



NGO strategy implementation monitoring report – Q1 2023

HSE National Office for Suicide Prevention



Connecting for Life



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Connecting for Life



1: Introduction

This presentation presents 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 Q1 2023.

In 2023 twenty two non-governmental organisations (NGOs) are in receipt of national funding from the HSE NOSP to provide services and supports in alignment with the goals and actions in Connecting for Life (CfL), Ireland's national suicide reduction strategy. Services and initiatives that are delivered across this diverse sector play a crucial role in advancing suicide and self-harm prevention, postvention and mental health promotion in Ireland.

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.

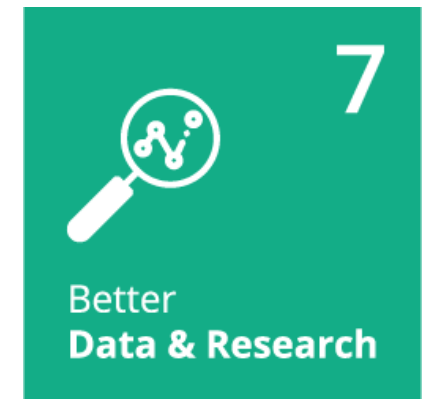
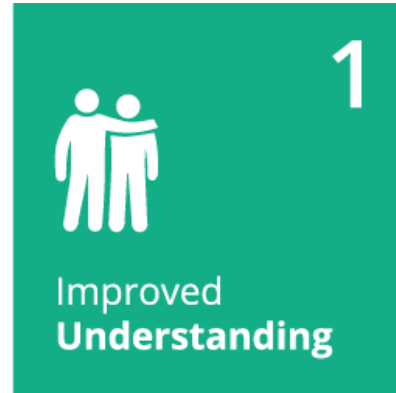


This quarter **updates were received from 21** CfL NGO implementation partners:

- Aware
- BeLonG To
- Dublin Simon Community
- Exchange House Ireland
- First Fortnight
- Family Resource Centre (FRC)
- ISPCC Childline
- LGBTIreland
- Men's Health Forum in Ireland (MHFI)
- MyMind
- Pieta House
- The Samaritans
- Shine
- Spunout
- Suicide or Survive (SOS)
- USI
- Turn2Me
- GAA
- HUGG
- NSRF
- TENI



2: Overview of progress on CfL strategic goals





Goal 1: Improved understanding

1.2 Awareness of services

Childline.ie -- Added new information articles including: what are intrusive thoughts? Warning factors and risk factors of suicide; how to tell someone I'm having thoughts of suicide; What to do if your loved one doesn't accept your gender; I think about suicide but I won't ever do it; if I was to self harm or attempt suicide **Childline.ie** – Users: 63,611/ Visits: 78,701/ Overall page views 117,324

Spunout -- Preparations are underway for launch of suicide prevention campaign in September. Self harm campaigns will run November to December. Continued provision of specific information for vulnerable groups.

Samaritans – Continues to facilitate awareness talks and signpost to additional supports available e.g. MyMind and the Connecting for Life “Responding to a person in suicidal crisis” best practice) and to offer listening skills training

BeLonG To – Continued to run awareness raising and help seeking encouragement campaigns through social media in Q1.

1.3 Reducing stigma

Shines See change Project:

- Workplace Workshops x 8 - 92 participants (4 online & 4 in person in Dublin)
- Social Media Campaigns supported Eating disorders awareness week
- Ambassadors Programme - providing stigma reduction presentations and talks & training event; Video project initiated in Q1

Exchange House – Rescheduled event from World Suicide Prevention Day, 10th Sept 2022. 2 events and 1 art exhibition hosted on 28th January to retrospectively mark World Suicide Prevention Day. In total 76 people attended the event with a total of 13 performers

BeLonG To - Launched It's Our Social Media for the second time, a digital media campaign to combat online hate speech experienced by LGBTQ+ youth, featuring a range of digital assets, short-form animations, and hero videos of young LGBTQ+ people. The #FeedTheGood garnered over 12.6 million impressions, 4 million video views, and 65,000 website visits to our online hub which housed a range of resources on how to stay safe online and positive news stories.

Samaritans – Preparations are underway for launch of “self harm and stigma” report. Delivered training sessions with members of INOU, Irish Heart Foundation, Irish Airline association.

1.4 Media and reporting

Shine's Headline Project:

- Media Monitoring - 2,984 suicide & self-harm related articles received (20% increase on Q1 2022)
- Support to media workers to implement better mental health policies in their practice included - 2 panel discussions; consultation with 2 broadcasters regarding suicide related documentaries; collaboration with US mental-health based organization to establish journalism fellowship.
- Education & training to support best practice in the production of suicide related news content included - 8 workshops (97 students) - 2 ambassador mental health storytelling workshops with Aware and Bodywhys (14 attendees) - 2 professional workshops & Drop-In sessions



Goal 2: Empowered Communities

2.1 Multiagency community responses	2.2 Accurate information and guidance	2.3 Education and training
BeLong To: <ul style="list-style-type: none">Launched new Group Therapy Service in partnership with Jim Hutton, MIACP of Gender and Sexual DiversityThe new service contains three groups, one for LGBTQ+ young people and two for parents of LGBTQ+ young people. 24 Group Therapy sessions have been delivered, in addition to 11 one to one review sessions, 3 first assessment schemes and 2 intervention sessions.	FRC Mental Health Promotion Project: <ul style="list-style-type: none">Delivered 2 x Suicide Prevention Code of Practice sessions in the Western Region (16 participants) and in the Cork Kerry region (17 participants)An e-version of the Code of Practice is being designed to roll out with boards and volunteers. GAA: <ul style="list-style-type: none">218 volunteers representing GAA, Camogie and LGFA clubs attended online Healthy Club Officer Training, which promotes the transformation of clubs into hubs for health. Mental health awareness featured prominently.176 Healthy Club officers from over 130 clubs attended online Healthy Club support webinars. Yourmentalhealth.ie was sign-postedReview of the GAA's Critical Incident Response plan (CIR) was finalised and made available on the Community and Health website. CIR plan training was delivered nationally (online) with 241 participants registered.	Suicide or Survive: <ul style="list-style-type: none">Online Wellness Webinars x 6 were delivered to the community and in partnership with other organisations in Q1. 261 people registered, 82 people attended and 118 people watched recordings of the webinarsWellness Workshops x 8 were delivered to 271 people - one-day mental health promotion workshop for the general public delivered in partnership with Resource Officers for Suicide Prevention, Family Resource Centres, Prisons, Education Providers, Colleges, Disability Services, and organisations working with the Traveller Community. 169 people accessed the online version of the Wellness Workshop (www.wellnessworkshop.ie)WRAP Level 1 x 3 programmes were delivered with 51 people participating - 1 to the community in partnership with social prescribing and 2 to frontline workers in the disability and healthcare sectors. Several attendees come from groups identified as a priority for suicide prevention initiatives in CFL.Supporters Programme x 1 delivered to 5 people who are supporting family members, friends, work colleagues or members of their community that are struggling with their mental health.New programme being piloted – The Supporters Programme was redesigned targeting people working/ volunteering in community-based services who encounter people who are struggling with their mental health/ suicidal ideation - can be delivered in-person or online. 2 programmes (1 in person & 1 online) were delivered to 23 people.



Goal 2: Empowered Communities - Continued

2.3 Education and training

ISPCC Childline – recruitment and training of volunteers continues

LGBTIreland:

- 13 workshops delivered to 216 professionals in key services; 7 online Talks reaching 599 attendees
- General LGBTQI+ Awareness Training - 4 Trainings delivered to Further Education institutions and one library service (83 staff attended)
- Champions Training - 3 delivered - targeting health and social professionals on older people's health and care services and settings- 31 Champions were trained with staff from all CHO areas participating
- Mental Health & Social Care Services - 7 workshops delivered – 1 to MyMind therapists x 5 & 6 to professionals in hospital and residential care services with a total of 97 nurses, physiotherapists, psychiatrists and social care staff.
- Online 1 hour Talk to ICGP Community Gynaecology Course, now an annual arrangement and partnership- 99 participants
- UCD School of Medicine - Guest Lecture to 120 students of medicine on LGBTQ+ Inclusive Care – as well as Irish GP Nurses Education Association (x80)



Goal 3: Focus on Priority Groups

3.1 Reducing suicide among priority groups

3.3 Supports for young people

Exchange House Ireland:

- 117 Presentations responded to by duty service (in person & over the phone). Presenting issues - 51% Accommodation, 26% Mental Health & Suicidal Ideation, 16% Addiction and including racism, discrimination, domestic violence, family relationships, child protection, bereavement. (36 males, 63 females, 18 unknown and ranged in age from 6 to 50 yrs) - 45% cases Greater Dublin area with an even distribution across all 11 other counties.
- Individual mental health supports provided to 29 clients for issues including accommodation, depression, suicidal ideation, homelessness, anxiety, child protection, conflict, domestic violence.
- NUIG Level 7 Community Development and Mental Health programme attended by 25 Travellers (Longford, Offaly, Westmeath & Laois - 4 males 21 females, attended 22 education sessions.
- National Action Group LGBT+ Traveller & Roma - 6 meetings of the steering group which have included members from Traveller orgs, LGBT Ireland and community members. 2023 Calendar launch. 400 calendars printed and distributed to aligned orgs and ally's all over Ireland.
- Met with the Rotunda Mental Health Midwifery Dept. to explore how best to move forward with developing perinatal mental health supports for Travellers.
- Provides a weekly social work clinic in the Dochas (Women's Prison Mountjoy).
- Provides a weekly Men's Health Group on the Protection Unit in Mountjoy for Traveller men.

Childline received 21,513 calls (answered 17,195) & also engaged in 9,608 web chats. Top Profile areas in relation to Mental Health - 892 total of which - 220 Anxiety / 131 Bereavement / 130 Low Mood / 109 Depression. Total number of contacts in relation to suicide. 324

USI – Open up Campaign: Dispersal of newsletters to 600 subscribers across various campus locations. Student Union (SU) Officers attended training related to interactions with distressed students. **Data mining reports:** first of these now published on USI mental health website. New season of **Podcasts** being released

BeLonG To Dublin service youth groups - supported 204 unique individuals. 49% were for group information; 12% for Trans Specific Issues; Relationships with Family/Friends/Peers represented 6% and 6% of the presenting issues where Mental Health specific, including depression, anxiety and self harm. And 5% Coming Out



Goal 3: Focus on Priority Groups - Continued

3.1 Reducing suicide among priority groups

BeLonG To - 2 National network meetings held to provide a forum for knowledge exchange, peer support, and collective planning. This included an in person meeting with training / information from the Far Right Observatory and An Garda Síochána's Diversity Office.

Suicide or Survive - The Eden Programme commenced in February 2023 and 9 weeks of the 26 week programme were delivered by the end of Q1. Eden is an educational programme with a therapeutic element for people who have attempted or contemplated suicide. It runs one morning a week for 26 weeks and includes a 2-day WRAP programme.

Aware:

- Continued to deliver its CBT based Adult Life Skills Programme - 25 Life Skills programmes delivered to 496 participants. Eight of these programmes were delivered in-person and seventeen were delivered virtually.
- Delivered 5 Living Well With Bipolar Disorder Programmes, 1 in-person and 4 virtually. 40 attendees at these five programmes.

TENI – 36 support groups were held across Ireland. 6 talks and 1 guest lecture (75 participants) were delivered. 8 trainings were delivered to service providers (108 participants). TENI and the Trans Groups Alliance published the Trans Groups Alliance Strategic Plan 2023-2027 TENI TGA Strategic Plan 2023. The conference where the publication was presented had 100 participants.

3.3 Supports for young people

Spunout:

- Mental Health Treatment Option campaign was highly successful and completed in December 2022. 377,269 young people reached through online promotion on Facebook and Instagram.
- Continued provision of specific information to at-risk groups who require more targeted information services (e.g. Disability, Traveller, LGBTI+, Migrants, BIPOC).
- Continuing to promote and signpost towards critical mental health services, and monitoring of frequency that services are signposted.
- Mental Health Content Readership Q1 2023: total = 104,258 which included - Protective Mental Health (Factsheets) - 34,189 & (Lived Experience Content) - 1,694 / Mental Health Literacy - (Factsheets) - 22,248 (Lived Experience Content) - 3,375 / Mental Health Crisis - (Factsheets) - 42,627 & (Lived Experience Content) – 125

Suicide or Survive - In Q1, 65 people accessed the online version of the You Matter Wellness Workshop (www.wellnessworkshop.ie) aimed specifically at younger people.



Goal 4: Better access to support

4.2 Therapeutic Interventions

Dublin Simon:

- There were 53 new referrals in Q1 & 532 hours delivered 1:1 to referred clients (face to face 224 / remote 90). Total Drop-in Visits: 201 , 94 of which were to the Out of hours service (all drop-in clinics are now operating on site again)
- A total of 269 people experiencing homelessness and referred to Dublin Simons mental health and suicide prevention combined counselling services were active in Jan - Mar 2023 (i.e. they had a counsellor allocated) – (M 188 / F 80 / 1 Undisclosed)
- Additional counsellor provided to work specifically with young adults (18-24) experiencing homelessness – this additional support follows a co designed young adult mental health service pilot, overseen by UCD.

MyMind -- Provided 12,660 appointments in Q1 2023. 5,415 (42%) of which were low cost appointments. This represents a growth of 20% on the same period in 2022.

Pieta House:

- Worked with 2,519 unique intervention clients requiring support for suicidal ideation and/or self harm (1,115 Under 18; and 1,404 Adults). A total of 10,831 client appointments were attended (1,352 of these were initial assessments)
- 10,256 calls were made to Pietas helpline (Average 114 calls per day). They also received and responded to 17,573 text messages in the period.
- The bereavement counselling service worked with 443 unique clients (72 Under 18; 371 Adults). A total of 2,497 client appointments were attended (145 of these were initial assessments). There has been an increase in the number of bereavement clients accessing services in Q1 2023. Bereavement clients avail of 30 sessions compared to 12 sessions for intervention clients.

4.3 Support Services

Samaritans - answered 99,844 calls and 1,074 emails this quarter and provided 15,620 volunteer Listening hours. Continued to support 6 other helplines (Aware, Grow, LGBT, Alone, Family Carers, DFA) supporting their callers out of hours (quantified in 2022 at 4,515 calls equating to 1,004 listening hours)

Pieta House Suicide Bereavement Liaison Service - worked with 217 households in this quarter, delivering 1,085 client facing hours.



Goal 4: Better access to support - Continued

4.2 Therapeutic Interventions

Turn2Me delivered 1,753 Adult counselling sessions and 54 support groups in Q1

HUGG:

- This quarter 387 people attended HUGG support groups. 146 were virtual attendees. 74 were new attendees. 121 people completed our "join a HUGG group" form in Q1
- Evaluation of www.hugg.ie has commenced. Engaged UX designers to design and map user experience of current site. Completed review of all existing information and developed map to simplify the journey of the key visitors to www.hugg.ie
a. those bereaved by suicide b. those supporting people bereaved by suicide c. those who wish to support HUGG by volunteering or donating.
- Continue to engage with NGO partners and community groups to raise HUGG's profile and disseminate research findings from AfterWords, the national suicide bereavement survey. In Q1, we presented to all SBLO employees and took part in 6 community events.
- An additional Clinical Supervisor was engaged to provide additional hours and choice to volunteers around self-care sessions. Engagement with Facilitators on how best to offer sessions was discussed and a new easy sign up via WhatsApp was developed. This has been successful but more engagement needed. A total of 17 hours of supervision were provided in Q1. 29 HUGG Facilitators attended.

First Fortnight:

- Delivered 150 creative therapy sessions to 71 clients and attended to a minimum of 90 calls over Q1.
- Committed to ensuring its creative therapy service is trauma informed in line with best practice and are in the process of evaluating the impact and suitability of an evaluation tool due for sign off in Q2.
- Continue to build strong partnerships both within and outside of the Homeless and at risk sectors and with NOSP NGO partners toward extending the adult creative therapy service to priority groups and at risk populations in line with CfL. Currently the service is provided from Haven House Homeless service and on an outreach basis from Exchange House Ireland National Traveller Service and from Mosney.

4.3 Support Services

GAA - The community & Health Department supported 14 clubs/communities in the aftermath of critical incidents. Unfortunately a significant number of these were related to suicide. In all such cases links were made with the relevant NOSP Resource Officer for Suicide Prevention.

BeLong To – 2 x peer support group therapy space facilitated by Insight Matters for National Network youth workers under undue stress and pressures



Goal 5: High quality services

5.4 Best practice among Practitioners

MHFI continues to progress its **CAIRDE project**, which aims to reduce male suicide in the construction sector:

- A meeting of the CAIRDE Stakeholder Group took place
- A preliminary report was presented on results from on-site mental health survey among construction workers.
- A second survey focusing on young apprentices within the construction industry is underway.
- Finalizing of data gathering for two surveys covering active ingredients of mental health promotion in male dominated industries and the stigma surrounding mental health is in progress.
- Recruiting additional participants for the qualitative interviews with male construction workers who have attempted suicide.
- Hosting two focus groups with construction site managers to explore: challenges around supporting and offering help to employees; specific difficulties within the industry; and what has worked / would work well.
- Refining the methodology for the Co-Design Workshops for the General Awareness Training (GAT) element of CAIRDE.
- Signposting staff on the construction sites to existing mental health and suicide prevention resources, training and support services - as an interim measure before the CAIRDE package is fully operational.



Goal 7: Better data and research

7. Better data and Research

NSRF:

- The National Self-Harm Registry Ireland - Data briefing on monthly hospital-presenting self-harm during 2021 & the Community Healthcare Organisation (CHO) Area Reports 2020 published on March 14th. Infographic prepared highlighting the link between self-harm and public holidays shared on social media on St. Patrick's Day. Joint meeting with Data Registration Officers from Irish and NI Registry held in Kildare on March 27th and 28th
- Monitoring of Self-Harm in Prison - Data finalised for two-year report on self-harm in Irish prisons in 2020 & 2021. Analysis ongoing
- University module in suicide prevention - Learning outcomes and topics have been developed. First consultation group meeting was held.
- Prepared monthly updates on informative publications and helpful resources related to the impact of Covid-19 on mental health, to Connecting for Life partners.
- Analysis of anonymised 'texter' data collected via the 50808-crisis text service in Ireland - Summary report on data for 2021 under final review with 50808
- Peer reviewed paper published in Social Psychiatry and Psychiatric Epidemiology. Title: Presentations of self-harm and suicide-related ideation among the Irish Traveller indigenous population to hospital emergency departments: evidence from the National Clinical Programme for Self-Harm



Goal 7: Better data and research - Continued

7. Better data and Research

Samaritans – Preparation for the launch of the Samaritans ‘Self Harm & stigma’ research project is underway.

LGBTIreland - A Spoken Word Tour, as Phase 2 of the peer research launched in 2022, is in the planning process where the Action Group will partner with 3-4 Traveller organisations across the country to co-organise and deliver LGBTI+ Traveller & Roma Spoken Word events bringing the voices from the peer research into the community; as well as awareness and visibility

BeLong To - Being LGBTQI+ in Ireland – the research team in TCD are currently carrying out ongoing qualitative and quantitative data analysis. In addition the planning and preparation has progressed for Module 2 of the research on public attitudes towards LGBTQI+ people. Data collection from module 2 will be completed in May 2023. Preliminary findings will be shared with the research advisory committee in Q3 2023.

Shines Headline Project - Research in media centric suicide prevention methods & media production practices - Joint paper from NUIG and Headline accepted for publication and expected to be published in the Irish Journal of Psychological Medicine shortly.

Shines See change Project - Workplace Research initiated; contract awarded – Aims to develop recommendations to Government on minimum standards for mental health in the workplace.



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