

## **[Safe Harbour: Storybook for Children Bereaved by Suicide](https://www.activelink.ie/node/111877)** **(<https://www.activelink.ie/node/111877>)**



### **A New Free Illustrated Storybook**

The HSE and NOSP has recently introduced a new, free illustrated storybook called "**Safe Harbour**," designed to help children who have lost a loved one to suicide. This thoughtful book is here to offer comfort and understanding during such a difficult time.

**Safe Harbour** uses beautiful illustrations by [Bronagh Lee](https://www.bronaghlee.com/) and a gentle story to guide children through their feelings after losing someone to suicide. The book aims to help them make sense of their emotions and find a sense of safety and support.

### **What's Inside the Book**

Safe Harbour is a story told by a young child whose Dad has died by suicide. It uses words and illustrations that a child can relate to.

The book is designed to be read with an adult, allowing children to ask questions and share their thoughts as they go along. It's not just about reading a story; it's about creating a space where children feel heard and understood. The book also comes with a guide for parents or carers.

### **How to get Safe Harbour**

**Safe Harbour** is available for free, making it accessible to any family. For the online versions as [Gaeilge](#) and in [English](#) please [click here](https://www.pieta.ie/news-resources/pieta-news/safe-harbour-a-new-free-illustrated-storybook-for-children-bereaved-by-suicide/) or to request a hard copy please email [safeharbour@nosp.ie](mailto:safeharbour@nosp.ie)

#### **Region**

Nationwide

[Safe Harbour](https://www.pieta.ie/news-resources/pieta-news/safe-harbour-a-new-free-illustrated-storybook-for-children-bereaved-by-suicide/)

#### **Date Entered/Updated**

31st Oct, 2024

#### **Expiry Date**

31st Dec, 2024

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