



NGO strategy implementation  
monitoring report – Q1 2022  
HSE National Office for Suicide Prevention



Connecting for Life



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# 1: Introduction

2022 is the second year of implementation monitoring reporting 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 provides a broad overview of reach and developments in Q1 2022.

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.

In Q1 NGOs have coordinated online events and festivals such as First Fortnight, collaborated on short films, produced animations, podcasts, online mental health resources and signposted to vital support services.

In Q1 Covid-19 continued to have an impact with many NGO partners being forced to cancel or postpone face-to-face training and workshops. In addition, Covid outbreaks in services resulted in reduced staff capacity for some.



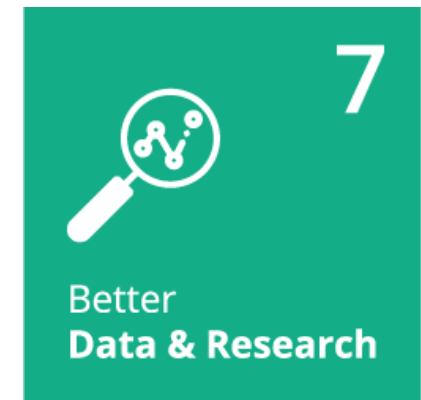
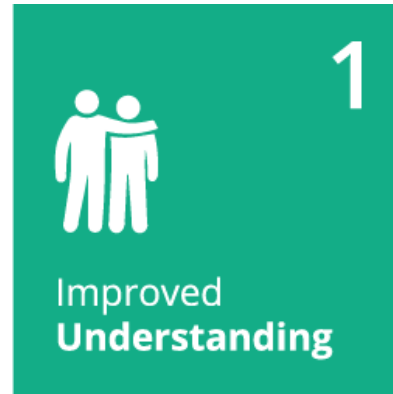


This quarter **updates were received from** 18 CfL NGO implementation partners:

- 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



## 2: Overview of progress on CfL strategic goals





# Goal 1: Improved understanding

1.1 Understanding suicidal behaviour	1.2 Awareness of services	1.3 Reducing stigma	1.4 Media and reporting
<ul style="list-style-type: none"><li>MHFI – As part of the Cairde project - the signposting of construction sites to existing mental health and suicide prevention resources, training and support services</li></ul>	<ul style="list-style-type: none"><li>Childline.ie has added new information articles such as how to cope with bad news and scary world events, sleep and mental health, living with someone who has depression &amp; body image and editing photos.</li><li>Spunout continues provision of specific information to at-risk groups who require more targeted information services (e.g. Disability, Traveller, LGBTI+, Migrants, BIPOC)</li><li>Samaritans - Continued training and awareness sessions with the INOU and FLAC staff,' Continue to support helplines with their callers out of hours.</li><li>GAA - 168 clubs offered places in Phase 5 of the Healthy Club programme. 400 club reps attended national orientation day March 12th. Mental health promoted as key area of work including signposting to #littlethings campaign and safeTALK</li><li>BeLonG To continued to run awareness raising and help seeking encouragement campaigns through social media. Website Visitors: 11,508</li></ul>	<ul style="list-style-type: none"><li>IShine launched the 2021 Green Ribbon Report</li><li>Shines See Change project delivered their workplace programme, 15 workshops and 150 managers participated</li><li>Turn2me in collaboration with Exchange House completing final edits of film 2 and 3 of the John Boy trilogy for launch in Q2</li><li>USI - launched a Mental Health Campaign 'Open Up' which aims to encourage students to open up about mental health. Podcasts featured interviews with BeLonG To and Turn2me.</li><li>Samaritans collaborating with MHFI to support Men's Health week in June. Rural Mental Health Awareness Campaign launched with the Dairy Industry</li></ul>	<ul style="list-style-type: none"><li>Shine's Headline Project:</li><li>Reviewed 2,727 online articles (3,089 for same period in 2021- 12% decrease - likely related to high level of Meghan Markle coverage early March). 590 articles were logged for non-compliance with guidelines during this period (22% of articles)</li><li>Reviewed 161 broadcast segments from 135 separate TV and radio shows. 35 pieces (26%) were logged for non-compliance with guidelines during this period</li><li>Delivered 6 workshops/ information sessions to 49 participants (Profile: media workers from national (3) and regional (10) media orgs.</li><li>Collaboration has begun with The Samaritans to expand the current Press Council Code of Practice to include self-harm and attempted suicide.</li></ul>



## Goal 2: Empowered Communities

2.1 Multiagency community responses	2.2 Accurate information and guidance	2.3 Education and training
<ul style="list-style-type: none"><li>• BeLonGTo held 3 National network meetings in Q1 to provide a forum for knowledge exchange, peer support, &amp; collective planning.</li><li>• GAA supported the aftermath of 15 critical incidents in Q1, including the high profile murder of Aishling Murphy, worked with the HSE's psychological services in providing psychological first aid to the club and community. 8 of the incidents involved deaths by suicide. In all cases, links were made with the respective HSE suicide resource officers.</li></ul>	<ul style="list-style-type: none"><li>• FRC's Mental Health Promotion Project delivered 3 x Suicide Prevention Code of Practice workshops to 41 participants. These sessions were co-facilitated by the three HSE Resource officers for Suicide Prevention in these areas (Ballymun FRC, Kilmovee, Mayo FRC; Downstrands, Donegal FRC)</li></ul>	<ul style="list-style-type: none"><li>• SOS - 12 Wellness Webinars were delivered to the community and in partnership with other mental health service providers, charities, statutory and voluntary organisations in Q1. 427 people registered for Webinars, 153 people attended live and 76 watched recorded replays. Continue to deliver WRAP programmes to community groups and to the Eden Programme participants. 402 people accessed the online version of the Wellness Workshop</li></ul>



## Goal 3: Focus on Priority Groups

### 3.1 Reducing suicide among priority groups

- The Exchange House duty service (Phone & drop ins) supported 117 clients in Q1. Main areas of focus - 53% Accommodation, 26% mental health including suicidal ideation. Presenting issues - homelessness, depression, suicidal crisis, addiction, financial pressure, child protection issues, discrimination,
- Aware continued to deliver its CBT based Adult Life Skills programme: 14 programmes delivered to 313 participants. Life Skills Online: 2 programmes with 390 participants. Living Well with Bipolar Disorder: 5 programmes delivered to 53 participants
- GAA developed a gambling awareness campaign 'JUST STOP' delivered to all clubs, includes signposting to services for problem gamblers who are an at risk group for suicide.
- LGBTIreland trained 252 professionals across 26 training workshops. 1 x webinar to ICGP (190 attendees); 1 x webinar to Youth Libraries (151 attendees); 1 x internal training peer facilitation (6 facilitators trained)

### 3.3 Supports for young people

- Spunout - Mental Health Content Readership total: 100,452 includes Lived Experience Content; Mental Health Literacy; Mental Health Crisis Factsheets
- Childline.ie had 22,886 users in Q 1, with 441 page views relating to suicide. Continued promotion of the Childline listening service and online resources across social media through promoted and organic posts on Facebook, Twitter and Instagram.
- GAA - Over 400 schools participated in the GAA Future Leaders TY programme, which includes a modules on Wellbeing, nutrition and physical activity developed by the Community & Health department.







## Goal 4: Better access to support

### 4.2 Therapeutic Interventions

- Dublin Simon had 70 new referrals for counselling services & delivered 414 hours of 1:1 to referred clients (face to face 121 / remote 293). Main reasons for referral to service was depression-Anxiety-Addiction.
- First Fortnight delivered 116 creative therapy sessions and attended to a minimum of 253 calls over Q1. Since the initial launch of CACTus (Child and Adolescent Creative Therapy Service) in quarter 2, 2021 they have continued to receive interest from services who are seeking to partner. In addition there has been a knock on effect on their adult service as parents of children who have engaged in CACTus, are now seeking creative therapy for themselves. The Adult creative therapy service is also being delivered on an outreach basis in an International Protection Accommodation centre (since Dec 2021) and in Exchange House (since March 2022).
- MyMind provided approx 10,564 appointments, of which 3,546 are at low fees. Free session (Pilot Priority Group Project) completed in Q1: suicidal and self harm 72, LGBT 35, Domestic violence 95, chronic illness 36, asylum seeker 35,
- Pieta House has worked with 2,615 unique intervention clients requiring support for suicidal ideation and/or self harm (1,095 Under 18; and 1,520 Adults). 10,128 calls were made to Pietas helpline during this reporting quarter (Average 112 calls per day). They also received and responded to 16,302 text messages in the period. Pieta's bereavement counselling service worked with 363 unique clients (46 Under 18; 317 Adults). 1,976 appointments were attended (127 of these were initial assessments)
- Turn2Me delivered 647 Adult counselling sessions and 113 support groups in Q1

### 4.3 Support Services

- The Samaritans answered 97,911 calls and 1,442 emails this quarter and provided 16,081 volunteer Listening hours
- The Pieta House Suicide Bereavement Liaison Service (SBLO) service worked with 260 households in this quarter, delivering 1,467 client facing hours in the reporting period .
- SOS commenced the 26 week Eden programme, with 10 participants in Q1, in addition to support groups & wellness webinars.



## 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. In Q1 , developments included: ....
- Identifying potential construction sites to conduct the first wave of field research in.
- Developing a Survey Information Sheet, Informed Consent Sheet and Questionnaire for use on sites.
- Engaging professional translators - from the Irish Translators' and Interpreters' Association - to translate the survey materials into the main languages spoken on the six construction sites that agreed to participate in the first stage of the research (i.e. Polish, Romanian, Latvian, Lithuanian and Brazilian Portuguese).
- Receiving completed surveys from 615 respondents. These were completed on both day and night shifts - to ensure the widest possible diversity of trades, nationalities and geographic location.
- Signposting a number of the construction sites to existing mental health and suicide prevention resources, training and support services - as an interim measure before the CAIRDE package is operational.





## Goal 6: Reduced access to means

### 6.2 Lethal methods

- The Samaritans .....Linking with wider Samaritans work on High Risk Locations;



## Goal 7: Better data and research

### 7.4 Research and Evaluation Plan

- Shine - Research being conducted by Just Economics on the language of mental health. Initial report completed. Other research collaborations as follows:
- NUI Galway and Ulster University on-going
- Work continuing on Headline's 'High Profile Suicides' research piece regarding Caroline Flack case study.



# HSE National Office for Suicide Prevention – June 2022

