

CONTACT DETAILS

Mick Collins,

Resource Officer for Suicide Prevention
HSE Mid West (CHO 3) Mental Health Services,
St. Joseph's Health Campus,
Mulgrave Street, Limerick.
061 461454 / 061 461320 / 087 104 2096
Email: michaela.collins@hse.ie



For information and / or to register to participate on any of the Suicide Prevention Training programmes in the Mid West, please go to:

<https://bookwhen.com/suicidepreventiontrainingmw>



**SCAN TO
VISIT WEBSITE**

Email: srotraining.lcnt@hse.ie
Phone: 061 461454

CONNECTING FOR LIFE MID WEST SUICIDE PREVENTION ACTION PLAN



Connecting for Life
Mid West

HSE Mid West
Community Healthcare

Connecting for Life, Ireland's National Strategy to Reduce Suicide 2015-2020 sets out a vision where fewer lives are lost through suicide, and where communities and individuals are empowered to improve their mental health and wellbeing.

Connecting for Life Mid West Suicide Prevention Action Plan sets out specific local actions to deliver the 7 goals of the National Strategy, within the context of HSE Mid West Community Healthcare area (Limerick, Clare and North Tipperary).

The plan ensures engagement with other HSE divisions, statutory, community and voluntary groups to support a more coordinated and integrated suicide prevention service.

Please visit www.connectingforlifemidwest.ie for further information.

This vision will be achieved through seven goals:

1. Better understanding of suicidal behaviour
2. Supporting communities to prevent and respond to suicidal behaviour
3. Targeted approaches for those vulnerable to suicide
4. Improved access, consistency and integration of services
5. Safe and high-quality services
6. Reduce access to means
7. Better data and research.

OFFICE FOR SUICIDE PREVENTION, MID WEST

The Office for Suicide Prevention, Mid West is part of the HSE Mental Health Services. We are involved in the prevention, intervention and postvention of suicide. The work of our office is informed by the *Connecting for Life Mid West Suicide Prevention Action Plan*.

WHAT SERVICES CAN YOU AVAIL OF FROM THE OFFICE FOR SUICIDE PREVENTION, MID WEST?

- Provide information and signposting to those vulnerable to self-harm or suicide and their supporters.
- Deliver suicide prevention training to communities and professionals.
 - **START** (Online training for all)
 - **safeTALK** (for all)
 - **ASIST/ ASIST Tune Up** (for all)
 - **Understanding Self-harm** (for all)
 - **Bereavement Workshop for Professionals** (professionals only)
 - **Bereavement Workshop for Communities** (following a suspected suicide)
 - **Suicide Mitigation Training** (via ICGP - for GPs only)
 - **STORM** (for professionals)
- Respond to suspected suicides and suspected suicide clusters. e.g. *Community Bereavement Workshop*.
- Whole population approaches e.g. *Green Ribbon Campaign - Say No To Mental Health Stigma*.