



Connecting for Life - NGO Strategy Implementation Monitoring Report

Q3 2024

HSE National Office for Suicide Prevention



Connecting for Life - NGO



Connecting for Life - NGO



Introduction and Overview This Period



Overview of Progress on Strategic Goals



Connecting for Life - NGO





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Introduction and Overview This Period

This is the implementation monitoring report for Connecting for Life (CfL) for the activities of our NGO partners. Comprehensive work is being carried out by our NGO partners and this report does not capture everything. It provides a broad overview of reach and developments in Q3 2024.

NOSP works to ensure that funded initiatives align to the strategic objectives of CfL. A Service Level Agreement (SLA) is in place with all funded NGOs. The NOSP aims to work collaboratively with our NGO partners and to facilitate opportunities for networking, sharing knowledge and learning, resources and expertise. The NOSP continues to facilitate and support monthly networking calls with representatives from all funded NGO partners and to have NGO representation on the National CfL Cross Sectoral Steering and Implementation Group.

Many of our NGO partners work with specific priority groups that have been identified in CfL, for example, people with mental health problems, those bereaved by suicide, the LGBTI+ and Traveller communities and younger people.

Our NGO partners offered a diverse range of interventions to services users / clients this quarter, including psychotherapeutic counseling, bereavement supports, addiction and wraparound supports, helplines, email and text supports.

Some highlights from this period include:

- In Q3, the NSRF continued development of the National Self-Harm Registry, through collation of CHO Area Level Reports for Regional Officers for Suicide Prevention. A report on the Mental Health of Veterinary Professionals was finalized and a presentation made at the 20th European Symposium on Suicide and Suicidal Behaviour. The NSRF are leading out on the evaluations of NOSP NGO partners, Exchange House and Suicide or Survive.
- SOS have made significant progress in the delivery of their flagship programmes. The latest iteration of the Eden programme received a record 46 applicants and a full complement of 16 participants attended. Four Wellness Workshops were delivered to a diverse audience. Including the Travelling Community in the Southeast, mental health workers in CHO 5 and to communities in Dublin and Castlebar. Six Supporters programmes were delivered in Q3.
- LGBT Ireland delivered 9 workshops in Q3 to 833 professionals and 11 service users. These workshops consisted of LGBT Champions Training, General LGBTQIA+ Awareness and bespoke training



deliveries. 19 new helpline volunteers were trained to mentoring stage and 4 peer support facilitators recruited. A Spoken Word event facilitating LGBTI+ Traveller & Roma participation was held in Galway and was well received.

- In Q3 2024, 66 HUGG Support Groups meetings took place with 309 attendances; 233 in-person and 76 virtual, facilitated by 134 volunteering acts. Q3 marked the launch of HUGG's 18th Support Group located in Kildare led by 2 trained volunteers with lived experience of suicide loss. HUGG staff attended 13 public events across Ireland in Q3, including the National Community First Responders Conference and Galway Grief Sherpa Directory.


This period, updates were received from 22 partners.

Aware (Aware)
Belong To (BeLonGTo)
Dublin Simon Community (Dublin Simon)
Exchange House Ireland (Exchange House)
Family Resource Centre (FRC)
First Fortnight (First Fortnight)
GAA (GAA)
Healing Untold Grief Groups (HUGG)
Irish College General Practitioners (ICGP)
ISPCC Childline (ISPCC)
LGBT Ireland (LGBT Ireland)
Men's Health Forum in Ireland (MHFI)
MyMind (MyMind)
National Suicide Research Foundation (NSRF)
Pieta (Pieta)
Samaritans Ireland (Samaritans)
Shine (Shine)
Spunout (Spunout)
Suicide or Survive (SOS)
Transgender Equality Network Ireland (TENI)
Turn2Me (Turn2Me)
Union of Students in Ireland (USI)






2 Overview of Progress on Strategic Goals



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7 Goals 71 Actions

1



Improved Understanding

2



Empowered Communities

3



Focus on Priority Groups

4



Better Access to Support

5




High Quality Services

6



Reduced Access to Means

7



Better Data & Research





Goal 1: Better understanding of suicidal behaviour.

1.2 Increase awareness of available suicide prevention and mental health services.

- Childline received 28,872 contacts in Q3. Of these 28,371 were answered. Anxiety, low mood, depression and Loneliness were the key mental health profiles with 291 contacts relating to suicide in this quarter. There have been 18 child protection referrals made to Tusla / Gardai. 170.5 volunteers are active with new trainees in recruitment.
(ISPCC)
- Five training sessions covering Samaritans Active Listening were delivered in Q3. Two awareness presentations were held. 113156 (1,229 calls/day) were recorded with volunteers providing 15,560 Listening Hours. 1211 emails were responded to. Roll out of new network and new equipment in branch is progressing.
(Samaritans)
- Spunout had 371,152 total website visits in Q3 2024; at least 181,816 of those visits specifically from Ireland. 532,378 people were reached on TikTok through paid ads, and 504,841 on Meta (Instagram/Facebook) during this period.
(Spunout)

1.3 Reduce stigmatising attitudes to mental health and suicidal behaviour at population level and within priority groups.

- First Fortnight Festival Report for 2024 is available for dissemination. 60 events for festival 2025 have been planned across 13 counties challenging the stigma associated with mental ill health. Highlights of the programme include a Choral Commission and favourites Therapy Sessions and Coastal Ecotherapy.
(First Fortnight)
- The Shine workplace programme delivered 11 workshops. 24 Ambassador workplace and community presentations were held. New intake of Ambassadors underway with ongoing training being provided. 412 social media posts during the Green Ribbon campaign and 157,292 impressions, over 600,000 ribbons and 20,000 tea bags distributed.
(Shine)





1.4 Engage and work collaboratively with the media in relation to media guidelines, tools and training programmes to improve the reporting of suicidal behaviour within broadcast, print and online media.

- New staff arrivals have completed training on updated media monitoring model. Quarterly report expected in Q4. Mental Health Media Awards shortlist announced. Multiple first-time entrants were recorded. Over 200 total entries and 153% increase in Audience Choice votes. 30 attendees were recorded at workshops (*Shine*)





Goal 2: Supporting communities to prevent and respond to suicidal behaviour.

2.2 Ensure that accurate information and guidance on effective suicide prevention are provided for community-based organisations (e.g. Family Resource Centres, Sporting Organisations).

- Suicide Prevention Code of Practice booklet design updated. Suicide Prevention E-Code of Practice videos recorded and in editing phase. WRAP 1 (2-Day) workshops included 15 beneficiaries. Taking Action 1 (5 day) Workshop included 11 beneficiaries. 5 Staff Wellbeing sessions were delivered and included 65 beneficiaries dispersed among Newpark Close, Forward Steps, Bagenalstown, Raphoe and Kilmovee.
(FRC)
- Irish Life GAA HC Programme has implemented a 6-week comms schedule with the aim of encouraging new clubs to sign up to the programme in 2025. Movember "Ahead of the Game" second phase has commenced with the addition of 9 new facilitators. Initial target of 10,000 participants established. Support for clubs experiencing critical incidents has been maintained.
(GAA)

2.3 Ensure the provision and delivery of training and education programmes on suicide prevention to community-based organisations.

- SOS recorded 3 Wellness Workshop completed with 131 registered and 74 attended. 1 Supporters Workers/Volunteers Workshop was completed with 14 registered and 12 attended. A Supporters Programme Community Workshop was completed with 13 registered and 6 attended. You Matter Online received 128 visits and 116 views. Online Wellness Workshop received 123 visits and 2652 views. 1 Minding Me programme was delivered.
(SOS)





Goal 3: Targeted approaches for those vulnerable to suicide.

3.1 Improve the implementation of effective approaches to reducing suicidal behaviour among priority groups.

- The Eden Programme began in May 2024 and will finish in November 2024. SOS received a record number of 46 applications for this programme and a full complement of 16 people started. A waiting list was enacted for people who wish to attend the next Eden Dublin programme. 11 people are currently attend.
(SOS)
- The Exchange House Duty Service recorded 176 individual service users, 649 case entries to 91 female, 40 male and 45 unknown gender. Age ranges include 18 Under-18 attendees, 32 attendees in the 18 – 29 age range, 54 attendees between 30 – 39 years, 294 in the 40 –49 range and 33 attendees in the 50+ range. The DOB of 26 attendees was unknown. Case subjects were, Accommodation (47%), Mental Health & Suicide Ideation (17%), Legal 26%.
(Exchange House)
- In Q3, TENI received 383 email and telephone queries into the team requesting advice or signposting. These came from a variety of sources, including community members or their family members, civic society and other organisations, and people who work with trans people, e.g. support workers.
(TENI)
- Q3 saw 179 therapy sessions scheduled for 29 clients relating to NOSP Dublin funding. These sessions had a DNA rate of 5%. The First Fortnight scale out saw 45 appointments with only 3 DNAs in Kildare, Limerick and Donegal. Kerry is progressing. Recruitment for a therapist is ongoing and will begin delivery soon.
(First Fortnight)
- Dublin Simon Sure Steps counselling continues to deliver formal one to one sessions and informal counselling drop-in clinics across services from Dundalk to Bray Co Wicklow with a total of 16 clinics in various DSC services. In the new Ushers Island facility, drop-in clinics in clinical units have commenced.
(Dublin Simon)





- Aware commenced 19 Life Skills Programmes in Q3. 316 participants registered. 14 of these programmes were provided online and 5 in-person. 2 Living Well With Bipolar Disorder Programmes commenced with 18 people registered. 2130 participants attended 5 Phases of Life Skills Online programme.
(Aware)
- The BelongTo National Network met once in Q3. The team attended 10 regional Pride celebrations and met with 7 RO SP to discuss future collaboration. With regards the Rainbow Award, 9 organisations awarded for 23/24 and 26 signed up for Rainbow Award 24/25. Better Out Than In Campaign launched.
(BeLonGTo)
- LGBT Ireland delivered 9 workshops in Q3 to 833 professionals and 11 service users. These workshops consisted of LGBT Champions Training, General LGBTQIA+ Awareness and bespoke training deliveries. Frontline supports services are supporting higher numbers than in 2023. Collaboration and partnerships expansion continues.
(LGBT Ireland)
- In Q3 ICGP Wednesday Webinars were delivered on topics of involuntary admissions and digital interventions in mental health settings. The ICGP Journal Forum delivered articles on the detection of eating disorders and care for ADHD patients. Wellbeing Webinars were routinely delivered.
(ICGP)
- Creation of new mental health content resources is ongoing, including a new 'Neurodivergence' category with 6 new factsheets on autism. Extensive re-writing of existing mental health resources. Ongoing provision of information to at-risk groups, with a maintained focus on CFL priority group mental health.
(Spunout)

3.3 Enhance the supports for young people with mental health problems or vulnerable to suicide.

- Significant increase in student engagement expected as new academic year begins. USI will be re-starting newsletter publication & podcasting in new term. Development of "Open Up" campaign continues. Collaboration with NGO and governmental partners has been maintained through Q3 and will be further developed in 2025.
(USI)





Goal 4: Improved access, consistency and integration of services.

4.2 Improve access to effective therapeutic interventions (e.g. counselling, DBT, CBT) for people vulnerable to suicide.

- Turn2Me, between July and September 24, delivered 2695 counselling sessions and completed 79 support groups (590 users reserving a place in a group). The main presenting issues in counselling is anxiety, followed by relationship issues, stress, depression, family conflict and trauma.
(Turn2Me)
- MyMind reported total Q3 appointments as 7,431. Of these, 3217 were low-cost appointments. Low-cost appointments represented 43% of total appointments in Q3. Monthly low-cost appointments breakdown was 1107 in July, 968 in August and 142 in September.
(MyMind)
- Pieta has worked with 2,321 unique intervention clients requiring support for suicidal ideation and/or self-harm, with 805 Under 18 and 1,516 Adult clients. In the reporting quarter, a total of 10,468 client appointments were attended. 11,155 calls were also made to the Pieta Helpline.
(Pieta)

4.3 Improve the uniformity, effectiveness and timeliness of support services to families and communities bereaved by suicide.

- Pieta's bereavement counselling service worked with 362 unique clients this quarter (43 Under 18 and 319 Adult). In the reporting period, a total of 2,069 appointments were attended (70 of these were initial assessments). The Suicide Bereavement Liaison service worked with 226 households.
(Pieta)
- In Q3 2024 offered 18 Support Groups, with HUGG Kildare launched. 15 in person and 3 virtual. 66 HUGG Group meetings were held. There were 309 attendances; 233 in-person attendees, 76 virtual attendees, 45 people were first-time participants.
(HUGG)





Goal 5: Safe and high quality services.

5.4 Ensure best practice among health and social care practitioners through (a) the implementation of clinical guidelines on self-harm and (b) the delivery of accredited education programmes on suicide prevention.

- In Q3, MHFI's Cairde Project ran the final Connector pilot and began the roll-out of GAT workshops. Pre/post surveys were completed with participants. Data analysis was completed. Qualitative feedback from Connector participants was sought and an international journal article published. Two additional papers are drafted for publication.

(MHFI)





Goal 7: Better data and research.

7.2 Improve access to timely and high quality data on suicide and self-harm.

- In Q3 2024, the NSRF published 3 peer review papers, the 2020/2021 report on Self-Harm in Irish Prisons, a new newsletter, and prepared submissions to a consultation on minor protection classification guidelines. NSRF researchers presented at the European Symposium for Suicide and Suicidal Behaviour conference in Rome and delivered several presentations nationally.
(NSRF)





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