



Connecting for Life
Cavan and Monaghan

Connecting for Life Cavan Monaghan Support for people at risk of suicide

- Information for front line workers and concerned adults
- Emer Mulligan, HSE Resource Officer for Suicide Prevention
- December 2020

Overview

1. Supporting someone at risk of suicide – information and training

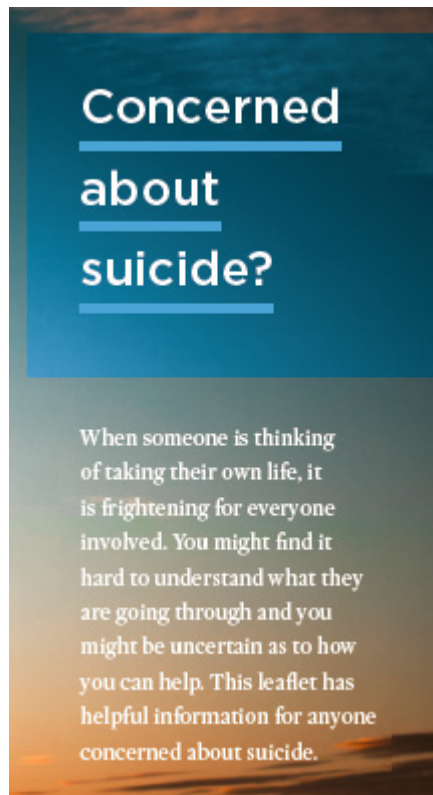
2. Supports and services available - based on stepped care model

1. Supporting someone at risk of suicide

Please refer to the following resources for guidance:

<https://www.healthpromotion.ie/publication/fullListing?category=Mental+Health&searchHSE=>

<https://www.hse.ie/eng/services/list/4/mental-health-services/connecting-for-life/publications/responding-to-a-person-in-suicidal-distress-a-guidance-document.html>



Responding to a person in suicidal distress

A guidance document for public-facing staff or volunteers



Causes of suicide

Often complex and multiple in nature

Typically, a number of stressors are present for each individual

Presence of certain risk factors such as mental illness e.g. depression can increase an individuals risk of contemplating suicide

Presence of certain protective factors such as ability to access and accept help decrease a persons risk

Key Risk Factors

Previous suicide attempt

Mental health problem

Alcohol or drug misuse

Hopelessness, sense of isolation, lack of social support

Stigma associated with help-seeking behaviour

Major physical illness or chronic pain

Life/situation events – loss of job, relationship, access to means

Barriers to accessing health care, including mental health and substance abuse treatment

Key Protective Factors (WHO)

Strong personal relationships

Religious or spiritual beliefs

A lifestyle practice of positive coping strategies and wellbeing:

- An optimistic outlook, emotional stability and a developed self-identity.
- Good self-esteem, self-efficacy and effective problem-solving skills which include the ability to seek help when needed.
- Healthy lifestyle choices which promote mental and physical wellbeing - include regular exercise and sport, sleeping well, a healthy diet, consideration of the impact of alcohol and drugs, talking about problems, healthy relationships and social contact and effective management of stress.

Warning Signs

Actions

- Loss of interest in sport, leisure, hobbies.
- Withdrawal (family, friends, school, work)
- Misuse of alcohol, drugs
- Impulsive/reckless behaviour

Physical

- Lack of interest in appearance
- Disturbed sleep
- Change/loss of appetite, weight
- Physical health complaints

Warning Signs

Words

- “All of my problems will end soon”
- “I am a burden to everyone”
- “I just can’t take it any more”

Feelings

- Desperate
- Worthless
- Lonely
- Hopeless
- Helpless

Steps for helping

- Take all threats seriously
- Acknowledge the person's feelings
- Listen; Use of silence - Let them talk
- Encourage the person to express their feelings
- Offer support
- Remove anything that could be lethal
- Don't leave the suicidal person alone
- Don't promise confidentiality
- Don't give quick advice – everything will be alright
- Don't be afraid to talk about suicidal thoughts and feelings

Supporting someone at risk of suicide

Four steps to support someone:

Step One – Let the person know you are concerned about them

Step Two – Ask about suicide

Step Three – Listen and understand

Step Four – Take all threats seriously

Steps for helping

Step One – Let the person know you are concerned about them:

- “I noticed some changes in you lately and I am worried about you. I am here if there is anything you would like to talk about”
- “You don’t seem yourself. Would it help to talk?”
- “How long have you been feeling like this?”

Steps for helping

Step Two – Ask about suicide:

- “Are you having thoughts of suicide”
- “Sometimes when people are feeling... (for example, lonely or hopeless) they may be thinking of suicide. Are you thinking of suicide?”

Steps for helping

Step Three – Listen and understand:

- Listen without judgement or blame.
- Give them space to explain what is going on and how they feel.
- Acknowledge their feelings:
 - “It sounds like you’re dealing with a lot at the moment”
 - “I’m really sorry to hear that you’re feeling like this right now”
 - “If you want to tell me more, I’m here to listen”

Steps for helping

Step Three – continued

- Avoid responses which reject how they are feeling, lessen how they feel or try to change their view of the situation.
- Examples of what NOT to say:
 - “It’s not that bad”
 - “Things will get better”
 - “How could you be so selfish?”

Steps for helping

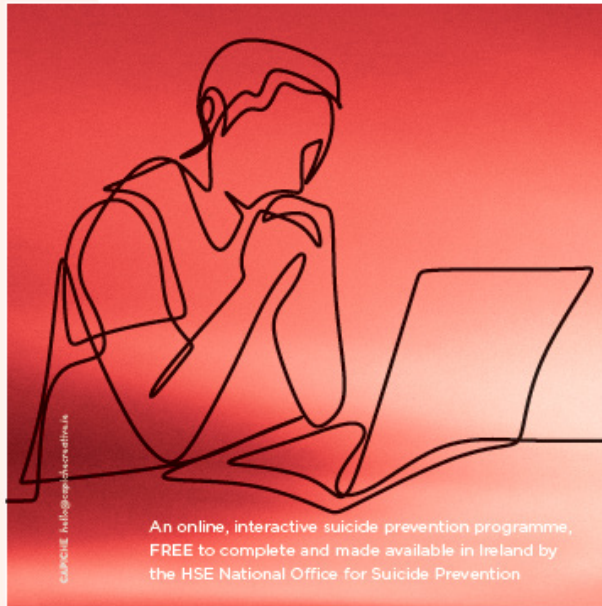
Step Four – Take all threats seriously.

- Remove anything they may use to harm themselves.
- Don't leave them alone.
- Don't promise confidentiality.
- Focus on their positive strengths – previous coping strategies, anyone who helped in the past or who might help now?
- Get professional help – GP, family members, friends or dial 999/112 in crisis situation

Supporting someone at risk of suicide



Suicide Prevention Skills Online



Learn suicide prevention skills and improve your
knowledge to keep others safe from suicide

START - online suicide prevention awareness training 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

2. Signposting to further support

Phone and Online Support

Samaritans -116 123
or Pieta 1800 247
247

Childline – 1800 666
666

Crisis Text Line – Text
50808

www.mymind.org or
www.turn2me.ie

Primary care & Community support

HSE Primary Care
Psychology (GP referral)

Pieta Crisis Counselling -
0818 111 126

Pieta House SBLO
Service - 085 870 6591

Family Resource Centre
Counselling x 4

Counselling in Primary
Care - 1890 252 563

Specialist Mental Health Services

Adult Mental Health –
via GP referral

CAMHS – via GP
referral

Out of hours NE Doc
on Call – 1850 777 911

Call 999 or 112 or go
to CGH ED

Signposting to further support

HSE Information - www.hse.ie/eng/hselive/ or 1850 241 850

www.hse.ie/coronavirus

www.yourmentalhealth.ie or call 1800 111 888

Cavan Monaghan Wellbeing & Recovery Facebook page

www.healthpromotion.ie

www.cavanmonaghanservices.ie

Signposting to further support

Self-help resources

Stress Control online - www.stresscontrol.ie

CAWT Innovation Recovery College Online Courses - (086) 606 9480

Mental health podcasts and online workshops –
www.mentalhealthireland.ie

Suicide or Survive - Wellness Webinars - www.suicideorsurvive.ie

Self-directed online programmes: Psychological First Aid -
www.coursera.org

Quality assured mobile apps – MindShift, Headspace, ClearFear

Additional Resources



Connecting for Life
Cavan and Monaghan



Help is at hand for your emotional well-being and mental health during COVID-19

If you are experiencing distress or are worried about someone, please contact your GP, or out of hours North East Doc on Call, or go to your local Emergency Department



24 hours a day

7 days a week

Cavan General Hospital E.D.

Emergency Services

North East Doctor on Call

Pieta House

Samaritans

Text 50808

Emergency Support

Emergency Support

Urgent out of hours GP Care. 6pm - 8 am, Mon - Fri and 24 hrs at weekends

24/7 Free therapeutic support for those in suicidal distress or those who engage in self harm

Emotional Support Service

Free 24/7 anonymous messaging service for people in crisis

Call: (049) 437 6000

Call: 112 or 999

Call: 1850 777 911

Call Free: 1800 247 247 / Text HELP to 51444
www.pietahouse.ie

Freephone: 116 123 or email: jo@samaritans.ie

Text YMH to 50808, anytime day or night / www.text50808.ie

Mobile Apps

These mobile apps can help you manage anxiety and stress

Clear Fear

Headspace

MindShift

ClearFear uses CBT to focus on learning to breathe, relax and be mindful as well as changing thoughts and behaviours and releasing emotions

Headspace teaches meditation and easy to use mindfulness skills

MindShift CBT teaches about anxiety, helping users to engage in healthy thinking and to take action

Get it in the App Store or on Google Play

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Supports for young people

BeLonG to

Childline

Jigsaw

Spunout

Teenline

Supporting Lesbian, Gay, Bisexual & Trans Young People in Ireland

Confidential phone and text support for children and young people up to 18yrs

Mental health support and advice for young people aged 12-25 years

Youth information website created by young people, for young people aged 16-25 years

National active listening service for children and young people up to 18 years

Call: 01 670 6223 / email: info@belongto.org

Call Free: 1800 666 666 Free (24/7)
Text Talk to 50101 (Free) 10am-4am / www.childline.ie

Call Free: 1800 544 729 / www.jigsaw.ie

www.spunout.ie

Call Free: 1800 833 634 Free (24/7) / www.teenline.ie

Counselling and other supports

ALONE

Aware Helpline

Bereavement

Covid-19 dedicated support line for older people

Listening service, support and information for those experiencing depression or bipolar disorder or those concerned about family and friends

Information and support

Call: 0818 222 024 (8am to 8pm Monday to Friday) www.alone.ie

Call Free: 1800 804 848 (10am-10pm) / www.aware.ie

Irish Hospice Foundation Helpline: 1800 807 077 (10am-1pm)
www.bereaved.ie / www.childhoodbereavement.ie

Additional Resources - Cavan



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Service	Contact Details
HSE Primary Care Psychology, Cavan	Phone 049 435 3100 for information - referrals are accepted from your GP/ Health Care Professional
HSE Child & Adolescent Mental Health Services	This service is accessed via GP referral
HSE Adult Mental Health Services	This service is accessed via GP referral
Pieta House Suicide Bereavement Liaison Officer	Contact Kathryn on 085 870 6591 or email kathryn.mcaree@pieta.ie
Pieta House Crisis Counselling Service	Contact Grainne on 0818 111 126
ISPCC Cavan Childline Therapeutic Support Service	Contact Jean on 087 233 4534, or email jean.rooney@ispcc.ie
Youth Work Ireland	www.facebook.com/BounceBackYouthService / Instagram: www.instagram.com/ywi_cm/ or Snapchat: bouncebackys
Foroige	Contact Sharon on 086 779 1685 or email sharon.ivers@foroige.ie
Cavan Monaghan Rainbow Youth	Contact Barry on 087 219 3904, @CAMrainbowyouth

Additional Resources - Cavan



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Service	Contact Details
Focus Family Resource Centre, Killeshandra	Killeshandra Counselling Service – contact Angie or Kay on 086 609 9965 or 049 436 4065, or email focusfrc@gmail.com
Teach Oscail Family Resource Centre, Cavan	Contact Tara on 049 437 2730 or email info@teachoscailfrc.ie and also ltreanor@teachoscailfrc.ie
Cavan Traveller Movement	Contact Chrissie on 087 175 3007 or email chrissiectm@gmail.com
SOSAD Cavan	Call 049 432 6339 24 hours a day, 7 days per week or email sosadcavan@gmail.com
Tusla Prevention Partnership & Family Support, Cavan	Contact Antoinette on 049 436 9800
Cavan County Local Development	Contact 049 433 1029 @cavancountylocaldevelopment
Tearmann Domestic Violence Service	Contact 085 810 2433, or 087 365 4101 or email tearmanndvs@eircom.net
Cavan Drug & Alcohol Service	Call 049 437 9160 or email info@cdatrust.ie
An Garda Siochana, Cavan office	Contact 049 436 8800 or in an emergency phone 999 or 112

Additional Resources - Monaghan

Service	Contact Details
Monaghan Community Call Helpline	1800 804 158 Text HELP followed by your name to 50555
ALONE Support Line for older people	0818 222 024
HSE Primary Care Psychology, Monaghan	Phone 047 30429 for information - referrals are accepted from your GP/Health Care Professional
HSE Child & Adolescent Mental Health Services	This service is accessed via GP referral
HSE Adult Mental Health Services	This service is accessed via GP referral
Pieta House Suicide Bereavement Liaison Officer	Contact Kathryn on 085 870 6591 or email kathryn.mcaree@pieta.ie
Pieta House Crisis Counselling Service	Contact Grainne on 0818 111 126
ISPCC Monaghan Childline Therapeutic Support Service	Contact Audrey on 087 360 3742 or email audrey.rabbitte@ispcc.ie

Additional Resources - Monaghan



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Service	Contact Details
Youth Work Ireland Snapchat: bouncebackys	www.facebook.com/BounceBackYouthService/ Instagram: www.instagram.com/ywi_cm/
Foroige	Contact 047 71663 www.facebook.com/monaghan.foroige/
Cavan Monaghan Rainbow Youth	Contact Barry on 087 219 3904, @CAMrainbowyouth
Clones Family Resource Centre	Contact Angela on 086 178 5710
Teach Na Daoine Counselling Service, Monaghan	Contact Packie on 087 925 4565 or email info@teachnadaoine.com
Monaghan Drug & Alcohol Service	Call 047 75528 or email info@cdatrust.ie
SOSAD Carrickmacross	Call 042 966 8992 086 045 9168 24 hours a day, 7 days per week or email sosadcarrick@gmail.com
Tusla Prevention Partnership & Family Support, Monaghan	Contact Charlene on 042 979 5623
Monaghan Integrated Development	Contact 042 974 900 or email info@midl.ie
Tearmann Domestic Violence Service	Contact 085 810 2433, or 087 365 4101 or email tearmanndvs@eircom.net
An Garda Siochana, Monaghan office	Contact 047 77 200 or in an emergency phone 999 or 112

Contact Details

Emer Mulligan

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