



Connecting for Life



# Connecting for Life

*Galway, Mayo and Roscommon*

## Suicide Prevention Action Plan 2018-2020



Building a  
Better Health  
Service

Seirbhís Sláinte  
Níos Fearr  
á Forbairt

National Office for  
Suicide Prevention



- Development of Local Action Plan took place during 2017
- Large consultation process throughout Galway, Mayo and Roscommon
- Publication of and Launch of Action Plan in Quarter 4 2017
- Based on Connecting for Life, Ireland's National Strategy to reduce Suicide 2015 - 2020 and reflective of local needs
- 7 Goals/118 Local Actions

*“A region where fewer lives are lost through suicide, and where communities and individuals are empowered to improve their mental health and wellbeing”*

# Local Implementation Structures



# Connecting for Life: Priority Groups



## **Health/mental health related groups:**

People with mental health problems of all ages, those who have engaged in repeated acts of self-harm, people with alcohol and drug problems and people with chronic physical health conditions.

## **Minority groups:**

Members of the LGBTI community, members of the Traveller community, people who are homeless, people who come in contact with the criminal justice system (e.g. prisoners), people who have experienced domestic, clerical, institutional, sexual or physical abuse, asylum seekers, refugees, migrants and sex workers.

## **Demographic cohorts:**

Middle aged men and women, young people and economically disadvantaged people.

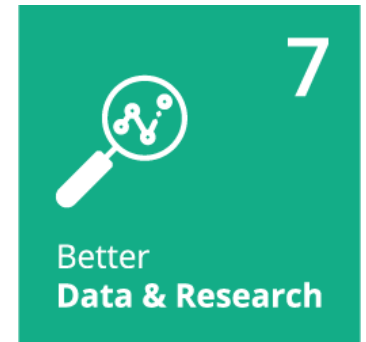
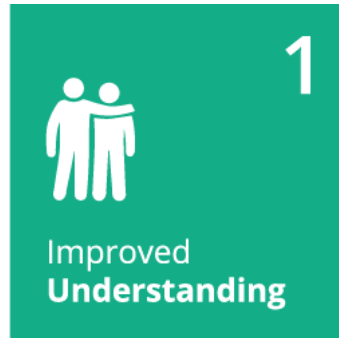
## **Suicide related:**

People bereaved by suicide.

## **Occupational groups:**

Healthcare professionals, professionals working in isolation, e.g. veterinarians, farmers.

# Seven Strategic Goals



# Extracts from Connecting for Life Galway, Mayo and Roscommon



'Continue to promote awareness of mental health as an issue universal to us all and not something that "others" are afflicted by'.  
(Roscommon, Submission No. 4)

'I get great support from my mental health nurse. She really makes the difference for me in how I'm being looked after. I can reach out to her, which in itself is a great feeling of support. Please maintain this kind of support. It is vital for us psychiatric patients'.  
(Galway, Submission No. 202)

'To help prevent suicide, become more aware of the signs of suicidal thoughts and find out how to guide people to the resources they need'.  
(Galway, Submission No. 120)

'Caithfimid an "cultúr" a athrú sa gcaoi gur feidir linn labhairt faoi ár meabharsláinte chomh maith le chuile ngé eile dár sláinte'.  
'We need to change the culture so we can talk about our mental health as well as everything else'.  
(Submission as Gaeilge, No. 1)

*'Sometimes the right word, at the right time, can avert a tragedy'*  
(Mayo, Submission No. 63)

'I can't stress how important it is to talk. As a teenager who overcame mental illness, I am proud to say that with the support of friends and family, I can talk about it with no shame after years of hiding it away for fear of embarrassment. I feel talking with someone you care about should be promoted a lot more in Ireland. "Destroy what destroys you" and you'll have a lot more teens who will be willing to talk'.  
(Galway City, Submission No. 89)

'More focus is needed for people living in isolation in rural Ireland'  
(Roscommon, Submission No. 44)

*'Don't discriminate based on gender, age  
and class in assuming people will be ok'*  
(Galway City, Submission No. 140)



Connecting for Life



Roscommon Castle, Roscommon Town,  
Co. Roscommon

[www.connectingforlifegmr.ie](http://www.connectingforlifegmr.ie)

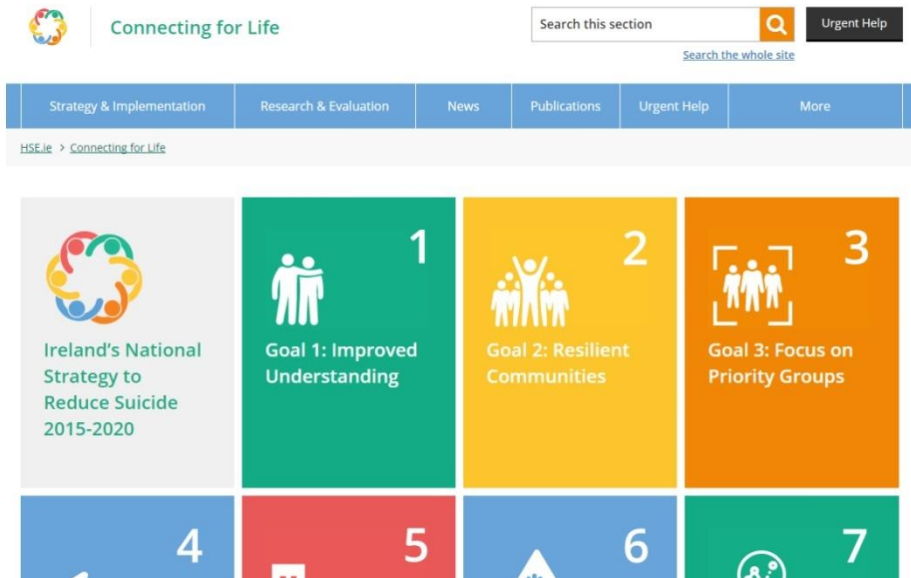
*Roscommon Castle*

# More Information



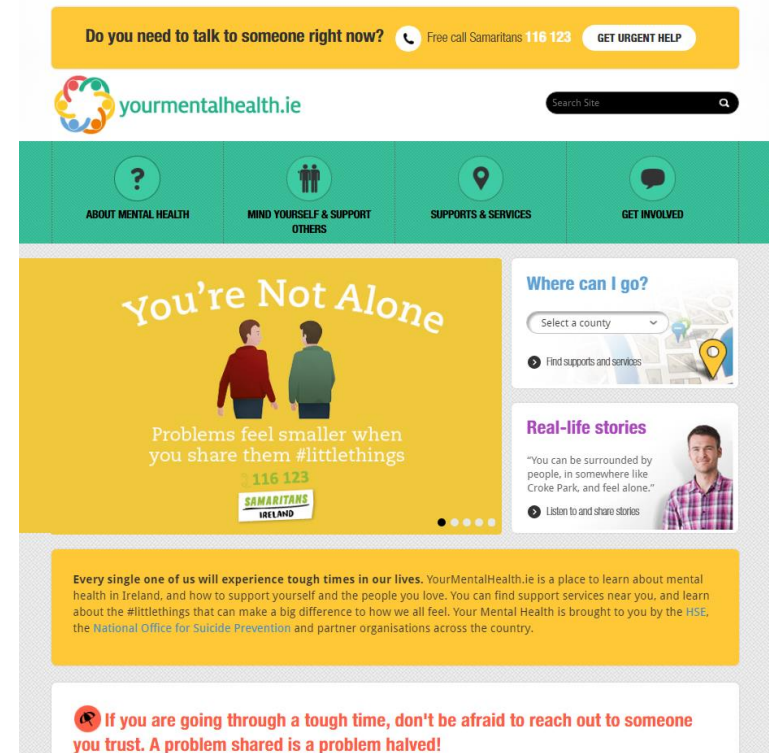
[www.connectingforlifeireland.ie](http://www.connectingforlifeireland.ie)

*Connecting for Life* strategy information



[www.yourmentalhealth.ie](http://www.yourmentalhealth.ie)

*Public-facing  
Mental health information & support  
Nationwide directory of services  
Events and training*



## Resource Officers for Suicide Prevention

Galway City and South and West Co. Galway – Mary O’Sullivan: [mary.osullivan@hse.ie](mailto:mary.osullivan@hse.ie)

Mayo – Siobhan Mc Brearty: [Siobhan.mcbrearty@hse.ie](mailto:Siobhan.mcbrearty@hse.ie)

Roscommon and North and East Co. Galway – Mary Mc Grath: [Mary.Mcgrath9@hse.ie](mailto:Mary.Mcgrath9@hse.ie)