



Connecting for Life Strategy Implementation Monitoring Report

Q3 2025

HSE National Office for Suicide Prevention



Connecting for Life



Connecting for Life



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Connecting for Life



1

Introduction and Overview This Period

This is the Q3 2025 implementation monitoring report for Connecting for Life. It will provide an overview of the work carried out by strategy lead agencies from July 2025 - September 2025.

To date in this period, of the 67 actions in CfL, updates were received on 51. Of the 51 actions for which updates were received, one was logged as needing attention and one was logged as off track. The majority of actions were considered to be on track.

The NGO quarterly CfL implementation report (Q1 2025) has been completed and is available in www.connectingforlifeireland.ie

Some highlights from this period include:

- NOSP published 2024 Media Monitoring Reports.
- An IPSDS (Irish Probable Suicide Deaths Study) paper on Mental Health Morbidity was published in the Archive of Suicide Research.
- The development of the new National Physical Activity Plan is complete and will be published imminently.
- The Review of the National Student Mental Health and Suicide Prevention Framework was published in July 2025 by the HEA (Higher Education Authority).
- A Health Impact Assessment in a new location of concern (motorway bridge) has been completed by HSE Public Health and has been accepted by TII (Transport Infrastructure Ireland Senior Management).
- The Child and Youth Mental Health Office continued to implement the CYMH Action Plan with 4 CAMHS hubs in Galway/Roscommon, South Dublin/Wicklow, Limerick & Meath in operation.
- Negotiations with the Irish Pharmacy Union have concluded, and the establishment of a Dispose of Unused Medicines Properly (DUMP) scheme has been agreed, and was announced by Minister for Health on 12th September 2025.
- Report submitted to National Clinical Advisory Group Leader and Chief Clinical Officer on Mental Health assessment rooms in ED's. SCAN u18 service commenced in Donegal.



- Design of new Traveller Wellbeing Through Creativity Programme completed and agreed with Creative Ireland, Arts Council and Department of Health. Recruitment commenced for new development worker post in Pavée Point to support programme delivery.
- 22,500 users of online Balancing Stress Programme since its launch.

This period, updates were received from 18 partners.

Coimisiún na Meán (CnM)
 Department of Agriculture, Food and Marine (DAFM)
 Department of Children, Disability, Integration, Equality and Youth (DCDIEY)
 Department of Defence (DoD)
 Department of Education and Skills (DES)
 Department of Health (DoH)
 Department of Justice (DoJ)
 Department of Rural and Community Development (DRCD)
 Department of Tourism, Culture, Arts, Gaeltacht, Sports and Media (DTCAGSM) - Sports
 Health and Safety Authority (HSA)
 Higher Education Authority (HEA)
 HSE Health and Wellbeing (HSE H&W)
 HSE Mental Health Operations (HSE MH Ops)
 HSE National Office for Suicide Prevention (HSE NOSP)
 HSE Primary Care (HSE PC)
 Irish Probation Service (PS)
 Press Council of Ireland (Press Council of Ireland)
 TUSLA

This period, updates were not received from 4 partners.

Department of Social Protection (DSP)
 HSE Acute Hospital Operations (HSE Acute Ops)
 Irish Prison Service (IPS)
 Local Government Management Authority (LGMA)





2

Overview of Progress on Strategic Goals



Connecting for Life

7 Goals 69 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



Connecting for Life



Goal 1: Better understanding of suicidal behaviour.

1.1 Improve population wide understanding of suicidal behaviour, mental health and wellbeing, and associated protective and risk factors.

- Paper drafted by Dr. Mohan (ESRI) examining loneliness and experiences of suicide bereavement on suicidal behaviour - submitted to Social Science and Medicine - Mental Health - for publication. **(HSE NOSP)**
- Continued to progress work on the development of the implementation plan for the National Mental Health Promotion Plan. **(DoH)**
- Continued tracking of progress of implementation of all actions. Commencement of work with Frameworks UK to develop a HSE guide on communicating about mental health promotion. **(HSE H&W)**
- Search, Social & Display ran in Q3. Podcast host reads ran on Stall it & Talking Bollox in Sep targeting youth audience. Radio & Digital Audio in Sep. VOD in Sep on YouTube & BVOD. Focus groups completed and quant survey went live in Aug as part of campaign research. Full report due late Sep. **(HSE MH Ops)**
- Outreach at Electric Picnic & DX engaged festival drug users; concern over pink cocaine's mental health impact, no samples yet, HSE monitoring. Drugs.ie website in dev. HHC research published with HRB, EUDA, UCC; HSE monitoring post-ban, parent webinar soon. **(HSE PC)**
- The development of the new National Physical Activity Plan is complete and will be published within the next couple of weeks. **(DTCAGSM) - Sports**

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

- 3 year fact-check for YMH.ie almost complete. Information on free supports for men added. 70% engagement rate for My Mental Health Plan (01/01/25- 1/09/25): 8,958 starts, 8,455 completions, 15,284 sessions. HSE Navigator, 17,843 sessions (15,795 new users), 151 users also used Text About It. **(HSE MH Ops)**





- New social media agency appointed. The four pillars were promoted with updated creatives live from Sep. My Mental Health Plan promoted during July & Aug. USI vox pops featured as part of Q3 calendar. Campaign to promote free supports for men launched in Sep. Balancing Stress promotion continued. **(HSE MH Ops)**

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

- Green Ribbon campaign - webinar for all HSE staff hosted and campaign launched. WSPD Pack on CfL website and HSE events. Two newsletters - CfL and HSE. Media release and article featured in Health Matters. Paid promotion of WSPD on LinkedIn. ROSP events/webinars for WSPD and GR listed on site. Webinars (WHO, HSE H&W). **(HSE NOSP)**

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.

- No complaints have been received in relation to suicide or self-harm under the Code. **(CnM)**
- Ongoing application of Principle 10 of the Press Council's Code of Practice. The Office will continue to consider complaints received from members of the public and representative organisations about possible breaches of Principle 10 of the Code of Practice. **(Press Council of Ireland)**
- 2024 Media Monitoring Reports published. New Shine Media Programme online workshops delivered through Q3-Q4. Mental Health Media Awards Submissions opened and closed during September. **(HSE NOSP)**





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

2.1 Improve the continuation of community level responses to suicide through planned multi-agency approaches.

- Working with Action Leads and Key Partners, HSE ROSPs continued with activity to implement all 10 Local Action Plans in 2025 and to input into the evaluation of current CfL strategy. In some health areas, ROSPs have also commenced collaborative working with Public Health colleagues. **(HSE MH Ops)**

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 inter agency Preventing Suicide in Public Places working group continues to meet quarterly. The Health Impact Assessment in a new location of concern (motorway bridge) has been completed by HSE Public Health and accepted by TII Senior Management. **(HSE NOSP)**

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

- Training Figures 2, 2025: safeTALK - 1259, ASIST - 799, USH - 543, USH Online - 157, One Day Bereavement - 155, STORM -152. Let's Talk About Suicide - 1027 enrolments. Suicide Prevention Webinar delivered to the Office of the CEO. **(HSE NOSP)**
- 22,500 users of online Balancing Stress Programme since its launch. A draft report for the realist evaluation of social prescribing, and a standardised referral form disseminated. SPHE resources on emotional wellbeing completed and disseminated with teachers. **(HSE H&W)**



Goal 3: Targeted approaches for those vulnerable to suicide.

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

- Amendments have been completed and the workplace guidance will be considered at the next NPOC meeting. Update will be available in Q4. **(TUSLA)**
- The development of DRCDG next iteration of Ireland's rural development policy, Our Rural Future 2026 -2031 is underway. Health and social care, including mental health, for communities in rural Ireland will continue to be a priority in the new policy. **(DRCD)**
- Defence Forces (DF) SafeTALK trainers in the process of completing their supervised 3 sessions with cooperation of NOSP and local HSE ROSPs. Noted increase in SafeTALK activity in DF which will increase in Q4 and into 2026. Support from DF command at all levels. **(DoD)**
- On Feirm Ground training continues, with expansion discussions underway. 40 farm safety projects funded; over half focus on farmer mental health. Delivered 5 wellbeing webinars, 1 inclusion event. Caring Employer and Financial Wellbeing programmes ongoing. Staff tool MOO launched. **(DAFM)**
- 'Policy Handbook: A 'real world' guide to policy development', was published online. Suicide Prevention Impact Assessment Toolkit was included in the resources, and work will continue to highlight this resource with cross-departmental colleagues. **(DoH)**
- This action is completed. **(TUSLA)**
- Implementation of StV Recs 8 & 37 continued to enhance inter-agency collaboration from perspective of innovation in practice and related to individualised support for complex cases. Awaiting sign off from new Garda Commissioner on data sharing MOU. **(HSE MH Ops)**



- The "Deaths by suspected suicide data sharing protocol" between the HSE and An Garda Síochána has still not been signed by the Garda Senior Leadership Team. The delay is starting to impact local data sharing arrangements, which have been paused. NOSP has written to the new Garda Commissioner. **(HSE NOSP)**
- There are 1,045 in Housing First tenancies; 33 new in Q2 2025. Inclusion Mental Health Team supports homeless with severe mental illness/personality disorders with or without co-occurring substance use. Ushers Island service operational: 63 beds for recovery, detox, stabilisation, step-up/down, BBV. **(HSE PC)**
- Umbrella review of the social determinants of suicide completed by the NSRF. To inform the next strategy, the NSRF has conducted additional research on effective interventions. **(HSE NOSP)**
- ICGP literature review completed. Phase 2 stakeholder consultations planned for Q4. Minding Your Wellbeing programme redesigned for HEI setting - training implement Semester 1, 2025. Undergraduate Suicide Prevention Module implementation scheduled for Semester 1 2025. **(HSE NOSP)**
- Design of new Traveller Wellbeing Through Creativity Programme completed and agreed with Creative Ireland, Arts Council and Department of Health. Recruitment commenced for new development worker post in Pavée Point to support programme delivery. **(HSE H&W)**

3.2 Support, in relation to suicide prevention, the Substance Misuse Strategy to address the high rate of alcohol and drug misuse.

- SAOR eLearning: Learners successfully completing SAOR eLearning - 461 in Q1, 373 in Q2, 333 up to 19th Sept in Q3. Hidden Harm eLearning: Learners successfully completing HH eLearning - 256 in Q1, 223 in Q2. 256 up to 19th Sept in Q3. SAOR extended brief intervention pilot extended into 2 new areas. **(HSE PC)**

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

- Wellbeing in Education Sustained Support for Phase 3 schools completed in June 2025. Final Data TBC.

The Framework for the evaluation of wellbeing promotion in schools has been developed by the Inspectorate. Inclusion of this new inspection model began in schools from 18 March 2025 onwards **(DES)**





- NEPS Supports to Post-Primary SST ongoing for 2025-26. Primary pilot completed; evaluations currently under review and development of primary guidelines pending. Testimonial videos at primary level recorded, pending editing. Neart has 1,706 school staff registered, representing 75% of post primary's **(DES)**
- The Review of the National Student Mental Health and Suicide Prevention Framework was published in July 2025. **(HEA)**
- Full day professional learning events on anti-bullying procedures have been facilitated throughout 2024-2025 academic year. Final Data TBC. **(DES)**
- Full day PLE entitled 'An Introduction to Senior Cycle SPHE Specification(2024)' completed. Final Data TBC. **(DES)**
- Early Intervention Psychosis posts approved and recruitment in the 3 areas has commenced. Senior Registrar in Addiction services at YODA commenced in July 2025. Other recruitment to fill remaining posts continues. **(HSE PC)**
- Continued to implement CYMH Action Plan to improve care. SPOA sites identified in Donegal, Dublin & Galway. Project groups in each site with reps from PC, Disabilities, CAMHS & VCS partners. 4 CAMHS hubs in Galway/Roscommon, South Dublin/Wicklow, Limerick & Meath in operation. **(HSE MH Ops)**



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

4.1 Improve psychosocial and psychiatric assessment and care pathways for people vulnerable to suicidal behaviour.

- Continued delivery of 2025 shared care work plan including development of proposals for inclusion of mental health information on HSE Area Finder & enhanced access to counselling supports for men. Interim CRS MOC evaluation report approved. Recruitment of 2025 approved posts for CRS teams progressed. **(HSE MH Ops)**
- Some progress paused due to the absence of Programme Manager - oversight of the implementation plan, bespoke training, peer researcher activity. Risk for sustaining funding for peer research. Recruitment continues across Adult and Adolescent DD teams. Enhancements to the NDTRS have been completed. **(HSE MH Ops)**
- HSE Working Group met to discuss the approach in relation to the alignment of the HSE Guidance document with publication of the NHS guidance for mental health practitioners “Staying Safe from Suicide”. **(HSE MH Ops)**
- Report submitted to NCAGL and CCO on MH assessment rooms in ED’s. Data training collation and analysis was progressed. Recruitment of new SCAN posts continues. Meeting with Minister held as part of estimates 2026. SCAN u18 service commenced in Donegal. **(HSE MH Ops)**

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

- Ongoing service delivery of accessible, uniform, evidence based psychological interventions, including counselling, for mental health problems at both primary and secondary care levels. **(HSE PC)**
- Between Jan & July there were 10,633 referrals & 5,640 activations for Digital CBT. Work undertaken to develop increased capacity for free mental health supports for men including free counselling & free confidential telephone support available 7 days a week. Information added to ymh.ie/men. **(HSE MH Ops)**

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

- Worked with Massey Bros Funeral Directors to develop suicide bereavement content for their website, funeral packs & staff email. Engaged with RIP.ie to discuss developing content for Resources section of website. **(HSE MH Ops)**
- NOSP and the NSRF to develop a model for suicide bereavement support services via PfG funding. NOSP and the NSRF will work collaboratively with IHF who are developing a similar model with a palliative care lens. **(HSE NOSP)**



Goal 5: Safe and high quality services.

5.1 Develop and implement national standards and guidelines for statutory and non-statutory organisations contributing to suicide prevention.

- Q2 2025 NGO CfL report published on CfL website. Monthly networking calls with NOSP NGO partners continue. Signing of Service Level Agreements 2025 are complete. SLA Process 2026 initiated and communicated to NOSP funded NGOs. **(HSE NOSP)**
- CfL newsletter ongoing – newsletter delivered to 2103 subscribers and 4395 (783+) followers on LinkedIn. IBEC article completed for Workplace Doc. Additional outputs for ROSP Online Safety Group ongoing. 12 Resources revised and reprinted for healthpromotion.ie. **(HSE NOSP)**

5.2 Improve the response to suicidal behaviour within health and social care services, with an initial focus on incidents within mental health services.

- HSE Working Group met to discuss the approach in relation to the alignment of the HSE Guidance document with publication of the NHS guidance for mental health practitioners “Staying Safe from Suicide”. **(HSE MH Ops)**
- Action is completed. **(TUSLA)**

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 2025, the Probation Service delivered ASIST suicide intervention skills training to 26 staff members across various grades including Probation Officers, Probation Assistants, Community Service Supervisors and Clerical/Corporate. **(PS)**
- The HSA has progressed a significant inspection campaign in the areas of bullying and work-related violence and aggression. Work is ongoing to promote Work Positive CI to encourage organisations to identify where best to allocate resources to improve working conditions and to tackle workplace stress. **(HSA)**





- This action is completed. **(TUSLA)**
- Defence Forces Personnel Support Service (PSS) team members trained in SafeTALK currently completing 3 supervised sessions within and outside DF. The capacity to deliver SafeTALK has increased significantly and training is available in all Defence Forces locations. SafeTALK available to family members. **(DoD)**
- DAFM has reviewed the Irish Centre for Diversity Silver Survey, which will launch in October as we work towards our silver accreditation. **(DAFM)**
- DoH L&D continue to provide access to suicide prevention and training programmes and materials. **(DoH)**
- Survey of professional, regulatory bodies and agencies to monitor suicide awareness training has not been conducted as yet, although good engagement has taken place. This action will continue to be reviewed. **(DoH)**



Goal 6: Reduce access to means.

6.1 Reduce access to frequently used drugs in intentional drug overdose.

- Negotiations with the IPU have concluded, and the establishment of a DUMP scheme has been agreed. This was announced by Minister for Health on 12th September 2025. **(DoH)**
- Findings and dissemination discussed at meeting held on 3rd July. Findings of mystery shopper research were discussed and sensitive approach to dissemination of findings agreed. **(DoH)**

6.2 Reduce access to highly lethal methods used in suicidal behaviour.

- The pilot of alternative products/sanitary bins continued in Q3 and this will inform the planned safety notice. **(HSE MH Ops)**

Goal 7: Better data and research.

7.1 Evaluate the effectiveness and costeffectiveness of Connecting for Life.

- Final Suicide Observatory evaluation report under review. Final CfL implementation/intermediate outcomes evaluation under review. **(HSE NOSP)**

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

- This action is completed. **(TUSLA)**
- IPSDS paper on Mental Health Morbidity paper published in Archive of Suicide Research; Suicide amongst women in Ireland to be published in Death Studies; ongoing analysis of IPSDS data. **(HSE NOSP)**

7.3 Review (and, if necessary, revise) current recording procedures for death by suicide.

- CSO Liaison Group met in July and received updates on: the early notification of deaths project (DoH and HSE are progressing); HRB Drug Related Death Index; Health Information Bill, with a focus on improved data linkage, passed through committee stage. **(DoJ)**

7.4 Develop a national research and evaluation plan that supports innovation and is aimed at early identification of suicide risk, assessment, intervention and prevention.

- The HEA continues to collaborate with the NSRF. **(HEA)**
- CfL Evaluation Advisory Group & Stakeholder Group met to discuss/give feedback on draft evaluation report. TCD/NOSP collaborative research team submitted manuscript on Risk/Protective factors for LGBTIQ youth suicidality to peer reviewed journal for consideration. **(HSE NOSP)**



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At a Glance: Needs Attention

Goal 5

5.4.3 Support professional regulatory bodies to develop and deliver accredited, competency based education on suicide prevention to health professionals.

- Survey of professional, regulatory bodies and agencies to monitor suicide awareness training has not been conducted as yet, although good engagement has taken place. This action will continue to be reviewed. *(DoH)*



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3

At a Glance: Off Track

Goal 3

3.1.2 Develop and implement a range of agency and inter-agency operational protocols (including protocols for sharing information and protocols in respect of young people) to assist organisations to work collaboratively in relation to suicide prevention and the management of critical incidents.

- The "Deaths by suspected suicide data sharing protocol" between the HSE and An Garda Síochána has still not been signed by the Garda Senior Leadership Team. The delay is starting to impact local data sharing arrangements, which have been paused. NOSP has written to the new Garda Commissioner. **(HSE NOSP)**

Issue(s): *Stakeholder Buy-In*

The protocol is still under review by Garda Legal.





HSE National Office for Suicide Prevention

September 2025



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