

Monday, 30 March 2026

[Health and Social Wellbeing Improvement](#)



The purpose of this booklet is to provide practical guidance and emotional support following a possible death by suicide. It considers the range of feelings and reactions that may be experienced following an unexpected death, and offers advice on how to cope in the immediate aftermath of a bereavement and in the weeks, months and years following. It examines the issues that may arise for people with a particular relationship to the person who has died, and also provides guidance on how to support someone who has been bereaved. The booklet also includes information on the official procedures following a death by suicide, outlines practical matters that may need dealt with afterwards, and highlights other local sources of information and support.

Please note that the translations are of an earlier version of the booklet.

## Details

Format

56 pages, 17.5x24.9cm, booklet

Target group

People who have been bereaved by suicide

## Downloads

Attachment	Size
<a href="#">Help is at hand Arabic 01.24 - LR.pdf</a>	2.68 MB
<a href="#">Help is at hand Irish 01.24 - LR.pdf</a>	1.88 MB
<a href="#">Help is at hand Lithuanian 01.24 - LR.pdf</a>	1.86 MB
<a href="#">Help is at hand Polish 01.24 - LR.pdf</a>	1.89 MB
<a href="#">Help is at hand Portuguese 01.24 - LR.pdf</a>	1.86 MB
<a href="#">Help is at hand Romanian 01.24 - LR.pdf</a>	1.88 MB
<a href="#">Help is at hand 02_26.pdf</a>	3.52 MB

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