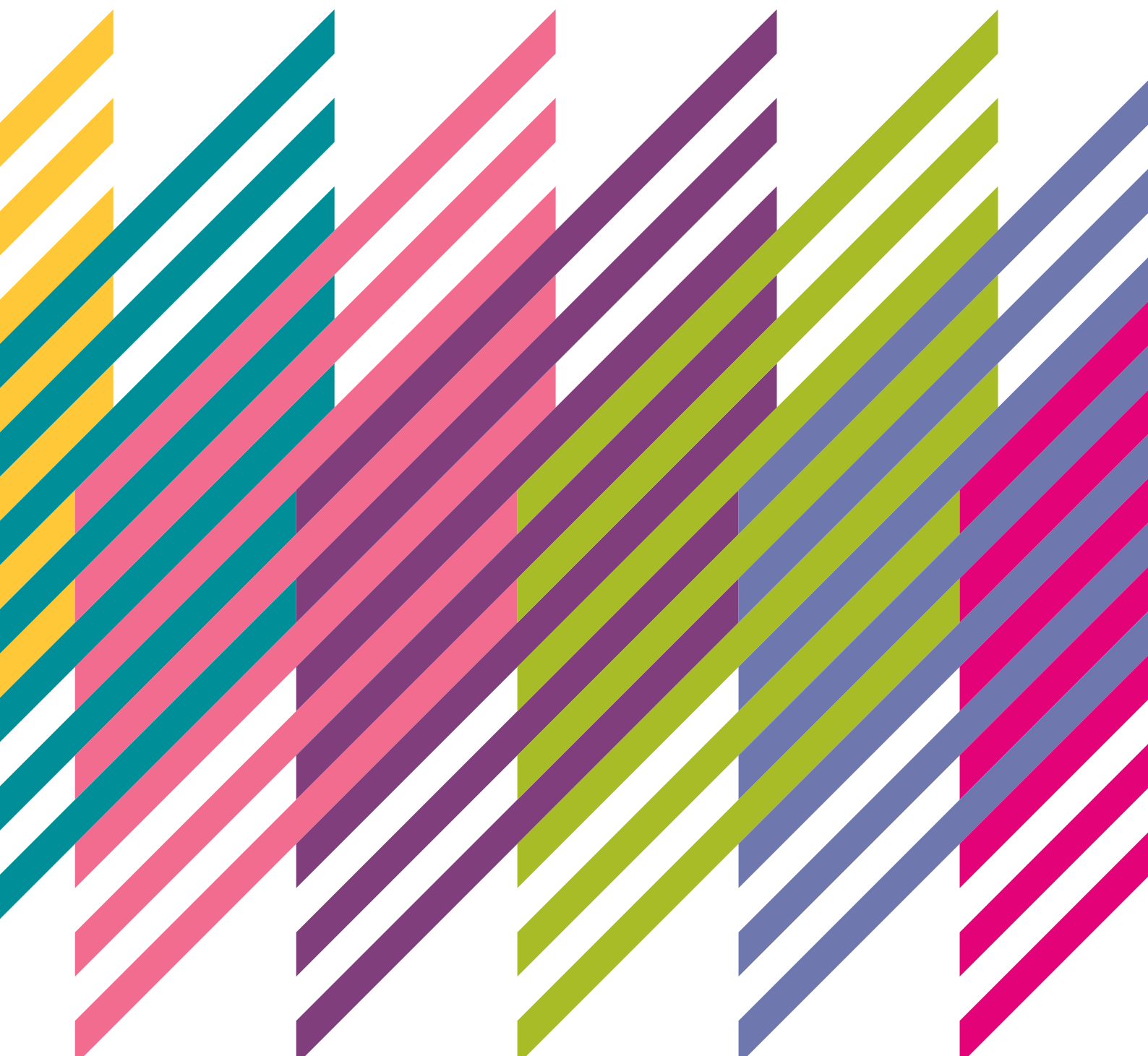




ANNUAL REPORT 2019



HSE National Office *for* Suicide Prevention



Connecting for Life



This report was published in September 2020 and is available;

- * To download at www.nosp.ie or www.connectingforlifeireland.ie
- * To order at www.healthpromotion.ie

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Foreword

I welcome this report from the HSE National Office for Suicide Prevention (NOSP), which describes an imperative stand of work within the Mental Health Community Strategy and Planning function of the HSE.

Over recent years, the development of new strategic and operational planning structures in our health services, means that we now have in place a Planning and Commissioning Team with representation across key functions of mental health services. For example, Community Operations, Strategy and Planning, Finance, HR, NCAGL and Mental Health Engagement and Recovery. This Team has overall responsibility for the management of Programme for Government funding, and is responsible for the effective planning, development and implementation oversight of all strategic approaches to mental health delivery.

The direction of our work has been set by a range of important, more recent strategic drivers. For example, the Sláintecare Report (Report of the Oireachtas Committee on the Future of Healthcare) aims to prevent illness, provide the majority of care at or closer to home, provide care on the basis of need (not ability to pay), develop more timely services and create a greater integrated system of care.

Secondly, Sharing the Vision - A Mental Health Policy for Everyone (Department of Health, June 2020) outlines a modern 10-year approach, focusing on promotion, prevention and early intervention and also significantly strengthening the relationship between mental health services, primary care, and other integrated services. As implementation structures for Sharing the Vision take shape, they will support the incorporation of targeted mental health promotion and prevention actions in Connecting for Life, Ireland's National Strategy to Reduce Suicide. In this context, the ongoing implementation of Connecting for Life will continue as a priority.



Indeed, aside from our significant investments in mental health services, the suicide prevention-specific budget and expenditure of the NOSP has increased significantly in recent years (€5m in 2012, to €12.2m in 2019) - reflective of the abundance of improvement initiatives underway. Importantly, 54% of expenditure of the Office, supported frontline services and organisations working in the area of suicide prevention and mental health promotion.

The importance of cross-sectoral collaboration and connectedness in the work of the NOSP, cannot be understated. The office has cultivated collaborative partnerships with over 20 lead agents for the strategy (across health services and government departments) and many NGOs working on suicide and self-harm prevention initiatives or services.

Given that 2020 has now presented the additional challenge of a global pandemic, we are certainly reminded of how critical these relationships are. This year has shown that responsive initiatives to new and emerging needs, can happen with collaborative, committed and concerted efforts from many different sectors. I would like to thank everyone for these tireless efforts, and I would like to thank the NOSP for enhancing their suicide prevention focus, and for delivering very measurable benefits during 2019, many of which are outlined in this Annual Report.

A handwritten signature in black ink, appearing to read 'Pat Healy'.

Pat Healy
HSE National Director
COMMUNITY STRATEGY
& PLANNING

Foreword

I am very pleased to present the 2019 Annual Report of the HSE National Office for Suicide Prevention (NOSP), capturing many of our key suicide prevention efforts during the year. Since 2015, Connecting for Life, Ireland's National Strategy to Reduce Suicide (2015-2020) has provided us with clear context and an evidence-informed roadmap for the prevention of suicide, and for the role of the NOSP. The firm commitment from the office remains the ongoing implementation of the strategy, now and in the years ahead.

The Interim Strategy Review of Connecting for Life (published at the beginning of 2019) provided a fresh impetus for the office, to refocus on strategic areas that required additional attention. It affirmed that the strategy remains relevant and is built on evidence-informed suicide prevention approaches which are fundamental to a national strategic response to reduce suicide. It has also helped to formulate plans for the next iteration of Connecting for Life, from 2020 onwards.

During the year, four quarterly implementation progress reports for Connecting for Life were presented to the National Cross Sectoral Steering and Implementation Group (chaired by the Department of Health). This reporting structure allows for transparent representation of progress in implementing all the 69 actions in the strategy. This has only been possible with ongoing support from the wide range of lead agencies – across health, government and NGO sectors. We are thankful to each of them, for their resolute commitments to implementing the strategy, and to the prevention of suicide.

I would also like to acknowledge the accomplishments of the national network of HSE Resource Officers for Suicide Prevention, in continuing to drive local implementation of the strategy during 2019. Their extensive programme of work within communities is interconnected with our national efforts. Through their network (and with many other training partners) over 15,000 people completed suicide and self-harm training programmes nationally in 2019. New programmes on suicide bereavement were successfully introduced during the year, and



together with safeTALK, ASIST, Understanding Self-harm and STORM, are considered principal enablers in developing and empowering suicide-safer communities in Ireland.

This Annual Report captures just some of the initiatives and activities of agencies from the NGO sector, who work in alignment with the goals, objectives and actions in Connecting for Life. Their remarkable work, across many different levels of service delivery, reminds us that the key to preventing suicide can never lay with any single agency or intervention alone.

While this report focuses on the work of the NOSP during 2019, it would be remiss not to reflect of the significance of the global pandemic in 2020. While so many elements of our society and services have been challenged by this development, new opportunities have also emerged. The Psychosocial Response Team (convened March 2020) has already demonstrated that it is possible to develop new frameworks for accessible service delivery, in responsive, targeted and collaborative ways. The NOSP will continue to support this work and will adapt and enhance suicide prevention efforts in line with this new and emerging landscape.

Lastly, I would like extend thanks to the NOSP Team, and our colleagues in the HSE, for all their work and accomplishments during 2019 – and for each making their own contributions to realising the vision of an Ireland where fewer lives are lost through suicide.

John Meehan

HSE Assistant National Director

MENTAL HEALTH COMMUNITY STRATEGY & PLANNING AND
HEAD OF NATIONAL OFFICE FOR SUICIDE PREVENTION

Connecting for Life Vision

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

Connecting for Life Goals

Better understanding of suicidal behaviour

Supporting communities to prevent and respond to suicidal behaviour

Targeted approaches for those vulnerable to suicide

Improved access, consistency and integration of services

Safe and high quality services

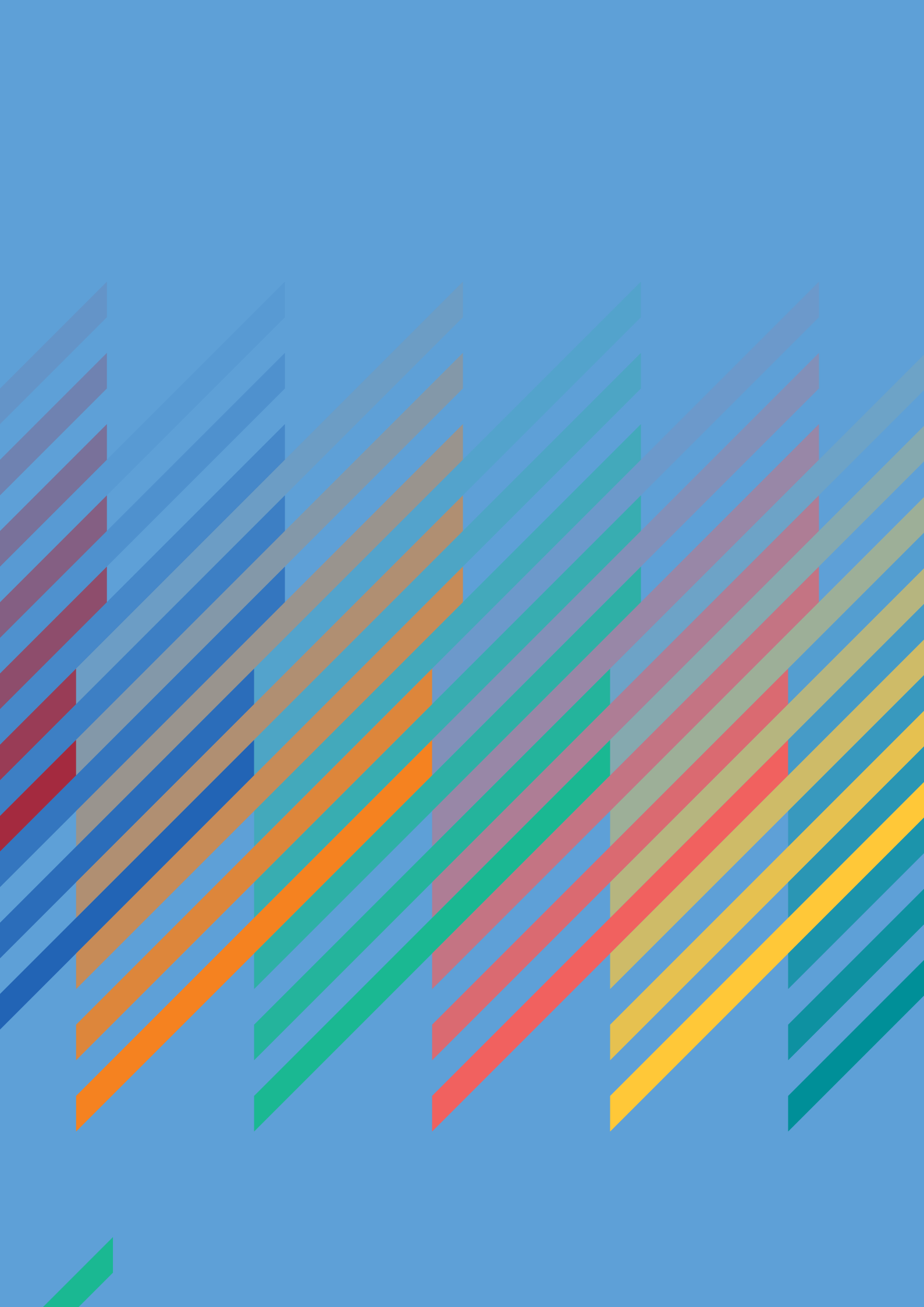
Reduce and restrict access to means of suicidal behaviour

Better data and research

Connecting for Life Outcomes by 2020

Reduced suicide rate in the whole population and amongst specified priority groups.

Reduced rate of presentations of self-harm in the whole population and amongst specified priority groups.



About the HSE NOSP



The role of the HSE National Office for Suicide Prevention

The HSE National Office for Suicide Prevention (NOSP) was established to strategically lead on suicide prevention across the HSE and in collaboration with multiple other sectors. The office is positioned in the Community Strategy and Planning area of our health services, but works in close partnership with operational counterparts in the HSE, for example, Mental Health Community Operations.

Principally, the work of the office has been underpinned by Connecting for Life, Ireland's National Strategy to Reduce Suicide. This whole-of government strategy has shaped the core functions of the NOSP which can be summarised as follows;

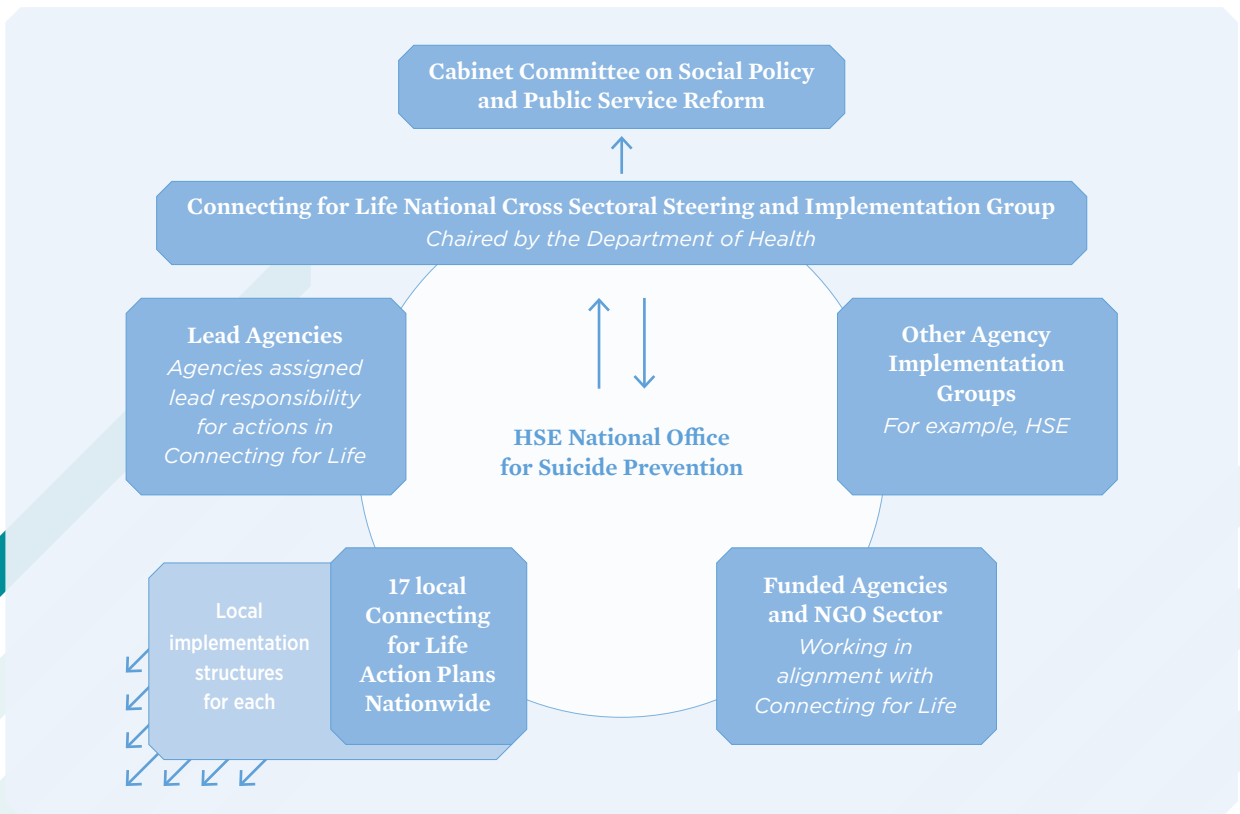
1. Of the 69 actions in Connecting for Life, the NOSP is;
 - The lead agency assigned to deliver on 16 actions
 - The joint lead on two actions
 - A supporting partner for 21 further actions.
2. The NOSP has a pivotal role in driving the overall implementation of Connecting for Life. The strategy mandates the NOSP to support, inform, coordinate and monitor the implementation of Connecting for Life across the HSE, government departments, statutory agencies and non-governmental organisations (NGOs).
3. More broadly, the NOSP also works with the HSE, government departments and within the NGO and community sector, in an advisory and supportive role, on activities or projects aligned with the Connecting for Life Strategy or on suicide and self-harm prevention, postvention and awareness.

As a whole-of government strategy, Connecting for Life requires the NOSP to provide a strategic view of implementation progress, and within an implementation structure that was established at the beginning of the strategy, in 2015.

The NOSP fulfils a central role in this implementation structure and reports to the National Cross-Sectoral Steering and Implementation Group (chaired by the Department of Health), on a quarterly basis. This reporting structure is illustrated on page 9.



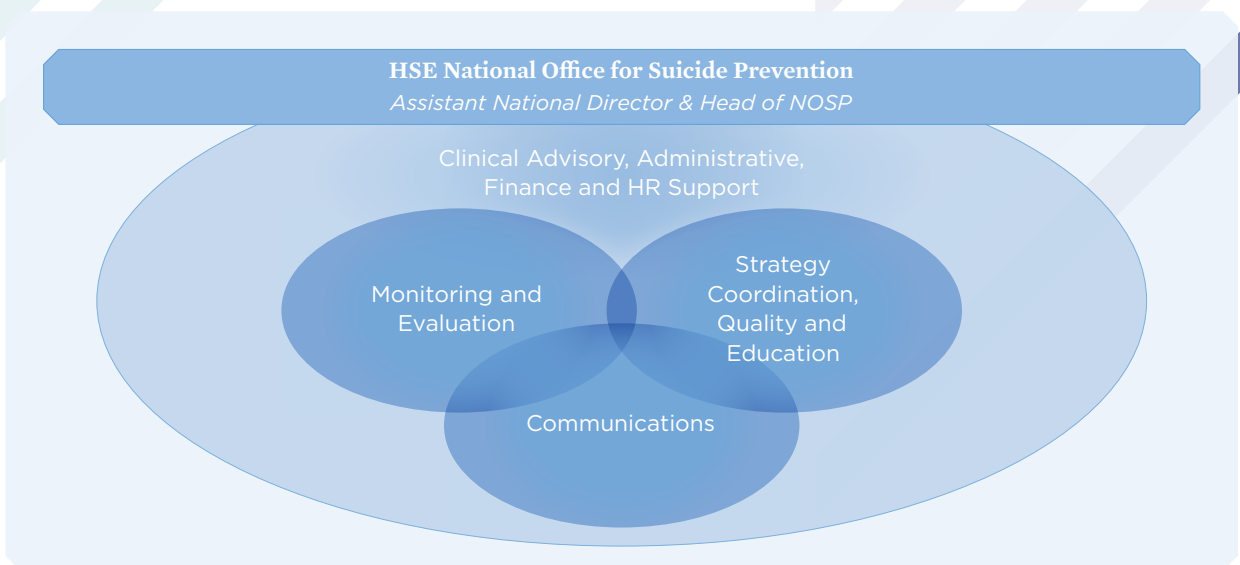
Pictured in 2019 were Anna Shakespeare (Pobal), Minister Jim Daly TD, John Meehan (HSE NOSP), Sarah Woods (HSE NOSP) and Derek Chambers (HSE Mental Health).



The structure of the NOSP Team is aligned with its key functions - to deliver on assigned Connecting for Life actions, and to drive the overall implementation of the strategy. The specific streams of work in the office are; Monitoring and Evaluation; Strategy Coordination, Quality and Education; and Communications. The work across the entire office is supported by Clinical Advisory, Administrative, Finance and HR functions.

More details of the NOSP Team in 2019 are in Appendix 1 (page 76).

The NOSP Team Structure



The role of HSE Resource Officers for Suicide Prevention

HSE Resource Officers for Suicide Prevention (ROSPs) work across a range of Community Health Services, Community Health Organisations (CHOs) and areas nationwide. Reporting within local healthcare structures, the ROSPs coordinate the development, and support implementation of regional suicide prevention action plans.

A total of 17 local Connecting for Life Suicide Prevention Action Plans are in place across the country, and are each aligned with the goals, objectives and actions outlined in the national Connecting for Life Strategy.

ROSPs have a pivotal role in advancing these plans and in supporting coordinated suicide prevention service delivery and mental health promotion. This involves a significant level of local engagement with a diverse set of stakeholders including HSE services, agencies and authorities, community groups and the NGO sector in each locality.

21 ROSPs are located across the following areas;

1. CHO 1 (Donegal, Sligo/Leitrim, Cavan/Monaghan)
2. Community Healthcare West (Galway City, West/South Galway, Roscommon, North/East Galway, Mayo)
3. Mid West Community Healthcare (Limerick, Clare, North Tipperary)
4. Cork Kerry Community Healthcare (Cork, Kerry)
5. Southeast Community Healthcare (Waterford, Wexford, Kilkenny, Carlow, South Tipperary)
6. Community Healthcare East (Dublin South East, Dún Laoghaire, East Wicklow)
7. Community Healthcare Dublin South, Kildare, West Wicklow (Kildare, West Wicklow, Dublin West, Dublin South City, Dublin South West)
8. Midlands, Louth, Meath Community Healthcare (Laois/Offaly, Longford/Westmeath, Meath/Louth)
9. CHO Dublin North City and County (Dublin North City and County)

Contact details for ROSPs are listed in Appendix 2 (page 77).

Highlights of local Connecting for Life implementation initiatives from across the country in 2019, are in Section 3 (page 27).

The HSE NOSP in 2019



Monitoring and evaluating the implementation of Connecting for Life

MONITORING

Monitoring refers to the routine tracking and reporting of priority information about the Connecting for Life strategy – its inputs, activities, outputs, outcomes and impacts. The monitoring function of Connecting for Life's Monitoring and Evaluation (M&E) system uses continuous processes of collecting and analysing data on specified indicators to provide key stakeholders with indications of the extent of progress and achievement of objectives and progress at any given time (and/or over time) relative to respective targets and outcomes.

EVALUATION

Evaluation is usually understood as the systematic collection of information about the activities, characteristics and outcomes of a specific initiative or programme within the strategy, or the strategy itself, to determine its merit or worth. The evaluation function in Connecting for Life is viewed as a continuously available mode of analysis that helps the NOSP programme managers and other key stakeholders gain a better understanding of all aspects of their work - from design through implementation and on to completion and subsequent consequences. Data from the monitoring systems ultimately feeds into an overall evaluation.

Key Monitoring and Evaluation (M&E) activities of the NOSP during 2019 included;

The publication of the *Area Level Implementation of Connecting for Life: Findings of a Survey - Implementation Enablers* (July 2019).

This paper summarises the findings from a survey of key stakeholders involved in the implementation of Connecting for Life area-level suicide prevention action plans. Towards the end of 2018, the NOSP set out to identify the extent to which evidence-informed 'implementation enablers' are present as part of the implementation of the 17 plans. All relevant stakeholders were invited to take part in a survey and share their reflections on their experience to date. The publication summarises the key findings from this point-in-time survey.

Commissioning research and evaluation.

NOSP M&E commissioned a number of research projects in 2019 including;

- *An evaluation the feasibility of scaling up the adult mental health North Dublin Clinical Psychology Suicide Assessment and Treatment Service (SATS)*
- *Evaluation of the implementation of the Best Practice Guidance for Suicide Prevention Services*
- *Building capacity for the evaluation of Social Prescribing in Ireland.*

The team delivered information to the Coroners Society of Ireland (at their annual conference in September) on the *Value of Coroners Data for Suicide Prevention in Ireland* (NOSP and Health Research Board Project).

In September, the NOSP inputted significantly to the academic programme of the **30th World Congress of the International Association for Suicide Prevention (IASP)**, in Derry. Activity included;

- A pre-conference workshop - **Addressing suicide prevention in Ireland from the bottom up: lessons from the frontline** - with the ROSEP Learning Community of Practice.

Action 2.1 of Connecting for Life aims to improve community level responses to suicide through multi-agency suicide prevention action plans. Evidence for this systems approach to suicide prevention asserts that the best response is gained from a multi-sectorial, multi-factorial, systematic approach involving both healthcare and community professionals and organisations, along with government and non-government agencies. Such an approach requires the commitment of all relevant medical, health and community agencies, and the implementation of multiple evidence-based strategies within a defined region, simultaneously. To this end, more than 500 stakeholders across the country were mobilised to participate in local planning processes that resulted in the development of 17 area-level suicide prevention action plans. HSE Resource Officers for Suicide Prevention lead on this work and are responsible for driving the development and implementation of the action plans. The objectives of this workshop were to;

- * Provide the context of the local suicide prevention action plans in relation to their development and alignment to the national strategy, including the different approaches taken across the country.
- * Share the different experiences of the bottom up implementation at a local level in relation to planning and implementation structures and processes, action implementation, alignment to national implementation activity and monitoring and evaluation.
- * Share information, stories, and personal experiences in a way that builds understanding and insight.
- * Offer an interactive and participatory workshop that enabled participants to share their views on the workshop content to develop learning opportunities.

- A Connecting for Life symposium - **Using data to drive implementation of suicide prevention strategies.**

In Ireland, three years into Connecting for Life (a second national suicide prevention strategy) we are using an increasingly wide range of data to inform decisions about suicide prevention strategy implementation. Evidence-informed decision making involves integrating the best available evidence into decision-making processes. It is when strategies, organisations, services and practitioners use data and/or evidence to define needs, to plan and improve service provision, to set priorities and goals, to monitor progress and to demonstrate outcomes. In spite of almost universal support in principle for the importance of using evidence (and data) in decision-making realising it can be challenging. It requires organisational supports in the form of (i) data infrastructure to collect high quality raw data, (ii) analytical capacity to ensure resulting data analysis are relevant, useable and actionable and (iii) an organisational culture of using data to inform and improve operational decisions.

This symposium showcased three related projects;

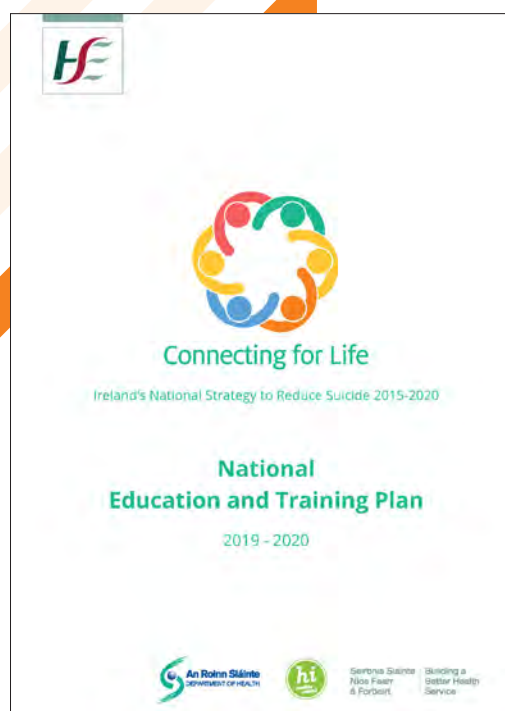
- * *The development and implementation of a national reporting system for self-harm in Irish prisons – the SADA project.* Authors: Eve Griffin (NSRF), Grace Cully (NSRF), Sarah Hume (IPS), Enda T Kelly (IPS), Deirdre O'Reilly (IPS), Paul Corcoran (NSRF).
 - * *Preventing suicides in public places – a pilot project in Limerick.* Authors: Lynda Breen (Garda Síochána Analysis Service), Marie Casey, Douglas Hamilton, Katie Evans (Department of Public Health, HSE Mid-West).
 - * *The use of modern data analytics to support evidence based call management systems being deployed in a national suicide helpline.* Author: Ciaran Moore, Samaritans Ireland.
- Additional conference presentations on;
 - * *Insights into the gendered construction of suicide in the Republic of Ireland: An analysis of closed coroners files in 2015* (Dr Gemma Cox and colleagues).
 - * *'Are you Suicidal?' Something you think you shouldn't ask. Suicide prevention training amongst Police trainees in Ireland* (Hugh Duane).

Education, training and standards

The Strategy Coordination, Quality and Education work in NOSP supports government departments and state agencies to implement their Connecting for Life actions. This is done through stakeholder engagement, the development of implementation plans, working group coordination and project and programme management. The NOSP is also responsible for the development and implementation of quality standards at a national level and overseeing the implementation of the National Training and Education Plan for suicide prevention.

The NOSP collaborates with non-governmental organisation (NGO) partners who are funded for initiatives which align to Connecting for Life actions. It also works closely with HSE Resource Officers for Suicide Prevention (ROSPs) around the country to ensure that regional activities correspond to national goals and that national activities support local need.

At the end of 2019 the Department of Health committed to extending the Connecting for Life strategy to 2024 and the NOSP began a process to develop an implementation plan for 2020-2022.



Available at www.connectingforlifeireland.ie

Education and training

The NOSP is the coordinating body of suicide prevention training programmes in Ireland. Through collaborative working - both nationally and locally with a range of stakeholders and partners - the NOSP supports community capacity to prevent and respond to suicidal behaviour.

In 2019 over **15,000** people attended a range of NOSP community-based training programmes coordinated by a network of training partners and the ROSPs across the country.

safeTALK

safeTALK is an internationally-recognised half-day training programme that supports participants to identify and engage with people who may be having thoughts of suicide. Participants learn how to provide practical help by using the steps of TALK (Tell, Ask, Listen and Keep safe) and also gain information on the supports and resources available locally, regionally and nationally.

ASIST

ASIST (Applied Suicide Intervention Skills Training) is a two-day skills-based workshop designed to help people recognise the immediate risk of suicide and learn how to intervene to prevent suicide. Participants develop their skills through observation, supervised simulations experiences and role play in large and small groups.



Understanding Self-harm is a one-day programme which aims to reduce the stigma of self-harm, improve individual and care agencies awareness and sensitivity to self-harm issues and promote effective care services for those who self-harm. This training is open to agencies and individuals who seek to understand more about self-harm, the reasons underlying self-harm behaviours and to improve personnel and agency responses to the needs of people who self-harm. The one-day programme is informative in nature.



New suicide bereavement programmes

In 2019 the NOSP developed two new bereavement programmes with the Irish Hospice Foundation.

- The first is a community presentation which can be delivered to a community two weeks after a tragedy. It aims to;
 - * Enhance communication and support for communities bereaved through suicide
 - * Help people understand the grieving process
 - * Help people to support others
 - * Share ways to access further support if needed.
- The second programme is a workshop is for professionals and key contact people who, in the course of their work, come into contact with people who have been bereaved through suicide. It explores the unique needs of suicide bereavement, so that participants become more equipped to provide support in the safest and most effective ways possible. It aims to;
 - * Develop participants' knowledge and understanding of the grieving process
 - * Demonstrate the value of empathy, compassion and humanity and the importance of meeting people where they are at
 - * Enhance participants' skills in supporting people bereaved through suicide.



Skills Training in Suicide Prevention and Self-harm Mitigation (STORM)

The NOSP offers STORM training to frontline staff within the HSE and HSE-funded agencies. The aim of the course is to develop skills and confidence in order to help people who self-harm focussing on suicide, self-injury and self-harm. It aims to;

- * Develop a good understanding of self-harm
- * Promote a positive and enabling approach
- * Develop skills in assessment of risk and vulnerability, short term safety planning and future safety planning.

Suicide assessment and mitigation training

Given the importance of gatekeeper training in the prevention of suicide, in 2019 the NOSP continued a partnership with the Irish College of General Practitioners (ICGP) specifically funding mental health training initiatives with GPs. During the year, 601 GPs (including 214 trainee GPs) completed Connecting with People's suicide assessment and mitigation training. This training has been specifically developed for GPs in Ireland.

Furthermore, a NOSP partnership with Connecting for People and the College of Psychiatrists of Ireland - to offer suicide prevention training to all psychiatrists in training

in Ireland - continued in 2019. This training aimed to help participants develop a fuller understanding of suicidal behaviour and the practical steps to take toward suicide mitigation. Participants also learn of the clinical value of empathy and how to challenge stigma and its role in suicide prevention.

Aligned with these training initiatives, the NOSP also provided a tailored seminar in suicide awareness and prevention to all foundation year trainees in psychiatry, as part of the College of Psychiatrists Induction Training Programme for 2019.

Agency partnerships

In 2019, the NOSP continued its partnership with the Garda College in Templemore to deliver safeTALK and ASIST training to all students of the BA in Applied Policing. During the year a total of 51 safeTALK and ASIST programmes, for 1,197 Garda Trainees were delivered.

The Defence Forces also identified the need to train their personnel in safeTALK and 14 members of staff became facilitators in 2019. The roll-out of safeTALK within the Defence Forces will enhance the well-being of personnel, and help promote a safe and positive work culture.

For further information on training visit www.nosp.ie/training

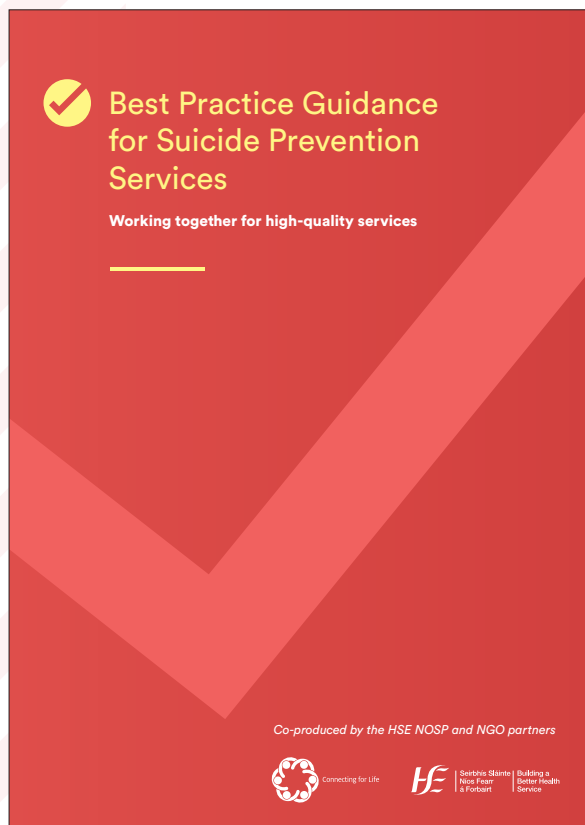


Pictured in 2019 at a NOSP event: Superintendent Paul O'Driscoll, Sergeant Sandra Masterson, Garda Helen McGrath, Minister Jim Daly TD, Corporal Nicola Nolan and Lt Colonel John Martin.

Best Practice Guidance for Suicide Prevention Services

Goal 5 of Connecting for Life aims to ensure safe and high-quality services for people vulnerable to suicide. A key action (5.1.1) under this goal is to 'develop quality standards for suicide prevention services provided by statutory and non-statutory organisations, and implement the standards through an appropriate structure'.

In 2019, the Best Practice Guidance for Suicide Prevention Services - Working Together for High-quality Services, was published. The guidance/quality framework was co-produced by the NOSP and NGO partners, and sets out the key principles of quality and safety to be applied in suicide prevention NGOs. This provides a basis for better governance in planning and managing services, measuring improvement, identifying and addressing gaps, and areas for improvement as well as areas of strength.



Available at www.connectingforlifeireland.ie

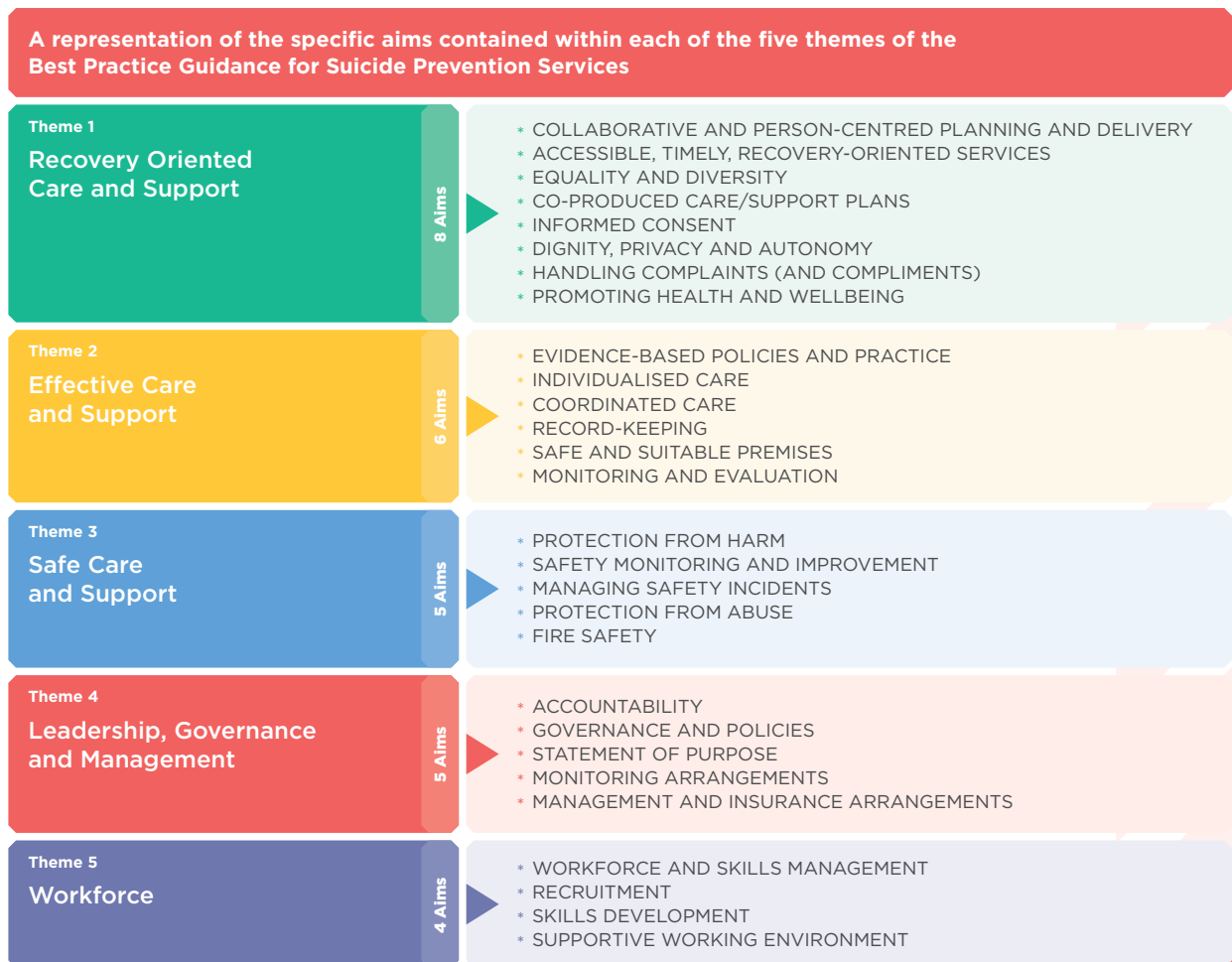
The Best Practice Guidance for Suicide Prevention Services is aligned with HSE Best Practice Guidance for Mental Health Services (2017) developed by Quality Service User Safety (QSUS). Implementation supports include an online tool self-assessment tool and training in self-assessment and the use of the online tool. Phased implementation began in July 2019 and seven NGOs participated in self-assessment training.

A poster and oral presentation of the Best Practice Guidance for Suicide Prevention Services and its phased implementation was also presented in September at the 30th World Congress of the International Association for Suicide Prevention (IASP) 2019 in Derry.

The NOSP is grateful for and acknowledges the time, energy and commitment given by everyone who participated in the development of the Best Practice Guidance for Suicide Prevention Services and for their continued support and participation in this project.

The Best Practice Guidance for Suicide Prevention Services is divided into five themes;

- **Theme 1 - Recovery oriented care and support**
This places the people who use the service at the centre of the suicide prevention service.
- **Theme 2 - Effective care and support**
Delivering an effective suicide prevention service means that people using the service receive the best achievable outcomes within the context of the service provided and the resources available to it.
- **Theme 3 - Safe care and support**
An objective of suicide prevention services is the provision of optimum and effective care and support for people who use the service through safe care and support.
- **Theme 4 - Leadership, governance and management**
A well-governed suicide prevention service has a clear role and purpose and clear lines of accountability, including effective leadership, governance and management in keeping with the size and complexity of the organisation.
- **Theme 5 - Workforce**
The workforce in a suicide prevention service is one of the most important resources in providing a high-quality, safe, effective and recovery oriented service.



Communications

The key to developing an understanding of Connecting for Life at different levels, is effective communication of the strategy, its purpose and implementation progress. This will help inform and support people, communities, teams and services who work to deliver on specific actions.

The main communications objectives associated with Connecting for Life are to;

- Build a shared understanding and awareness of the strategy, and the role of the NOSP
- Promote trust and openness in the Connecting for Life journey, in line with core HSE values
- Maintain a clear and consistent brand identity for Connecting for Life
- Adopt a proactive role to communicating and disseminating the work of Connecting for Life
- Represent high quality information across all channels in an honest, accessible and effective way
- Generate a high level of engagement and commitment from all Connecting for Life stakeholders.

The NOSP considers the following audiences;

Primary audiences

Government departments and agencies with responsibility for implementation of Connecting for Life

NGO partners also involved in implementation

Government and HSE Leadership

Other HSE departments, including Resource Officers for Suicide Prevention

Members of the Oireachtas and Oireachtas committees

Secondary audiences

People with lived life experience of suicide or bereaved by suicide

The general public

Other agencies working in suicide prevention

Communities and people with an interest in suicide prevention

Media

While significant communications work has already taken place since the beginning of Connecting for Life, an ongoing and responsive communications approach is required. This will ensure understanding and awareness of key developments and messages for existing and newer audiences, during the strategy's ongoing implementation.

Key communications channels utilised by the NOSP during 2019 included;

Online

The www.connectingforlifeireland.ie microsite is a repository for news and publications related to Connecting for Life and the NOSP. Included are local pages for each area in which there is a local Connecting for Life Action Plan.

On Twitter

For updates and news from the NOSP, follow @NOSPireland on Twitter. In 2019, tweets from the account organically earned **617,000+** impressions.

By email

Connecting for Life email newsletters are delivered every quarter, to update on developments related to the strategy. Anyone can sign up to these newsletters at www.connectingforlifeireland.ie.

In print

A wide selection of publicly-available suicide prevention and mental health literature, leaflets and booklets, are maintained by the NOSP. In 2019, almost **236,000** units (4,600 orders) were distributed.

During the year, new leaflets were developed on “Looking after your mental health when you have financial difficulties”, “Looking after your mental health for LGBTI+ people”, “Looking after your mental health in later life”, “Supporting children and young people bereaved by suicide”, “Supporting someone bereaved by suicide”, “If you have been bereaved by suicide” and “Reporting Social Media Content that Promotes Suicide or Self-harm”. These (and others) are available in the Mental Health section of www.healthpromotion.ie.



The NOSP also supports and collaborates on communications activities or campaigns delivered by other Connecting for Life lead agents, partner agencies or NGOs. The office liaises on initiatives related to mental health campaigns, stigma-reduction activities and media reporting of suicide (Connecting for Life Goal 1).

For example, in 2019, specific clinical input or communications support was provided to SpunOut.ie (Self-harm and Suicide Campaigns), SeeChange (Green Ribbon Campaign), Headline (Headline Media Awards) and HSE CHO7 (Jobstown safeTALK Video Project).

Two significant ongoing communications streams are the HSE Your Mental Health Campaign (previously Little Things), and website www.yourmentalhealth.ie. Both are led by HSE Mental Health Community Operations, but resourced and supported by the NOSP.

During 2019, campaign elements included radio advertising (at key points throughout the year) and ongoing social media activity (Facebook, Twitter, Instagram). Mental health promotion activity was also developed for, and targeted to, priority groups including the LGBTI+ and Traveller populations, in collaboration with other relevant agencies or NGOs.

- In 2019 yourmentalhealth.ie had over **77,000** Facebook followers and over **12,000** followers on Twitter. Activity on these social channels had an organic reach of over 1.1 million and generated over 126,000 engagements throughout the year.
- The HSE website www.yourmentalhealth.ie received almost **1.3 million** page views during 2019 - its highest annual number of page views to date.



Pictured at an event marking International Overdose Awareness Day in 2019, Dr Eamon Keenan (HSE Addiction Services) and Dr Philip Dodd (HSE NOSP).

The NOSP also provided ongoing communications support to wider strategy development in 2019. In particular, the Mental Health Communications Steering Group is continuing to work on the development of a new mental health campaigns strategy for the HSE, in line with key policy documents such as Connecting for Life and Sharing the Vision (2020).

Other NOSP interagency work supporting Connecting for Life stakeholders and partners

The NOSP works proactively on many additional projects or initiatives aligned with Connecting for Life and other key strategic enablers. For example, in 2019 the office;

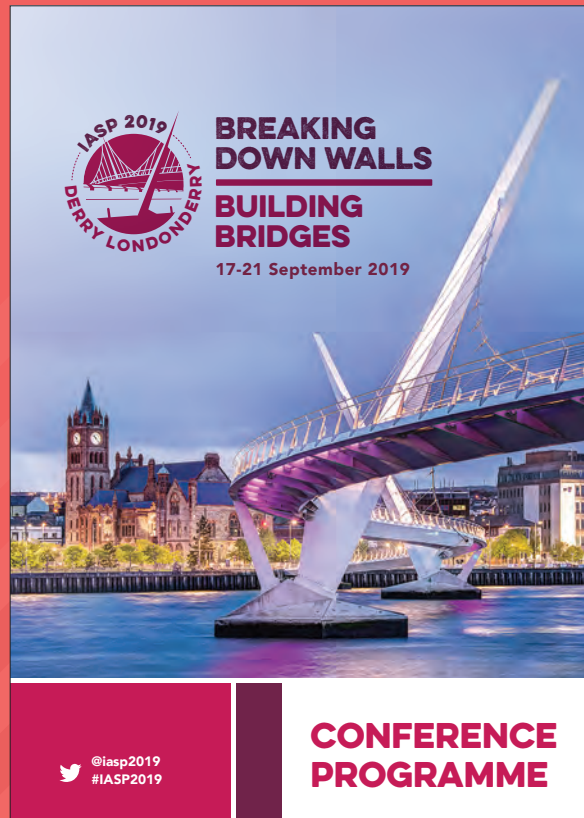
- **Collaborated with HSE Social Inclusion on shared themes and messages on International Overdose Awareness Day.** Connecting for Life identifies restricting access to means of suicidal behaviour, as a core element in preventing deaths by suicide. International Overdose Awareness Day provided a new opportunity to collectively focus on drug overdose issues including the need to broaden common understanding of overdose deaths and harmful access to drugs.
- **Continued to participate in the Suicide Data Improvement Group chaired by the Central Statistics Office (CSO).** This group primarily aims to ensure that statistical systems can meet national and regional policy requirements in the domain of suicide mortality statistics, and make recommendations on all quality aspects of suicide mortality and deaths of undetermined intent statistics.
- **Provided ongoing support to the HSE National Clinical Programme for the Assessment and Management of Patients Presenting to Emergency Departments following Self-Harm.** This is a HSE Mental Health programme that applies to HSE Mental Health Services for all patients, of all ages, presenting in Emergency Departments following self-harm, or with suicidal ideation. The NOSP resources and supports data analysis for this programme and works ongoing with the programme to develop more comprehensive suicidality community response.
- **Significantly contributed to the Oversight Group for Sharing the Vision, a Mental Health Policy for Everyone, 2020-2030.** Sharing the Vision envisages a mental health system that addresses the needs of population through a focus on the requirements of the individual. The new policy is action-oriented and outcome-focussed, placing the individual at the centre of service delivery. The Department of Health led the review of A Vision for Change (2006), establishing the Oversight Group in 2017 to review and update the policy and to present a draft report for consideration by the Department of Health. Sharing the Vision was then published in June 2020.
- **Organised a collaborative learning event between HSE Mental Health and the State Claims Agency.** This event examined the reporting of suicide in health and social care and focused on data from incident reports related to suicide and attempted suicide. It provided an opportunity to explore the role of mortality data in guiding suicide prevention and to examine the various data sources on suicide across health services in Ireland.
- **Contributed to the programme of the RCSI Conference 'Moving to Public Mental Health'.** This conference provided a platform to consider suicide prevention in a public health framework, and to promote the need for a public health focus and concerted whole of system approach to suicide prevention.

30th World Congress of the IASP

The 30th World Congress of the International Association for Suicide Prevention (IASP) broke all attendance records when it was held in Derry from 17th to 21st September 2019. Over 850 delegates from 57 countries attended the event - a record for the IASP. "Breaking Down Walls and Building Bridges" was also the largest congress ever to be held in the city of Derry and was organised with the support of Visit Derry, the Western Health & Social Care Trust (NI) and Ulster University.

The NOSP was pleased to contribute to the 30th World Congress Organising Committee and to sponsor the event. It was a unique opportunity to participate in the comprehensive scientific programme of events, and to showcase Connecting for Life and related progress and initiatives in Ireland. It was also an opportunity to listen to, and learn from, the extensive suicide prevention global community. Key themes of the 30th World Congress included;

- Innovation in suicide prevention and treatment
- Suicide, trauma and conflict
- Suicide in the ageing population
- Suicide and self-harm in young people
- Clinicians as survivors of suicide
- Psychological, psychosocial and pharmacological treatments of suicide risk
- The role of big data in suicide prevention
- Biological and genetic risk factors for suicide
- Stigma, mental health and suicide
- Postvention and lived experience
- Psychological and social risk factors
- Public health approaches to suicide prevention.



The NOSP delivered and facilitated the following events at the 30th World Congress;

- *Navigating the terrain between policy and practice: implementation of the HSE Best Practice Guidance for Suicide Prevention Services* (oral session and poster presentation)
- *Insights into the gendered construction of suicide in the Republic of Ireland: an analysis of closed coronial files in 2015* (oral session)
- *'Are you Suicidal?' Something you think you shouldn't ask. Suicide prevention Training amongst Police trainees in Ireland* (oral session)
- *Addressing suicide prevention in Ireland from the bottom up: lessons from the frontline* (pre-congress workshop)
- *Using data to drive implementation of suicide prevention strategies* (symposium).

For more on the International Association for Suicide Prevention visit www.iasp.info



Pictured at the 30th World Congress of the IASP in Derry were, John Meehan (HSE NOSP), Minister Jim Daly TD and Dr Philip Dodd (HSE NOSP).



Local implementation of Connecting for Life during 2019

Local implementation of Connecting for Life during 2019

The preparation and implementation of local suicide prevention action plans is supportive of Connecting for Life action 2.1.1. This allows for coordinated and detailed local implementation planning and timelines. Furthermore, it builds capacity at a community level to respond to suicide and encourages community engagement on the delivery of other Connecting for Life actions.

Key responsibility for each of the 17 local Connecting for Life actions plans is with the HSE Mental Health and Healthcare Areas structures and supported by the Resource Officer for Suicide Prevention (ROSP) roles nationwide. The ROSP positions and local implementation of plans are funded and supported by the NOSP.

The following information provides a snapshot of activities and engagements supporting local Connecting for Life action plans, during 2019.

CHO1 (Donegal, Sligo and Leitrim, Cavan and Monaghan)

Donegal

In Donegal there was continued implementation of the local Connecting for Life Action Plan and its associated actions throughout 2019. The Connecting for Life Seminar (Donegal, October) was a highlight. It was a collaborative event with the Alcohol Forum - exploring the issues of alcohol, minority stress, social exclusion and the complex interplay between these issues and suicide/self-harm. The seminar brought together community, voluntary and statutory groups to raise awareness of these issues and to open a new conversation in the county. It had added value in bringing stakeholders working in the areas of alcohol harm prevention and suicide prevention, closer together.

Professor Siobhan O'Neill (Ulster University) opened the event with a key note address - 'Alcohol, Self-harm, and Suicide: Exploring the relationship to trauma and minority stress'. Other speakers provided unique perspectives and practical examples of effective interventions that are being developed within the county. For example, Thomas McCann (psychotherapist and member of the Traveller community) presented on key issues in the Traveller community, linking problematic drinking and mental health issues to historical trauma and minority stress. The presentations were followed by roundtable discussions and an interactive plenary session.

Other developments in Donegal during the year;

- 726 people attended training with the provision of 43 suicide prevention programmes
- 259 people attended Stress Control programmes with the provision of 13 programmes
- Meetings of Connecting for Life 'Services' and 'Community' implementation groups continued
- The completion of a review of SCAN (Suicide Crisis Assessment Nurse) programme
- The extension of the M-PACT programme (which supports families to work together to understand how parental substance misuse has affected their lives) to include members of the Traveller Community trained as facilitators
- One-to-one and group training with NCHDs/Consultants and Nursing Staff on suicide risk
- A range of inter-agency mental health promotion and awareness raising events across the county
- The introduction of a new online booking system for training.

There was significant progress in building training capacity in Donegal, through increased reach of suicide prevention programmes and the addition of new programmes. Current offerings include safeTALK, ASIST, Understanding Self-harm and STORM. Two new additions in 2019 were the two-hour Suicide Bereavement presentation for communities and the one-day Suicide Bereavement training for frontline professionals.

In the broader mental health space, a range of initiatives (aimed at promoting help-seeking behaviour, awareness of local supports/services available and combating stigma) were delivered to coincide with annual events. These included the Green Ribbon Campaign, World Mental Health Day/Week and World Suicide Prevention Day. A range of activities promoting the Little Things Campaign and the delivery of the Stress Control programme also continued across the county.

Sligo and Leitrim

During 2019 over 450 participants availed of suicide prevention and self-harm training in Sligo and Leitrim. Participants were from local communities, education settings, government agencies, identified priority groups, statutory and community bodies.

The annual Green Ribbon Campaign was the focus of the #opentheconversation social media initiative in May. Over 5,000 Green Ribbons were distributed to the general public, businesses and workplaces in Sligo and Leitrim with the aim of promoting and encouraging opening the conversation about mental health and challenging any associated stigma of seeking support when it is needed.

As part of World Mental Health Week in Sligo and Leitrim, Sligo Ladies Football Association and the HSE hosted 'Wellbeing in Sport' - an awareness evening to promote positive health and well-being in the sporting and wider community. Sports people shared their experience of adversities which they had faced in their lives and how they overcame them. They included Cora Staunton (Mayo footballer and 11 time All Star), Aoife Clancy (Nutritionist) and Maria Walsh (MEP). The partnership with the GAA (to improving understanding of mental health and increase help seeking behaviours specifically for young people) included the presentation of Sligo GAA Jerseys to 80 Under-14 ladies players which featured the yourmentalhealth.ie logo.



Attendees at the Lifting the Silence on Suicide event, in 2019.



Sligo Ladies Football Association hosting the Wellbeing in Sport event in 2019.

In alignment with Goals 2 and 3 of Connecting for Life, the innovative Lifting the Silence on Suicide series of community events was held throughout Sligo and Leitrim. This consisted of 10 public events led by the ROSP, in collaboration with Pieta, Mental Health Ireland, Northwest STOP, Samaritans and the Alcohol Forum. The events opened the conversation on suicide and generated awareness of the range of supports and services. The community events were attended by over 450 people.

Cavan and Monaghan

In Cavan and Monaghan a variety of inter-agency mental health promotion and awareness events took place during the year. There were eight such events, reaching over 600 people across a range of communities in the two counties. They involved staff from the HSE and mental health service users or family members who shared their experiences of accessing local mental health services. Representatives from Shine and Mental Health Ireland also contributed to these events which were generally co-ordinated by the ROSP. Crisis Numbers posters and wallet cards were compiled, printed and circulated throughout the two counties.

In 2019 the Suicide Bereavement Liaison Service was introduced in Cavan and Monaghan, through a national service agreement with the NOSP and Pieta. Funding was also approved for establishment of a suicide bereavement counselling and crisis intervention service (for people at risk of suicide and self-harm) in Cavan and Monaghan. This service will be delivered on an outreach basis by a Pieta therapist for 16 hours per week in Cavan and Monaghan.



Pictured at the Solas Drop-In Centre's event in Monaghan were Eoin Kelly, Deirdre Costello Aughey, Alice O'Neill (Solas Drop-In Centre), Emer Mulligan (HSE ROSP), Miffy Hoard (Mental Health Ireland) and Michael McGinn (Pieta).
Picture credit: Rory Geary/The Northern Standard

The Resource Officer for Suicide Prevention continued to provide postvention support in 2019 and worked in collaboration with a number of agencies including the GAA, NEPS, the Suicide Bereavement Liaison Officer (SBLO) and community and voluntary sector groups.

575 people in Cavan and Monaghan were trained in 2019, with the delivery of 37 suicide prevention awareness courses. Local staff were trained to deliver additional new programmes – one-day Suicide Bereavement training for front line staff and a two-hour Community Response to Suicide presentation. The Stress Control Programme was initiated in 2019, with 25 staff trained to deliver the six week programme. 24 Stress Control Programme courses were held during 2019, with over 800 attendees.

Community Healthcare West (Galway, Mayo, Roscommon)

Engagement events organised by the ROSPs continued to support the implementation of the Connecting for Life Suicide Prevention Action Plan for Galway, Mayo and Roscommon. Two significant events were held in 2019, for a wide range of organisations working in the area of suicide prevention. These were a master class on the HSE Little Things Campaign, and another on Recovery and Suicide Prevention for Carers and Families. Guests and speakers included from the NOSP, GAA, NHS, Mayo Mental Health Services and Aware (family carer representative).

Planet Youth is an evidence-based primary prevention model (originating in Iceland) introduced by the Western Region Drug and Alcohol Task Force and supported by the HSE Community Healthcare West and Galway, Mayo and Roscommon City/County Councils. Bringing together key agencies working with children and adolescents, it aims to ensure that young people are active, healthy, happy, connected to their families and community and achieving their full potential. In 2019, work commenced to develop the Planet Youth Strategy and Implementation Framework, which will provide guidance to stakeholders on embedding primary prevention approaches into their day-to-day work. Two examples of initiatives are the provision of seminars for parents (Raising Resilient Children in the Digital Age) and highlighting the importance of sleep by providing guidelines to parents on bedtimes and screen time/social media usage.

Work continued with Suicide or Survive to deliver the Eden Programme - a 26-week psycho-educational programme for adults who have contemplated or attempted suicide. This programme is supported by the NOSP, National Counselling Service and the ROSP in Community Healthcare West. In 2019 the fourth programme in Galway City and Castlebar took place. The second programme in Roscommon Town was also held. Recruitment commenced for 2020 programmes, in late 2019.



Pictured at the HSE Little Things master class in Galway were Ciarán Lynch (HSE Mental Health Services), Mary McGrath (HSE ROSP), Mary O'Sullivan (HSE ROSP), Siobhán McBrearty (HSE ROSP) and Ciarán Austin (HSE NOSP).

During the year, there was ongoing development, testing and improvement of the SafePlan App. This safety planning app is designed to be used as an adjunct to therapy for individuals engaging with health services who are at-risk of suicide or self-harm. The app has been developed by the NUIG IT Group (NUIG and HSE). A related paper was published in 2019 - The Validity of Google Trends Search Volumes for Behavioural Forecasting of National Suicide Rates in Ireland featured in the International Journal of Environmental Research and Public Health.

Other developments in 2019;

- Two new modules on suicide and one on self-harm were developed collaboratively between all three recovery colleges in the region and delivered throughout the year.
- The play Magpies on a Pylon was staged in Castlerea - an initiative with Roscommon Traveller Health Project.
- An event to mark the tenth anniversary of Mayo Suicide Prevention Alliance - which represents agencies and community groups involved in mental health promotion and suicide prevention in Mayo.
- The launch of the Mayo Wellbeing and Mental Health Support Services Directory.

Approximately 1,090 people attended training programmes coordinated by the ROSPs in Galway, Mayo and Roscommon in 2019. A total of 59 suicide, self-harm and bereavement awareness and skills programmes were held.

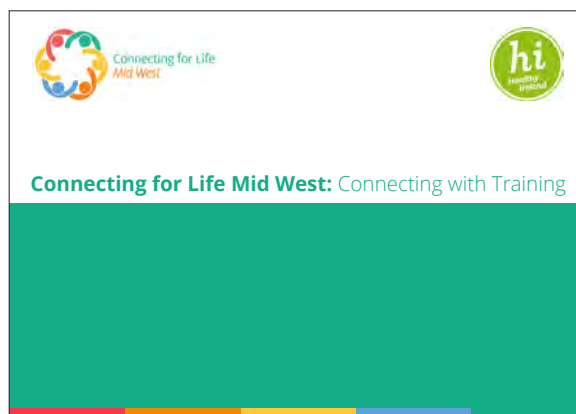
Mid West Community Healthcare (Limerick, Clare, North Tipperary)

During 2019 a number of mental health road shows were coordinated by the ROSPs in Mid West Community Healthcare. Following on from the Are We Connected? Conference (2018), new road show events were held in Kilrush, Newcastlewest and Nenagh. These provided opportunities for local engagement on Connecting for Life Mid West, and to maintain relationships with local communities and statutory and non-statutory agencies alike.

Two media briefing events were also coordinated - in Limerick City and Tipperary Town. These provided a space to engage with local media outlets and to promote the Samaritans guidelines on media reporting of suicide. Contributors included representative from local HSE Communications, ROSPs, Headline, the National Suicide Research Foundation and HSE Mental Health Engagement Team.

In 2019 the ROSPs in Mid West Community Healthcare continued to support Mental Health Weeks in Limerick, Ennis and North Tipperary. They formed part of local organising committees and delivered Connecting for Life Mid West information at a variety of events. Furthermore, there was considerable promotion of the Green Ribbon Campaign - distributing over 9,000 Green Ribbons across the region.

Just over 1,000 people attended training coordinated by the ROSPs in Limerick, Clare and North Tipperary. A total of 50 suicide, self-harm and bereavement awareness and skills programmes were held. In addition, the Family Resource Centre Code of Practice for Suicide Prevention programme was delivered to staff from the Silver Arch FRC. To support the delivery of training in the area, Connecting with Training - a new booklet on the range of wellbeing and mental health programmes available in the Mid West - was introduced in 2019.



Connecting with Training, is available online at www.connectingforlifemidwest.ie.

Connecting for Life implementation partners in Mid West Community Healthcare have continued to work on progressing all 124 actions in the local plan. For example, following the WRAP Seminar 2 in 2018 (to train WRAP facilitators), Paul Partnership delivered a WRAP project under the Social Inclusion and Community Activation Programme (SICAP) and in 2019, 14 community facilitators delivered 7 WRAP Seminars.

Cork Kerry Community Healthcare

In 2019 the Defence Forces in Collins Barracks Cork worked in partnership with Cork Kerry Community Health Care, HSE Community Work Department North and ROSPs to host numerous Green Ribbon events in May. These were themed Mental Health Messages in the Mess and engaged with community partners from Shine a Light, Grow, Health Action Zone, the Social and Health Education Project and Pieta.

The Defence Forces Employee Assistance personnel provided briefings on mental health supports and the ways we can all care for our own mental health and wellbeing.

Over 2,100 people attended training coordinated by the ROSPs in Cork Kerry Community Healthcare. A total of 91 safeTALK, ASIST, Understanding Self-harm and STORM programmes were held.



Pictured at "Mental Health Messages in the Mess" for members of the Defence Forces in Collins Barracks were Joanne McNamara (Community Worker), Sorcha Ni Chruailaich (Principal Community Worker) both from Cork North Community Work Department, and Helena A. Cogan (Regional Resource Officer For Suicide Prevention).



South East Community Healthcare (Waterford, Wexford, Carlow, Kilkenny and South Tipperary)

The five Connecting for Life Implementation Steering Groups (ISGs) across South East Community Healthcare were maintained in 2019, with each group, comprising all local stakeholders, meeting on a quarterly basis to ensure effective implementation of all local actions. There was significant collaboration with the NOSP and HSE Mental Health in relation to the national implementation of Connecting for Life. There was huge input from all ISG members during World Suicide Prevention Day, International Mental Health Week and during the Green Ribbon Campaign.

Training

1,513 people participated in 74 training programmes in South East Community Healthcare in 2019, including safeTALK, ASIST, Understanding Self-Harm and Suicide Bereavement training. Delivery of the one-day 'Workshop for professionals and key contacts providing support for those bereaved through suicide' commenced in 2019 - three workshops were delivered to 45 participants. The groups included frontline workers supporting members of the Traveller Community, Tusla staff and the Gardaí.

Significant collaboration was maintained with Waterford Institute of Technology where safeTALK, ASIST and Understanding Self-harm form part of the curriculum for students studying Mental Health Nursing. SafeTALK was delivered to the entire school staff in three schools in Wexford in 2019 and to staff from Direct Provision Centres across the region.

Additional information sessions and presentations on suicide and self-harm prevention were delivered to a broad range of community groups on a regular basis in 2019.



Positive mental health messaging and signage on the Waterford Greenway - a 46km walking and cycling amenity that spans the city and county.

The Bereavement Counselling Service for Traumatic Deaths

There were 217 referrals to this service in 2019 from the five counties in South East Community Healthcare. Approximately 1,400 counselling hours were provided by 17 Counsellors to individuals who were bereaved following the death of a loved one through suicide, homicide, road traffic accident, industrial, domestic and agricultural accidents or drowning. This service is managed and coordinated by the Regional Suicide Resource Office. The monthly Suicide Bereavement Support Group continued to operate in Waterford in 2019. The office provided support to the Suicide Bereavement Liaison Service (SBLS) across the five counties.

Postvention

The Resource Officers for Suicide Prevention continued to provide postvention support in 2019 and worked in collaboration with a number of agencies including the GAA, NEPS, the Suicide Bereavement Liaison Officer (SBLO) and community and voluntary sector groups. The Resource Office continued its role as part of the HSE Critical Incident Stress Management Team (CISM). The Annual Bereavement Memorial Ceremony was held in Waterford in December 2019 for people across the region who have been bereaved through suicide.

Other highlights during 2019 included;

- A media briefing event on the responsible media reporting of suicide in Tipperary, in collaboration with Mid West Community Healthcare.
- Building Capacity in Our School Communities – an event for more than 300 staff from schools in Wexford Town. The themes were on staff health and wellbeing and on skills building for their work with young people. This was a response to a number of deaths by suicide of young people in the community over the past number of years.
- The development and delivery of a Community Wellbeing Champions Programme in Carlow. This programme is for people involved in local community groups and incorporated training for Champions, such as safeTALK, ASIST, Suicide Bereavement, Substance Misuse and Mental Health and Wellbeing and Resilience.
- The creation and placement of positive mental health messaging and signage for the Waterford Greenway - a 46km walking and cycling amenity that spans the city and county.
- The delivery of a national Social Prescribing Conference in Waterford, in collaboration with the Waterford Social Prescribing Service.

Community Healthcare East (Dublin South East, Dún Laoghaire, East Wicklow)

During 2019 there was continued implementation of the local Connecting for Life Action Plan and its associated actions, in particular those relating to public information, campaigns and awareness. For example;

- A wide range of information and materials promoting campaigns (such as Little Things) was provided to statutory and non-statutory agencies, community and voluntary groups. This allowed for the promotion of best practice initiatives and information on services and supports, including the national yourmentalhealth.ie website.
- In 2019 the local Numbers When You Need Them crisis wallet card was revised and redistributed across the area.
- Support and promotion of local stigma reduction activities, such as the Green Ribbon Campaign along with Connecting for Life partners including HSE and with statutory and non-statutory agencies.
- Involvement with several youth mental health initiatives including Gr82Byng Wicklow Youth Mental Health Week, Arklow Youth Mental Health Week and the Mind Monsters campaign.

In Community Healthcare East the ROSP continued to support the development and implementation of a Critical Incident Response Plan developed for Wicklow East. There was also significant progress in the establishment of Social Prescribing programmes in Wicklow and South Dublin. Pilot funding (from Healthy Ireland) for two locations in Wicklow, commenced in October 2018. The process commenced in South Dublin in early 2019, and Sláintecare funding was also secured for the Bray and Greystones areas.

In 2019 the ROSP assisted the establishment and delivery of the Suicide Bereavement Liaison Service (SBLS) for Dublin South East, Dún Laoghaire and East Wicklow.

The ROSP also supported the promotion and provision of evidence-based training and education programmes on suicide prevention and mental health promotion across the area. For example, a business case was developed for the provision of Stress Control training in the area (funded by HSE Health and Wellbeing) and recruitment of master trainers was completed.

The Diploma in Drug and Alcohol Studies (operated by 2 HSE Addiction Service Education Officers) commenced in early September and the Hidden Harm Practice Guide and strategic statement (TUSLA, HSE) were published at the beginning of 2019.

Community Healthcare Dublin South, Kildare, West Wicklow

In 2019 over 2,000 people completed training in safeTALK, ASIST and Understanding Self-harm in Community Healthcare Dublin South, Kildare, West Wicklow. The training attracted participants from a wide range of backgrounds including the community and voluntary sector, government departments, the education sector, commercial and sporting bodies and other local communities.

Train-the-trainer events took place for two new suicide bereavement training workshops and presentations in 2019, with a view to delivery during 2020. In addition, staff from the HSE Mental Health services participated in train-the-trainer events for STORM. These staff will work alongside existing trainers to provide a consistent approach to suicide and self-harm mitigation across the Dublin South, Kildare and West Wicklow Mental Health Services.

Postvention

During 2019, the Suicide Bereavement Liaison Officer (SBLO) commenced work in the area - supporting individuals, families and communities affected by suicide. In addition to providing invaluable support, the SBLO connects with local community groups and statutory agencies

to promote services and embed them across Dublin South, Kildare and West Wicklow.

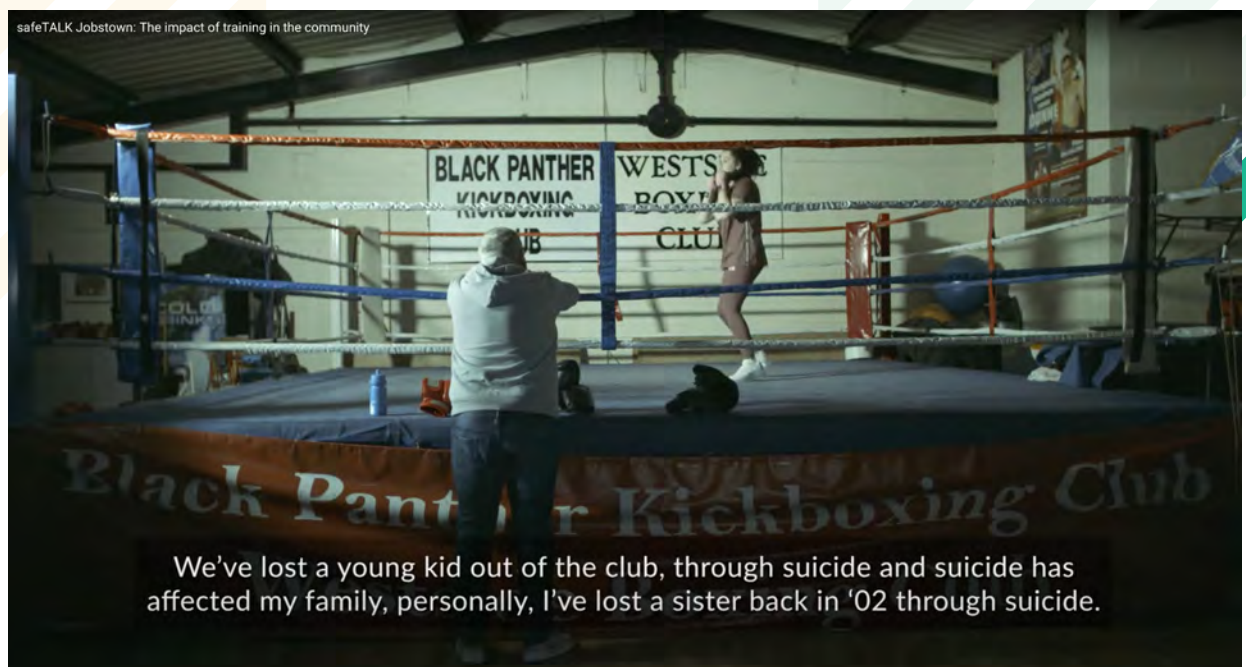
The ROSPs in Community Healthcare Dublin South, Kildare, West Wicklow, continued to work at a local and national level to identify and address gaps in suicide bereavement support. The Village Counselling Service received local funding to work with people who had suicidal ideation and people bereaved by suicide. Although the service is based in Tallaght, clients can attend from across Dublin South, Kildare and West Wicklow.

Responding to suicide and suicide risk

The ROSPs continued to engage with local communities to respond to suicide and high suicide risk, working within a variety of local inter agency structures. For example, across the Children and Young People's Service Committee, Local Authority Community Development Committees, Dublin 10 Be Well, Dublin 12 Community Mental Health Forum, South Dublin Resilience Project and Clondalkin Action on Suicide.

Jobstown safeTALK Project

The Jobstown safeTALK Project was established by the local community to respond to the high levels of suicide in Jobstown. The video project had a very positive impact in identifying trained



The Jobstown safeTALK Video Project



in the training you're taught how to approach people, ask the questions, the awkward questions that we weren't able, we didn't

The Jobstown safeTALK Video Project

people available for support, and in increasing the skillset of community leaders to support people with suicide ideation. Funding was secured to highlight through film, the positive impact that ASIST and safeTALK training had on this particular community. The Jobstown safeTALK Project won the Dublin People Volunteer of the Year Award 2019 and the Irish Healthcare Centre Award – Community Mental Health 2019.

Resilience Project

The Resilience Project commenced in 2019, in response to high levels of suicide in West Tallaght and North Clondalkin. A Suicide Prevention Task Force was established after meetings with 140 individuals and groups across the areas. 24 groups came to two facilitated meetings to identify key themes and concerns related to suicide and self-harm in the area. A mapping of services in the areas and their pathways then commenced.

Heads Up

The Heads Up project continues to work with men at risk of suicide through training, education, peer support and personal development. Heads Up projects run in Kildare and across Dublin South. Heads Up in South Dublin has extended to supporting women in response to the high incidents of suicide among women in South Dublin County.

Green Ribbon

Green Ribbon events were held in Naas General Hospital and Tallaght Hospital during May. Patients and staff wore Green Ribbons to show their support. Dublin 10 Be Well (an interagency initiative in Ballyfermot) hosted a series of talks and the ROSP for Dublin South spoke at events (e.g., in Walkinstown). Green Ribbons were distributed across a wide range of mental health services, including CAMHS in Kildare.

Midlands, Louth, Meath Community Healthcare (Laois and Offaly, Longford and Westmeath, Meath and Louth)

Laois and Offaly

Suicide prevention training programmes

During 2019, the ROSP in Laois and Offaly co-ordinated the delivery of 46 suicide prevention training programmes for 710 participants. These were for members of the general public, community gatekeepers and other targeted cohorts, for example;

- GAA coaches and mentors
- Emergency Department Nursing Staff
- Housing Department in Offaly County Council
- Department of Social Protection in Laois and Offaly Centres
- Midland Living Links facilitators
- Hairdressing staff of men's barber shops in Laois
- Educational staff including Teachers, Special Needs Assistants and Guidance Staff.

Bereavement training programmes

Following the introduction of new suicide bereavement programmes, two workshops were delivered to frontline professionals including members of An Garda Síochána, School Counsellors and HSE and Social Care Staff. Several groups who had experienced a death within their community, availed of the Supporting People Bereaved through Suicide in the Community workshop delivered in conjunction with the Pieta Suicide Bereavement Liaison Officer (SBLO).



Pictured at the launch of the 'Suicide Prevention for Travellers' information leaflet on WSPD, was Niamh Fingleton (Laois Traveller Action Group), Jules Fitzpatrick (Laois Traveller Action Group), Jimmy Todd (Community Development Officer/Midlands Traveller Health Unit Co-Ordinator) and Josephine Rigney (HSE ROSP).

Promotion and awareness activities

- In line with the ongoing aim of promoting awareness of positive mental health, the ROSP participated in the organisation of several events throughout 2019, including a Café Conversation held in Tullamore, a walk in Lough Boora Nature Park and a WRAP Wellness Workshop delivered by Suicide or Survive.
- To celebrate the national Green Ribbon Campaign, an awareness and information event was held in Tullamore at which service providers exhibited. The event encouraged people to create conversations about mental health, to talk and listen more and to seek support if required. Local businesses supported the campaign by displaying large Green Ribbons in their shop windows and public buildings went 'green' during the month of May.
- During Laois CONNECTS Mental Health Awareness Week (October), events provided by the HSE included a Minding your Wellbeing workshop, presentation on the Little Things Campaign in Portlaoise Adult Education Centre and safeTALK training in Midlands Prison Education Centre.
- To coincide with World Suicide Prevention Day, Laois Traveller Action Group (through the Primary Healthcare Workers and the Community Development Officer) compiled, designed and launched an information leaflet entitled Suicide Prevention for Travellers. The leaflet was funded by the Resource Office for Suicide Prevention.
- Also marking World Suicide Prevention Day, a Remembrance Ceremony was held in Tullamore and a Tree of Hope was planted in the Town Park. The event was organised by Midland Living Links and involved Local Clergy, the local Church Choir and the ROSP in Laois and Offaly.

Longford and Westmeath

In 2019 a total of 900 people participated in 60 safeTALK, ASIST or Understanding Self-harm programmes across Longford and Westmeath. A partnership between the Resource Office for Suicide Prevention and Moate Business College resulted in the delivery of four safeTALK programmes to 100 students, with the aim of increasing their knowledge, understanding and skills around suicide prevention.

The Office also collaborated with Richmond Court Direct Provision Centre in Longford to enable staff and residents to attend the range of suicide prevention courses available. This also included the provision of a specific safeTALK programme for 18 residents and staff.

Work with Athlone Training Centre management continued, and resulted in the delivery of a programme of suicide prevention training for staff to enable them better support students. This involved the provision of suicide prevention informational resources to the centre to be accessed by both staff and students. It also involved the delivery of two safeTALK programmes attended by 44 staff and two Understanding Self-harm seminars attended by 44 staff.

The Resource Office for Suicide Prevention in Longford and Westmeath also provided a range of resources and support to organisations around World Mental Health Day and to support their ongoing work. For example, Aisling Children's Arts Festival, Lus na Gréine Family Resource Centre and County Longford Youth Service.

Louth and Meath

In 2019, the Resource Office for Suicide Prevention for Louth and Meath delivered 41 suicide prevention training programmes to 784 participants representing a broad range of statutory, community and voluntary sector organisations. This included the delivery of; six ASIST programmes to 96 participants; twenty eight safeTALK programmes to 505 participants and; nine Understanding Self-harm programmes to 183 participants.

CHO Dublin North City and County

The implementation of the Connecting for Life Dublin North City and County Suicide Prevention Action Plan continued in 2019, with oversight from the Implementation Steering Group and aligned with the four Implementation Working Groups. Their work streams are;

- Communications
- Interagency Protocols
- Psychotherapeutic Supports
- Excellence in Care.

During 2019, two suicide critical response postvention events were coordinated by HSE Mental Health Services Dublin North City and County and ROSPs. These involved local communities, local and national GAA representatives, Jigsaw North Fingal, Samaritans, Aware, Pieta, Fingal Counselling Service, Crosscare, Téarnaige, and Counselling in Primary Care. The events were informed by the Dublin North City and County Suicide Critical Incident Plan, with an interagency, collaborative approach to reducing suicide risk.

In 2019 a total number of 1,055 people participated in 49 training programmes, provided by Dublin North City and County, with the support of training partners - the Oasis Centre and Community Awareness of Drugs. Participants were from a wide variety of backgrounds including members of the public, the deaf community, Gardaí, teachers, counsellors, social care workers, the Defence Forces, Garda Síochána Ombudsman Commission, youth workers, homeless agencies and addiction services.

Other developments during 2019 included;

- The commencement of the Pieta Suicide Bereavement Liaison Service (SBLS) in Dublin North City and County, funded by the NOSP.
- The development of a range of new mental health and bereavement information leaflets and digital resources.
- Dublin North City and County participation in national campaigns such as Green Ribbon, Mind Monster and Little Things.
- World Mental Health Day events supported by the local ROSPs, Mental Health Services and Children and Young Persons Service Committees (CYPSC).
- A pilot campaign - Dispose of Unused Medicines Properly (DUMP) operated in a number of sites in 2019, in collaboration with community pharmacies, HSE Mental Health Services and HSE Social Inclusion.
- HSE Mental Health Services, Pieta and other suicide bereavement support agencies, worked to formalise links for a collaborative approach to suicide bereavement services in North Dublin.
- HUGG (Healing Untold Grief Groups) established a monthly suicide bereavement support group in the area.
- The pilot Dublin North City and County Child and Adolescent Mental Health Service Schools Link Project. This is a partnership between Child and Adolescent Mental Health Services and schools. It aims to promote prevention and early intervention in young people's mental health in North Dublin. It operates in nine schools across North Dublin.
- Participation in the Ballymun Mental Health Road Show, the North East Inner City Health and Wellbeing Fair and several information days with statutory and community colleagues.
- Planning commenced for the Connecting for Life Dublin North City and County Suicide Prevention Action Plan mid-term review conference, scheduled for January 2020 in Croke Park.



Working in partnership during 2019

Working in partnership during 2019

In 2019, 22 charities and non-governmental organisations (NGOs) received funding from the HSE National Office for Suicide Prevention, to specifically deliver on work which is aligned with the goals and actions in Connecting for Life.

Services and initiatives that are delivered across this diverse sector, play a decisive role in advancing suicide and self-harm prevention, postvention and mental health promotion efforts in Ireland.

Furthermore, NGO agencies typically work with targeted approaches to specific priority groups that have been identified in Connecting for Life, for example, people with mental health problems, those bereaved by suicide, the LGBTI+ community, Travellers and younger people.

Approximately 54% of the NOSP's budget is allocated to these frontline services and details of funding during 2019 can be found in Section 6, Financial Information (page 71).



Martin Rogan and Catherine Brogan (Mental Health Ireland) with John Meehan (HSE NOSP) in 2019. Catherine has a core role (representing NGOs) on the Connecting for Life National Cross Sectoral Steering and Implementation Group.

Aware

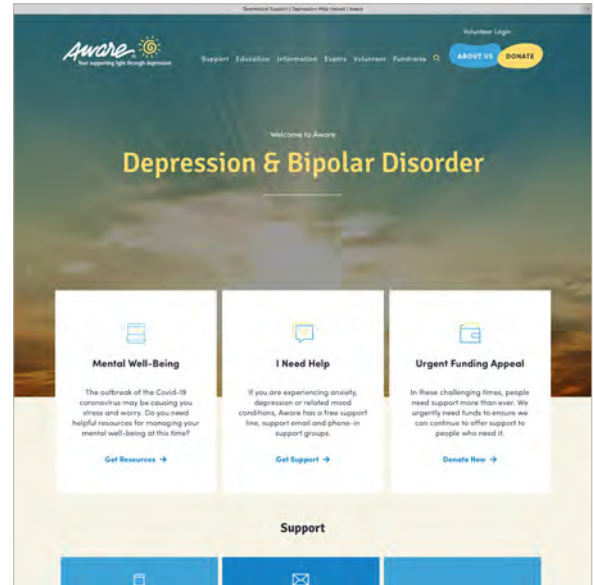
Aware undertakes to create a society where people affected by stress, depression, bipolar disorder and mood related conditions are understood and supported, free from stigma, and are encouraged to access appropriate therapies. The three pillars of Aware's work are support, education and information. The organisation provides a range of support services that include Support and Self Care Groups offering peer-to-peer support, a Support Line (which operates 12 hours a day, 365 days a year) and Support Mail.

Aware also offers a range of education programmes, delivered in group and online formats for adults and in school settings for young adults. These programmes are based on the principles of Cognitive Behavioural Therapy (CBT) and aim to empower adults and young people with the knowledge and skills to look after their mental health.

During 2019, 116 Life Skills programmes were delivered to adults in 26 counties throughout Ireland. The programme, delivered by trained Aware facilitators, lasts six weeks and consists of 90-minute evening sessions. With the help of a series of easy-to-follow booklets and expert guidance, participants can learn how to better manage the stress of everyday life, recognise and manage unhelpful thoughts, learn new ways of thinking and ultimately, begin the journey to a healthier and more confident life.

In 2019, 2,789 people registered for the programme nationwide with 2,325 attending on night one. Over 60% of those who attended night one completed the full six weeks.

Developed by Dr. Chris Williams (Professor of Psychiatry and Honorary Consultant Psychiatrist at the University of Glasgow) the Life Skills programme has been independently evaluated by Aware and the findings demonstrated a statistically significant improvement in participants' self-reported levels of anxiety and depression after completing the programme. Life Skills is also consistent with the National Institute for Health and Care Excellence (NICE) guidelines for the treatment of depression and anxiety.



www.aware.ie

"I feel by practicing with these tools daily I will be able to get back to the old confident me that through life pressures seemed to have got lost. An amazing, potentially life changing course that is user friendly and welcoming. The skills are invaluable."

Aware Life Skills Participant

www.aware.ie

BeLonG To Youth Services

Since 2003, BeLonG To Youth Services has supported lesbian, gay, bisexual, transgender, and intersex (LGBTI+) young people in Ireland. The national organisation works with young LGBTI+ people, aged 14 to 23, to create a world where they are equal, safe, and valued in the diversity of their identities and experiences. BeLonG To also advocates and campaigns on behalf of young LGBTI+ people, and offers a specialised LGBTI+ youth service with a focus on mental and sexual health alongside drug and alcohol support.

Youth Groups

Working with the likes of Youth Work Ireland, Foróige, Crosscare, and other local LGBTI+ groups, BeLonG To ensures that young LGBTI+ people have access to safe spaces outside Dublin, closer to home through their National Network. In 2019, the organisation supported 56 groups nationwide including a new group in Dublin 5. 2,886 young people received LGBTI+ awareness training through the National Network fund in 2019.

Support Services

BeLonG To provides a dedicated LGBTI+ youth crisis counselling service in partnership with Pieta. This service is free of charge for those experiencing suicide ideation or engaging in self-harm. During 2019, 180 hours were spent providing free crisis counselling to LGBTI+ young people.

Monday Chats is a free one-to-one active listening service and a safe space for young people provided by Youth Workers at BeLonG To with nearly 100 sessions provided during 2019.

Training

BeLonG To works with a wide range of professionals to help them develop understanding, language and skills to ensure that young LGBTI+ people can feel safe and supported in schools and can access inclusive and welcoming services. BeLonG To offered training to 2,862 professionals in 2019 focusing on training key sectors related to their mission



BeLonG To celebrating Dublin Pride with members of the National Network and Youth Work Ireland, with over 540 LGBTI+ young people marching under the banner 'Transforming Young LGBTI+ Lives'. Picture credit: Marc O'Sullivan

including education, drugs and alcohol, mental health, social care, sexual health, and youth work.

Communications

BeLonG To's website recorded a 143% increase in page visits from 2018 to 2019, mirrored by a rise in the organisation's digital audiences across social media platforms.

As part of a pilot scheme with the new crisis text service (now known as Text50808), BeLonG To rolled out their second Better Out Than In campaign in September with the focus on signposting to the confidential service. During the campaign nearly 11,000 visitors landed on the associated webpage.

Dublin Pride

2019 marked the 50th anniversary of the Stonewall uprising - the birthplace of the LGBTI+ rights movement. BeLonG To celebrated Dublin Pride with members of the National Network and Youth Work Ireland with over 540 LGBTI+ young people marching under the banner 'Transforming Young LGBTI+ Lives'.

On the morning of Dublin Pride, Taoiseach Leo Varadkar was the special guest at the annual pre-parade breakfast part at Youth Work Ireland's headquarters while BeLonG To hosted an outreach event at Pride Village in Merrion Square.

www.belongto.org

Dublin Simon Sure Steps Counselling Service

The Dublin Simon Sure Steps Counselling Service was established in 2012 to fill an identified gap in services for low threshold counselling supports to people experiencing homelessness and at risk of suicide.

With ongoing support of the NOSP, the service entered its first year with an extended hours Suicide Prevention Service (SPS). The SPS operates 365 days a year from 8:00am to 10:00pm Monday to Friday and from 4:30pm to 10:00pm on Saturdays and Sundays.

The SPS received 385 referrals from services across the sector (internal and external referrals). Services were provided to 12 external homeless service providers across Dublin. 4,332 one-to-one hours were made available to clients, including 560 interventions by the extended hour's service. The general counselling service and SPS is unique as it will see clients in their individual services - in addition to Dublin Simon standalone services in Inchicore and NCR. Throughout 2019 the SPS continued to train frontline staff on its Suicide Specific Treatment Track protocols, with a plan to continue to roll out this training in 2020.

Throughout 2019 the SPS underwent an external evaluation (due for completion July 2020) and early indications showed that ambulance call outs in relation to suicidality decreased by 50% (on 2018 figures). The clinical data from the approach used (the Collaborative Approach Managing Suicidality) is also being analysed by external researchers, using a comparative analysis of homeless clients and clients accessing community mental health service with suicidality (completion in March 2020).

The Sure Steps Counselling Service was pleased to present the 2018 Opening the Door to Hope Report, at the 30th World Congress of the International Association for Suicide Prevention (IASP, Derry 2019). A lunch was hosted for clients in Simon services, on World Mental Health Day.

www.dubsimon.ie

Exchange House Ireland

Exchange House Ireland National Travellers Service is an organisation of Travellers and non-Travellers and a leading provider of multidisciplinary support services to some of the most marginalised communities in Ireland. Services include Education and Training Services, Children and Young People Services, Family Support and Crisis Intervention Services, Addiction Services and the National Traveller Mental Health Service.

Exchange House delivers partnership services through training, provision of expertise and dual working with other organisations providing services to Travellers in Ireland - with the overall aim being to break down barriers and discrimination so that Travellers can access the range of services they need in an equitable way.

In 2019, Exchange House provided a number of services and initiatives, such as;

- Day-to-day operations including duty service, direct mental health support and community and training development.
- Two well-attended National Conferences - Interfamily Violence and its Impact on Mental Health (in Dublin Castle) and Women's Mental Health (in Exchange House Ireland).
- To mark World Suicide Prevention Day, the Travellers Together Preventing Suicide Campaign was an online and local initiative designed to create solidarity, reduce stigma and raise awareness of suicide prevention.
- During 2019, 95 Travellers engaged in one-to-one counselling with almost 200 Travellers attending the Exchange House Ireland conferences. Over 100 Travellers took part in the organisation's groups and peer mentorship initiatives and 476 cases involving issues of mental health and suicidal ideation were handled in Exchange House's Duty Service.

www.exchangehouse.ie

First Fortnight

The annual First Fortnight Festival showcases informative art-themed events which help to improve population-wide understanding of suicidal behaviour, mental health and wellbeing, and associated risk and protective factors. The festival aims to increase awareness of available suicide prevention and mental health services and reduce stigmatising attitudes to mental health and suicidal behaviour at population level, and within priority groups - to ultimately reduce presentations of self-harm and suicide.

After a successful bid, First Fortnight hosted the second edition of the European Mental Health Arts and Culture Festival in Ireland which comprised over 200 events across 31 days in 24 counties with contributions from 17 countries.

12,214 participants (+37% increase) from 45 nationalities attended the largest edition of the festival, with a 92% increase in the number of events. There was also a significant increase across First Fortnight social media channels and website traffic during the festival, with a 47% increase in new users accessing the website.

First Fortnight identified 'at risk' groups and programmed to ensure inclusivity and accessibility and outreach. For 2019, this included;

- A carer event dedicated to those caring for others
- An artistic exhibition that explored bereavement by suicide
- Events that catered for specific demographic cohorts, such as Bad Man Oh Man, which explored toxic masculinity and suicide
- A circus programme delivered in a Direct Provision Centre culminating in a performance in Smock Alley
- Family events to help foster and develop positive mental health attitudes within families that can have a long-term impact in later life.



Eoghan McDermott and Professor Green at the First Fortnight 2019 Festival.
Picture credit: Leah Carroll



"It's In the Blood" performed at the First Fortnight 2019 Festival.
Picture credit: Ray Keogh Media

First Fortnight Centre for Creative Therapies continued to deliver a unique and innovative intervention in homeless mental health, with both art and music therapy services available.

Following on from researching a children's service project, First Fortnight have been chosen to run a pilot music programme for children over a three-year period, funded by the Social Innovation Fund. First Fortnight has engaged with experts in this field and the National Concert Hall in this pioneering project which will be rolled out in 2020.

www.firstfortnight.ie

GAA

2019 proved a significant year for the Healthy Club Project (HCP) - the GAA's flagship health promotion programme proudly supported by the NOSP, the HSE, Healthy Ireland, and Irish Life (as Corporate Social Responsibility partners).

The successful completion of Phase Three saw an additional 84 clubs achieve all criteria necessary to receive formal recognition as a Healthy Club at a conference of 400 delegates in Croke Park (October). This brought the total number of clubs engaged (since the HCP commenced in 2013) to 150. An additional 210 clubs applied in November 2019 to participate in Phase Four, of which 150 were selected - their Healthy Club journey started in 2020.

Healthy Clubs engage with their members and communities to identify priority areas of health promotion on which to focus over a two-year period. At the aforementioned conference the delegates voted mental health and inclusion as the most current important areas of work.

Other common areas of focus are also related to mental health, and include;

- Providing physical activity opportunities for non-playing members
- Healthy eating guidelines and workshops with a focus on child and youth members
- Gambling and substance use education and awareness
- Social inclusion and diversity such as working with older members of communities or those from minority groups or ethnic backgrounds.

Throughout their two-year journey, Healthy Clubs are also supported in developing partnerships with entities that can deliver accredited courses, interventions, or services beneficial to club members or the wider community. In the case of mental health and emotional wellbeing, clubs and GAA County Health & Wellbeing Committees have benefitted by working collaboratively with the HSE, NOSP and Resource Officers for Suicide Prevention in making safeTALK training available, hosted in



The 2019 GAA Healthy Club Conference in Croke Park. Picture credit: Piaras Ó Midheach / Sportsfile



Oliver Skehan (HSE NOSP) at the 2019 GAA Healthy Club Conference in Croke Park. Picture credit: Piaras Ó Midheach / Sportsfile

GAA club and county grounds with hundreds of GAA members received such training in 2019.

Healthy Clubs also worked with Samaritans, Aware, Pieta, SOSAD, and an array of other mental health charities at national, regional, or local level to deliver, for example The Huddle workshops (team-based mental health literacy and awareness talks delivered by Samaritans volunteers).

The GAA's Critical Incident Response Plan was called into action on approximately 60 occasions in 2019. The support of local HSE Resource Officers for Suicide Prevention was invaluable in ensuring appropriate responses were put in place following the tragic death of a beloved club or community member.

www.gaa.ie/community

ISPCC / Childline

The Irish Society for the Prevention of Cruelty to Children (ISPCC) is Ireland's national child protection charity. The ISPCC provides Childline. This is a 24-hour active listening service for children and young people throughout Ireland, offering support through free, confidential, non-judgmental, 24-hour online, phone and text services for those up to the age of 18.

Childline is staffed by teams of skilled volunteers and staff who train and support volunteers to ensure a consistent and high-quality service to children and young people. Childline staff and volunteers listen to, support and empower children and young people through their resilience-based model of listening.

Children and young people can also access information in relation to mental health and suicide online at www.childline.ie.

In 2019, ISPCC Childline produced the Headbomz, Let's Talk Summer calendar for children aged 8 to 11. The associated campaign featured on a variety of media platforms across the summer months, reminded children and young people that Childline is always here for them. Social media promotions resulted in an increase of 88% in the number of users of the Childline website in summer 2019 compared to the 12 weeks previous.

In addition, ISPCC Childline presented activations at outreach events across the year including the Zeminar exhibition and the Kaleidoscope Festival for children and families.

www.ispcc.ie

www.childline.ie



ISPCC Childline marking World Mental Health Day in 2019.

LGBT Ireland

LGBT Ireland provides quality services to Lesbian, Gay, Bisexual, Transgender and Intersex (LGBTI+) people across the country. Informed by the issues and experiences raised through frontline services, the organisation also delivers extensive training and advocacy work to enhance the visibility, inclusion and rights of the LGBTI+ people living in Ireland.

Frontline services

LGBT Ireland's frontline services - the National LGBT Helpline, the Gender Identity Family Support Line and a range of peer support groups - continued to offer support to LGBTI+ people and their families across Ireland in 2019. Open daily (for 30 hours each week) the helpline and online chat service responded to 1,855 calls and online chats, with a further 276 people supported through the info email.

In 2019 LGBT Ireland facilitated five targeted peer support groups: Married Women's group; Straight Spouse group; First Out GB men; First Out LB women, and; Is Rainbow Muid (LGBTI+ asylum seekers in Direct Provision). Approximately 150 people are supported annually through peer support.

Training services

LGBT Ireland's training delivery in 2019 engaged a wide range of services in the public, community and voluntary and private sectors with a total of 1,581 people trained, comprising of;

- Health and social care professionals
- NGO staff and volunteers
- Company employees and managers
- University officers, staff and student leaders.

LGBT Ireland's external training engaged NGOs working on older people's issues, homelessness, youth support, the Traveller community, migrant and ethnic minority women, adults with intellectual disabilities and community-based low-cost counselling services.



LGBT Ireland celebrating the launch of the new e-module on LGBT+ awareness, with the HSE. Picture credit: Maxwell Photography

Furthermore, hospitals like Beaumont Hospital and Tallaght University Hospital were successfully engaged through training and Journal Club inputs. Local, specialised hospitals and hospices also accessed general LGBT+ awareness training and training specific to the needs of older LGBT+ people through the LGBT Champions Programme.

HSEland eLearning module

During 2019, LGBT Ireland led a steering group (national, regional LGBTI+ organisations, HSE personnel) to produce the first e-module on LGBTI+ awareness in healthcare services. The 45-minute e-module was launched on HSEland in July with funds and support from the HSE's Sexual Health and Crisis Pregnancy Programme.

Specialised development work

LGBT Ireland continued to prioritise three additionally marginalised groupings in 2019. Through specialist peer support, training interventions and service development, the visibility, rights and inclusion of LGBTI+ asylum seekers living in Direct Provision, LGBTI+ Travellers & Roma and older LGBTI+ people in key health, social care and other support services, were advanced.

www.lgbt.ie

Men's Health Forum in Ireland (MHFI)

The Men's Health Forum in Ireland (MHFI) is a voluntary network of individuals and organisations, men and women, from across the island of Ireland. The core aims of the Forum are to promote all aspects of the health and wellbeing of men and to support practical measures which address their needs - through research, training, networking, innovative health initiatives and raising awareness.

During 2019, MHFI undertook Year Three of a NOSP-funded initiative which aims to support service providers to more effectively identify and address the specific needs men. The overall aim of this project is to establish the evidence base, develop relevant resources, establish a training programme, and create a sustainable delivery mechanism which will help to improve the mental health and wellbeing of at risk and vulnerable middle-aged men (aged 40-59 years) in Ireland.

Prior to 2019, comprehensive research was conducted into the specific mental health and wellbeing needs of middle-aged men in Ireland, and the difficulties that they face. Consultation took place with local service providers and men themselves, to explore their perceived needs, issues, challenges in terms of engagement, and to get an overall sense of what would be useful to them. A report on the findings followed and practical recommendations were made on how to support service providers to engage effectively with men on mental health issues.

Throughout 2019, MHFI (guided by an inter-agency Advisory Group) worked to deliver on these recommendations by developing a bespoke workshop programme - Men in the Middle - with resources created to support the programme which became Unit 7 within the Engage National Men's Health Training package. Field-testing of all the prototype training materials was also carried out. A drive to recruit and train a diverse network of facilitators to roll out the workshops took place, with 23 people accepted on to the programme.

Initial training was delivered in a residential setting in October, with a follow-up Skills Practice Day in November. All participants helped to shape the structure and content of the final workshop via a co-production model of development.

www.mhfi.org

MyMind

Since MyMind was founded in 2006, the organisation has been working to address a social need in Ireland, providing positive, evidence-based outcomes for those impacted by mental health issues. MyMind aims to provide every person in Ireland with equal access to mental health support in an early, direct and affordable way, and without stigma or delay. MyMind believes in early intervention in order to avoid more serious difficulties down the line.

MyMind has over 110 mental health professionals across the country, and the ability to deliver services in 15 languages. The systems used in MyMind are designed to be highly user-friendly, where each client is in charge of their own data and journey to maintaining good mental health.

In 2019, MyMind provided 28,312 appointments in Dublin, Limerick, Cork, online and through a network of affiliated members. The largest group of clients came from the 25-34 year old cohort (46%). In 2018, MyMind had expected an increase of 15% in service provision. However, they experienced an increase of 38% by the end of 2019.

There was also an increase of over 100% in online services during 2019. Online services are delivered via a video conferencing platform integrated with each client's unique account. Through online sessions, the client is able to have regular therapy sessions from the privacy and convenience of their own home.

Discounted fee appointments make up approximately 37% of the total appointments provided throughout the year, ensuring that MyMind is delivering accessible and affordable counselling services to those who need them most.



Extensive work was done on refreshing the MyMind website during 2019 and the newly designed website launched in December. New features include detailed descriptions of each therapist with a photograph of each and the ability to determine each therapist's next available appointment.

www.mymind.org

National Family Resource Centre (FRC) Mental Health Promotion Project

The National Family Resource Centre (FRC) Mental Health Promotion Project facilitates Family Resource Centres and their role in providing universal supports to individuals and families across the life course in over 120 communities.

The commitment of FRCs in actively promoting positive mental health, reaching the most vulnerable communities and supporting them with their mental health and wellbeing, is supportive of Connecting for Life goals, objectives and actions.

The FRC Suicide Prevention Code of Practice (first developed in 2011 by the Western region of FRCs) is central to the project, and has ensured FRC staff have the necessary skills to identify warning signs and respond appropriately to any potential suicide. The overall learning objectives for workshops delivered by the project are;

- To give participants a broad understanding of suicide prevention in Ireland and the important role of FRCs
- To give participants an insight into the Code of Practice (COP) for suicide prevention and the recommended guidelines for staff and volunteers around identifying and responding to suicidal behaviour
- To provide support and facilitate mutual learning around the local implementation of the COP.

Suicide Prevention Code of Practice - Train the Trainer

2019 saw the development of the Mental Health Champions Program whereby champions can become gatekeepers to the project, using their skills and passion to deliver key mental health messages to their respective FRC regions.

Their first role is to deliver a two-tiered train-the-trainer version of the Suicide Prevention COP. This program ensures the COP training is accessible to volunteers and voluntary boards across all 121 centres.

During 2019, a total of seven train-the-trainer sessions were delivered in five FRC regions with a total of 42 FRCs and 48 staff. These trainers have progressed to deliver Suicide Prevention COP Information Sessions to 68 volunteers within their respective FRCs.

Staff wellbeing

The FRC Mental Health Promotion Project recognises the challenging work of FRCs and during 2019 the further rollout of compassion fatigue and self-care training took place. Compassion fatigue training aims to enhance understanding and awareness of the signs and symptoms of compassion fatigue, look at how to prevent the initial burn-out and identify steps to prevent and/or minimise risk of experiencing compassion fatigue. It also provides participants with a self-care toolkit to aid resiliency in professional practice.

www.familyresourcementalhealth.ie

National Suicide Research Foundation

In 2019, National Suicide Research Foundation (NSRF) research projects in suicide, self-harm and mental health contributed to surveillance, research, implementation, evaluation and the evidence base for strategic goals and actions of Connecting for Life. The NSRF also contributed to the National Cross-Sectoral Implementation and Evaluation Advisory Groups, via meetings, briefings and input into the Interim Strategy Review of Connecting for Life.

The National Self-Harm Registry Ireland provided timely data on trends and high-risk groups for self-harm in Ireland. Information from the Registry informed core actions included in Connecting for Life, and the Registry forms a key component of the outcomes framework being used to monitor progress and examine the impact of implemented actions.

In 2019, the NSRF was involved in a range of research projects linked with Connecting for Life priorities and actions (including actions 4.1, 4.2, 5.3, 6.1 and 7.4);

- Review of the HSE Suicide Crisis Assessment Nurse (HSE SCAN) Service
- Self-harm Assessment and Data Analysis (SADA) Project
- Frequently-used Drugs in Intentional Overdose.

The NSRF also contributed to two ongoing working groups, including the Suicide and Self-Harm Awareness, Assessment and Response Project (actions 4.1.4 and 5.2.1) and the Evaluation of Suicide Bereavement Support Services (actions 4.3.1 and 4.3.2).

NSRF researchers were also involved in the Union of Students in Ireland National Report on Student Mental Health in third level education.

In collaboration with the NOSP, the NSRF held a World Mental Health Day Seminar for Early and Mid-Career Researchers working in the area of suicide, self-harm and mental health. The seminar included masterclasses presented by experts in mental health, suicide prevention, occupational health and clinical trials.



The National Suicide Research Foundation Team at the launch of the National Self-Harm Registry Ireland Report. Picture credit: John Sheehan Photography

NSRF staff were involved in committees of the 30th World Congress of the International Association for Suicide Prevention (IASP) held in Derry and the joint annual meeting of the Society for Social Medicine and Population Health and International Epidemiological Association held in September. NSRF researchers delivered 16 presentations at the IASP Congress.

In 2019, NSRF staff authored 15 peer-review journals articles, informing the implementation and evaluation of a wide range of actions included in the Connecting for Life strategy, including a number of high-impact journals with papers involving NSRF researchers cited 1,638 times on Scopus and 2,831 times on Google Scholar in 2019.

In addition, the NSRF was represented on more than 50 advisory and steering groups at national and international level and NSRF staff gave more than 70 lectures at local, national and international seminars and conferences, including ROSP media briefings in Limerick, Tipperary and Dublin, workshops for ROSPs and HSE Communication Managers.

At the request of the WHO, the NSRF completed a Suicide Prevention Resource for Filmmakers and Others Working on Stage and Screen, which was launched on World Mental Health Day and disseminated at global level and, in addition, worked with the WHO on an e-learning programme on establishing a surveillance system for suicide attempts and self-harm.

www.nsrff.ie

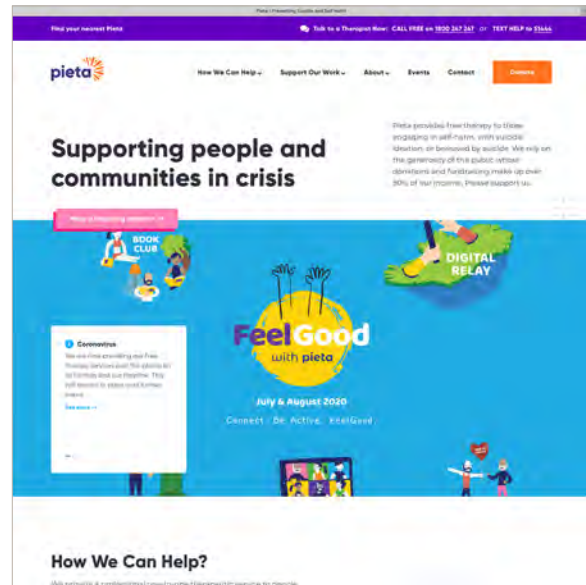
Pieta

Since 2006, Pieta has supported almost 60,000 people in Ireland who were in suicidal or self-harming crisis or who had been bereaved by suicide. Pieta provides free and professional counselling in 15 centres and four outreach offices across Ireland.

In addition to face-to-face counselling for crisis and bereavement, Pieta provides a 24/7 free helpline (1800 247 247) manned by therapists who can support and signpost callers from across Ireland to the Pieta centre nearest them or to other services in their local area.

Pieta also operates the Suicide Bereavement Liaison Service with 12 Suicide Bereavement Liaison Officers (SBLOs) spread nationally who are available to support family, friends and colleagues of those bereaved by suicide. The SBLOs offer practical support to communities who are recently bereaved and signpost to local services as well as Pieta counselling in the nearest centre.

In 2019, Pieta partnered with St Patrick's Mental Health Services for the 4th annual Self-Harm Awareness Conference and the Feel Good with Pieta Campaign ran over several weeks, engaging both individual and business organisations. The Resilience Academy (Pieta's flagship prevention initiative) and the Amber Flag initiative, both continue to target schools and their pupils to encourage mental wellbeing.



www.pieta.ie

In 2019 Pieta helped people of all ages and from all walks of life who were in need of help as they were at risk of self-harming, experiencing suicidal ideation or needed bereavement counselling. During the year, they;

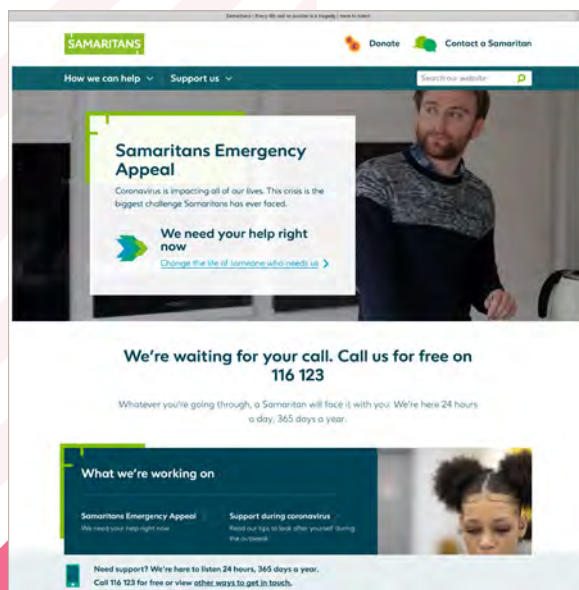
- Delivered 59,379 hours of counselling to the 9,396 people who were in suicidal or self-harming crisis, or who had been bereaved by a suicide
- Responded to over 13,705 calls and 31,139 texts to the 24/7 free call helpline
- Helped 799 people who had been bereaved through suicide, by providing 7,010 hours of dedicated suicide bereavement counselling
- Reached 11,212 pupils in 121 schools via the Resilience Academy team.

www.pieta.ie

Samaritans Ireland

Samaritans Ireland provides confidential, non-judgemental, emotional support around the clock, seven days a week, by phone, email, letter and face-to-face. Samaritans' vision is that fewer people die by suicide. Samaritans believe that being listened to, without fear of being judged, can alleviate feelings of distress, including those that may lead to suicide. There are 22 branches and more than 2,300 volunteers across the island of Ireland.

At a national level, Samaritans Ireland acts as an umbrella organisation for all of the branches in Ireland. A small team of staff work behind the scenes to maintain the telephone, email and SMS network and support the branches. Areas such as administration, Garda vetting, safeguarding, partnerships, communications, campaigns, training and operations are all delivered from the office.



www.samaritans.ie

In 2019;

- Volunteers answered more than half a million phone calls. Of these 431,871 were in the Republic of Ireland - this equates to 71,370 hours on the phone with nearly four out of every 10 calls in relation to mental health and illness.
- There were 2,416 face-to-face contacts and 19,989 emails to Samaritans Ireland.
- Samaritans Ireland marked five years of freephone 116 123 in the Republic of Ireland. In that time 2.9 million calls were answered by volunteers, spending 376,500 listening hours on the phone.
- Samaritans Ireland celebrated five years of being the mental health partner of the Gaelic Athletic Association (GAA).
- Samaritans' Irish Festival Group marked 21 years of reaching out and supporting people across Ireland. Each summer, Festival volunteers attend approximately eight major events and festivals across Ireland, from Pride Dublin and Belfast to Lisdoonvarna Matchmaking Festival and Fleadh Cheoil na hÉireann, as well as the North West 200 with an estimated 25,000 men and women supported to date.
- Dublin Samaritan volunteers worked in six prisons, training 52 prisoners, who are now part of the Listener scheme. The Listeners had approximately 820 calls from fellow inmates during 2019.

Samaritans Ireland's Impact Report for 2019 gave an insight into the service volunteers provide 24 hours a day, 365 days a year while the charity published its 2020 Manifesto calling for support on its 4 Asks 4 A Safer Ireland.

www.samaritans.ie

Shine (See Change)

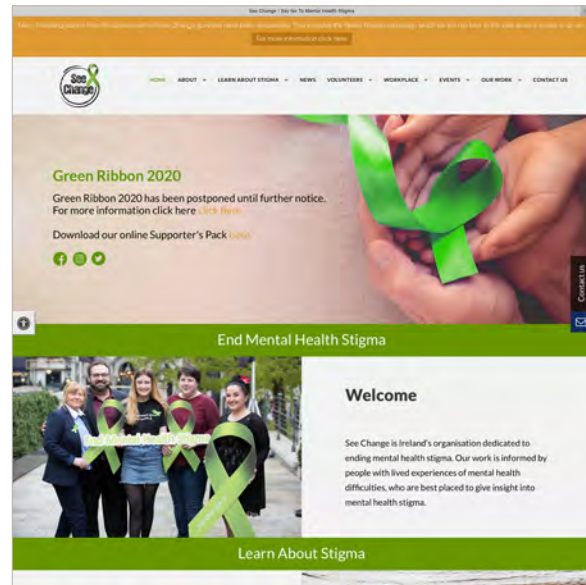
See Change empowers people to educate themselves about stigma and provides the platform to have meaningful and open conversations about mental health. In 2019, the 8th annual Green Ribbon Campaign, which saw 500,000 free ribbons distributed nationwide, was launched for the first time in two locations; Dublin and Cork. A downloadable resource pack was developed for the campaign and See Change also saw an increase in buildings from 42 to 94 for the Light Up Green initiative.

See Change asked the public if it was important to continue to have open conversations about mental health with family, friends and colleagues and saw an increase in agreement from 20% in 2018 to 54% in 2019. 80% of those surveyed also heard more colleagues speaking about mental health since the 2019 campaign.

See Change understands the necessity to approach the topic of stigma reduction across all walks of life. To that end, several programmes were created to help start mental health conversations in different areas of society.

The See Change Workplace Programme was developed to help organisations understand the topic of mental health, the topic of stigma and how to proactively reduce it, and most importantly how to start these conversations in their workplaces. The 6-step pledge programme delivered 52 workshops in 2019, and has had over 3000 managers through its programme in the last four years alone.

Using the combined vehicles of social media, radio interviews, speaking event and articles penned by See Change Ambassadors, the Ambassador Programme shares stories of lived experience.



www.seechange.ie

“Being an Ambassador is a way of using negative experiences to help create a better outlook for those going through those same experiences after me. It means so much to be able to help to combat stigma and share my story in a supportive and productive environment.”

Lucie Kavanagh, See Change Ambassador

“I hope that in some small way I am able, as an Ambassador of See Change, to give a voice to the many who suffer from mental and emotional ill health, as I know how lonely and difficult poor mental health can be.”

Nick Groom, See Change Ambassador

www.seechange.ie

Shine (Headline)

Headline is Ireland's national programme for responsible reporting and representation of mental ill health. Under Connecting for Life's action 1.4.1, the organisation engages directly with professionals across print, broadcast and online media through four key services: Media Monitoring, Support, Education and Research.

Media Monitoring

- 38,548 online news articles were monitored for suicide and mental health reporting in 2019.
- 1,380 were found to not be following best practice suicide reporting guidelines.
- One journalist accounted for 7% of stigmatising language use.
- 41% of irresponsible practice was generated by external sources (journalists not based in Ireland).
- The guideline least followed in 2019 was the inclusion of helplines or signposting to services.

Support

- Mental Health Media Awards: 124 entries from local, regional and national media outlets from print, television, radio and online.
- Four Media Briefings were delivered in partnership with HSE ROSPs and/or NOSP.
- There were 3,788 new visits to www.headline.ie in 2019.

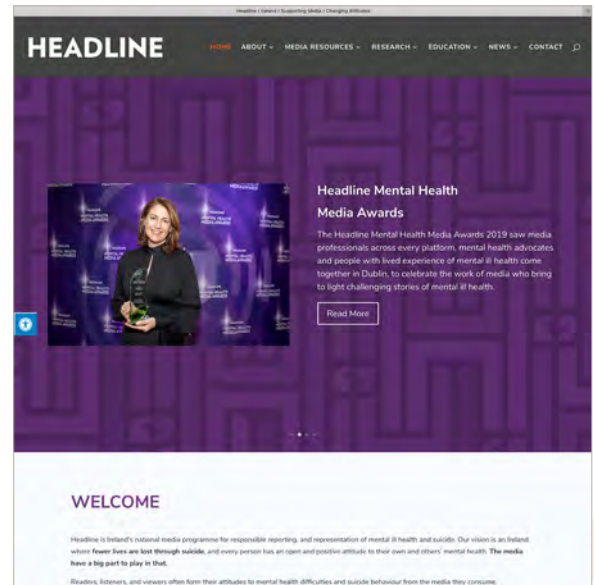
Education

- Student workshops were delivered to 80+ students in five colleges.

Research

- Headline presentation and attendance at the 30th World Congress of the International Association for Suicide Prevention (Derry).
- Development of the Media Trust Initiative to build framework for improving media engagement with people living with severe and enduring mental illnesses - expected delivery in 2020.

www.headline.ie



www.headline.ie

SpunOut.ie

SpunOut.ie, Ireland's award-winning youth information website provides high-quality, easy to access, relevant and non-judgemental information to young people online, particularly targeting those at risk of self-harm and suicide with signposting to appropriate services.

In 2019, the organisation developed a number of call-to-action campaigns in the areas of self-harm reduction, suicide prevention, alcohol harm reduction, and promoting positive mental health.

1. Self-harm reduction

SpunOut.ie's self-harm reduction information campaign (Starting Conversations, Sharing Stories, Finding Support) aimed to promote help seeking behaviour, reduce stigma and signpost young people to existing services and supports. This campaign sought to challenge young people's attitudes towards help-seeking and help replace harmful behaviour with practical and healthier responses.

2. Suicide prevention

The suicide awareness and prevention campaign for 2019 had three main outcomes: to increase help seeking behaviour in young people, especially those in identified at risk group; reduce stigma and signpost young people to existing services and support and; to challenge attitudes towards mental health difficulties and help-seeking behaviours amongst their audience of 16-25 year olds in Ireland (especially in young men).

3. Positive mental health

SpunOut.ie's 2019 positive mental health campaign (Mind Yourself) focused on the protective factors that can enable a person to better look after their mental health with the content taking inspiration from the HSE's Little Things Campaign and NEF's Five Ways to Wellbeing.

4. Alcohol harm reduction

The primary outcome of the alcohol harm reduction campaign was increased understanding of the negative impact alcohol can have on a person's mental health, particularly in relation to suicide and self-harm. SpunOut.ie provided information and support for young people whose mental health is affected by alcohol, and signposting to connect those young people with services.

The campaign also had content on supporting a peer whose mental health is affected by alcohol, and also raised awareness of the risks of mixing alcohol with drugs.



SpunOut.ie celebrating Safer Internet Day in Twitter HQ, Dublin. Picture credit: Mark Stedman

Visits to SpunOut.ie increased by 19% in 2019. There were 2,151,027 visits to the site (by 1,643,793 readers) with 2,855,549 pages viewed - a 16% increase on the year previous.

In 2019;

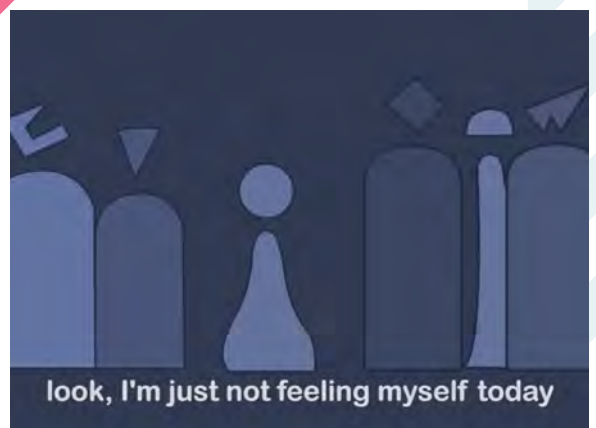
- The top mental health related page visited was 'The effects of social media on mental health' (65,189 readers)
- The top self-harm related page visited was 'What is self-harm?' (3,443 readers)
- The top suicide-related page visited was '6 facts about suicide' (12,942 readers).

SpunOut.ie is a keyword partner of text support service '50808'. During 2019, SpunOut.ie attracted 55,487 readers to a landing page for the service on SpunOut.ie, resulting in 2,137 conversations with the 50808 service.

The 2019 SpunOut.ie reader survey (1,300 respondents) found that 89% felt supported by the service, with 85% agreeing that SpunOut.ie had led them to make more informed decisions in their lives. Over 60% of respondents wished to see more mental health content on SpunOut.ie in the future - the highest score of any topic.

In May of 2019, SpunOut.ie successfully partnered with RSCI and IADT, along with the HSE, to produce factsheets and animated videos focusing on the topics of anxiety, depression, bullying, loneliness and feeling different.

www.spunout.ie



Stills from a series of mental health themed animations produced by RSCI and IADT in partnership with SpunOut.ie.

Suicide or Survive (SOS)

The aim of Suicide or Survive (SOS) is to fill gaps in existing services for those who have attempted or contemplated suicide and to compliment other services and supports. The SOS service is developed and delivered based on four key principles: genuineness, understanding, respect and acceptance.

The Eden Programme

One of SOS's innovative programmes, The Eden Programme, was established to provide a safe space for those in need who have attempted suicide or have had suicidal thoughts. In 2019 it provided a supportive weekly group environment over a six-month period for up to 16 participants in Dublin, Galway, Mayo, and Roscommon. It invited people to explore what it would be like to live and how to support themselves when they experience thoughts and feelings of death by suicide.

"Coming here has had immeasurable benefits to me, from the structure of a weekly session to being able to voice how I feel, I can't quite put into words how grateful I am."

SOS Eden Programme Participant

SOS Wellness Workshops

The one-day SOS Wellness Workshops provide tips, tools, and techniques for use in everyday life to improve your own wellness. In 2019, 35 Wellness Workshops were delivered to up to 50 people each time in communities all over the country.

"It makes looking after mental health important and normalises it - like looking after one's physical health."

SOS Wellness Workshop Programme Participant

WRAP (Wellness Recovery Action Plan)

WRAP is a two-day programme that helps people to develop their own tailored Wellness Recovery Action Plan. This can be used daily to manage and restore wellness. In 2019, 20 WRAP Seminar 1 and 2 WRAP Seminar 2 Facilitator training programmes were completed nationwide.

"I finished the WRAP yesterday and I was quite emotional finishing it. It was a great experience and it has helped me so much with noticing things within myself and gave me skills on what to do to help myself. I'm so grateful to have the opportunity to have done it."

WRAP Programme Participant

Supporters Programme

The Supporters Programme explores how a person who is supporting a loved one (whether it be a family member, friend or work colleague) can introduce empowerment, connection, movement and advocacy, while at the same time investing in their own self-care. SOS delivered five Supporters programmes nationwide in 2019.

"The knowledge of both facilitators was really insightful. Their sharing of own experiences made the content very real. They were both emphatic, good listeners, fun and had great communication skills."

SOS Supporters Programme Participant

Corporate Cultural Programmes

SOS works with organisations and workplaces to deliver a suite of programmes for managers, team leaders, supervisors and staff. These programmes introduce them to the positive benefits of taking personal responsibility for their own wellness in the workplace and beyond. They also open up conversations on mental health to help break the stigma that stops people from seeking support when they struggle. In 2019, 112 such programmes were delivered nationwide.

"I have struggled recently with my mental health recently and being in a room full of people talking about it with compassion was nice. I felt a little bit less alone."

SOS Corporate Cultural Programme Participant

www.suicideorsurvive.ie

Transgender Equality Network Ireland (TENI)

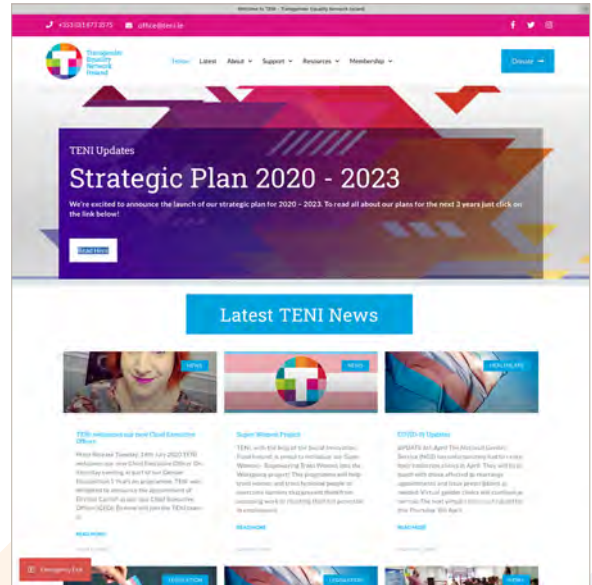
Transgender Equality Network Ireland (TENI) is an organisation supporting the Trans community and whose vision is a world where all people, regardless of gender identity or expression, enjoy full acceptance, equality and human rights. Through support, education, advocacy and community development, TENI seeks to advance the rights and equality, and improve the lives of Trans people and their families.

In November 2019, TENI hosted a mental health week, which brought Trans people together and promoted resilience, creativity and connection. The week featured concerts, comedy and poetry from community members and TENI facilitated workshops to encourage resilience and explore coping strategies for Trans people who are experiencing mental health difficulties.

Throughout 2019, TENI delivered over 20 Trans awareness workshops to key support services. The TENI Health and Education Manager delivered full-day Trans awareness training to mental health professionals and coordinated Gender Identity Skills Training (GIST) for healthcare professionals, including mental health professionals. GIST is a 3-day training focused on the healthcare needs of Trans children, adolescents, adults and their families.

TENI also facilitates and supports peer support groups for Trans adults across Ireland and, through the organisation's family support programme TransParenCI to family members and young trans people. TENI also provide one-to-one support and signposting to Trans people and family members.

www.teni.ie



www.teni.ie

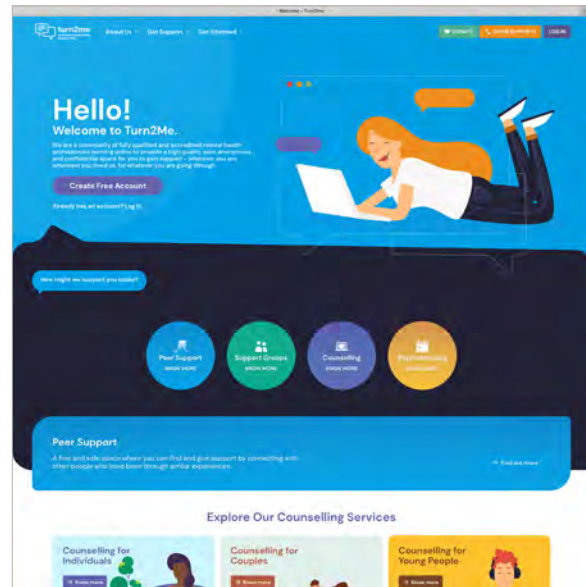
Turn2Me

Celebrating its 10th anniversary in 2019, Turn2Me continued to grow and deliver online professional mental health services with its innovative Three Tier model of therapeutic services comprising;

- Online counselling sessions
- Online support groups
- Clinically moderated peer support (Thought Catcher - an online mood diary).

On average, approximately 250 new users registered with Turn2Me weekly, with membership reaching over 90,000. In 2019, there was a 45% increase in counselling hours and over 400 group sessions dealing with issues such as depression, suicidal thoughts and anxiety.

In 2019 the Turn2Me website received 67,405 visits, with returning visitors accounting for nearly 45% of these. Users spent an average of just under six minutes on the site, 10% spent between 10-30 minutes with 5% active for more than 30 minutes. 90% of time is spent accessing site content, with 10% spent on their individual dashboard.



www.turn2me.org

Key developments during 2019 included;

- The design and development of an automated report function for the existing service platform that will enhance ability to produce anonymised data reports including automated outcome measurement reports.
- Joining forces with ReachOut Ireland to establish the foundation for an extension of the organisation's services to young people aged 12+ and their parents.
- Undertaking two innovative digital referral pilots (with HSE Mental Health and Service Improvement Team) and the Minister for Mental Health to support the launch of nationwide eMental health initiatives. The pilots were developed and delivered in collaboration with GPs nationwide and two Counselling in Primary Care Centres (in CHO2 and CHO4).
- In 2019 Turn2Me facilitated a number of focus groups and workshops with young people to inform the extension of the organisation's services to young people. These groups included Cork Comhairle na nÓg, the Irish Secondary Students Union and Ozanam House.

www.turn2me.org

Union of Students in Ireland (USI)

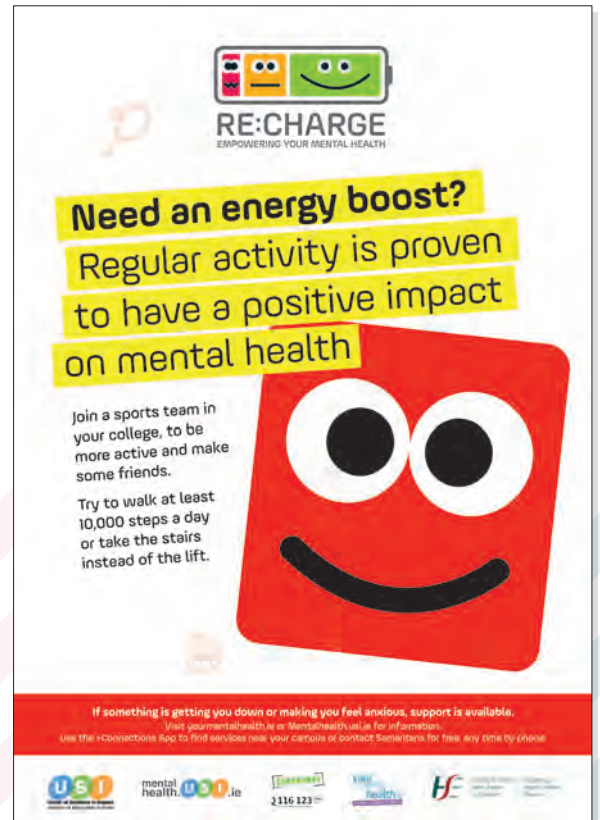
The Union of Students in Ireland (USI) is the national representative body for over 370,000 students in third level education. USI is a membership organisation, with affiliated Students' Unions around Ireland, North and South. The USI works to improve and protect the lives of students every day on academic and social issues through campaigns, training and research.

The USI Mental Health Programme Manager provides support to the Welfare Officer on any mental health work, as well as conducting research and maintaining connections with relevant people in the student mental health area.

Some of the key activities in 2019 included;

- Undertaking a first-of-its-kind study on third level mental health between April and August 2019 and subsequently presenting its findings.
- The continued promotion of the RE:Charge campaign and +Connections mental health app.
- A keyword partnership with the new crisis text support service and promoting the service as an important resource for students.
- An awareness campaign in partnership with the 3Ts to highlight men's suicide and encourage male students to talk about their mental health.
- Participation in the Connecting for Life Working Group on mental health and third level students and the development of the first national framework on mental health and suicide prevention at third level.

www.mentalhealth.usi.ie



The RE:Charge Campaign from the USI.



Suicide in Ireland



Suicide in Ireland

In Ireland, the decision as to whether someone has died by suicide, is a legal decision made by Coroners - not a medical decision made by doctors or the HSE. The Coroner is a death investigator tasked under statute with investigating all sudden, unexplained, violent and unnatural deaths. Suicide is a verdict which is recorded if they find evidence of death by suicide 'beyond reasonable doubt'.

Following the Coronial investigation, inquest and registration processes, the Central Statistics Office (CSO) publishes national mortality data, including data on deaths by a Coroner, as suicide. The purpose of the CSO (mandated under the Statistics Act 1993) is to impartially collect, analyse and make available statistics about Ireland's people, society and economy.

Irish suicide statistics

In Ireland, mortality data from the CSO is provided in different stages;

- Numbers of deaths are provided firstly based on year of registration - "provisional"
- They are revised later, by year of occurrence - "official"
- Finally they are revised later again, to include "late registrations"

These numbers are not easily comparable across different years - at any given time, data for different years is at different stages.

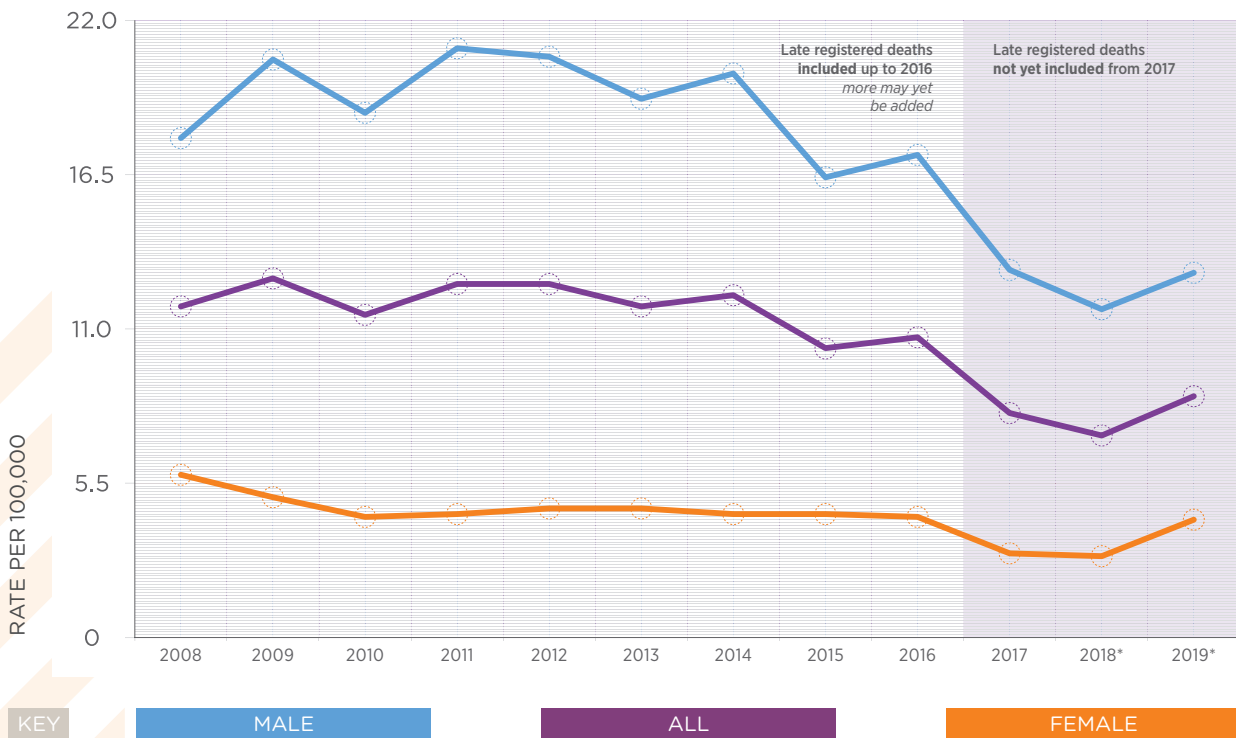
The following table gives the number of suicide deaths in Ireland since 2008, and highlights the stage of each (at time of print).

Suicide rates are per 100,000 populations and are represented in italics in the table, and also in the graph that follows.

The numbers and rates of suicide deaths in Ireland since 2008 and the stage of each dataset. (Source - CSO, as at August 2020).

	All	Male	Female	
2019	421 8.6	317 13.0	104 4.2	Provisional, year of registration data
2018	352 7.2	282 11.7	70 2.9	Provisional, year of registration data
2017	383 8.0	310 13.1	73 3.0	Official, year of occurrence data, excluding late registrations
2016	506 10.7	403 17.2	103 4.3	Official, year of occurrence data, including late registrations
2015	483 10.3	379 16.4	104 4.4	Official, year of occurrence data, including late registrations
2014	566 12.2	463 20.1	103 4.4	Official, year of occurrence data, including late registrations
2013	546 11.8	439 19.2	107 4.6	Official, year of occurrence data, including late registrations
2012	578 12.6	471 20.7	107 4.6	Official, year of occurrence data, including late registrations
2011	577 12.6	476 21.0	101 4.4	Official, year of occurrence data, including late registrations
2010	523 11.5	424 18.7	99 4.3	Official, year of occurrence data, including late registrations
2009	579 12.8	465 20.6	114 5.0	Official, year of occurrence data, including late registrations
2008	530 11.8	398 17.8	131 5.8	Official, year of occurrence data, including late registrations

Suicide rate per 100,000 by gender, 2008 - 2019



Note: Figures for 2018 and 2019 are provisional and subject to change. Source: Central Statistics Office.

Indications are that additional deaths registered as “undetermined” may include hidden cases of suicide. However, it is not clear which proportion of undetermined deaths involve probable suicide cases. The numbers of undetermined deaths published by the CSO have generally declined during the 10 year period above, and have ranged from 83 (in 2010) to 19 (provisionally, in 2018).

More data on deaths in Ireland can be found on the Central Statistics Office website at www.cso.ie and in the briefing documents provided by the NOSP, at www.connectingforlifeireland.ie.

European comparisons

It is not easy to compare suicide rates among European counterparts because of the variations in registration and reporting systems in different jurisdictions. Nevertheless, Eurostat provides comparisons using standardised death rates, calculated on the basis of a standard European population (defined by the World Health Organisation).

At the time of print, Eurostat comparisons were available up to 2017 and show that in that year;

- Ireland’s overall suicide rate was not high, by European comparison
- The overall rate of suicide in Ireland was the 9th lowest rate of 33 countries.

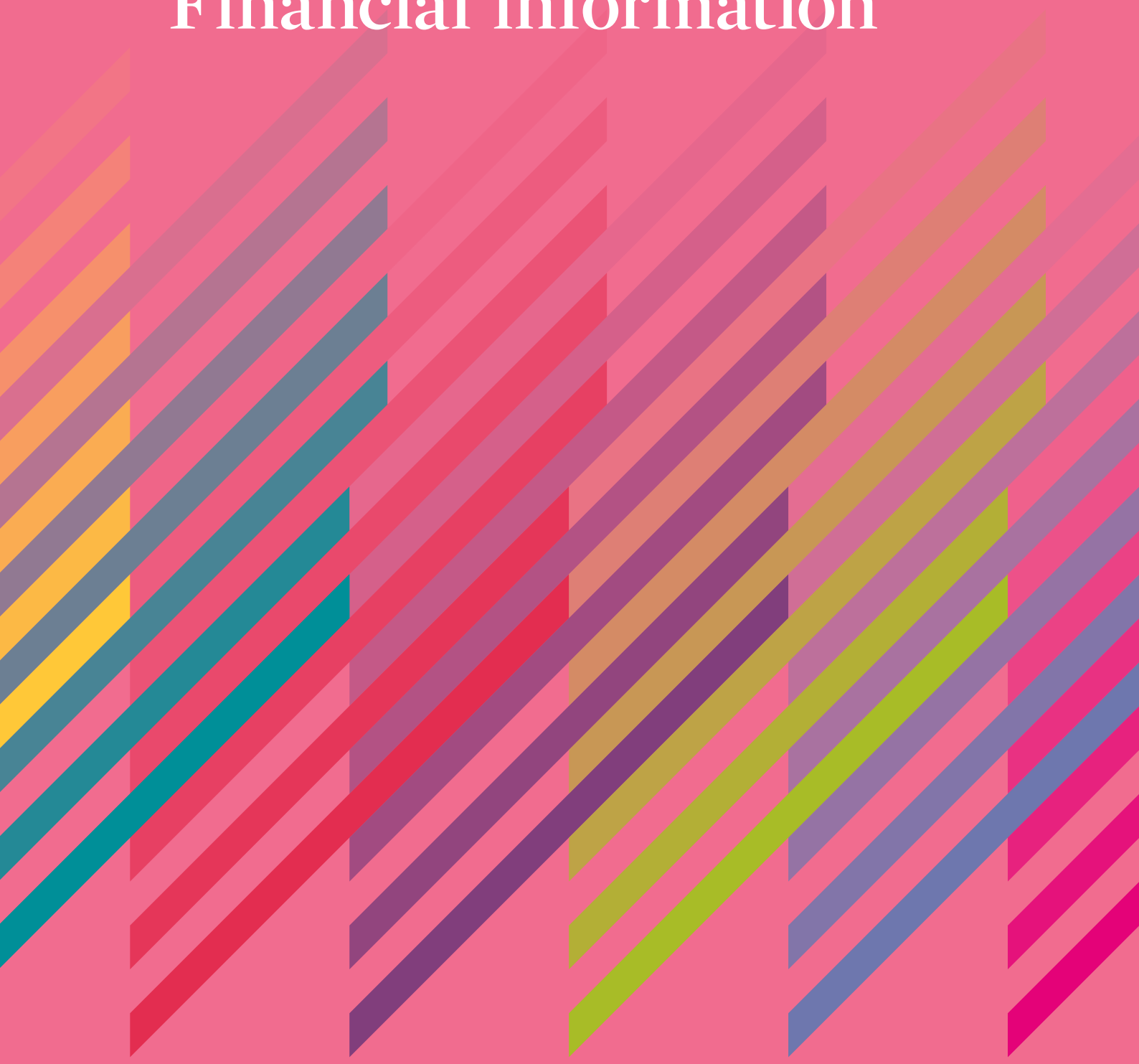
Comparisons of rates of suicide of young people (aged 15-19 male and female) are also available. In 2017;

- The rate of suicide of age 15-19 year olds in Ireland was the 13th highest rate of 31 countries.

These rankings have fluctuated over years previous.

Further details can be found on the Eurostat website <https://ec.europa.eu/eurostat/home> and in the briefing documents provided by the NOSP, at www.connectingforlifeireland.ie.

Financial information



NOSP expenditure in 2019

In 2019, the NOSP's budget was €13m and actual expenditure was €12.26m - the underspend was due to some planned communications and research activities being deferred until 2020.

The budget and expenditure of the NOSP has increased significantly in the last seven years, from €5.19m in 2012. In 2019, 54% of expenditure supported frontline services and organisations working in the area of suicide prevention and mental health promotion.

All NOSP-funded activities are aligned with specific objectives in Connecting for Life and form part of our coordinated efforts to successfully implement its actions.

Summary of Overall Expenditure

	2018	2019
	€	€
Grants to Agencies	7,017,858	6,575,877
Communications Projects	1,192,252	799,729
Research	206,967	144,697
Non grant expenditure (Office expenses, salaries, overheads, etc)	783,076	1,005,066
Training Programmes (Non-clinical training, clinical training and National DBT Project)	687,119	1,518,028
Connecting for Life - Strategy and best practice guidance supports	-	58,779
Regional liaison and suicide prevention services	1,307,240	1,307,240
Capacity building (Resource Officers for Suicide Prevention, Local Connecting for Life Implementation Plans and grants to agencies via CHOs)	804,980	848,242
TOTAL	11,999,492	12,257,658

NOSP funded agencies 2019

	2018	2019
	€	€
Aware	297,500	297,500
BeLonG To	233,401	241,403
Community Creations / SpunOut.ie	145,000	110,000
Curam Clainne - Mayo Suicide Liaison Project	103,045	93,045
Dublin Simon Community	271,963	Now funded by HSE locally
First Fortnight Ltd	155,000	155,000
GAA	50,000	60,000
Irish College of General Practitioners (ICGP)	175,000	Now represented under training
ISPCC / Childline	219,500	209,500
LGBT Support and Advocacy Network	50,000	50,000
Men's Health Forum Ireland	49,980	49,930
MyMind	145,500	188,500
National Suicide Research Foundation (NSRF)	885,576	944,588
Pieta House	1,897,551	2,252,074
ReachOut Ireland	119,000	-
Samaritans	618,000	645,000
Shine (See Change, Headline)	267,000	267,000
Suicide or Survive (SOS)	273,000	278,000
Transgender Equality Network Ireland (TENI)	79,000	79,000
Turn2Me	150,431	278,398
Union of Students in Ireland (USI)	76,268	61,690
Exchange House	302,367	307,000
Offaly Traveller Movement	47,731	71,539
Mental Health Ireland (<i>Mojo Project</i>)	(11,132)	-
South Dublin County Partnership (<i>Heads Up Project</i>)	163,860	Now funded by HSE locally
Mojo Men CLG (<i>Mojo Project</i>)	137,042	57,885
Westport FRC (<i>National FRC Mental Health Promotion Project</i>)	16,275	-
Tusla (<i>National FRC Mental Health Promotion Project</i>)	100,000	100,000
<i>Accruals</i>		(221,175)
TOTAL	7,017,858	6,575,877



Appendices



Appendix 1: The NOSP team in 2019

- John Meehan
Assistant National Director, Mental Health Community Strategy and Planning, and Head of National Office for Suicide Prevention
- Gemma Cox
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- Philip Dodd
Clinical Advisor
- Sarah Woods
Lead for Strategy Coordination, Quality and Education
- Anita Munnelly
Research and Data Officer
- Brid Casey
National Programme Manager – NGO Sector with responsibility for the Best Practice Guidance Project
- Ailish O'Neill
National Education and Training Programme Manager
- Paula Skehan
Freedom of Information Decision Maker, Data Protection Champion
- Fidelma Morrissey
Administration Officer
- Sharon Nolan
Finance and HR Officer
- Ciarán Austin
Communications Manager (Acting)
- Adèle Fitzpatrick
PA to Assistant National Director
- Regina Barry
Assistant Staff Officer
- Oliver Skehan
Content Development Officer & National Suicide Bereavement Support Coordinator
- Sarah Rochford
Research Officer
- Hugh Duane
Research Assistant (until July 2019)

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- Sinead Hardiman
Business Manager, HSE Mental Health Strategy and Planning
- HSE Resource Officers for Suicide Prevention
- HSE Communications Team
- HSE Mental Health Community Operations Team
- The Department of Health
- The NGO, voluntary and statutory organisations that contributed to this report
- The Central Statistics Office

Appendix 2: HSE Resource Officers for Suicide Prevention

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More contact details for HSE Resource Officers for Suicide Prevention can be found on www.nosp.ie

Appendix 3: Publications of note in 2019

Connecting for Life Interim Strategy Review - the aims of this review were to examine the extent to which the key actions of the strategy are on-track to being achieved, to help identify what is working well and where the challenges lie, and to help set strategic priorities for the next two years and beyond.



<https://www.hse.ie/eng/services/list/4/mental-health-services/connecting-for-life/publications/connecting-for-life-interim-strategy-review.html>

Suicide Bereavement Support, a Literature Review - this report, from the National Suicide Research Foundation (NSRF) and HSE Mental Health, aims to provide a review of literature relating to suicide bereavement support with an emphasis on evidence-based interventions and to identify examples of current suicide bereavement support practice in Ireland and internationally.



<https://www.hse.ie/eng/services/list/4/mental-health-services/connecting-for-life/publications/suicide-bereavement-support-a-literature-review.html>

Improving Suicide Bereavement Supports in Ireland Report - HSE Mental Health Operations together with the NOSP published this report which sets out 10 core action areas that encompass 21 actions identified as essential for the improvement of suicide bereavement supports.



<https://www.hse.ie/eng/services/list/4/mental-health-services/connecting-for-life/news/improving-suicide-bereavement-supports-in-ireland-report.html>

NOSP National Education and Training Plan - this plan provides an overarching framework to support the coordination, quality assurance, monitoring and evaluation of education and training actions identified in Connecting for Life.



<https://www.hse.ie/eng/services/list/4/mental-health-services/connecting-for-life/publications/nosp-national-education-and-training-plan.html>

National Self-Harm Registry Ireland Annual Report 2018 - findings from the National Suicide Research Foundation (NSRF) report are based on data collected on persons presenting to hospital emergency departments following self-harm in 2018 in the Republic of Ireland.



<https://www.hse.ie/eng/services/list/4/mental-health-services/connecting-for-life/publications/nsrf-national-self-harm-registry-ireland-annual-report-2018.html>

Best Practice Guidance for Suicide Prevention Services - this guidance has been co-produced by the NOSP, and non-governmental organisations (NGOs) working in the area of suicide prevention.



<https://www.hse.ie/eng/services/list/4/mental-health-services/connecting-for-life/publications/best-practice-guidance-for-suicide-prevention-services.html>

National Office for Suicide Prevention Annual Report 2018 - the annual report for the NOSP (2018) provides information on all activities from the office for that year.



<https://www.hse.ie/eng/services/list/4/mental-health-services/connecting-for-life/publications/national-office-for-suicide-prevention-annual-report-2018.html>

Appendix 4: Are you, or someone you know, in crisis?

A mental health crisis often means that you no longer feel able to cope or be in control of your situation. You might be worried that you are at immediate risk of harming yourself, or someone else.

You might need to try a few options before you find appropriate support but don't give up trying - there is help available. If possible, ask someone to come along with you to the support service you contact.

Where to get help:

GP and health centres

A GP can offer support for anyone in crisis. If possible, ask someone to come along with you. Find a service near you;

- GP or health service
- Out of hours GP service

Hospital emergency services

- Go to or call the emergency department of your local general hospital.

Telephone emergency services

You can contact emergency services on 112 or 999.

HSE Mental Health Services

If you are being supported by a mental health team, or have been in the past, contact the service for support in a crisis.

Samaritans

The Samaritans telephone service is available 24 hours a day. For confidential, non-judgmental support:

- Freephone 116 123
- Email jo@samaritans.ie

Text 50808

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.

- Text YMH to 50808, anytime day or night
- Visit www.text50808.ie for more information

YourMentalHealth.ie

Visit www.yourmentalhealth.ie for information on how to mind your mental health, support others, or to find a support service in your area

Call the Your Mental Health Information Line on 1800 111 888, anytime day or night, for information on mental health services in your area.

yourmentalhealth.ie
Information | Support | Services
1800 111 888



www.nosp.ie

www.connectingforlifeireland.ie

Oifig Náisiúnta um Fhéinmharú a Chosc

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