

WELCOME Note

This is our fifth Connecting for Life Cork newsletter and its purpose is to keep you updated on the implementation of Connecting for Life Cork, the suicide and self-harm reduction plan for the city and county.

Work stream groups have been established to deliver on key targets over the lifetime of the plan and this newsletter contains updates on the work of all workstreams



Issue Five



An insight into the implementation of Connecting for Life Cork

An exciting new developments for Cork – the Health and Wellbeing Community Referral Project.

WHAT IS IT?

This is a service that fosters overall health and wellbeing by supporting people to connect with local resources and participate in activities and groups in their own community.

Through participation, we work on building positive physical, mental and social health. This programme is based on the Social Prescribing Model.

Sláintecare have approved funding to allow for a further four sites across Cork to roll out community referral, in Mallow, Midleton, Adrigole and Ballincollig.

Rolling out this programme is a key action for the Connecting for Life Health and Wellbeing workstream.

HOW IT WORKS

You can be referred to a link worker by a GP, a healthcare worker or by yourself.

THE LINK WORKER WILL

- Meet you to identify what activities you might like
- Assist you to try something new
- Support you to participate
- Continue to check on your progress.
- Arrange a follow up meeting
- Discuss your progress and continue on with your activity.

For More Details contact:
Community Resource Centre & Creche,
Lower Friars Walk,
Ballyphehane,
Cork
021 –4319085

New suicide Bereavement Liaison Service for Cork and Kerry

The new Suicide Bereavement Liaison Office provides a prompt and proactive response in the aftermath of a suicide. The SBLO can respond after 48 hours to a family or individual offering approximately eight visits over a period of time.

- To provide information while offering emotional and practical support to those bereaved by suicide, enabling them to access follow on services if required.
- To assist with any concerns or various reactions that family members or the wider community are experiencing.
- Offers ongoing support by providing one to one support in the home or a place where the individual or family feel comfortable and safe, in addition the SBLO offers telephone and group support.
- The SBLO is involved with community response from organisations, clubs etc. (this occurs when the SBLO is invited to give the community response presentation)
- Offers support or assistance around the time of the coroners inquest.

The SBLO is a HSE suicide postvention bereavement service operated by Pieta House. In Cork and Kerry Community Health Care the service operates three days per week Monday/Tuesday/Thursday.

How families can contact the SBLO service-

Families can make direct contact with the SBLO themselves either via phone or email (see contact details below):

Services such as Gardai, Mental Health Services, GPs, victim support or others can request permission from the family bereaved through suicide to:

- a) give the SBLO service the family's contact details and the SBLO will ring the family or
- b) offer the family the SBLO's contact details and the family can make contact with the SBLO service directly themselves.

Contact details for this service are:
Ms. Geraldine Burke,
Suicide Bereavement Liaison Officer
Email: Geraldine.burke@pieta.ie
Phone: 085 8706714

Highlights from the work streams and actions:

Mental Health and Wellbeing Fest

We were delighted to hold Cork's first mental health and wellbeing Fest in the City Hall in October. This event was attended by more than 50 local services all displaying their programs and services to the general public.

We were very grateful for the City Hall staff and management for their support in allowing the use of the Concert Hall on the day. The focus of this event was to showcase the services available and to launch the calendar of events around the city and county for Cork's Mental Health and Wellbeing Fest..

A working Group Lead by Teresa McElhinney (Senior Health Promotion Officer) was able to compile a booklet of more than 100 events around the county, with great support from local services. We wanted to especially thank the Sing your Heart Out choir from the NICHE project for added a musical element on the day.

Photos from the day appear on this page



A Christmas message from Head of Mental Health Services Cork Kerry Community Healthcare, Sinead Glennon

While the Christmas period is an exciting and happy time for many people, it can also prove to be a very stressful and challenging time for others. I would like to thank everyone involved in the implementation of Connecting for Life Cork for their on-going help in reminding members of the public that they are not alone. It's important to be aware that support is available all year around for those who may be overwhelmed or are experiencing emotional distress.

Help and support is just a phone call away by ringing any of the following 24/7 free phone helpline numbers:

- Pieta House - 1800 247 247
- The Samaritans 116 123 or text 'help' to 087 2609090
- Childline 1800 666 666, or text 'talk' to 50101

Also a person can contact their own GP or South Doc (the HSE out of hours GP service which can be contacted on 1850 335 999, for more information visit: www.southdoc.ie).

The back page of this newsletter contains these details in an easy to display format, and some people find it useful to have them stored in their phones. Posters and leaflets highlighting free 24-hour phone lines available to everyone can be downloaded from www.connectingforlifecork.com.

I'd also like to remind people to look after their mental health and wellbeing over the Christmas period, www.yourmentalhealth.ie has useful advice from the 'Little Things' National Mental Health campaign, regarding the choices that we can all make to eat well, exercise regularly, ensuring to get enough sleep, drinking alcohol responsibly, to doing things with others - all of which can help us maintain good mental and physical health.

I would like to take this opportunity to thank everyone involved in Connecting for Life Cork your commitment, dedication and hard work throughout the year and to also wish you all a very happy Christmas and a prosperous New Year.

Training & Education in Suicide Prevention & Self-harm Awareness in Cork



Helena A. Cogan
Resource Officer for Suicide Prevention
Mental Health Services, Cork Kerry Community Healthcare

Since 2004 Cork Kerry Community Health Care have facilitated the delivery of FREE Suicide Prevention Training workshops in Cork to over **19,000** people. These training programmes include: The **safeTALK** half day workshop which helps people become more alert to the signs of suicide in those who may be at risk. The **ASIST** 2 day more intensive Suicide Intervention Skills Training which helps people to gain more knowledge and skills to intervene with someone who may be at risk of suicide, people may apply to attend ASIST after they have completed safeTALK. More recently the 1 day **Understanding Self-harm Training** has been introduced to Cork, this training helps people to become more aware of what lies beneath a person's choice to self-harm and explores useful ways to support them to look at alternatives to self-injury.

In **2018**, during the year, across Cork Kerry Community Health Care 1,922 people attended safeTALK training, 181 people attended ASIST and 207 people attended the Understanding Self-Harm training. We would like to thank sincerely our community partners in Cork who have hosted training programmes over many years; your contribution is invaluable and greatly appreciated!!

Working collaboratively with our community partners is essential to ensure the delivery of these training programmes which aim to enhanced skills, knowledge and confidence in supporting those at risk of suicide or those who engage in self-harm in Cork, and this will continue under the actions outlined in Cork's local Connecting for Life plan which aims to reduce incidents of suicide and self-harm in Cork.

For More Information on these Training Programmes please email: SP.enquiries@hse.ie

Need to talk?

Help is a phone call away



Free-phone 24/7 on **116 123**

Text **087 2609090**

Email: jo@samaritans.ie



Call **1800 247 247**

Email: info@pieta.ie



Free-phone 24/7 **1800 666 666**

Text "Talk" to **50101**

Go to www.childline.ie

If you are in crisis please contact your local GP. Out of hours, contact SouthDoc on 1850 335 999 or your nearest Emergency Department.

For further information and a list of other supports please access:

www.yourmentalhealth.ie

www.bereaved.ie

Issued by the HSE/Cork Kerry Community Healthcare

