



Connecting for Life - NGO Strategy Implementation Monitoring Report

Q1 2025

HSE National Office for Suicide Prevention



Connecting for Life - NGO



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Introduction and Overview This Period

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Overview of Progress on Strategic Goals



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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 Q1 2025.

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:

- LGBT Ireland delivered 7 LGBTQIA+ Awareness Workshops to 91 professionals and university students in relevant services. 30 Mental Health Commission staff participated in training, implementing a key recommendation in the upcoming “Guidance for LGBTQ+ Inclusive Mental Health Services” publication. Widespread staff training was delivered to key partner staff from the University of Galway, MyMind and International Organisation for Migration.
- A mystery shopper exercise exploring ease of access to large paracetamol purchases was carried out by the NSRF in Q1. Development of an implementation methodology for clinician experience with CAMS framework is underway with appropriate changes to ethics submission carried out. Work for a University focused suicide prevention module continues with a “Train the Trainer” developed in conjunction with interviews to identify participants across 11 Higher Education Institutions.
- In Q1, SOS delivered Wellness Workshops to frontline staff at Ferns Diocese Youth Services and prisoners. Staff at the International Organisation for Migration, Cork Simon, Turas Le Chelie and Ruhama participated in the SOS Supporters Programme. The Eden Programme continues



with 15 individuals engaged up to the end of Q1.

- HUGG opened January 2025 with 18 Support Groups. In Q1 2025, 81 HUGG Support Group meetings took place with 363 attendances; 274 in-person and 89 virtually. Between January to March 2025, 59 members attended the groups for the first time. 6 HUGG facilitators were trained to accommodate the expansion of HUGG services.

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)





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Overview of Progress on Strategic Goals



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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



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Goal 1: Better understanding of suicidal behaviour.

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

- In Q1, 20,925 contacts were recorded with 22,846 phone and 8,079 chat sessions. 5,157 unique users were recorded. 994 contacts pertaining to mental and emotional health were profiled. 19,771 unique users to Childline.ie were recorded in Q1 with 33% of views resulting in chat sessions.
(ISPCC)
- In Q1 2025, Samaritans carried out four Active Listening and Awareness sessions with approximately 120 attendees at two events. 98,124 calls were recorded, averaging 1,091 a day. 13,716 listening hours and 935 email responses were delivered by volunteers in Q1.
(Samaritans)
- Spunout saw 7,636 text users recorded with 12,898 conversations in Q1, representing a 10.8% YOY growth. 1,298 of these conversations included suicide as a focal point. 78% of texts were responded to in 5 minutes, with an 86% helpfulness rate recorded.
(Spunout)

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

- 600,000 ribbons, 100,000 wristbands and 12,000 temp tattoos were ordered by members of the public with new presentation and digital materials developed. 2 Workplace Programme Workshops, 21 leads and 8 talks were delivered with 1 new company recruited. The Ambassador Programme saw 4 talks, 4 events media training and 2 steering group meetings delivered.
(Shine)
- Q1 saw the First Fortnight Festival take place in January. 67 mental health arts events & workshops to tackle prejudices and stigma were delivered to 4,000 people by 75 artists and 15 crew. The illuminated forest project, "Silvia Lumina" premiered at the festival and has seen 75,000 viewers in the UK and France.
(First Fortnight)





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.

- Shine Media Engagement & Monitoring activities for 2023 and 2024 are complete. 2024 Q1-Q3 reports have been published with 2025 Q1 monitoring underway. Shine's latest high volume monitoring system has been recorded as highly effective. For training & building capacity, 172 attendees engagements were delivered.

(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).

- The FRC Suicide Prevention E-Code of Practice was launched in January 2025. One SPCOP session was delivered to 15 participants. Taking action for Whole Health & Wellbeing saw 12 facilitators training in the co-facilitator programme. The basic programme saw 10 online and 8 in-person participants. The Shared Island knowledge exchange programme was delivered in Armagh to 41 attendees.
(FRC)
- Development of GAA specific content for the NOSP Let's Talk about Suicide module is underway. Movember Ahead of the Game was delivered to 121 clubs in phase 2. Over 1000 clubs participated with 39,000 people registered on the MyLife App. Support for clubs through various critical incidents has been maintained in Q1.
(GAA)

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

- 6 Wellness Workshops were completed with 147 participants registered and 121 attended. 5 Supporters Programmes were completed with 68 participants registered and 61 attended. 3 Minding Me Programmes were completed with 45 registered and 42 attending. You Matter Online saw 88 visits and 94 views. The Online Wellness Workshop saw 245 visits and 2738 views.
(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.

- In Q1 2025, 173 drop-in clinics and 403 intervention sessions were carried out, representing a decrease in clinical service numbers. The counselling service recorded 2 serious incidents in which emergency services needed to be called, one phone and one in person.
(Dublin Simon)
- In Q1 Transparenci facilitator numbers were maintained at 8 with a new facilitator for Dublin. A quarterly meeting of adult peer support facilitators was held. 8 civil society trainings were carried out. Service provider partnership work is ongoing. A community wellbeing event was delivered to 21 attendees. 312 NOSP queries were answered.
(TENI)
- An Eden Programme began in Dublin on the 5th of February 2025. SOS received 31 applications and 16 people started the course. At Q1 end, 15 individuals are engaged in the programme. Comprehensive work has been carried out with priority groups in Q1.
(SOS)
- The National Network met once, with 19 attendees focusing on goals for 2025. The Rainbow Award process is underway with 21 services leading to 122 youth workers trained in Q1. 25 new volunteers were recruited. A review of the National Network Database with 39 organizations and 77 youth groups was carried out.
(BeLonGTo)
- 166 individual service users were recorded by Exchange House in Q1 with 695 case entries. 87 female, 51 male and 28 unknown gender. Age ranges included 2 Under-18, 38 aged 18 – 29 years, 40 aged 30 – 39 years, 32 aged 40 – 49 range and 29 aged 50+, 25 no DOB. 38% accommodation, 14% legal/justice.
(Exchange House)
- In Q1, 20 adults engaged in NOSP-funded therapy via 78 individual and group sessions. Across Donegal (10), Kildare (13) & Limerick (9), 32 clients were offered 163 sessions, with 56–82% attendance. A new Roma women's group will launch in Dublin in April 2025.
(First Fortnight)



- In Q1, Aware delivered three Life Skills Programmes to 32 participants and ten Virtual Life Skills Programmes were delivered to 140 participants. 2 Life Skills Online Programmes were delivered to 829 participants. Three Bipolar Programmes were delivered to 22 participants.
(Aware)
- 7 external half-day workshops (in-person & online) trained 91 professionals in mental health, healthcare & social services. 4 webinars were delivered to 177 attendees. 10 new peer support facilitators were trained within LGBT Ireland.
(LGBT Ireland)
- In Q1, an ICGP held an information webinar covering eating disorders. This webinar was attended by 1474 General Practitioners and Nurse Practitioners. Enhancement of Mental Health IT systems in the areas of security access and cybersecurity is ongoing. Work on GP training needs in self-harm progressed through partnership with the NSRF and NOSP.
(ICGP)
- Preparations were made throughout Q1 for the Q2 2025 Spunout Navigator launch. 3 youth consultations on mental health topics were held and 13 published pieces from young people were delivered in Q1..
(Spunout)

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

- In Q1 2025 the USI focused on the development of resources and partnership. The NSRF were engaged in the creation of a wellbeing module for students. Work on database of students attending counselling services was carried out. HRB submission work with the NSRF regarding the Collaborate Research Networks Scheme is progressing. The Open Up Campaign saw the creation of new social media graphics, posters and leaflets.
(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.

- Between Jan and March 2025, Turn2Me delivered 2422 counselling sessions and completed 58 support groups (563 users reserving a place in a group). The main presenting issues in counselling are anxiety, relationship issues, depression and stress.
(Turn2Me)
- Pieta has worked with 2,301 unique clients requiring support for suicidal ideation and/or self harm (956 Under 18; and 1,345 Adults). A total of 9,527 client appointments were attended. 10,842 calls were made to the Helpline and over 17,000 texts received.
(Pieta)
- In Q1 2025, MyMind provided 8,326 appointments to the Irish public, 56% at standard rate, 40% at low-cost, 4% received appointments free of charge. Most common presenting issues are anxiety (64%), stress (46%), depression (38%).
(MyMind)

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 320 unique clients this quarter (36 Under 18s and 284 Adults). A total of 1,684 appointments were attended. The SBLO service worked with 157 Households receiving 831 client facing hours.
(Pieta)
- In Q1 2025, 81 HUGG Support Group meetings took place with 363 attendances: 274 in-person and 89 virtually, facilitated by 179 volunteering acts. Between Jan to Mar 2025, 59 members attended the groups for the first time. 2 new groups opened in Sligo and Kilkenny.
(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 Q1, CAIRDE re-framed its workshop delivery model, sought additional workshop facilitators, met senior staff in CIF, identified sites to host the CAIRDE programme during 2025, submitted two journal articles, wrote an overview paper for NOSP's Resource Officers for Suicide Prevention.
(MHFI)



Goal 7: Better data and research.

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

- In Q1 2025, the NSRF published 2 peer review papers and the National Self-Harm Registry Annual Report 2022-23. An evaluation report was also circulated to NOSP. NSRF researchers hosted a webinar to present findings from the university module project and attended multiple steering group meetings.
(NSRF)





HSE National Office for Suicide Prevention

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