



# Connecting for Life - NGO Strategy Implementation Monitoring Report

Q4 2024

HSE National Office for Suicide Prevention



Connecting for Life - NGO



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**Introduction and Overview This Period**



**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 Q4 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:

- LGBT Ireland delivered a total of 15 general LGBTQIA+ Awareness workshops of 4-6.5 hours in length to a total of 216 professionals and 1 webinar with 55 GP practice nurses attending. These workshops were delivered to LGBT Champions, TUSLA teams and HSE Wellness Teams.
- Pieta worked with 2,390 unique intervention clients requiring support for suicidal ideation and/or self harm (915 Under 18; 1,475 Adults). A total of 9,955 client appointments were attended. Total 5,916 clients in 2025. 11,993 calls were made to the Helpline.
- Spunout oversaw the creation of 8 new mental health factsheets, making for an annual total of 29, with 24 existing factsheets reviewed this quarter (43 total reviews this year). Main content focus areas this quarter: suicidal thoughts, eating disorders/body image, general wellbeing and relationship difficulties.
- The GAA Movember "Ahead of the Game" programme was attended by 1500+ players 1000+



Adults to date. Continued support for clubs experiencing critical incidents was delivered Ongoing work to create GAA specific scenarios for LTAS is progressing. Substance Use Workshops are now available for clubs.

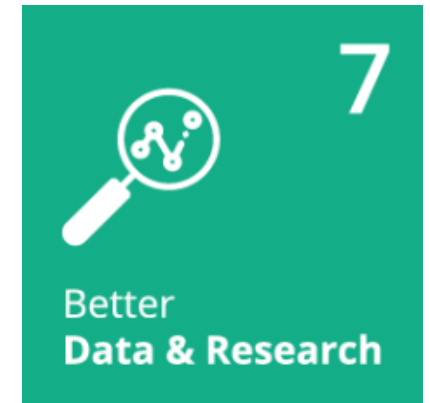
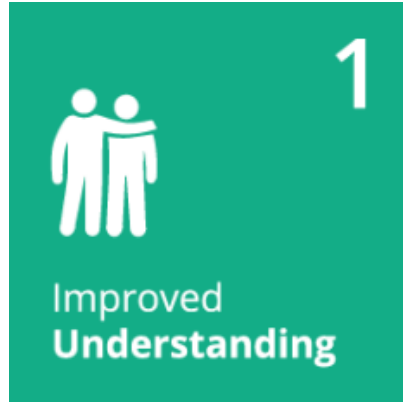
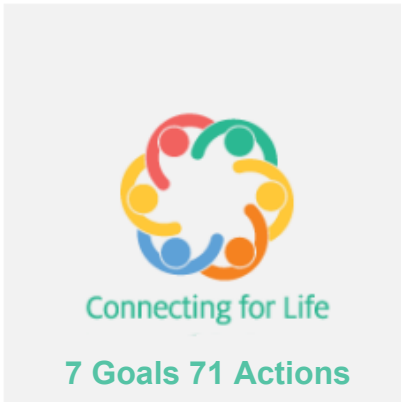
**This period, updates were received from 22 partners.**

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





## Goal 1: Better understanding of suicidal behaviour.

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

- Childline received 30,208 contacts in Q4, 27,622 were answered. There were 1031 contacts regarding Mental Health. 407 anxiety, 154 low mood, 92 depression, 46 loneliness and 342 contacts relating to suicide were recorded this quarter (In 2024 Childline received 125,324 contacts to the phone and chat service, of these 107,730 were responded to).  
*(ISPCC)*
- Six training sessions covering Samaritans Active Listening were delivered in Q4 2024. Two Awareness Presentation sessions were delivered to 4 organisations to approximately 700 attendees. In 2024, Samaritans volunteers in Ireland responded to more than 470,000 calls for help (This figure includes inbound calls, outbound calls, emails, face to face & Listener Scheme contacts).  
*(Samaritans)*
- Spunout recorded 385,850 website visits in Q4 2024. Marking a total of 1.6 million for the year, an increase of 14.7% on 2023. At least 219,735 of Q4 2024 visits were from Ireland, making for a total of at least 828,498 for 2024 (40.3% increase on 2023). 6 million social impressions were reported in 2024.  
*(Spunout)*

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

- In November 2024, First Fortnight launched its 2025 festival programme. As of year's end sales are progressing strongly with a selection of sold out events (Collaborated with 156 artists & 21 technical staff, delivering 69 events to an audience of over 6000 events in 2024). The seasonal team is preparing a choral commission premiering in St Patrick's Cathedral.  
*(First Fortnight)*
- Shine Ambassadors delivered 22 talks in Q4 both in person and online. Training and induction of new Ambassadors took place including presentation skills training and opportunities to shadow other workplace and community talks. The Shine Workplace Programme delivered 13 Workplace Workshops in person (41 Workplace Workshops delivered in 2024).  
*(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.

- Media Monitoring data for 2024 Q1 has been analysed and reported. The 2024 Q2-Q4 reports are expected in 2025 Q2. The Mental Health Media Awards delivered (200 entries across 11 categories). Significant focus on lived experience contributions and Traveller mental health. A sponsor for the 2025 awards secured. Workshops on suicide reporting were delivered to 129 attendees (In 2024, 25 Media Workshops were delivered to 339 attendees).  
*(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 Suicide Prevention Code of Practice has been completed. Suicide Prevention E-Code of Practice work is ongoing. A Taking Action two-day workshop was delivered in Q4 (20 participants & 11 facilitators trained in 2024). In Q4, one Staff Wellbeing Programme, seven Workplace Wellbeing workshops (130 participants in 2024), four SPCOP workshops (60 participants in 2024), three WRAP workshops, one Taking Action 20 day and one Taking Action 5 day were delivered.  
(FRC)
- The GAA Movember "Ahead of the Game" programme was attended by 1500+ players 1000+ Adults to date. Continued support for clubs experiencing critical incidents was delivered Ongoing work to create GAA specific scenarios for LTAS is progressing. Substance Use Workshops are now available for clubs. 269 clubs represented, 3992 players and 2827 parents trained over 2024 in total.  
(GAA)

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

- 17 Wellness Workshop were completed, with 598 individuals registered, 577 attended. (31 Workshops, 949 attendees in 2024). 3 Supporters Workers/Volunteers sessions were completed, with 39 registered, 29 attended (6 Programmes, 46 attendees in 2024). 3 Supporters programme community sessions completed, with 36 registered, 23 attended (9 Programmes in 2024, with 100 attendees. The "You Matter" site received 101 visits, 96 views and Online Wellness Workshop site recorded 331 visits, 5101 views (500 active users and 16258 views in 2024).  
(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.

- National Network 2024 grant data was collected from 11 groups. The National Network met once in Q4 (Four National Network Meetings in 2024). The LGBTQ+ Youth Leadership weekend took place in partnership with NYCI with 41 attendees (536 LGBTQ+ young people engaged in groups ran by NN Grants in 2024). Stand Up Awareness took place, theme focusing on community.  
*(BeLonGTo)*
- First Fortnight saw 151 therapy sessions scheduled for 21 clients relating to NOSP Dublin funding (565 Creative Art Therapy Sessions for 83 adults in 2024). These sessions had a DNA rate of 5%. Children's Programme Scale Out in Q4 saw 158 sessions, 20 clients with 9 DNAs in Kildare, Limerick and Donegal (203 sessions for 26 clients in 2024). We have recruited a therapist in Kerry and delivery begins in 2025 Q1.  
*(First Fortnight)*
- An Eden Programme recently ended in November. SOS received 46 applications and 16 people started. A waiting list was enacted for people who wish to attend the next Eden Dublin programme. 9 people completed the full 26 weeks the programme, 13 people completing to weeks 13 and 11 people to week 19.  
*(SOS)*
- Aware provided 60 Life Skills Programmes in 2024, with 19 in Q4. 233 participants attended these 19 programmes, with 311 participants registering. 4 of these programmes were provided in-person and 15 online. 2 Bipolar Programmes were delivered. 11 programmes were delivered in 2024 with 84 participants.  
*(Aware)*
- In Q4 Dublin Simon prioritized reducing the general counselling waiting list (164 client referrals in 2024). As a result, the average waiting period (non-suicide) has been reduced from 8 weeks to 3 weeks (988 one-to-one sessions across day service & out-of-hours service in 2024). All counselling drop-in clinics in Ushers Island have commenced i.e. recovery, Detox, BBVU, SUSU.  
*(Dublin Simon)*





- TENI received 206 emails and phone calls for support and signposting under NOSP funded activities in Q4 (1,591 email and phone queries in 2024). 117 were from trans community members, 53 from families of trans young people, 20 from educational institutions from primary to 3rd level, and 16 from civil society organisations and workplaces.  
**(TENI)**
- 147 individual service users were recorded by Exchange House Duty Service in Q4 with 663 case entries. 83 female, 35 male and 29 unknown gender. Age ranges included 1 Under-18, 33 aged 18 – 29 years, 43 aged 30 – 39 years, 27 aged 40 –49 range and 20 aged 50+, 23 no DOB. 49% Accommodation, 25% legal/justice, 13% MH/SI (398 cases recorded in total over 2024, 183 Female, 105 Male, 110 Unknown)  
**(Exchange House)**
- LGBT Ireland delivered a total of 15 general LGBTQIA+ Awareness workshops of 4-6.5 hours in length to a total of 216 professionals and 1 webinar with 55 GP practice nurses attending. These workshops included LGBT Champions Training, TUSLA teams, HSE Wellness Teams and more (826 individuals trained in 2024 external workshops, 1407 attendees at lectures/pride talks).  
**(LGBT Ireland)**
- In Q4, ICGP Wellbeing Webinars were held covering Doctor's Health & Wellbeing, Men's Health and the Gut Microbiome. The ICGP Journal Forum delivered an article covering Care for People with ADHD and dilemmas for GP's and Patients. Wednesday Webinar sessions were regularly held (6 Wednesday and 4 Wellness webinars were delivered to 6360 and 647 participants in 2024).  
**(ICGP)**
- Spunout oversaw the creation of 8 new mental health factsheets, making for an annual total of 29, with 24 existing factsheets reviewed this quarter (43 total reviews in 2024). Main content focus areas this quarter: suicidal thoughts, eating disorders/body image, general wellbeing and relationship difficulties.  
**(Spunout)**

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

- In Q4 USI recorded an increase in student engagement. New milestones were achieved including safeTALK training organisation and holding of the National Student Mental Health Conference in November (In 2024, 16 campus visits, 4 in-house training events, conferences & congress were carried out in total).  
**(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.

- MyMind recorded 34,124 appointments in Q4 of which 13,353 low-cost appointment. A monthly low-cost appointment breakdown was recorded. Oct: 1,378, Nov: 1,406, Dec: 1,039 (End of Year figures for 2024 recorded 34,124 appointments, with 13,353 being low-cost appointments and 2,971 grant-funded appointments).  
*(MyMind)*
- Between October and December 2024, Turn2Me delivered 2005 counselling sessions and completed 58 support groups (563 users reserving a place in a group). The main presenting issues in counselling is anxiety, relationship issues, depression and stress (In 2024, 233 Online Support Groups were delivered to 1081 participants in conjunction with 7995 Counselling Sessions).  
*(Turn2Me)*
- Pieta worked with 2,390 unique intervention clients requiring support for suicidal ideation and/or self harm (915 Under 18; 1,475 Adults). A total of 9,955 client appointments were attended. Total 5,916 clients in 2024. 11,993 calls were made to the 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 308 unique clients this quarter (40 Under 18; and 268 Adults). A total of 1,732 appointments were attended. Total 775 Bereavement clients recorded. The SBLO service worked with 187 households in this quarter (526 households in total in 2024).  
*(Pieta)*
- In Q4 2024, 90 HUGG Support Groups took place with 410 attendances; 323 in-person and 87 virtual, facilitated by 202 volunteering acts (In 2024, 336 support group meetings were delivered to 1539 attendees over 656 contact hours). Between Oct to Dec 2024, 56 members attended the groups for the first time. 2 new HUGG groups opened in Nov, in Kerry & Wexford.  
*(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.

- The MHFI CAIRDE Project completed the four final pilot GAT workshops (piloted 5 Connector Workshops & 7 GAT Workshops in 2024), conducted pre/post surveys with participants (650 participants data analysed in 2024), analysed the evaluation data, finalised four papers for submission to international academic journals, refined the content of both CAIRDE workshops, and drew-up a work plan for 2025.  
*(MHFI)*





## Goal 7: Better data and research.

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

- In Q4 2024, the NSRF published 4 peer review papers and a scoping review report on suicide and self-harm studies by researchers in Ireland and Northern Ireland. NSRF researchers hosted a WMHD seminar, a ROSP CPD day, and delivered several presentations and attended steering group meetings (In 2024, 15 projects were carried out through NOSP funding in conjunction with 23 peer review papers, 9 reports and newsletter).  
*(NSRF)*





HSE National Office for Suicide Prevention

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