



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

Ceannasaí Náisiúnta Oibríochtaí Meabhairshláinte
Ospidéal Naomh Lómáin Baile Phámar Baile Átha Cliath 20.
T 01 6207304 R: jim.ryan1@hse.ie

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13th January 2021
Deputy Mark Ward,
Dail Eireann,
Dublin 2.

PQ Number: 42288/20

PQ Question: To ask the Minister for Health the number or sports organisations that have received mental health training by sport, club and gender by year to date 2020, in tabular form; and if he will make a statement on the matter.

Dear Deputy,

The Health Service Executive has been requested to reply directly to you in the context of the above Parliamentary Question, which you submitted to the Minister for Health for response. I have examined the matter and the following outlines the position.

Mental Health First Aid Ireland and the HSE have an agreement to deliver MHFA training to target voluntary, charity, public sector groups such as homeless services, youth organisations, emergency personnel and sporting organisations. Mental Health First Aid (MHFA) is the help given to someone experiencing a mental health problem or crisis until appropriate help is received or until the crisis resolves. The Standard and Youth Mental Health First Aid Ireland courses teach people how to provide MHFA. Participants will learn the signs and symptoms of mental health problems and what sort of help has been shown by research to be effective. They learn a framework for communication, how to offer and provide initial help, and how to guide an adult or young person towards appropriate treatments and other supportive help.

In 2020, MHFA delivered training to Sport Ireland and Limerick Sports Partnership. Data is not collated by gender. During this ongoing piece of work MHFA has delivered training to some staff and members of approximately 28 separate sporting organisations. Examples of organisations such as Special Olympics Ireland, The Camoige Association, GAA, FAI, Athletics Ireland, Triathlon Ireland, Leinster Rugby, Hockey Ireland, Tennis Ireland, Cricket Ireland, Irish Wheel Chair Association, Badminton Ireland and some various local sports partnerships.

Under the Connecting for Life strategy the HSE National Office for Suicide Prevention provides a range of suicide prevention and post-vention training programmes (see www.nosp.ie/training) to support community gate keepers. Staff and volunteers from sporting organisations frequently take part in this training and indeed work with HSE Resource Officers for Suicide Prevention on local community responses to suicide. The NOSP also has a national agreement with the GAA to provide SafeTALK training to clubs through the Healthy Clubs Initiative.

In addition, the Department of Transport, Tourism and Sport has made commitments under Connecting for Life, including: the promotion of physical activity as a protective factor for mental health through the National Physical Activity Plan; ensuring policies, plans and programmes are designed to integrate suicide prevention



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programmes as actions within them; and to deliver suicide prevention training and wellbeing programmes such as Sport Ireland's "Find Your Fit" programme to National governing bodies of sport and Local Sports Partnerships.

The following information is from completed/returned participant forms for suicide prevention training provided by the NOSP. They are the number of participants who categorised themselves as being from sporting organisations.

2017			
Age	Male	Female	Total
18-24	10	8	18
25-29	2	10	12
30-34	14	5	19
35-39	17	6	23
40-44	18	18	36
45-49	14	21	35
50-54	23	16	39
55-59	7	10	17
60-64	6	4	10
65-69	3	0	3
70+	4	1	5
Total	118	99	217

2018				
Age	Male	Female	Gender not given	Total
18-24	7	13	0	20
25-29	7	10	1	18
30-34	10	13	0	23
35-39	20	14	0	34
40-44	21	28	0	49
45-49	30	19	0	49
50-54	22	9	1	32
55-59	7	6	0	13
60-64	9	5	0	14
65-69	7	1	0	8
70+	4	0	0	4
Age not given	2	3	2	7
Total	146	121	4	271



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Note that this same level of information is not yet available for 2019 and 2020.

Approximately 2,000 participant forms from 2019 are undergoing analysis.

In 2020, the NOSP commenced the provision of [LivingWorks Start](#), Suicide Prevention Skills Online and over 2,450 licences for this programme have been issued to date

I trust this information is of assistance to you, but should you have any further queries please contact me.

Yours sincerely,

Mr John Meehan

HSE Assistant National Director, Mental Health Strategy and Planning
Head of National Office for Suicide Prevention (NOSP)