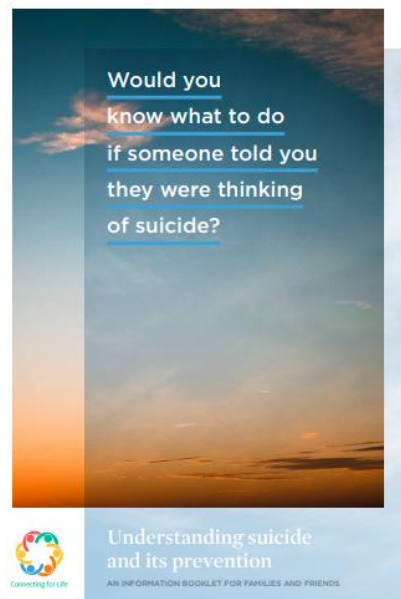
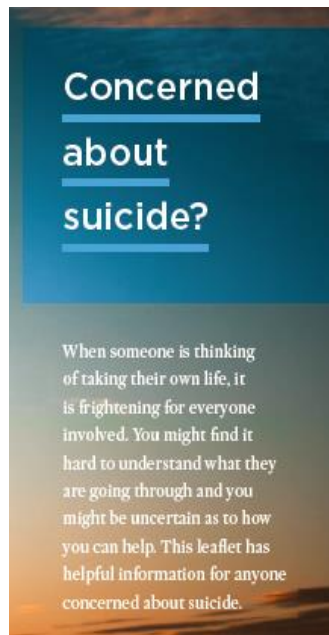


Information booklets

Please find links below to a range of booklets and leaflets on suicide, self-harm, suicide bereavement, mental health and local//national services. Most of these materials can be ordered and delivered free of charge from the mental health section of www.healthpromotion.ie/publications.

Suicide and self-harm



- [Concerned about suicide?](#)
- [Concerned about suicide?](#) (Russian)
- [Concerned about suicide?](#) (Polish)
- [Would you know what to do if someone told you they were thinking of suicide?](#)

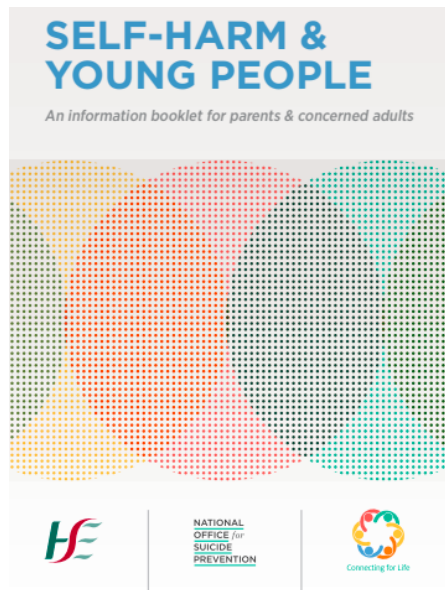


Responding to a person in suicidal distress
A guidance document for public-facing staff or volunteers



[Responding to a person in suicidal distress](#)





- [Self-harm and young people](#): An information booklet for parents and concerned adults
- [Self-harm: Information for young people](#)

Mental health

- [Looking after your mental health when you have financial difficulties](#)
- [Looking after your mental health for LGBTI+ people](#)
- [Looking after your mental health in later life](#)
- [Farm and rural stress, help is at hand](#)

Suicide bereavement

- [If you have been bereaved by suicide](#)
- [Supporting children and young people bereaved by suicide](#)
- [Supporting someone bereaved by suicide](#)
- [Pieta House Suicide Bereavement Liaison Service](#)
- [You are not alone](#): Help and advice on coping with the death of someone close

Information on local and national supports and services

[illegible]

 **Connecting for Life**
Cavan and Monaghan

If you are feeling low or distressed, please just talk about it with someone...

EMERGENCY / CRISIS NUMBERS:

YOUR LOCAL GP OR NORTH EAST DOCTOR ON CALL 1850 777 911	GARDAI / EMERGENCY SERVICES 999 / 112	THE SAMARITANS 116 123 Tel: 087 969 0800 jo@samaritans.org
DOMESTIC VIOLENCE SERVICE TEARMAINN AND NATIONAL HELPLINE 1800 341 900	24/7 SUICHÉ HELPLINE 1800 247 247 TEXT: 'HELP' TO 51444 (PULSE MONS)	AWARE SUPPORT LINE 1800 80 48 48 Email: support.tmail@aware.ie
NATIONAL RAPE CRISIS 24/7 HELPLINE 1800 778 888 Email: counselling@nrc.ie	CHILDLINE 1800 666 666 TEXT: 'TALK' TO 50101	FARM AND RURAL STRESS HELPLINE 1800 742 645

OTHER SUPPORTS:

TEARMAINN DOMESTIC ABUSE SERVICE 047 2311 Supporting Women www.tearmainn.ie	NATIONAL LGBT HELPLINE 1800 929 539	MABS (Mental Health Action Support Bureau) 0761 072 000	MENTAL HEALTH IRELAND www.mentalhealthireland.ie
SHINE 086 683 5422 Supporting People Affected by Mental Health Problems www.shine.ie	ONLINE COUNSELLING www.lets-talk.ie	GROW (GROWING OUR VOICES) 1800 674 614 Supporting those experiencing mental health problems	PARENT LINE 1800 927 277 www.parentline.ie

PLEASE TAKE A PHOTO OF THIS POSTER

 Please scan the code to download the poster

 **Information on Suicide Risk**
Health Service Executive

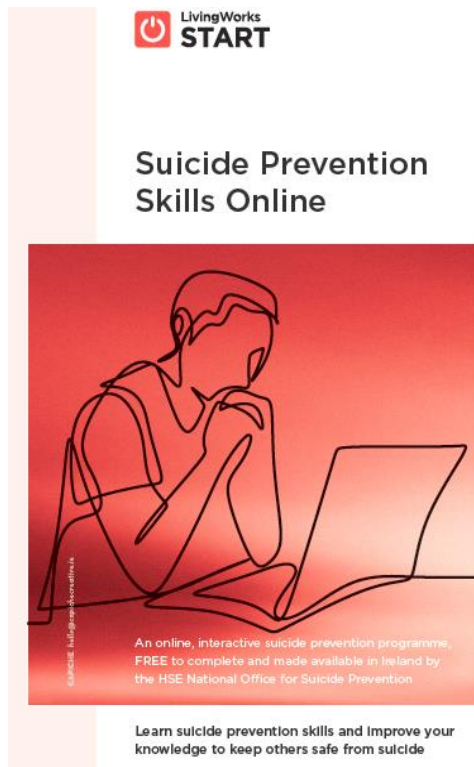
Learn about mental health and how to support your self and others by visiting www.mentalhealth.ie

[illegible]

Please get in touch (details below) if you would like:

- Copies of any materials listed above that are not available on health promotion;
- To discuss the option of the content outlined above being provided to your staff/team through an online presentation.

START - online suicide prevention awareness training programme



LivingWorks Start – Free, online, interactive suicide prevention programme

For anyone over 18 years

Not been recently bereaved by suicide

Not already completed safeTALK or ASIST

Has access to a PC to complete the course online

Takes 90 minutes to complete

Contact emer.mulligan@hse.ie to register for the programme

The Start online suicide prevention awareness programme is for anyone over 18 years who has not already completed safeTALK or ASIST.

See information leaflet attached above and a link to register to complete the course here – [START Booking Form](#)

Contact details: Emer Mulligan, Resource Officer for Suicide Prevention, HSE Cavan Monaghan.

Email: emer.mulligan@hse.ie

Tel: 086 1717563



www.healthpromotion.ie/publications