>Cavan General Hospital</b>	049 4376000
<b>North East Doctor on call</b>	1850 777911

supported by 

**sosad**  
Save our Sons and Daughters

[www.sosadireland.ie](http://www.sosadireland.ie)

***SOSAD Ireland is a charity whose mission is to help reduce the numbers of suicides in Ireland, through awareness campaigns, helping those at risk and those already bereaved.***

24 HOUR EMERGENCY SUPPORT

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## If you ever feel suicidal

For many people who feel suicidal, there seems to be no other way out. They feel they cannot cope anymore and are a burden to others, especially their families. Their minds get so mixed up that they believe that suicide is their best and only option.

But suicide is often a permanent solution to a temporary problem. When someone is feeling suicidal they should talk about their feelings immediately. If you ever feel suicidal do not try to cope alone. Try to get to talk to someone you feel comfortable with.

- Talk to family or friends
- Call a helpline or support group
- Talk to a doctor
- Talk to a priest or teacher

Whatever you do, do not try to cope alone. Take the first step and talk openly with someone. You may be pleasantly surprised at the new options that open up when you share your feelings and thoughts with someone else.

There is a list of where you can get professional help on the other side of this leaflet. Give yourself today because you do not know what the future hold even if it looks bleak now. Nobody can really predict what the future holds for them. So talk to someone.

*There is always hope.*



### How to help someone who may be suicidal

- Listen; Listening – really listening- is not easy. If you are approached by someone feeling suicidal, they **need** someone who will take the time to listen to them, not just to the facts, but to the feelings behind them. You will **need to listen** in order to understand and be able to help.
- Show that you care; make yourself available and reassure your friend/family member. Believe and accept what they say and try to put them at ease.
- Don't be afraid to ask if they are thinking about suicide or self-harm. Find out what they are really thinking about and feeling.
- Take action; remove any means of suicide to at least remove temptation.
- Get professional help (See list of resources on this leaflet or in the local phone book).
- With the Irish health system, probably your best move would be to contact your doctor or local out of hours doctor-on-call service as soon as possible.

*Don't try to cope alone*

## Bereaved:

For every suicide it is claimed that an average of 20 people suffer intense grief. With some estimates of around 700 suicides in Ireland last year, the burden of suicide is immense. Those affected include parents, partners, children, siblings, friends, colleagues at work and clinicians.

No one can give a pattern for grief – it is different for all of us. Let the emotions be felt and do not attempt to fight them. Allow yourself to be sad, angry, guilty – do not let anyone else tell you how you should, or ought to feel. You have experienced a traumatic and terrible shock. Give yourself time to heal.

Events will trigger emotions unexpectedly, but allow for this and do not be ashamed. You will never “get over it”, but, in time, will learn to live with it. Check our booklet on suicide bereavement or our website for further advice for those bereaved by suicide and contact us if you ever feel the need for professional support or even if you just need to talk to someone who can help you through this very difficult time.

## SOSAD Ireland

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