

## National Missing Persons Helpline Family Peer Support Meetings

This information sheet explains the family peer support group meetings: what happens, who can take part, what to expect and key contacts

### Who can take part?

NMPH support group meetings are for family members and friends of missing people.

### When and where do support group meetings happen?

Groups are held in Dublin at various times throughout the year. There is no cost to attend the meetings.

### How do I attend one of the support group meetings?

Before attending a group, please contact the Helpline Coordinator on 1800 442 552 to reserve your place. He will discuss confirm your details and provide more information about what happens on the day.

### Who runs the group?

Our founder, Dermot Browne facilitates the group meetings which don't have an agenda, they are open forum and participants can raise and discuss issues of interest to them. We respect the privacy of the families and friends who access our service, so personal information shared in the group is fully Confidential, not recorded or discussed with others outside the group.

### What to expect in a group support meeting?

The groups are informal and intend to provide a safe space where families and friends can share and talk about their experience. Those who attend are asked to keep information shared in the group confidential. Families and friends can attend the meetings as often as they like and participate at a level at which they are comfortable.

### The group meetings offer a place where you can:

- meet others who understand what it is like to have a loved one missing
- share your story with others and hear the experiences of others
- connect with others who have experienced "missing"
- share ideas and information
- learn and practice what has helped others and what may help you
- receive updates about the missing persons sector

### Families who have attended groups have reported

- sharing and hearing the experiences of others, and the mutual understanding of the experience of missing, can lead to less isolation, less helplessness and more hope
- a better understanding of their own thoughts, feelings and experiences when it's normalised within the group
- an increase in the network of support for families who are experiencing missing

### Missing in Ireland Support Service Ltd

Directors: Dermot Browne, Gina Reamonn, Lorraine Browne, Dermot Connaughton, Ciaran Casey, Seamus Kenna, Rachel Drennan, Joanne Dorrian (NI), Jillian Beattie (NI), Caroline Lyons (GB), Rachel Edwards (GB) Registered Charity CHY 16205 We confirm that our organisation complies with The Governance Code for the Community, Voluntary and Charitable Sector in Ireland



Phone 1800 442 552 or use the Help Bring Them Home confidential line 1800 911 999

Missing Persons Helpline Ireland/@nmp\_hireland Email [info@missingpersons.ie](mailto:info@missingpersons.ie) [www.missingpersons.ie](http://www.missingpersons.ie)

---

## Groups are also an opportunity to learn new information and coping skills

- there is no expectation that you attend every group
- there is no expectation that people speak during the meeting
- some may find that listening to others is helpful; others may choose to participate more actively
- we understand that groups can be difficult and sometimes upsetting, this is an understandable response

## Should you find a discussion difficult

- it is alright to stay or leave the room if you wish to
- if you have concerns, it may be useful to speak to us before the meeting

## Some comments from previous meetings

*"I find the Family Support Days very inclusive of my loss and there are people there who understand my inner turmoil. I never felt pressured to speak but it's such a relaxed environment that I feel so comfortable speaking to people who understand what it's like to be living with the vast range of emotions that comes with having a missing loved one. I always feel I can better manage my grief when I come out of the support day. I've really missed it due to covid and I can't wait for the next one. I've made some great friends over the years but just wished it was under better circumstances."*

*"What can I really say about attending these wonderful meetings held in Dublin? I have great comfort in speaking to other families who have experienced a loss. Everybody is welcomed with open arms. I come out feeling good after each gathering, so you can too ... please come we need each other."*

## Contact details

For further information please contact us on 1800 442 552, by email [info@missingpersons.ie](mailto:info@missingpersons.ie), visit our Facebook page Missing Persons Ireland or our website [www.missingpersons.ie](http://www.missingpersons.ie).

## Missing in Ireland Support Service Ltd

Directors: Dermot Browne, Gina Reamonn, Lorraine Browne, Dermot Connaughton, Ciaran Casey, Seamus Kenna, Rachel Drennan, Joanne Dorrian (NI), Jillian Beattie (NI), Caroline Lyons (GB), Rachel Edwards (GB) Registered Charity CHY 16205 We confirm that our organisation complies with The Governance Code for the Community, Voluntary and Charitable Sector in Ireland