

## **FirstLight (<https://www.activelink.ie/node/92398>)**

FirstLight offers free professional support and provides information to families in Ireland that have experienced the sudden, unexpected death of their child if aged from 0 to 18 years.

FirstLight is a trauma-informed organisation, offering a National 24-hour Helpline service, Crisis Intervention and a Psychotherapy service. Our services are provided nationwide by our team of professionally accredited, fully insured and Garda vetted psychotherapists and counsellors. Our team members are professionally trained to provide support to clients experiencing trauma associated with the sudden death of their child. All of our services to families are free of charge and confidential.

### **FirstLight's mission is to:**

- Deliver appropriate professional support services to bereaved parents and families including first encounter, crisis intervention and on-going support services;
- Promote training for frontline professionals who encounter bereaved parents and families;
- Raise awareness of FirstLight's professional support services and;
- Promote research into child mortality and intervention campaigns to reduce the incidences of sudden death

### **Contact Info**

#### **FIRSTLIGHT**

CARMICHAEL CENTRE,

4 BRUNSWICK STREET NORTH,

DUBLIN 7

**Head Office** [+353\(0\) 1 8732711 \(tel:35318732711\)](tel:+353(0)18732711)

**National 24-Hour Helpline: [1800 391 391 \(tel:1850391391\)](tel:1800391391)**

#### **Email**

[info@firstlight.ie](mailto:info@firstlight.ie)

#### **Website**

<https://firstlight.ie/> (<https://firstlight.ie/>)

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**Source URL:** <https://www.activelink.ie/irish-links/family-parenting-health/firstlight>