



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

Oifig Príomhoifigeach, Eagraíocht
Cúram Sláinte Pobail, Lár Tíre, An Lú,
An Mhí
Feidhmeannacht na Seirbhíse Sláinte,
Oifig Cheantair, Bóthar Ardáin, An
Tulach Mhór, Co. Uíbh Fhailí.
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4th March, 2021

Ms. Sorca Clarke T.D.,
Dáil Eireann,
Leinster House,
Kildare Street,
Dublin 2.

Re: Parliamentary Question - 9860/21

To ask the Minister for Health if a comprehensive list will be provided of suicide prevention agencies and the funding allocated to each in operation in counties Longford and Westmeath for 2019, 2020 and 2021, in tabular form - Sorca Clarke. -Sorca Clarke

Dear Deputy Clarke,

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

Suicidal behaviour is complicated and multifactorial. In the lead up to the death of a person by suicide there are usually multiple contributory factors including psychosocial, economic, biological and cultural which interact and a series of distressing events for a person. Because of the range of risk factors and the extent to which these can interact it means that a multifactorial approach to suicide prevention is necessary. This would include a combination of preventive approaches, addressing different risk factors at different levels. Suicide prevention aim to promote positive mental health and to support people and communities to develop the skills, the resilience and the positive coping strategies that will help them to better deal with the difficulties they may encounter in their lives.

Within this context *Connecting for Life – Ireland’s National Strategy to Reduce Suicide 2015-2020* and the local Action Plan *Connecting for Life Midlands Louth Meath 2018 – 2020*, set out a vision of an Ireland where fewer lives are lost through suicide, and where communities and individuals are empowered to improve their mental health and wellbeing. *Connecting for Life* is based upon current national and international evidence in relation to the development of effective suicide prevention strategies. It provides the policy context within which the evidence base concerning suicidal behaviour is strengthened and which guides and helps shape the provision of current and future preventative strategies and services. This means working with relevant statutory, community and voluntary stakeholders to support more co-ordinated and integrated suicide prevention service delivery and the development and implementation of suicide prevention responses and services in key settings – e.g. in local communities, with community organisations, schools/colleges, workplaces and health settings.

In November 2020, the Minister for Health, Stephen Donnelly TD and the Minister of State for Mental Health and Older People, Mary Butler TD, announced the extension of *Connecting for Life*, to 2024. This provides an opportunity to further advance and embed many already-established local [implementation structures](#) throughout the country, including *Connecting for Life Midlands Louth Meath 2018 – 2020*.

During the course of 2021 these Plans will be extended and updated to reflect a new national implementation plan. National implementation structures, most notably the [National Cross Sectoral Steering and Implementation Group](#), will continue to coordinate different government departments and (departmental) strategies. The HSE National Office for Suicide Prevention (NOSP) remains the named provider of cross-sectoral support for implementation of *Connecting for Life*. The NOSP has now published a new and responsive [implementation plan for 2020 to 2022](#), which is rooted in the principle of learning from previous experience of implementation to date. Specifically, this plan has been informed by the findings of the 2019 independent [Interim Strategy Review](#) of the implementation of the strategy, and consistent consultation with implementation partners, stakeholders and government departments.

The following table sets out alphabetically the organisations who have been funded by the HSE at national level via HSE NOSP and at the local level via HSE Midlands Louth Meath Community Healthcare Organisation (MLM CHO) and via National Lottery funding. These organisations are not all Suicide Prevention Agencies *per se*. They do, however, reflect the multifactorial approach required to address suicide prevention. Within the context of *Connecting for Life*, the national organisations funded by HSE NOSP are being funded for the role which they play in suicide prevention. Each organisation delivers its services on a national basis and these can be freely accessed by residents of counties Longford and Westmeath. The organisations who are funded at the local level by HSE MLM CHO deliver their services across the four Midland counties of Longford, Westmeath, Laois and Offaly and can be accessed by residents of counties Longford and Westmeath.

Name of Organisation	HSE Funding Source	HSE Funding 2019 €	HSE Funding 2020 €	HSE Funding 2021 €
Aware	NOSP	297,500	445,000	429,219
Aware	MLM CHO	10,000	10,000	10,000
BeLonG To	NOSP	241,403	308,993	289,842
Community Creations (Spunout.ie)	NOSP	110,000	175,600	130,000
Family Resource Centre (FRC) Programme (Tusla funded)	NOSP	100,000	100,000	100,000
Good2Talk Counselling & Psychotherapy Support Services Ltd	MLM CHO (National Lottery Funding)	5,000	3,000	National Lottery Funding process not yet open for 2021
Grow	MLM CHO	96,500	96,500	96,500
Irish Advocacy Network	MLM CHO	20,400	20,400	20,400
ISPCC (Childline)	NOSP	209,500	259,500	209,500
LGBT Support and Advocacy Network	NOSP	50,000	115,000	120,000
Mental Health Ireland	MLM CHO	49,000	49,000	49,000
Midland Living Links	MLM CHO	9,000	9,000	9,000
Mullingar Mental Health Association	MLM CHO (National Lottery Funding)	1,000	1,000	National Lottery Funding process not yet open for 2021
MyMind	NOSP	188,500	260,500	250,000
Pieta	NOSP	2,252,074	1,841,576	1,841,576
Samaritans	NOSP	645,000	580,000	580,000
Schizophrenia Association of Ireland (Shine)	NOSP	267,000	243,484	571,712
Shine	MLM CHO	66,600	66,600	66,600
Shine	MLM CHO (National Lottery Funding)	800	-	National Lottery Funding process not yet open for 2021


Name of Organisation	HSE Funding Source	HSE Funding 2019 €	HSE Funding 2020 €	HSE Funding 2021 €
Suicide or Survive Ltd	NOSP	278,000	282,000	247,000
Transformative Recovery College	MLM CHO (National Lottery Funding)	-	1,500	National Lottery Funding process not yet open for 2021
Transgender Equality Network Ireland	NOSP	79,000	179,000	150,000
Turn2Me	NOSP	278,398	357,001	269,431

I have enclosed Appendix 1 which outlines the current services offered by the HSE Resource Office for Suicide Prevention in MLM CHO and on other supports that are available both locally and nationally. These have been developed to provide support to people when they need it most.

I have also enclosed Appendix II which outlines the information available from the HSW Resource Officers for MLM CHO Eddie.Ward@hse.ie and Josephine.Rigney@hse.ie.

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

Yours sincerely,



Acting Chief Officer
Midlands Louth Meath Community Health Organisation

Appendix I:

HSE Resource Office for Suicide Prevention: Awareness and Training Programmes:

Due to the current restrictions, delivery of our face to face programmes (safeTALK, ASIST and Understanding Self-Harm) are now paused. In the interim, an online suicide prevention programme – **LivingWorks Start** – is available. The programme is targeted at anyone over the age of 18 who wants to help prevent suicide and develop the skills to assist someone who may be at risk of suicide. It can be completed in 1½ hours and includes a four-step model and impactful simulations which are undertaken and put into practice during the programme. A licence is required to undertake the programme and these can be accessed by contacting your local Resource Officer for Suicide Prevention. Longford/Westmeath and Louth/Meath: eddie.ward@hse.ie) and (Laois/Offaly: josephine.rigney@hse.ie

An **‘Introduction to Self-Harm’** programme is also now available in an online format. This programme is suitable for those who seek to develop their knowledge and understanding of self-harm and the reasons underlying such behaviour, how to support and care for those engaging in self harm and gain knowledge regarding the resources and services that are available. Scheduled dates are outlined on <https://scanner.topsec.com/?t=3b77511d1734bab60d376389a886e6fdd2a1e46e&u=https%3A%2F%2Fbookwhen.com%2Fsuicidepreventiontrainingmidlands&d=3023https://bookwhen.com/suicidepreventiontrainingmidlands> and the programme can also be delivered within settings to groups of 15 people over the age of 18 yrs by contacting your local Resource Officer.

An online version of the **‘Workshop for Professionals and key contact people providing support to those bereaved through suicide’** is now available. The programme explores the unique needs of suicide bereavement so that participants become more equipped to provide support in the safest and most effective way possible. The programme is a blended workshop consisting of an online e-learning module and a 4-hour virtual online workshop. The workshops covers five key topics: a) understanding the grieving process, b) the context of suicide, c) how to support people bereaved through suicide, d) skills building, e) self-care. The programme is available to groups of 12 people from various centres/settings and requests or queries can be made via your local Resource Officer.

Appendix II:

HSE Resource Office for Suicide Prevention: Information/Signposting Posters:

The following resources are available (via email or hard copy) upon request from your local Resource Officer:

- 'Personal and Community Information and Support Directories' on a bi-county basis.
- 'Help is at Hand for your emotional well-being and mental health during Covid-19'
- 'Help & Support Information Cards' - County focussed in a wallet size format
- 'Numbers if you need them' – information postcard.

HSE Resource Office for Suicide Prevention: Leaflets and other resources:

A selection of information and support leaflets as outlined below are also available on request:

- Responding to a person in suicidal distress – Guidance Document for public facing staff or volunteers'. This document aims to support staff and volunteers working in public facing roles to interact with people who present or contact the service in distress or at risk of suicide and self-harm.
- 'Would you know what to do if someone told you they were thinking of suicide?'
- If you have been bereaved by suicide'
- Supporting someone bereaved by suicide'
- Self harm and young people – and informational booklet for parents and concerned adults'

Local and National Supports and Services:

- A free 24/7 text service, providing everything from a calming chat to immediate support for people going through a mental health or emotional crisis is now available and can be availed of by texting HELLO to 50808.
- <https://scanner.topsec.com/?t=f02fe40610cf4c6a9cda3c3058f22712f436a06a&u=http%3A%2F%2Fwww.yourmentalhealth.ie&d=3023www.yourmentalhealth.ie> provides information and signposting on all mental health support and services that are available nationally provided by the HSE and its funded partners. There is also a Freephone YourMentalHealth information line – 1800 111 888.
- Suicide Bereavement Liaison Service
- For those who may be grieving the loss of a loved one to suicide, the HSE funded Suicide Bereavement Liaison Service (in conjunction with Pieta House) is available to provide practical help and support. Please contact the relevant Suicide Bereavement Liaison Officer for your area as follows:
 - Midlands: Bernie Carroll Tel: 086 418 0088; Email: bernie@pieta.ie
 - Louth/Meath: Marian King Tel: (085) 738 0444 Email: marian.king@pieta.ie
- Other bereavement supports: The National Bereavement Support Line provided by the Irish Hospice Foundation Helpline: 1800 807 077; www.bereaved.ie
- HSE Psychology Service is offering a virtual drop in clinic and psychosocial service providing emotional support and advice in these challenging times. The service can be availed by email: mlmpsychosocial@hse.ie
- Services for young people: Articles and information on many topics including mental health are available from the following services: Spunout: www.spunout.ie, BeLonG To Youth Services: ; Jigsaw: www.jigsaw.ie ; Childline: www.childline.ie

- Online counselling services (free and low-cost) are available from www.mymind.org / www.turn2me.org / www.suicideorsurvive.ie
- Information on Covid-19 and managing your wellbeing at this time is available on: <https://www2.hse.ie/services/mental-health-supports-and-services-during-coronavirus/mental-health-supports-and-services-during-coronavirus.html>

National Office for Suicide Prevention Quarterly Connecting for Life Newsletters:

From a national perspective, the National Office for Suicide Prevention produce a quarterly Connecting for Life newsletters (links below). These provide an update on activities relevant to *Connecting for Life – Ireland’s National Strategy to Reduce Suicide 2015-2020*.

<https://us14.campaign-archive.com/?u=8e0f880c3af74ee9e2f972b55&id=ddcbef64c3>

<https://us14.campaign-archive.com/?u=8e0f880c3af74ee9e2f972b55&id=52b11261a0>

Further Information:

For further information on suicide prevention please contact

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