

Oifig Náisiúnta an FSS um Féinmharú a Chosc HSE National Office for Suicide Prevention

Annual Report 2024



This report was published in May 2025 and is available to download at www.nosp.ie or www.connectingforlifeireland.ie

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The HSE National Office for Suicide Prevention (NOSP) acknowledges people with lived experience of mental health difficulties, suicide and self-harm, and the experiences of people who have been bereaved by suicide, carers, families or supporters. We are always mindful that suicide prevention work is underpinned by these real experiences, and remember real lives that have been lived, and that have been lost.

The initiatives outlined in this report, are targeted to ultimately prevent suicide – by providing a wider understanding of suicidal behaviour and preventative interventions in Ireland, with a view to influencing policy and practice intended to save lives in the future. However, sometimes this type of content can be sensitive, upsetting or triggering to read. We encourage readers to be mindful of this, and to be aware of their own needs and self-care in this space.

- Listening support is available anytime day or night, from Samaritans on Freephone 116 123,
 visit www.samaritans.ie.
- Text support is available anytime day or night, from spunout Text About It text HELLO to 50808,
 visit www.textaboutit.ie.
- Suicide and self-harm prevention and bereavement services are available from Pieta,
 visit www.pieta.ie.
- More information on mental health, services and supports is available at www.yourmentalhealth.ie.
- · Information on using safe and sensitive language about suicide and self harm, is available here.

Ilf you are a journalist or media professional covering a suicide-related issue, consider the Samaritans Ireland Media Guidelines for Reporting Suicide and Preventing Suicide, a resource for media professionals (World Health Organisation) because of the potentially damaging consequences of irresponsible reporting. In particular, the guidelines advise on terminology to use and to include links to sources of support for anyone affected by the themes in any coverage.

yourmentalhealth.ie



text about it



Foreword



from Grace Rothwell

I am very pleased to introduce this 2024 Annual Report from the HSE National Office for Suicide Prevention (NOSP). This report serves as both an instrument of accountability and provides insights into the breadth and complexity of the suicide prevention work we, as an organisation, are proud to do for our whole population.

During 2024 and into 2025, the delivery of six new Health Regions as part of our innovative reform agenda, has been a priority across the entire organisation. The establishment of the Health Regions, along with the restructured national Centre of the HSE, represents a significant step in the implementation of Sláintecare. This reform is central to delivering person-centred health and social care services that are responsive to

the specific needs of individuals and communities in each region, thereby improving care and support at every stage of life.

I am pleased to welcome the HSE NOSP to the Access and Integration Team in this reconfigured HSE Centre. In Access and Integration, we work closely with the new Health Regions, the Clinical Directorate and the Planning and Performance function to support and enable the Health Regions to deliver on their operational responsibilities and other identified priorities. We drive national improvement programmes across hospital and community services by enabling the Health Regions and providing assurance to the HSE CEO on matters arising – underpinned by a focus on improving care and patient outcomes.

Our Team now encompasses for example, Mental Health, Older Persons, Primary Care, Social Inclusion Acute Services and Health and Wellbeing. This national function provides fresh opportunities for the HSE NOSP to work strategically and collaboratively with multiple other experts, to drive forward a comprehensive and effective suicide and self-harm prevention agenda.

Into 2025, we have now arrived at a critical juncture in this work. With Connecting for Life under evaluation, and planning for our next national strategy under way in the Department of Health, I am firmly committed to supporting the Team in the HSE NOSP as they navigate these developments. Suicide is complex, and there are very few of us who have not been impacted by suicide in our lives – personally, professionally or within the health services we provide. I want to earnestly thank all the Team at the HSE NOSP, and those who work tirelessly in collaboration with them, for your efforts to reduce the levels of suicide across our communities, and for the significant achievements in 2024 that are outlined in this report.

Grace Rothwell

HSE National Director, Access and Integration

Introduction



from John Meehan

On behalf of the HSE National Office for Suicide Prevention (NOSP), I am proud to introduce this Annual Report for 2024. The initiatives and developments outlined in this report are the result of concerted efforts and contributions across the HSE and many other agencies. While the HSE NOSP is the designated lead for implementing Connecting for Life, Ireland's National Strategy to Reduce Suicide, progress would not be possible without our partners, without whom our collective success would not happen, and our shared challenges in preventing suicide, could not be overcome.

Looking back, some notable achievements during 2024 include:

- The participation of almost 16,000 people in suicide and self-harm prevention, and postvention training nationwide. The office also launched Let's Talk About Suicide – a free, introductory online suicide prevention training program available to everyone, that takes just 60 minutes to complete.
- Allocating over €8m to our nationally-funded NGO partners, who deliver on a comprehensive, essential range of services, supports and initiatives in line with our objectives of Connecting for Life.
- Resourcing and supporting the body of work of over 20 HSE Resource Officers for Suicide Prevention
 (ROSPs) across the country. Critically, they coordinate the development, and support the implementation of
 regional suicide prevention action plans. They work to assist all relevant local services and stakeholders in
 implementing the relevant actions of each plan.
- Progressing specific initiatives in partnership with others, for example to: deliver improved suicide
 bereavement knowledge, supports and services; better understand and prevent suicide in public places;
 reduce the levels of paracetamol-related intentional drug overdose in Ireland, and; promote the safe and
 sensitive reporting of suicide, in the media.
- Commencing the overarching evaluation of the implementation of Connecting for Life, in order to provide robust learning that will help to inform our next national Government strategy to reduce suicide.

As we arrive to a period of change – structurally in the HSE and strategically in suicide prevention – the HSE NOSP remains focused on delivering an effective programme of suicide and self-harm prevention, and postvention initiatives, in close partnership with others. In particular I would like to take this opportunity to acknowledge the Department of Health, for their steady stewardship of the national implementation structures associated with Connecting for Life, and for ensuring positive participation with so many other lead agencies and Government departments. I also express my gratitude to the cohort of HSE Resource Officers for Suicide Prevention and other HSE colleagues who collaborate daily with the HSE NOSP across a broad spectrum of initiatives and projects. I also extend my heartfelt thanks to the entire HSE NOSP team for their work and ongoing efforts throughout 2024 and beyond. Your work to prevent suicide and realise the overarching vision of Connecting for Life – of an Ireland where fewer lives are lost to suicide – is truly appreciated.

John Meehan

HSE Assistant National Director, Access and Integration, and Head of the National Office for Suicide Prevention (NOSP)

Section 1.0

Background and context

1.0. Background and context

1.1. The HSE National Office for Suicide Prevention (NOSP)

The HSE National Office for Suicide Prevention (NOSP) was established to strategically lead on suicide prevention efforts across the HSE and in collaboration with multiple partners. This work is underpinned by Connecting for Life, Ireland's National Strategy to Reduce Suicide. The HSE NOSP sits within Access and Integration in the HSE.

The HSE National Service Plan describes the high-level context for the work of the HSE NOSP. It sets out the services to be provided to the people of Ireland for the investment entrusted to the HSE. These commitments to services and developments are also in line with the HSE Corporate Plan 2021–2024.

The HSE National Service Plan outlines key objectives that include the ongoing implementation of actions and recommendations in Sharing the Vision, a Mental Health Policy for Everyone (2020) and Connecting for Life, Ireland's National Strategy to Reduce Suicide.

As a whole-of Government strategy, Connecting for Life requires the HSE NOSP to provide a strategic view of implementation progress, and within an implementation structure established in 2015. The HSE NOSP fulfils a central role in this implementation structure.

Furthermore, the HSE NOSP is a specifically named lead for, or supporting partner of, actions in additional frameworks and strategies, or significant national projects such as Sharing the Vision, a Mental Health Policy for Everyone 2020-2030, HSE Child and Youth Mental Health Office Action Plan 2024-2027 and Stronger Together, the HSE Mental Health Promotion Plan 2022-2027.



Internationally, the HSE NOSP also has representation on additional networks, such as the UK and Ireland Roundtable Network of Suicide Prevention Leads (including representatives from England, Scotland, Wales and Northern Ireland), the International Association for Suicide Prevention (IASP) (a proactive forum that creates strong collaborative partnerships and promotes evidence-based action to reduce suicide and suicidal behaviour internationally) and the Global Leadership Exchange (GLE) (which connects mental health leaders to help spread innovation and best practice to improve mental health and addiction services around the globe).

1.2. Areas of work

The core work streams within the HSE NOSP encompass strategy coordination, education and training, NGO support, local implementation support, suicide bereavement, monitoring and evaluation, communications and clinical advisory.

The team in the HSE National Office for Suicide Prevention (NOSP)

1.2.1. Strategy Coordination

The Strategy Coordination work stream in the HSE NOSP focuses specifically on the lead agencies assigned to actions in Connecting for Life. There are 22 lead agencies, mainly across Government departments and health settings (HSE and non-HSE). The HSE NOSP engages with these agencies to ensure an appropriate level of commitment is assigned to their Connecting for Life actions, to advise on, and support the approaches required to deliver on assigned actions and to maintain the close cross-sectoral relationships and partnerships that are required to ensure successful implementation of the strategy.

1.2.2. Education and Training

The Education and Training work stream in the HSE NOSP has oversight of the national delivery of a suite of evidence-informed training programmes in suicide prevention, intervention and postvention. The Connecting for Life Education and Training Plan and accompanying Quality Assurance Framework provide the overarching frameworks to support the coordination, quality assurance, monitoring and evaluation of education and training actions identified in in the strategy. This work also aims to build the capacity of Government departments, funded agencies, the HSE, community organisations, groups and individuals to identify and respond appropriately to people at risk of suicide and self-harm.

1.2.3. NGO Support

The HSE NOSP works directly with the non-governmental organisation (NGO) sector – presently 22 agencies receive national funding from the Office to deliver on work aligned with the objectives and actions in Connecting for Life. Services and initiatives delivered across this diverse sector play a decisive role in advancing suicide and self-harm prevention, postvention and mental health promotion efforts in Ireland.

This work stream focuses on relationship management with these funded agencies. Together with HSE Finance, the HSE NOSP manages the Service Level Agreements with each organisation and undertakes ongoing and regular assessment of service activity levels against agreed schedules.

1.2.4. Local Implementation Support

This work stream supports the local implementation of Connecting for Life, primarily through the network of over 20 HSE Resource Officers for Suicide Prevention (ROSPs) working across areas nationwide. Reporting within local structures, the HSE ROSPs coordinate the development and support implementation of regional Connecting for Life Suicide Prevention Action Plans, each aligned to the national strategy.

The HSE NOSP provides funding support to the implementation of actions and the delivery of suicide prevention training at a local levels. The office also supports the network of ROSPs in an advisory capacity and maintains a two-way collaborative relationship with the group.

Collectively, ROSPs collaborate as part of a Learning Community of Practice (LCOP), which provides a formal mechanism for efficient and effective sharing of knowledge, skills and experience for the 22 Officers.

The LCOP serves as a reference group for the HSE NOSP and HSE Mental Health, advising on issues relating to suicide prevention at local and community level.

1.2.5. Bereavement

The Suicide Bereavement work stream in the HSE NOSP focuses on the coordination of supports for people bereaved by suicide, as outlined in the Improving Suicide

Bereavement Supports in Ireland report, as well as engagement with providers of general bereavement supports, both internally in the HSE, e.g., Palliative Care and with external partners, e.g., Irish Hospice Foundation.

The work is aligned with the objectives and actions in Connecting for Life to improve the uniformity, effectiveness and timeliness of support services to families and communities bereaved by suicide.

1.2.6. Monitoring and Evaluation

The Monitoring and Evaluation work stream focuses on monitoring the progress of the implementation of Connecting for Life and works with a range of stakeholders and experts in the area of suicide prevention to drive and guide this work.

In order to monitor, routinely track, and report on priority information about the strategy, the HSE NOSP uses continuous processes of collecting and analysing data on specified indicators. The HSE NOSP monitors the implementation of 69 actions across Connecting for Life, as outlined in implementation plans.

Evaluation analysis helps the HSE NOSP Team and other key stakeholders gain a better understanding of all aspects of their work, from design through implementation and on to completion and subsequent consequences. The Monitoring and Evaluation work stream also designs, implements and manages a broad programme of research work that informs different aspects of the strategy and approaches to particular projects, actions and objectives.

1.2.7. Communications

The Communications work stream supports the overall communications requirements of the Office, and those associated with Connecting for Life and its national implementation. Regular channels and areas of oversight include: online content (specifically www.connectingforlifeireland. ie and www.nosp.ie); social media (LinkedIn, Bluesky, X); NOSP reports, publications and print; other public information (leaflets, resources, World Suicide Prevention Day); email newsletter; press and media (with support of HSE Press Team); written correspondence (including collating responses to Parliamentary Questions, or preparing material for Oireachtas committees, reps and briefings); and events (online, in person).

1.2.8. Clinical Support

The Clinical Advisor in the HSE NOSP supports all other work streams in the Office, providing clinical oversight, advice and input to all projects and initiatives underway. The Clinical Advisor also has leadership in advancing communications, education and training, and research projects, in specific clinical and healthcare settings.

1.3. Connecting for Life, Ireland's National Strategy to Reduce Suicide

Connecting for Life – launched in 2015 – is Ireland's National Strategy to Reduce Suicide. It sets out a vision of an Ireland where fewer lives are lost through suicide, and where communities and individuals are empowered to improve their mental health and wellbeing.

1.3.1. Background

Connecting for Life has provided a comprehensive plan, based on the best international evidence, for how we can reduce levels of suicide in our country. Achieving the outcomes set out in Connecting for Life remains a complex undertaking. Nevertheless, evidence and experience from around the world shows that measurable improvements in suicide prevention and self-harm can be made by involving the whole community – with the whole of Government and all of society working in unison.

Connecting for Life has 69 actions, under 7 strategic goals.

- Goal 1: To improve the nation's understanding of and attitudes to suicidal behaviour, mental health and wellbeing.
- Goal 2: To support local communities' capacity to prevent and respond to suicidal behaviour.
- Goal 3: To target approaches to reduce suicidal behaviour and improve mental health among priority groups.
- Goal 4: To enhance accessibility, consistency and care pathways of services for people vulnerable to suicidal behaviour.
- Goal 5: To ensure safe and high-quality services for people vulnerable to suicide.
- Goal 6: To reduce and restrict access to means of suicidal behaviour.
- Goal 7: To improve surveillance, evaluation and high-quality research relating to suicidal behaviour.















The HSE NOSP has responsibility for developing implementation plans for the strategy. These plans set out the agreed milestones for each of the 69 actions. They describe the strategic and operational agenda needed to drive the implementation of the strategy.

- Connecting for Life, Ireland's National
 Strategy to Reduce Suicide
- Connecting for Life
 Implementation Plans
- Connecting for Life
 Interim Strategy Review

1.3.2. Implementation monitoring of the strategy in 2024

The Connecting for Life National Cross
Sectoral Steering and Implementation
Group coordinates Government departments
and agencies to maintain progress in

implementation of the strategy. In 2024, this group met quarterly (on 11th April, 4th July, 3th October and 5th December).

The National Cross Sectoral Steering and Implementation Group's role is to review and drive the implementation of Connecting for Life, applying a cross-sectoral approach. The group is chaired by the Department of Health and it connects upward to the Cabinet Committee on Social Policy and Public Service Reform – which has suicide prevention as a regular agenda item.

To facilitate the work of the Group, the HSE NOSP uses a monitoring system, which includes monitoring 'dashboards'. The office collates updates from lead agencies assigned to actions in the strategy, on milestones as set out in the Implementation Plans. Lead agencies mark milestones as 'on track', 'off track' or 'needing attention'. They are also requested to highlight any issues arising that may be hindering the implementation of actions. These issues are brought to the attention of members of the National Cross Sectoral Steering and Implementation Group for discussion and resolution, if possible.

In 2024, the HSE NOSP published quarterly progress reports that were provided to the group. These provide summaries of implementation progress from both statutory lead agencies and NGO (non-governmental organisation) partners.

- Connecting for Life 2024 Progress

 Reports Quarters 1, 2, 3 and 4

 (Statutory and NGO)
- Connecting for Life Cross Sectoral
 Steering and Implementation Group terms of reference, membership, meeting
 agendas and meeting minutes (gov.ie)

Membership of the National Cross-sectoral Steering and Implementation Group in 2024 included:

Siobhán McArdle, Department of Health CHAIR

Siobhán Hargis, Department of Health

Niamh Richardson, Department of Health

Ian Smith, Department of Tourism, Culture, Arts,

Gaeltacht, Sport and Media

Annette Doherty, Department of Rural and Community Development

Des Connolly, Defence Forces

Hugh O'Reilly, National Educational Psychology Service, Department of Education

Sharon Eustace, Department of Education

Christopher McCamley, Department of Social Protection

Ellen Stewart, Department of the Taoiseach

Adam Gunning, Department of Children, Equality,

Disability, Integration and Youth

Alice Wainwright, Department of Justice

Enda Kelly, Irish Prison Service

Emer Clarke, HSE Mental Health

Dr Eamon Keenan, Clinical Director of the HSE South Western Area Addiction Service

Aisling Sheehan, HSE Health and Wellbeing

Aleisha Clarke, HSE Health and Wellbeing

Ciaran Browne, HSE Acute Operations

Krystian Fikert, MyMind.org (NGO rep)

Nicola Byrne, Shine (NGO rep)

Professor Ella Arensman, NSRF

John Canny, Department of Agriculture

Claire O'Kelly, Tusla

Dr Brian Osborne, Irish College of

General Practitioners

Marina Duffy, The Local Government

Management Agency

John Meehan, HSE NOSP

Sarah Woods, HSE NOSP

Ciaran Austin, HSE NOSP

Professor Philip Dodd, HSE NOSP

Dr Gemma Cox, HSE NOSP

Elaine Murphy, Health and Safety Authority

Calum Fabb, Comisiún na Meán

1.3.3. Evaluation of the strategy in 2024

In 2024 the Centre for Effective Services (CES) was awarded the contract to design and undertake a mixed methods evaluation of the implementation and (intermediate) outcomes of Connecting for Life. The evaluators were asked to:

- Evaluate the implementation of Connecting for Life
 - Undertaking an assessment of the strategy content.
 - Undertaking an assessment of the (top-down) implementation of the strategy.
 - Undertaking an assessment of the (bottom-up) area level implementation of the strategy.
 - Undertaking an assessment of the ongoing need for Connecting for Life as a policy intervention.
 - Identifying lessons learned from Connecting for Life's implementation, to improve the efficiency and/or effectiveness of any future associated strategies.
- Evaluate the intermediate outcomes of Connecting for Life by
 - Evaluating the extent to which Connecting for Life's activities and individually funded projects are achieving the agreed intermediate outcomes (as stated in the strategy document).
 - Undertake an assessment of the contribution (if any) of the strategy to systems change.
 - Identify what can be done to improve outcomes measurement (and impact assessment) of (future) suicide prevention activities.

Ethical approval for this low-risk study was secured via UCD Ethical Research Committee. While this was being processed the evaluators prepared a review of best practice in suicide prevention strategy design and implementation and evidence-based suicide prevention strategies. Once ethical approval was obtained, fieldwork commenced. To this end, in 2024 the team:

- Conducted 25 semi-structured online interviews with Connecting for Life national stakeholders including a range of Government departments and agencies, the HSE NOSP team, NGO representatives and HSE ROSPs.
- Carried out 5 bellwether interviews with influential people, including academics, senior Government officials, and policy makers in mental health and suicide prevention whose positions require that they track a broad range of policy issues.
- Hosted 3 Rapid Insight Sessions with Connecting for Life stakeholder groups.
 Rapid Insight methodology is a modified type of focus group that gathers large groups to professional into a tightly managed, virtual forum to share system experiences and intelligent. Three groups were held with the following stakeholders:
 - + HSE Resource Officers for Suicide Prevention.
 - Representatives from the different NGO partners' organisations that are funded by the HSE NOSP to deliver on work alighted with the Connecting for Life objectives.
 - Representatives for the 22 Government department and agencies who are involved in the implementation of Connecting for Life actions and who are representatives on the National Cross Sectoral Steering Group.

- Prepared and launched two national surveys to capture the views of Connecting for Life implementation partners across Ireland. One for HSE ROSPs which focused on the unique experiences, challenged and success encountered by them in Connecting for Life implementation. The second survey was designed for those who actively support Connecting for Life initiatives locally (but are not ROSPs). It focused on Connecting for Life's reach, engagement, integration and sustainability at the local level.
- The Connecting for Life Evaluation Advisory Group workshopped CES's proposed evaluation criteria to assess the extent to which the strategy's activities and individually funded projects are achieving the agreed intermediate outcomes. As part of this methodology the HSE NOSP Evaluation Manager (with partners) prepared a comprehensive document presenting multiple lines of evidence of work done under Connecting for Life towards achieving each of the intermediate outcomes identified in the strategy. The evaluation team will using the agreed criteria to judge the credibility of the evidence presented by the HSE NOSP.
- In 2024, an Interim Evaluation Report was provided and the evaluation team will continue to analyse data and write up the research findings.

1.3.4. Connecting for Life, Evaluation Stakeholder Group

In 2024 a Connecting for Life Evaluation Stakeholder Group was established to support the evaluation process. This group of diverse stakeholders with different perspectives engage with the HSE NOSP and the evaluators (CES) regularly throughout the evaluation process. The purpose of the group is to ensure that stakeholder perspectives are understood and properly considered during the evaluation process. It provides a forum for dialogue between the evaluation team and Connecting for Life's principal stakeholders with interests in the evaluation, at each key stage of the study process. More specifically, members of the group are asked to:

- Represent the views of their stakeholder group in relation to the evaluation of Connecting for Life and its activities, and where possible, the views of wider stakeholders.
- Consider the scope and terms of reference for the study and provide a steer on stakeholder needs and priorities.
- Review and provide feedback at key stages in the study process, such as the interim and final study outputs.
- Facilitate a stakeholder voice and communicate information to a wider group of Connecting for Life stakeholders.

The Evaluation Stakeholder Group comprises the following members:

Dr Eve Griffin, CEO NSRF CHAIR

Moninne Griffith, CEO BelongTo

Nicola Byrne, CEO Shine

Sandra Taylor, HSE ROSP

Mary McGrath, HSE ROSP

Barry Kestell, Department of Health

Derek Chambers, HSE Mental Health

Fiona Tuomey, Lived Experience Representative / CEO HUGG

Sarah Woods, HSE NOSP

Dr Gemma Cox, HSE NOSP

Dr Katerina Kavalidou, HSE NOSP



Connecting for Life Implementation Structure

1.3.5. Connecting for Life, HSE Cross-divisional Implementation Group

The HSE Cross-divisional Implementation Group provides strategic direction on the implementation of 40 Connecting for Life actions, for which the HSE is assigned as lead. The group is chaired by HSE Mental Health Operations. Membership includes representatives from HSE Mental Health Operations, HSE NOSP, Mental Health Heads of Service (x2), HSE ROSPs (x3), HSE Primary Care, HSE Health and Wellbeing and HSE Acute Operations.

1.3.6. Connecting for Life, Data and Intelligence Advisory Group (DIAG)

The Connecting for Life DIAG was established to support the implementation and evaluation of the strategy, and to inform the work through effective application of data, information and intelligence relevant to the prevention of suicidal behaviour in Ireland.

The main areas of activity include, but are not limited to:

- The Irish Probable Suicide Deaths Study (IPSDS): carry out further data collection, data analysis and reporting of findings; set out implications of findings and recommendations for Connecting for Life and post-Connecting for Life suicide prevention strategy and action in Ireland.
- Implementation and evaluation of Connecting for Life: meet data and intelligence requirements and provide support.
- Planning for post-Connecting for Life suicide prevention: identify data and intelligence requirements, and generate/ acquire relevant data, as required.
- Suicide statistics: collaborate with the National Suicide Research Foundation (NSRF) and Central Statistical Office (CSO) to improve the timeliness and reliability of data on suicide and self-harm in Ireland.
- Deaths by suicide in mental health services: contribute to the data completeness project between the Health Research Board (HRB) and the HSE (National Incident Management System) NIMS, as required.
- Ensure alignment of Connecting for Life with relevant suicide data recommendations in Sharing the Vision, A Mental Health Policy for Everyone (2020).

 In collaboration with appropriate bodies in Northern Ireland, promote an all-Ireland approach to the generation, collection, analysis and dissemination of data and intelligence on suicide and self-harm.

The membership of the DIAG (at November 2024) was:

Professor Siobhan O'Neill, *Professor of Mental Health Sciences, Ulster University and Mental Health Champion for Northern Ireland* CHAIR

John Meehan, HSE NOSP

Professor Philip Dodd, HSE NOSP

Dr Brian Farrell, Dublin District Coroner emeritus

Dr Katerina Kavalidou, HSE NOSP

Dr Suzi Lyons, Health Research Board (HRB)

Dr Gemma Cox, HSE NOSP

1.3.7. Connecting for Life, Expert Advisory Group (ExAG)

The purpose of the Connecting for Life ExAG is to provide advice and guidance to the Head of the HSE NOSP and HSE NOSP Management Team on a range of strategic and operational issues relating to the implementation and evaluation of Connecting for Life and post-Connecting for Life arrangements for suicide prevention in Ireland. The ExAG also provides oversight of the DIAG. In 2024 the ExAG functioned primarily as a governance structure for the overarching evaluation of Connecting for Life. To this end, the group which met approximately 6 times assisted in:

- Prioritising and determining the strategic focus of the evaluation.
- Developing a robust and credible evaluation process.
- Securing ethical approval for a low-risk study (Via UCD's Research Ethics Committee).
- Identifying strategic themes arising from the initial evaluation finding.

The ExAG comprises the following members:

John Meehan, HSE NOSP (Chair)

Professor Ella Arensman, NSRF

Emer Clarke, HSE Mental Health

Dr Paul Corcoran, NSRF

Professor Barbara Dooley, University College Dublin

Dr Claire Hickey, Houses of the Oireachtas

Professor Agnes Higgins, Trinity College, Dublin

Sally Lovejoy, HSE National Clinical Programme for Self-harm and Suicide-related Ideation

Dr Katerina Kavalidou, HSE NOSP

Dr Gemma Cox, HSE NOSP

Throughout 2024 the ExAG members were invited to all DIAG meetings, as focus was largely on population level data on suicide (e.g., IPSDS or CSO) and self-harm – therefore relevant to the Connecting for Life evaluation.





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your mental health.ie Section 2.0

What was delivered in 2024

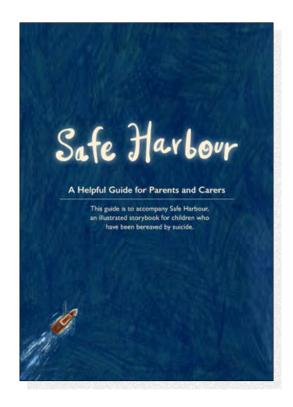
2.0. What was delivered in 2024

2.1. Key achievements

The following are some notable projects delivered during 2024, by or with the HSE NOSP and in line with objectives and actions in Connecting for Life.

2.1.1. Safe Harbour

The HSE launched Safe Harbour – a new, free illustrated story book that supports children who have been bereaved by suicide – in June. Written by Patricia Forde and illustrated by visual artist Bronagh Lee, this resource empowers parents or carers to have difficult conversations safely with their child around this sensitive topic. Safe Harbour, which is accompanied by a practical guide outlining how parents or carers can use the book with their child, was developed by bereavement experts, professionals and people with lived experience.



The development of Safe Harbour, and its accompanying resources was led by HSE ROSPs in Dublin South, Kildare, West Wicklow (HSE Dublin and the Midlands), in partnership with the HSE NOSP, Irish Childhood Bereavement Network within Irish Hospice Foundation and with additional support from HUGG (Healing Untold Grief Groups), Pieta and Barnardos Ireland.

► FURTHER INFORMATION

2.1.2. European Grief Conference

The HSE NOSP was a proud sponsor – along with HSE Acute Operations and Palliative Care – of the European Grief Conference in 2024. Irish Hospice Foundation hosted this conference for the first time in Ireland, in partnership with the Bereavement Network Europe (BNE), RCSI University of Medicine and Health Sciences and the Danish National Center for Grief.

This conference brought together national and international researchers, practitioners, and educators to learn, share and feel inspired to collaborate around the development and implementation of effective and culturally sensitive bereavement care responses across Europe. A specific programme of suicide postvention research and knowledge featured across the 3 day event.

Key suicide postvention presentations and features at the Conference included:

- Talking to children bereaved by suicide

 'Safe Harbour' a suite of resources
 to support families and professionals.

 Presenters: Maura Keating and Niamh

 Crudden.
- Finding Hope and Healing After Suicide:
 Designing and delivering a suicide
 postvention activity to adults bereaved
 by suicide using an iterative approach.
 Presenter: Fiona Tuomey.
- Physical and mental health impacts of suicide bereavement: Findings from a national household survey in Ireland. Presenter: Grace Cully.
- Identifying the needs of young people and their families bereaved by suicide.
 Presenter: Grace Cully.
- Maternal Suicide: Is being a mother no longer a protective factor against suicide?
 Presenter: Katerina Kavalidou.



- Suicide postvention is prevention:
 The design and implementation of a national suicide bereavement programme of work. Poster presentation: Oliver Skehan.
- Peer Support Groups: Results from a pilot programme for Health Service Executive Resource Officers for Suicide Prevention in Ireland. Poster presentation: Siobhán McBrearty.
- Enfranchising Suicide Grief; Facilitating Continuing Bonds with an Annual National Hybrid Suicide Bereavement Remembrance Service for Families, Community Groups and Professionals. Poster presentation: Fiona Tuomey.
- Exploring Posttraumatic Growth in Individuals Bereaved by Suicide:
 A Secondary Data Analysis of a National Survey. Poster presentation: Eve Griffin.
- 'Prolonged Grief Disorder': Exploring perspectives. Plenary panel discussion: Chair Philip Dodd.

Safe Harbour

Safe Harbour is an illustrated storybook for children who have been bereaved by suicide and is dedicated to bereaved children and families in Ireland.

This first-of-its-kind book is

written by current Laureate na nÓg, Patricia Forde and illustrated by Bronagh Lee, a visual artist working in illustration, book design, drawing and painting. This lovingly crafted storybook will offer some small measure of help and hope to children and families navigating the trauma of bereavement by suicide.

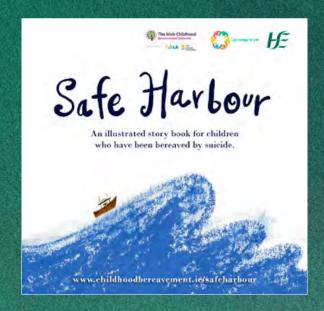
Safe Harbour was officially launched by Mary Butler, TD, Minister for Mental Health and Older Persons in June 2024.

The book is accompanied by Safe Harbour:

A Helpful Guide for Parents and Carers – a practical guide outlining how parents or carers can use the book with their child and how they can navigate difficult conversations about death by suicide.

The use of storybooks with accompanying guidance is proven to be helpful to supporting parents or carers have hard conversations with children.

The mix of words and pictures in storybooks offers a supportive and powerful way to talk about this hard subject by giving the parent or carer the opportunity to open a space for children to express their emotions.









Kevin Brady, Niamh McGuinness, Mary O'Kelly, Niamh Crudden, John Meehan, Maura Keating, Dr Yolande Ferguson and Prof Philip Dodd at the launch of Safe Harbour (photo credit: Photocall Ireland)

Improving awareness of, and access to suicide bereavement supports and services in Ireland, is an important objective for the HSE, particularly in the context of Connecting for Life, and this storybook and guidance fulfils this objective.

The development of Safe Harbour, and its accompanying resources was led by HSE ROSPs in Dublin South, Kildare, West Wicklow (HSE Dublin and the Midlands), in partnership with the HSE NOSP, Irish Childhood Bereavement Network within Irish Hospice Foundation and with additional support from HUGG (Healing Untold Grief Groups), Pieta and Barnardos Ireland. Parents or carers of bereaved children have also worked closely with this Group, the author and the illustrator, to ensure the most meaningful, respectful and responsible approaches throughout.

This invaluable resource has been continually updated throughout the year and Safe Harbour is now available in both Irish language and braille versions.



Author Patricia Forde reading Safe Harbour

Further to this, the Working Group has also developed a second storybook, in which the child's mother dies and is supported by their father, ensuring the book has a wider appeal of support for those families bereaved by suicide.

For more information or to download Safe Harbour, visit www.childhoodbereavement.ie/safeharbour/

2.1.3. Global Leadership Exchange

The Global Leadership Exchange (previously IIMHL) is an organisation connecting world leaders in mental health, disability and substance use. It creates space for sharing ideas, knowledge and best practice to help spread innovation and change lives.

As part of the 2024 international Leadership Exchange in the Netherlands, the HSE NOSP was proud to co-host an associated 'Match' event for international delegates in Cork. The 2-day 'Comprehensive Suicide Prevention Match' was co-hosted by the National Suicide Research Foundation, Department of Health, and University College Cork (UCC) with GLE2024 partners SAMSHA (Substance Abuse and Mental Health Services Administration, USA) and the Mental Health Commission of Canada.

Site visits included to the <u>UCC Assert</u>

<u>Centre</u> and HSE Crisis Resolution Services
and <u>Solace Café in Cork</u>. Key themes for
discussion and strategic focus with delegates
included:

- Integrative approaches to real-time selfharm and suicide surveillance in relation to national suicide prevention programmes, in accordance with the Public Health Model.
- Sharing knowledge and experience in suicide prevention approaches towards priority groups, in particular first nation populations and transgenerational impacts.
- Long-term sustainability of national suicide prevention policy, instead of moving from strategy to strategy over time.
- Expanding collaboration in suicide prevention and research from high-income to low- and middle income countries.
- Building capacity and preparedness in suicide prevention in the context of future Public Health Emergencies – sharing intelligence and support resources across countries.

- Barriers and facilitators related to upscaling and wider implementation of evidence-based suicide intervention and prevention programmes.
- Broadening the scope of stakeholders and disciplines to ensure increased collaboration in addressing co-morbid mental and physical health conditions associated with self-harm and suicide.

2.1.4. Locations of Concern Multi-Agency Working Group

The Locations of Concern Multi-Agency Working Group significantly advanced work in 2024, principally to develop Preventing suicide in public places: a best practice toolkit (which was launched in early 2025).

This toolkit draws particular attention to deaths by suicide that occur in public places – at bridges, cliffs, parks, railways, roads, waterways and historic sites. The toolkit is mainly for public bodies, agencies or stakeholders responsible for these public places in Ireland. It is also for those involved in related health, public health or suicide prevention/postvention responses, locally and nationally.

► FURTHER INFORMATION

2.1.5. Preventing Paracetamol-Related Drug Overdose

The Preventing Paracetamol-Related Drug Overdose Working Group was established in 2021 and is led by the Department of Health (Chair), the HSE NOSP, and National Suicide Research Foundation – with membership including the Irish Pharmacy Union, Pharmaceutical Society of Ireland and the Health Products Regulatory Authority. The group was established to develop a programme of work to prevent intentional paracetamol overdose in Ireland.

Work of the Group in 2024 included the ongoing dissemination of campaign material, aimed at raising awareness of paracetamol sales restrictions across pharmacy and non-

pharmacy retail settings. In order to inform practical next steps for the Group, work was completed to design and conduct a national survey examining retail and pharmacy staff's knowledge of paracetamol sales legislation, perceptions of training and materials, experiences of limiting pack sales and approaches to enhancing adherence. The survey findings were presented by the NSRF, at the PRIMM Prescribing and Research in Medicines Management Conference in Manchester in May 2024.

Further, preparations were completed to design and conduct an additional national mystery-shopping-type surveillance exercise (in early 2025), to measure adherence across pharmacy and non-pharmacy retail settings.

2.1.6. Irish Film Classification Office (IFCO) public consultation

The HSE NOSP responded to the public consultation on revised draft classification guidelines published by the Irish Film Classification Office (IFCO). The HSE NOSP highlighted the significant omission of reference to depictions of death by suicide, suicide attempts or methods within the draft guidelines. The HSE NOSP further stressed that IFCO consult and collaborate further with suicide prevention experts, researchers and service providers, in order to develop a more nuanced and accurate categorisation and representation of these issues.



2.1.7. #chatsafe guidelines translated to Irish

#chatsafe is an Australian suicide prevention program designed to equip young people with the skills and knowledge to communicate safely online about self-harm and suicide. Developed in 2018 by Orygen – the largest translational mental health research organisation in Australia and the largest clinical research organisation focused on youth mental health in the world - #chatsafe was the first program globally to create evidence-informed guidelines specifically for young people on safe online communication about suicide. These guidelines were co-developed with young people, media professionals, and suicide prevention experts. In addition to youth-focused resources, #chatsafe provides tools to support adults in helping the young people in their lives navigate online discussions about selfharm and suicide. In 2023, the HSE NOSP, in partnership with Orygen, published the #chatsafe for parents and carers guide in Ireland. Building on this, the guide was also made available in Irish in 2024.

Preventing suicide in public places

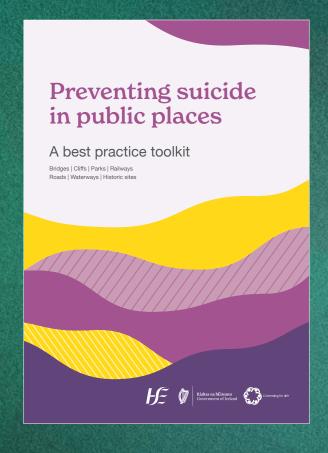
The Locations of Concern Multi-Agency Working Group significantly advanced work in 2024, principally to develop **Preventing suicide in public places: a best practice toolkit** (which was launched in early 2025).

This toolkit was developed by Cruinn Advisory for the HSE NOSP with the support of the multi-sectoral Locations of Concern Multi-Agency Working Group. The work supports actions under Goal 6 of Connecting for Life: To reduce and restrict access to means of suicidal behaviours. This is known to be one of the most effective methods of preventing suicide. It also supports the implementation of similar actions that are in local Connecting for Life Action Plans across the country.

This toolkit gives particular attention to deaths by suicide that occur in public places – at bridges, cliffs, parks, railways, roads, waterways or historic sites. It is primarily for public bodies, agencies or stakeholders responsible for these public places in Ireland, and for those involved in related health, public health or suicide prevention/postvention responses, locally and nationally.

Considering that so many deaths by suicide occur in public places, opportunities also exist to develop prevention or intervention measures at these locations. Measures that restrict access to means of suicide, while at the same time equipping communities with suicide prevention skills and knowledge, have been consistently shown to be effective in reducing numbers of deaths by suicide, or suicide attempts at locations. However, deciding on what measures could be reasonably implemented at a particular location, who should work together on implementing them, and whether they will be effective or not, can be complex.

The toolkit ultimately aims to support the implementation of preventative actions wherever possible and contains a variety of case studies on interventions that have been implemented in public places, nationally and internationally. These examples highlight innovative ideas and learning across unique settings. While many of these



examples are not necessarily like-for-like to the Irish context, and do not represent 'one-size-fits-all' solutions, they do demonstrate that constructive and meaningful preventative efforts are possible, when the right agencies work collaboratively, with the shared objective to prevent suicide.

The Locations of Concern Multi-Agency Working Group includes representation from the HSE NOSP, HSE Resource Officers for Suicide Prevention, Local Authorities, Local Government Management Agency (CCMA – Rural Development, Community, Culture and Heritage (RCCH) Committee) Iarnród Éireann (Irish Rail), Water Safety Ireland (WSI), Samaritans, Transport Infrastructure Ireland (TII), National Suicide Research Foundation (NSRF), Chief Fire Officers Association and, An Garda Síochána.



Prof Philip Dodd, Sarah Woods, Prof Mary Horgan, John Meehan, Elizabeth Canavan and Siobhán McArdle at the toolkit launch (photo credit: Photocall Ireland)



Members of The Locations of Concern Multi-Agency Working Group (photo credit: Photocall Ireland)

2.1.8. Incident Management Framework and suicide

In 2024 work continued to finalise and pilot new guidance for enhancing the use of the HSE Incident Management Framework in cases of community based suspected suicide. This work was led by HSE National Quality and Patient Safety and HSE Access and Integration (Mental Health and the HSE NOSP) with the support of a multi-agency Working Group.

Using the HSE Incident Management
Framework to Review Deaths Reported as
Suspected Suicide within the Community
Mental Health Setting, a Guide for Staff
(published in early 2025) is for staff in
Community Adult Mental Health and Child and
Adolescent Mental Health Services – those
services that are provided by, or funded by
the HSE. It aims to support staff working
in Mental Health Services when there is a
death by suspected suicide of a person using
Community Mental Health Services. It further
aims to promote:

- A compassionate, caring and person centred approach to those affected in the aftermath of the death.
- Respect and sensitivity for the wishes and experiences of families/their relevant person(s) and staff throughout the incident management process.
- Awareness of HSE and community support services and resources available to those affected following the death of a service user by suspected suicide.
- A standardised and proportionate response to operating the HSE Incident Management Framework, across all services.
- Informed incident management decision making.
- Learning from the review of incidents that identifies good practices and areas for service improvement with regard to suicide prevention.

 Improved quality of data relating to suspected suicides that can contribute to mental health policy and suicide prevention strategies.

This guide was developed in support of the HSE Patient Safety

Strategy's commitment to 'Reducing

Common Causes of Harm'. It is aligned with the HSEs Incident Management Framework, the National Standards for the Conduct of Reviews of Patient Safety Incidents,

Connecting for Life, the HSE operational guidelines for Developing a Community

Response to Suicide, and Sharing the Vision, a Mental Health Policy for Everyone.

2.1.9. Safe and Sensitive Reporting of Suicide conference

In September the Department of Health, HSE NOSP and World Health Organisation (WHO) hosted a Conference 'Promoting Safe and Sensitive Media Reporting of Suicide and Self-harm'.

The conference focussed on the topic of media reporting of suicide – a complex theme that presents a distinct set of challenges for those who report on it. Supporting the media in their responsible reporting of suicide is important, because media reporting of suicide can lead to a rise in suicide due to imitation – especially if the report is about a celebrity or describes the method of suicide. Conversely, stories of hope and overcoming difficulties following a suicidal crisis can have a protective effect for people experiencing distress.

With co-hosts Samaritans and Shine, the aims of the conference were to: improve linkages between health and suicide experts, and media professionals in Ireland; showcase research about suicide and media guidelines, and harness the potential for more collaborative, recovery-focused and authentic representation of lived experience of suicide in the media.

Speakers and contributors included Siobhán McArdle and Siobhán Hargis (Department of Health), Khalid Saeed (WHO EMRO Regional Advisor), John Meehan (HSE NOSP), Professor Philip Dodd (HSE NOSP, Department of Health), Jason Maurer and Ben Adams (WHO), Sarah Johnson (The Guardian), Dr Zrinka Laido (Estonia), Susan McKay (Press Ombudsman), Professor Ella Arensman (NSRF), Áine O'Meara (Shine Media Programme), Leona O'Neill (Ulster University), Claire Hayes, Sarah O'Toole (Samaritans), Alan Bradley (Director), Malachy Clerkin (Irish Times), Lorna Fraser (Samaritans), Orla Ryan (The Journal), Sarah Woods (HSE NOSP) and the family of Red Óg Murphy, a young GAA player who died by suicide.

National and European stakeholders and representatives were also present at an accompanying RoundTable meeting hosted by the Department of Health, to promote shared knowledge and collaborative working in this space.

2.1.10. New suicide bereavement campaign for GPs

In 2024 the HSE NOSP collaborated with INFORM Ireland to highlight the wide range of bereavement and suicide bereavement services and supports available via their MediPack service. INFORM Ireland communicate health-related messages or public information campaigns to patients and healthcare professionals, in waiting rooms and at the point-of-care.

This pack was hand-delivered to 800 GP practices on the INFORM Ireland network and included:

- You Are Not Alone the national suicide bereavement support guide.
- Leaflets on supporting people and young people who have been bereaved by suicide.
- Information on Safe Harbour a new illustrated story book for children who have been bereaved by suicide.



Minister Mary Butler TD at the Promoting safe and sensitive Media Reporting of Suicide event (photo credit: Maxwell Photography)

- Information on the Suicide Bereavement Liaison Service.
- Information on Irish Hospice Foundation's Bereavement Support Line.
- Information about HUGG (Healing Untold Grief Groups).
- Information on Barnardos Children's Bereavement Service and Bereavement Helpline.

Research in Ireland shows that GPs are a trusted source of support for people who have been bereaved by suicide and as key gatekeepers in communities, this pack supported GPs in informing patients about the available supports and how to access them.

2.1.11. Data sharing protocol with An Garda Síochána

Accessing more timely data on suspected suicides is a strategic action within Connecting for Life. To this end, the HSE NOSP has been working with the Garda Victim Liaison Office, which is part of the Garda National Protective Services Bureau

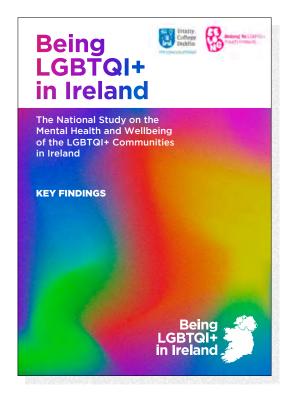
(GNPSB) on a joint working protocol and Memorandum of Understanding. Under the protocol, An Garda Síochána would share daily records of suspected suicides from their Pulse system as well as providing a pack and referral to be reaved families, if appropriate. When implemented the data will form a key part of community response planning as well as enhancing prevention and postvention initiatives.

2.1.12. Being LGBTQI+ in Ireland study, 2024

Published in 2024, The Being LGBTQI+ in Ireland study was the result of an extensive body of work undertaken by the authors, project leads – Belong To and Trinity College Dublin – and members of an interagency Research Advisory Group. The HSE NOSP was proud to co-fund this research along with HSE Social Inclusion and the What Works and Dormant Accounts Fund in the Department of Children, Equality, Disability, Integration and Youth.

The Being LGBTQI+ in Ireland study is another important milestone for researchers, policy makers, service providers, and LGBTQI+ people in Ireland alike. The study captured the views of over 2,800 LGBTQI+ people. It comprehensively considered many inter-connected areas of interest, such as: LGBTQI+ people's mental wellbeing; the prevalence of mental health problems (depression, anxiety, stress, substance misuse, self-harm, suicidality, eating disorders) among LGBTQI+ people; safety and discrimination (in the context of schools and in the media): healthcare utilisation and experiences of healthcare and attitudes on societal acceptance and inclusion.

Key findings from the study indicate that mental health and wellbeing have declined amongst the LGBTQI+ population since 2016, with significant challenges experienced by younger age groups and the transgender and gender non-conforming communities.



Significantly, since the 2016 LGBT Ireland study there has been a:

- 17% Increase in symptoms of severe/ extremely severe symptoms of depression
- 30% Increase in symptoms of severe/ extremely severe symptoms of anxiety
- 33% Increase in symptoms of severe/ extremely severe symptoms of stress.

Of the total LGBTQI+ population within the 2024 study:

- 27% experienced severe or extremely severe symptoms of depression
- 34% experienced severe or extremely severe symptoms of anxiety
- 23% experienced severe or extremely severe symptoms of stress
- 52% had self-harmed
- 64% reported suicidal thoughts
- 26% had made a suicide attempt.

2.2. Education and training

The HSE NOSP leads a wide range of education and training initiatives encompassing suicide and self-harm prevention, and suicide bereavement. These have been identified as key components of work to achieve the vision of Connecting for Life. Gatekeeper training in suicide prevention is available to anyone over the age of 18 years in Ireland, free of charge.

Read more about suicide prevention training, find details of programmes in your area, and book a
place, at nosp.ie/training

Let's Talk About Suicide

Let's Talk About Suicide – a 60 minute interactive online suicide prevention training programme launched in May 2024.
 The training supports people to build their skills and confidence to have lifesaving conversations if concerned a person is thinking about suicide.



 safeTALK – an internationally recognised half-day training programme that supports participants to recognise and engage persons who might be having thoughts of suicide, and to connect them with community resources. The programme stresses safety while challenging taboos that inhibit open talk about suicide.



ASIST (Applied Suicide Intervention Skills
 Training) – a 2-day skills-based workshop
 that equips participants for an effective
 suicide intervention role. The emphasis is on
 first aid – helping a person at imminent risk
 stay safe and seek further help.



 STORM® – a 2-3 day skills-based interactive workshop designed to accommodate the needs of people with differing levels of engagement and responsibility for safety planning.



Suicide Bereavement Professionals
 Workshop – a one-day programme that provides individuals with the skills and knowledge to support those bereaved through suicide.



Understanding Self-harm – a 1-day
 programme that works to reduce the stigma
 of self-harm, improve individual and care
 agencies' awareness and sensitivities to
 self-harm issues and promote effective care
 services for those who self-harm.

Programme	Number of Participants
ASIST	2,488
safeTALK	5,514
Understanding Self-Harm	1,108
Introduction to Understanding Self Harm	105
Professional Bereavement Training Programme	517
STORM®	109
Let's Talk About Suicide	6,031

2.2.1. Let's Talk About Suicide

In 2024 the HSE NOSP launched Let's Talk About Suicide – a free online suicide prevention training program available to everyone. The course, which takes 60 minutes to complete, equips individuals with the skills and confidence needed to:

- Recognise the signs that someone may be thinking about suicide.
- Confidently engage with a person and speak openly about suicide.
- Support a person who is thinking about suicide, to get help.
- Practice self-care when supporting a person who is having thoughts of suicide.

Let's Talk About Suicide is designed for a wide audience, including members of the public, healthcare workers, community leaders, and educators.

The training programme has been designed to foster a culture of open and supportive dialogue when concerned a person is thinking about suicide while also challenging stigma and myths surrounding suicide.

Let's Talk About Suicide was officially launched by Mary Butler, TD, Minister for Mental Health and Older Persons in May 2024.



Listen back to 'Let's talk about Suicide' - Episode 56 of the HSE Talking Health and Wellbeing Podcast, from HSE Health and Wellbeing



Minister Mary Butler TD and John Meehan with An Garda Síochána representatives at the Let's Talk About Suicide launch (photo credit: Photocall Ireland)

To further promote the programme, a national paid campaign was undertaken. It featured advertisements across Irish radio stations and social media platforms, with participation from HSE Resource Officers for Suicide Prevention and other advocates.

2.2.2. Talking Heads Initiative

The Talking Heads initiative was a collaboration between HSE Health Promotion and Improvement, West Be Well and the HSE NOSP. The campaign was aimed at barbers to encourage them to complete Let's Talk About Suicide and equip them with knowledge, awareness and skills around mental health promotion and suicide prevention. After completing the programme each participant was issued with a framed certificate and encouraged to display this in the barber shop. The initiative was driven locally by Health Promotion, several HSE Resource Officers for Suicide Prevention and was supported by a local media campaign including print and radio spots.

2.2.3. Some other notable training partnerships in 2024

- Working in collaboration with the National Suicide Research Foundation to support the development and pilot of a new Suicide Prevention module for Undergraduate Health and Social Care Professionals. In Semester 1, 2024 the module was piloted with 203 interprofessional students in University College Cork and University College Dublin.
- Working in partnership with the Veterinary Degree Course at University College Dublin to pilot the delivery of Let's Talk About Suicide with second year Veterinary students. Two key findings from the programme delivery were that:
 - More than 59% of participants indicated that they would be somewhat able to incorporate the concepts and techniques from the training into their daily life.
 - Over half (51.4%) of participants indicated that the information and practices from the training are extremely useful to their everyday lives.
- Working in collaboration with other key partners to support the development of a good practice guidance document for workplaces on the topic of suicide

I have asked what can be these difficult questions with more confidence and been surprised by the frank and honest responses I have obtained.

TRAINING PARTICIPANT

prevention. Suicide Prevention in the Workplace, A Guide for Employers has been developed as a practical tool to support workplaces to focus on five key action areas within their settings.

- + Action area 1 Reduce stigma and encourage help-seeking.
- + Action area 2 Identify and respond to suicide.
- + Action area 3 Restrict the access to means of suicide where appropriate.
- + Action area 4 Increase awareness of available supports.
- + Action area 5 Implement a Workplace Suicide Prevention Policy.
- Continued work with STORM UK to redesign and refine the training offering for GPs, reflective of the pilot experience in Sligo (identified role to undertake focus groups with trainee GPs). HSE NOSP continued to work in collaboration with the ICGP to oversee pilot delivery of STORM skills suicide prevention training with trainee GPs. Post pilot delivery the HSE NOSP will support the delivery of qualitative research with trainee GPs to determine training needs in the area of suicide prevention.
- Ongoing delivery of GP education in partnership with the Irish College of General Practitioners (ICGP). ICGP webinars in 2024 included topics on involuntary admission (1,400 GPs attended) and Adult ADHD (conference session as part of WONCA conference, with 500 GP attendees). The EUPD Quick Reference Guide for GPs was also developed for review by the ICGP.

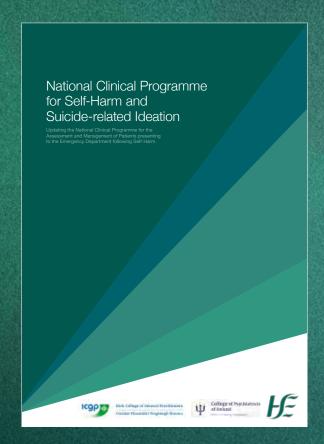
HSE National Clinical programme for Self-Harm and Suicide-related Ideation

The HSE's National Clinical programme for Self-Harm and Suiciderelated Ideation (NCPSHI) was introduced to acute hospital emergency department (ED) settings in 2016. The Model of Care ensures that those presenting to the ED receives a compassionate, empathic, validating response, and a therapeutic assessment and intervention from a suitably trained mental health professional.

Every effort is made to ensure that a family member or supportive adult is involved in assessment and emergency care planning, and that they are followed up and linked to appropriate next care. The programme is implemented in 26 emergency departments (ED) with 24 hour service including CHI Tallaght. To date the programme has funded 48.5 Clinical Nurse Specialists posts.

While continuing to maintain and further improve the NCPSHI within the acute hospital EDs, the updated NCPSH Model of Care now extends into the community. An important feature in the Updated MOC is the incorporation of the existing Suicide Crisis Assessment Nurse (SCAN) service within the NCPSHI. It will be rolled out nationally in the coming years as a collaboration between GPs and specialist mental health professionals, with the aim of delivering a service of similar quality for people who present in suicidal crisis in primary care settings.

There are currently 33 SCAN funded posts across 14 counties. There is a CAMHS SCAN service in North Dublin and Donegal are in the process of recruitment to develop a similar service for young people.



Total presentations	Across 26 Emergency Departments	18,111
Presentation type	Self-harm act	7,772 (43%)
	Suicide-related ideation (suicidal and self-harm ideation combined)	9,480 (52%)
Gender	Male	9,156 (51%)
	Female	8,851 <i>(49%)</i>
Ethnic background	White Irish	14,423 (80%)
	Traveller	630 (3%)
Intervention –	Full Biopsychosocial assessment given	13,368 (98%)
Assessment	Written Emergency Safety Plan given	10,701 (78%)
Intervention – Family Carer Involvement	Collateral history obtained	9,323 (68%)
	Advice on care/suicide prevention given	9,073 (67%)

Database -

Presentations to Emergency Departments

Accurate recording, analysis and dissemination of clinical data in relation to key performance indicators (KPI) is crucial and has been a recognised strength of the programme since its inception. This important function has relied on funding through the HSE NOSP of a part-time data manager post since 2019. In 2024 this post was increased to a full time data manager role. Approval has been received to recruit this post directly to the NCPSHI from 2025.

This national database is in place from 2018 onwards and aims to monitor the KPIs of the programme and the data submission process from the CNS staff, analyse patterns and trends of either self-harm or suicide-related ideation presentations nationally, and provide evidence regarding ED presentations for self-harm or suicidal ideation for specific population groups, i.e. ethnic minorities, unemployed, etc. The database also aims to research outputs through data requests, either internally to the HSE or externally. Several scientific papers with clinical data from Irish ED presentations of people in suicidal crisis have been published.

Database -

Suicide Crisis Assessment Nurse (SCAN)

During 2024 the NCPSHI finalised the data collection framework for SCAN presentations. The final set of items was agreed with stakeholders. The electronic data capture form was built using Castor EDC, a user friendly, online system with robust data management and compliance standards. Following extensive testing, training and development of user manuals by the data manager the system will go live in January 2025.



2.3. HSE Resource Officers for Suicide Prevention (ROSPs)

Over 20 HSE Resource Officers for Suicide Prevention (ROSPs) coordinate the development, and support the implementation of the regional suicide prevention action plans across the country. They work to assist all relevant services and stakeholders in implementing the relevant actions of each plan.

· Contact details for HSE Resource Officers for Suicide Prevention (ROSPs)

ROSPs are supported in their work by the HSE NOSP to ensure that each local action plan is evidence based and in line with national programme goals and performance metrics. In 2024, ten local implementation plans were in place around the country. The reconfiguration of these plans will continue in 2025, in line with the establishment and operationalising of the six new HSE Health Regions, and as the next national suicide reduction stagey develops and commences implementation.

Local implementation

ROSPs take an active lead in coordinating, implementing and monitoring regional suicide prevention plans. This includes supporting local implementation meetings, structures, groups, sub-groups and initiatives with stakeholders in health, in the community and across other agencies.

A Learning Community of Practice

A Learning Community of Practice, programme of Continued Professional Development, and programme of Peer Support, are resourced by the HSE NOSP for the HSE ROSP network. These provide space for ROSPs to develop critical awareness, promote on-going reflection on their work, and increase reflection and understanding of the complexity of their roles. They support the HSE ROSPs in their ongoing work providing support to communities in relation to suicide prevention and postvention.

Education and training

With the support of the HSE NOSP, ROSPs coordinate the delivery of Education and Training programmes regionally, through networks of training partners, and in line with the national Connecting for Life Education and Training Plan.

This work involves the general community promotion of programmes such as Let's Talk About Suicide, safeTALK, ASIST, Understanding Self-harm, Suicide Bereavement, and STORM. Some targeted promotion of these programmes in 2024 included important priority groups and gatekeepers such as:

International Protection Accommodation Services (IPAS)

Mental Health Services clinical staff Guidance counsellors, teachers and special needs assistants Local Traveller support services and groups

People who have come in contact with the criminal justice system

People living in homelessness

Housing office staff in Local Authorities

Sports organisations and clubs.

Community engagement and support

HSE ROSPs fulfil a crucial role in integrating suicide prevention into mental health promotion activity across regions nationwide. This work requires building collaborative partnerships with local and regional statutory, voluntary and community groups, in particular to maximise the dissemination of trusted information about suicide, self-harm and suicide bereavement. It promotes connectedness, builds referral pathways between agencies and community groups, and improves signposting to, and awareness of trusted supports and services. This type of activity broadly supports actions across all goals of Connecting for Life.

For example, year to year, ROSPs work on promotional activities:

- On World Suicide Prevention Day (10th September).
- On World Mental Health Day (10th October).
- For the annual Shine Green Ribbon Campaign (September).
- Associated with other services, campaigns and initiatives, such as Recovery Colleges, CYPSC
 networks, Park Runs, Men's Health Day, International Overdose Awareness Day, and the Hello How Are
 You Campaign (from Mental Health Ireland).

These activities can include the provision of bespoke events, presentations, localised support leaflets/ posters/QR codes/keyrings/wellbeing boards/support packs, talks, webinars and information stands. Bereavement-specific information events are also supported in collaboration with Bereavement Services (for example HUGG), for communities that need it.

Community response

Working with partners across health services and other agencies, ROSPs support the coordination of more formalised critical incident and community responses to deaths by suspected suicide, and to assist communities to respond to such deaths in safe, balanced and effective ways.

Often this work entails the activation of a Community Response Plan in line with <u>national HSE guidance</u>, or participation within frameworks of other organisations, such as the GAA Plan, <u>Responding to a Death or Suspected Death by Suicide</u>.

Suicide and Self-Harm Content on Social Media Platforms

In 2024 the HSE ROSP Learning Community of Practice developed Suicide and Self-Harm Content on Social Media Platforms: Tips and Tools for Safe and Sensitive Communication. This resource offers best practice guidelines for responding to online suicide and self-harm content. It was informed by a literature review and input from the HSE National Office for Suicide Prevention, supporting safer online engagement and local implementation of national guidelines.



2.3.1. Examples of notable projects delivered by ROSPs in 2024

- resources such as the Wellbeing Booklet
 for Over-65s a comprehensive resource
 to support individuals over the age of 65 in
 accessing local services related to chronic
 health conditions, social supports, mental
 health services, and general wellbeing
 (North County Dublin).
- New culturally-tailored mental health support resources, produced in collaboration with members of the Traveller community, sharing lived experiences and highlighting pathways to support.
 Additional support of the Change Your Mind (CYM) Festival where the Real Voice of Travellers discussing shame and stigma was a welcomed addition (Sligo, Leitrim).
- Resourcing and funding (through regional Connecting for Life grant aid programmes);
 - + An eight-week therapeutic programme in partnership with the Sligo Domestic Violence Advocacy Service, aimed at addressing the psychological impact of coercive control and domestic violence. This programme supported 36 people through creative writing, yoga, mindfulness, and biodynamic bodywork (Sligo, Leitrim).
 - An eight-week wellness programme with Tubbercurry Family Resource Centre (with 230 participants) (Sligo, Leitrim).
 - + West Sligo Family Resource Centre, to deliver an eight-week programme involving up to 300 people in activities such as dance classes, health and well-being sessions, breath work, yoga, and nutrition workshops (Sligo, Leitrim).
 - + A Drop in the Ocean, to deliver 144 water therapy sessions in North Leitrim, providing young people and vulnerable adults with the physical and therapeutic benefits of surf and the ocean (Sligo, Leitrim).

- The Cairdeas Carrowmenagh Project

 involving a weekly social club (for socially isolated target groups), 3
 men's courses, 3 women's courses and 2 Mental Health First Aid Training Half Days (Donegal).
- + Letterkenny Youth and Family Services - involving workshops (How to Engage Men, and All Men Equal had over 270 attendees), and It's My Chance, a 12 week programme targeting 16-15 year olds (who are at risk, hard to engage, socially excluded) using mental and physical activities (Donegal).
- + Donegal Women's Centre Mental Wellbeing a 12 week programme using Visual Art Therapies to support socially isolated women in Donegal, including those from vulnerable groups such as Traveller, Ukrainian, and bereaved women (Donegal).
- For projects on/with Write to Recovery, Women's Collective Donegal Town, Connect Mental Health (Mind Your Melon), and Cara House (Donegal).
- Leading the ongoing development and promotion of Safe Harbour, in partnership with the HSE NOSP, ICBN, Barnardos, HUGG, and Pieta (Dublin South, Kildare, West Wicklow).
- A Domestic Violence and Abuse Working Group was established to develop a toolkit for Mental Health Staff, on supporting people who are victims survivors of domestic violence and abuse (Dublin South, Kildare, West Wicklow).
- An assessment of perinatal Women's
 wellbeing needs was completed, led by
 the Royal College of Surgeons in Ireland
 (RCSI) with the Perinatal and Infant Mental
 Health Working Group. The Motherhood
 Programme website was also developed
 in response to the needs assessment and
 co-designed with the Group. The Let's
 Connect Campaign was launched for
 World Maternal Mental Health Day
 (Dublin South, Kildare, West Wicklow).

- The Post Birth Wellbeing Plan was adapted and introduced in the South East, in partnership with HSE Perinatal Mental Health Services. This workbook supports new and expectant mothers in identifying resources and personal supports to ease the transition to motherhood (Carlow, Kilkenny, South Tipperary, Waterford and Wexford).
- The ongoing provision of the regional HSE Bereavement Counselling Service for Traumatic Deaths. In 2024 there were 256 referrals to the service, and over 2,000 counselling sessions were provided (Carlow, Kilkenny, South Tipperary, Waterford and Wexford).
- The development of wellbeing and signposting signage for all GAA Clubs across the South East – in partnership with the GAA, Mental Health Ireland and Healthy County Coordinators (Carlow, Kilkenny, South Tipperary, Waterford and Wexford).
- Funded critical research, How're you doing
 Man? Exploring Men's Mental Health in
 Donegal, Insight Inishowen Garvey-Williams &
 McLafferty 2023 (Donegal).
- Informed by this research, and supported by
 HSE locally, Black and Minority Ethic (BME)
 men in Donegal Intercultural Platform produced
 a wide range of positive videos messages for
 men in four different languages. These were
 mobilised throughout all Primary Care Centres
 in the county and featured in the Omniplex
 Cinema. The Connecting for Life Men's Health
 Network was also established, led by local
 partner Letterkenny Youth and Family Services
 (Donegal).
- The establishment of a new Connecting for Life Communications Action Plan for Donegal, which includes a shared partnership with Donegal County Council on the development of a digital platform for Connecting for Life Donegal, and the production of a wide range of resources, literature and social media content for the region (Donegal).



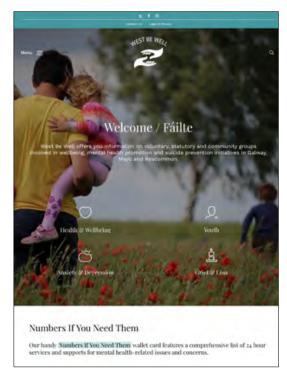
- Resourced the MenPower programme, a personal development and skills-building initiative for men in distress, promoting resilience and connection with local services (Midlands).
- The development of a new resource It is Time to Prioritise Mental Health in the Workplace, a 'Nourish Self-Care' booklet – was produced for staff, and in line with the theme of World Mental Health Day (Midlands).
- Ongoing funding of the Travelling to Wellbeing Programme, delivered within Offaly Traveller
 Movement. This is a dedicated, culturally appropriate, recovery focused mental health service for Travellers in Offaly, Laois and Longford, offering individual and group support, mental health recovery and suicide prevention, intervention and postvention supports to maximise the wellbeing and quality of life for Travellers (Midlands).
- Delivering six 'Connecting for Mental Health' community events across the region, with the aim of bringing together service representatives from the HSE and Community and Voluntary services (Midlands).



Farmer Well-Being Initiative participants in Cavan, Monaghan, Louth, Meath

- The funding and installation of Health and Wellbeing boards, in all 42 GAA Clubs across county Cavan (and 12 other locations). These boards were developed in partnership with Mental Health Ireland and Cavan GAA. Monaghan Wellbeing boards were also launched in October (Cavan, Monaghan).
- Initiative in December. This was a collaboration with Mental Health Ireland, Teagasc, IFA, Macra, and ROSPs in Louth Meath and in Cavan Monaghan. The Farmer Wellbeing Boards and accompanying cards raise awareness about the key factors that can create stress for farmers and to highlight some of the signs that may indicate they are experiencing stress.

 A0 sized boards were distributed to all marts and agricultural outlets across the four counties for display (Cavan, Monaghan, Louth, Meath).
- The delivery of online webinars for the community 'Communities supporting each other after traumatic events'
 (Cavan, Monaghan, Louth, Meath).



www.westbewell.ie

- The ongoing resourcing and provision of West
 Be Well a multi-channel online platform,
 operated by ROSPs, Tusla and Mindspace
 Mayo, which aims to communicate key health
 messages on mental health supports and
 services, resources and information and news
 and events (Galway, Mayo, Roscommon).
- Hosting a gratitude and recognition in-person event, marking the local Connecting for Life Suicide Prevention Action Plan in Galway, Mayo and Roscommon. The event was opened and closed by Charlie Meehan (HSE) and attracted an attendance of over 50 – reflecting the strong commitment to and interest in the plan across the three counties (Galway, Mayo, Roscommon).
- The development of the Community Access
 Support Team (CAST) pilot project a
 partnership approach between An Garda
 Síochána and the HSE Mental Health Services
 to meet the needs of people in mental health
 crisis in the right place at the right time.
 Following development work, a 1 year pilot
 commenced in January 2025. The on-scene
 crisis response involves trained members of

An Garda Síochána supported by an assigned Clinical Nurse Specialist. It involves an assessment in the community and appropriate care planning, and referral to a community forum – a wraparound interagency response provided by external agencies such as homeless and addiction services (Mid West).

- The launch of the interagency collaborative Limerick Alliance for Mental Health Support. The overall objective of this EU funded project is to enable individuals with mental health difficulties, mental health practitioners, and communities across the region to prevent and mitigate mental health problems (clinical and non-clinical) related to rapid changes in our societies (Mid West).
- The delivery of a range of high profile, vibrant community wellbeing events, in partnership with agencies across Cork. Together at the Castle (North Cork), Together at the Lodge (East Cork), Joy in the Park (Cork City), and The West Cork Feel Good Festival were all supported as part of efforts to promote help-seeking and reduce mental health stigma. It is estimated that there were over 50,000 attendees across all events (Cork).
- The installation of over 80 mental health awareness signs across Cork City and County.
 This work progressed in close partnership with Cork City and County Councils, An Garda Síochána, the NSRF, Samaritans and other community stakeholders (Cork).
- The interagency development of You've Got

 This a new booklet supporting young people
 who are turning 18 years old, and who are
 moving on from CAMHS (Cork).
- Delivering a significant in-person conference and celebration event marking 7 years of Connecting for Life in Cork and Kerry. This event for over 90 community and key stakeholders, reflected on some of the successful work to date in the region, and other opportunities for suicide prevention efforts in the future (Cork, Kerry).



- Supporting and collaborating with the Kerry Mental Health and Wellbeing Festival, which takes places every October to coincide with World Mental Health Day in October. This festival incorporates a wide range of activities such as runs, walks, arts and crafts, indoor bowls, coffee mornings, movie nights, workplace wellbeing to parenting information, mindfulness to volunteering information sessions, wellbeing workshops to seminars on grief and loss. Over 130 free events took place as part of the 2024 festival, promoting positive wellbeing and highlighting mental health services and supports that are available in the county (Kerry).
- Participation in the TEDx event in Siamsa Tíre,
 Tralee. Take Deep Breaths Daddy! | Donagh
 Hennebry | TEDx Tralee (Kerry).

2.4. HSE NOSP-funded NGOs

The HSE NOSP allocates over 50% of its budget to supporting mental health and suicide prevention non-governmental organisations (NGOs) that are strategically linked to Connecting for Life.

2.4.1. **Funding**

NGOs apply for annual funding from the HSE NOSP through an SLA (Service Level Agreement) process. The HSE NOSP NGO Programme Manager ensures that funded activities align to Connecting for Life actions, and ensures quarterly reporting from each funded agency, of their activity levels and achievements. Understanding particular service needs and demands – as informed by services experiences, research, evidence, standards and best practice – is important for the HSE NOSP in assessing funding applications or making allocations.

All HSE NOSP SLAs are considered within the context of relevant HSE budgets – and funding is provided and governed under the national HSE Governance Framework for the funding of Non-Statutory Agencies.

The following information are highlights from self-reported activity in 2024, from each HSE NOSP-funded NGO.

Aware

www.aware.ie



The HSE NOSP supports the delivery of Aware programmes that are designed using the principles of Cognitive Behavioural Therapy (CBT). These programmes are evidence-based and delivered free of charge by trained Aware facilitators. Adults with depression and mood related conditions are offered free programmes in their local communities, and online.

- There were 924 attendees for the Life Skills Adult Programme (across 60 programmes).
- There were 2136 attendees in the Life Skills Online Programme.
- There were 84 projected participants in the Living Well with Bipolar Disorder Programme (across 11 programmes).

Belong To Youth Services

www.belongto.org



Belong To's National Network, and Mental Health Programmes of work are supported by the HSE NOSP. These encompass a range of services and mental health initiatives for young LGBTI+ people delivered nationally through local networks across the country. They support the wider objectives of the national organisation, to ensure young LGBTI+ people are equal, safe, and valued in the diversity of their identities and experiences in Ireland.

- The National Network met 4 times, with 59 youth workers in attendance throughout these in-person meetings.
- Administered 11 organisation funds through the National Network Grants. 536 LGBTQ+ young people engaged in groups ran by National Network Grants, with 218 one-one supports in 2024.
- 350 young people and 38 youth workers attended Belong To's Annual Dublin Pride Event, while staff also supported 9 local Prides across Ireland.
- The National Network Team provided LGBTQ+ training to 218 professionals working with young people in 2024.
- 2024 Better Out Than In campaign had 23.6 million impressions (13.6 million in 2023) and had 1.6 million video views.
- 9 youth services completed the Belong To Rainbow Award-Safe and Support Services Programme.



Listen back to 'Being LGBTQI+ in Ireland' - Episode 72 of the HSE Talking Health and Wellbeing Podcast, from HSE Health and Wellbeing

Dublin Simon Community

www.dublinsimon.ie

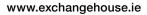


Dublin Simon Sure Steps Counselling Service receives funding from the HSE NOSP, specifically to facilitate the provision of the service out-of-hours, at evenings and weekends. This is a low threshold, primary care level service for the homeless client base as well as for an increasing number of other homeless services across the Dublin Region. The service has evolved to provide two interlinked strands – general counselling and a suicidality/self-harm focused programme of interventions, including the CAMS (Collaborative Assessment Management Suicidality) approach.

In 2024

- 164 clients were referred to the service for counselling. The reasons for clients seeking counselling support were many, but suicide ideation equated to 21.3 per cent.
- 988 one-to-one sessions were delivered (day and out-of-hours service). The combined services also hosted a total of 779 Drop Sessions across 14 Simon Services.
- Day interventions were provided for emotional support (48 hours), general counselling (1,198 hours) and crisis/ad hoc interventions (33 hours).
- · 226 unique clients attended the service.

Exchange House Ireland





Exchange House National Travellers Service, with the support of the HSE NOSP, provides a range of Traveller-specific mental health and suicide prevention services to the Traveller community. Their aim is to improve the overall wellbeing of Travellers and reduce the likelihood of suicide or self-harm within the community.

- There were 663 presentations to the Duty Service in the National Traveller Mental Health service. The main issues presented were accommodation, mental health & suicide ideation, legal/justice, child & family support, homelessness, domestic violence, addiction, bereavement/grief, discrimination/racism, health.
- Staff funded through HSE NOSP funding include a Mental Health Social Worker, Management, National Training & Development Coordinator, Mental Health Promotion & Suicide Prevention Men's Worker, Mental Health Clinical Worker and a Mental Health Peer Support and Prison Inreach Worker.
- As part of the Traveller Road to Hope & Change Campaign, Traveller Mental Health presentations were
 delivered to Professionals and Community members alongside Traveller Counselling Service to Roscommon
 Travellers and Roscommon Partnership with 40 in attendance. 4 events were held with 1000 participants
 during campaign.
- Exchange House worked closely with a range of service providers, responding to incidents of suspected suicide, in Traveller communities. Work also progressed to accurately record and track in real-time such incidents, in partnership with the National Suicide Research Foundation, HSE and others.

First Fortnight

www.firstfortnight.ie



First Fortnight works to challenge mental health stigma through creative arts, interactive events and the provision of creative therapies to marginalised groups. HSE NOSP funding supports First Fortnights advocacy and therapeutic work - namely the annual First Fortnight Mental Health Art and Culture Festival (which is held every January) and the provision of Art, Music and Group Creative therapies for people who are experiencing homelessness.

In 2024

- NOSP-funded activity included the delivery of 565 Creative Art Therapy sessions for 83 adult clients and a
 total of 203 sessions for 26 clients across the scale out of our children's creative art therapy services to the
 regions of Limerick, Kildare and Donegal working in a domestic violence refuge, a family hub for families
 experiencing homelessness and with schools in an area of disadvantage.
- The First Fortnight festival worked with 156 artists and 21 technical staff to deliver 69 events to over 6000 in 11 counties and online. 95% of audience survey respondents 'agreed' or 'strongly agreed' with the statement 'I felt welcome at First Fortnight'.

GAA

www.gaa.ie/my-gaa/community-and-health/healthy-club/



The HSE NOSP is a supporting partner in the GAA Healthy Clubs initiative, which aims to help GAA clubs explore how they support the holistic health of their members and communities. Funding from the Office specifically supports the provision of a National Health and Wellbeing Coordinator for GAA Healthy Clubs, and the promotion of ASIST (Applied Suicide Intervention Skills Training) and safeTALK suicide prevention training programmes across the GAA. Additional strands of work include general mental health promotion, suicide prevention and critical incident response initiatives.

- The GAA Movember 'Ahead of the Game Programme' had been attended by over 1500 players and 1000 adults to date following commencement of Phase 1. The programme represents a three-way partnership between the GAA, GPA and Movember to deliver mental health literacy programmes for a minimum of 5 years.
- Promotion of the GAA Healthy Clubs initiative is ongoing with Mental Health as one of 5 thematic areas clubs deliver upon. 600 clubs engaged with the programme in 2024.
- The Community and Health Department supports units in responding incidents of suspected deaths by suicide with the GAA Critical Incident Response Plan deployed in all cases. HSE Resource Officers for Suicide Prevention were contacted in a high percentage of cases.
- 300 participants registered for Critical Incident Response training in Q1 2024.
- The GAA and Samaritans celebrated 10-years of partnership in August 2024.

HUGG, Healing Untold Grief Groups





HUGG is a national suicide bereavement charity, with its main aim to provide reactive grief support and advice to suicide-bereaved adults, raise public awareness of both the impact of suicide on the bereaved and the service provided by HUGG, and encourage and participate in suicide postvention research. Funding from the HSE NOSP supports the delivery of HUGG Peer Support Groups, and building their capacity to evaluate approaches of work.

In 2024

- There were 798 enquiries from members of the Irish public made to HUGG via phone, email or social media.
 1798 enquiries were for information and general support, 290 were people receiving specific resources,
 272 people were signposted to further services and 3 were crisis interventions.
- The year ended with 20 HUGG groups, an increase from 16 HUGG groups in 2022.
- 336 HUGG group meetings were held there were 1539 attendances. Two new groups were established, in Kildare and Kerry.
- HUGG's number of volunteers increased to 64.
- HUGG extended reach to the wider public through the publication of our research, webinars and public events, including participation in 29 community events nationwide.

ISPCC (Childline)

www.childline.ie



Childline provides a range of active listening services for children and young people up to and including age 18, across phone, text and online chat, with additional information and resources online. Funding from the HSE NOSP supports the provision of these services for young people, 24 hours every day, 365 days every year - in particular, the ongoing recruitment, selection, training, development, support and supervision of Childline Volunteers.

The HSE NOSP also provided pilot funding in previous years for the delivery of Childline's Digital Mental Health and Wellbeing Programmes (Silvercloud). These comprise mainly 'Space from Anxiety' (for those between the ages of 14 and 18), 'Supporting an Anxious Child' (for parents/carers of those between the ages of 5 and 11) and 'Supporting an Anxious Teen' (for parents/carers of those between the ages of 12 and 18).

- There were over 125,324 contacts to the phone and chat service, of these 107,730 were responded to representing an 86% contact response rate.
- · There were 54 referrals to statutory (Gardaí /Tusla).
- There were 16.42k contacts made through childline ie of which 13.97k were for level 3 conversations.
- The delivery of three Digital Mental Health Programmes has been supported by Childline. The "Space From Anxiety" programme and "Supporting an anxious Child/Teen" are aimed at 15-18 year olds and parents/ carers respectively.

LGBT Ireland

www.lgbt.ie



Funding from the HSE NOSP specifically supports the training function of LGBT Ireland and the organisation's efforts to provide support and information to LGBTI+ people and their family members. This includes the development of a network of peer support groups across the country, the delivery or mental health and suicide prevention initiatives for the LGBTI+ community, and the provision of a support helpline.

In 2024

- There were 1322 helpline calls and 455 chats received. There were 176 calls to Trans Family Support Line and 97 Telefriending calls.
- 298 people were supported across 40 total peer support meetings.
- A wide range of workshops and awareness sessions were delivered totalling 53 workshops and 86 staff trained. Additional sessions were also delivered across Mental Health Service, Health Services, and other Public Sector Services.

Men's Health Forum in Ireland (MHFI)

www.mhfi.org



HSE NOSP funding to the Men's Health Forum in Ireland, is to support the three year initiative - CAIRDE (Construction Alliance to Reduce Suicide). This project seeks to use the construction industry in Ireland as a setting to create and embed a whole organisation mental fitness culture, which can actively promote and support men's mental health and resilience, and reduce the risk of suicide.

- · The CAIRDE project hosted two meetings of the inter-agency Stakeholder Group.
- Analysed data from the survey with 650+ construction sector apprentices.
- Published three articles in peer-reviewed international journals.
- Finalised the content for the two pilot CAIRDE workshops i.e. 'Connector' (targeting people responsible for health and safety on sites) and 'General Awareness Training' (GAT for all construction workers on sites).
- Ran two full day facilitator training programmes (one for the Connector team and one for the GAT team),
 and offered follow-up support and signposting to team members.

MyMind

www.mymind.org



MyMind provides a range of counselling and psychotherapy services online and face-to-face across the country. Services are available for children, adolescents, adults, couples and families in a wide variety of different languages. In 2023 HSE NOSP funding to MyMind allowed for the provision of subsidised/ low-cost counselling sessions for full-time third level students, retirees, the unwaged, and anyone earning less than €25,000 annually (gross).

In 2024

- MyMind delivered 34,124 appointments, including 13,353 low-cost appointments and 2,971 grant-funded appointments.
- MyMind served 5,672 clients and had 218 Mental Health Professionals providing talk therapy sessions. In 2024, MyMind expanded its face-to-face talk therapy services, offering appointments in three locations in Dublin city, as well as in Cork, Limerick, Carlow, Ballinrobe, Wexford, and Galway.
- Delivered 13,353 appointments in 2024 to unemployed individuals, those receiving a state pension, full-time third-level students and individuals earning less than €25,000 per year.
- Free appointments were provided through the following grant-funded programs to the Ukrainian population in Ireland, International Protection Applicants, individuals affected by MICA.

The National Family Resource Centre (FRC) Mental Health Promotion Project

www.familyresourcementalhealth.ie



Funding from the HSE NOSP supports the delivery of the Family Resource Centres (FRCs) Mental Health Promotion Project across the network of FRCs nationwide. This project includes the promotion of suicide and self-harm awareness training programmes, and the Suicide Prevention Code of Practice training, across the network of 121 FRCs across the country.

- 60 Participants completed 4 Suicide Prevention Code of Practice Training events in FRCs nationwide.
- 47 Participants attended 3 WRAP programme (2 days) training events.
- 7 Compassion Fatigue and Workplace wellbeing Workshops delivered to 130 participants.
- 125 Participants attended 7 Self-care/Staff Wellbeing training events.
- 1 Taking Action for Whole Health and Wellbeing basic Programme delivered to 20 participants.
- 1 Taking Action for Whole Health and Wellbeing Facilitator Training (11 facilitators trained).

The National Suicide Research Foundation (NSRF)

www.nsrf.ie



The NSRF is an independent, multi-disciplinary research unit that delivers research projects in suicide, self-harm and mental health. Funding from the HSE NOSP ensures these projects can contribute to the surveillance, research, implementation, evaluation and the evidence base for strategic goals and actions of Connecting for Life.

The HSE NOSP also funds the National Self-Harm Registry Ireland (NSHRI), which is operated by the NSRF. It is the world's first national registry of cases of intentional self-harm presenting to hospital emergency departments.

In 2024

The NSRF co-ordinated 15 projects funded by the HSE NOSP. The NSRF published 23 peer review papers, nine reports and a new newsletter. NSRF researchers submitted 4 policy submissions and briefing documents, hosted six conferences, delivered multiple presentations including at the European Symposium on Suicide and Suicidal Behaviour, and attended advisory groups on several national committees.

The NSRF continued delivery of a range of outputs, across core research projects in accordance with the actions of Connecting for Life:

- · Operation of the National Self-Harm Registry Ireland
- Paracetamol Working Group
- Evaluation of the CAMS (The Collaborative Assessment and Management of Suicidality) in CHO7
- Healthy Ireland Survey
- · Social Determinants of Suicide Review
- Impact of Patient Suicide on Psychiatrists in Ireland
- · University module in suicide prevention
- · Mental Health of Veterinary Professionals
- Evaluation of Exchange House Mental Health Service
- Minding your wellbeing
- Evaluation of Suicide or Survive (SOS)
- · Let's Talk About Suicide Evaluation
- Pilot evaluation of Rainbows bereavement groups.

Pieta

www.pieta.ie



Funding from the HSE NOSP supports the provision of free one-to-one therapeutic services and the 24/7 Pieta helpline to people who are in suicidal distress, who engage in self-harm, or who are bereaved by suicide. The Office also specifically funds the provision of the Suicide Bereavement Liaison Service (SBLS) by Pieta nationally. This service delivers proactive and practical support to individuals, families and communities who have experienced a loss through suicide.

In 2024

- 51,493 hours of free specialist intervention and bereavement counselling were provided to a total of 6,919 clients.
- 42,949 hours of intervention therapy were provided to 6,141 clients requiring support for suicidal ideation and/or self-harm (2,322 U18 clients and 3,819 adult clients).
- 8,544 suicide bereavement support therapy appointments were provided to 778 clients (109 U18 clients and 669 adult clients).
- 99,946 calls and texts were answered by the 24-hour crisis helpline.
- The SBLO service worked with 526 households in this 2024.

Samaritans

www.samaritans.ie



Samaritans Ireland is a national organisation which supports the work of 21 Samaritans branches (13 in ROI, 8 in NI) and over 2,000 active volunteers all across Ireland. Samaritans provides a long-established free 24-hour telephone listening service in Ireland, every day of the year. HSE NOSP funding to Samaritans Ireland supports the delivery of the freephone telephone service. It also contributes to Samaritans' core costs for the delivery of a wider programme of works, including research and outreach projects.

- Over 470,000 calls and emails to the helpline service were answered.
- Samaritans volunteers in Ireland spent more than 100,000 hours responding to calls for help.
- Samaritans Ireland delivered 26 training and engagement sessions to over 1,000 participants.
- Engaged with, supported and collaborated with a wide variety of organisations and services on specific community outreach projects, signposting, educational or promotional activities.

Shine

www.shine.ie



Shine's aim is to empower people with mental health difficulties and their families, while also advocating for social change by promoting stigma reduction and social inclusion. Shine are committed to getting the voice of people with lived experience heard and at the centre of education, policy making, service planning and research. Shine do this in a variety of ways to ensure people can participate at the level that suits them with the Ambassador programme.

Shine's Green Ribbon campaign is a national programme dedicated to ending the stigma around mental health. The six step Workplace Programme helps companies create an open culture around mental health and play a role in challenging mental health stigma. The Shine Media Programme works nationally to improve the standards and representation of mental health reporting in Irish media through training, media monitoring, policy and awards.

- Over 600,000 ribbons and additional promotional items were distributed nationwide as part of the Green Ribbon Campaign, which this year included significant activity at the Electric Picnic Festival and National Ploughing Championships.
- Facilitated over 63 Ambassador events, engagements and presentations nationally.
- Delivered 47 Workplace Programmes.
- In 2024, 3,107 suicide-related media items across print, online, radio and television were coded against the suicide reporting guidelines. One report was produced comparing 2023 Q1 data (713 items) with 2024 Q1 (718 items). It found 83.6% of 2024 Q1 items followed the suicide reporting guidelines. This compares to 85.1% in 2023 Q1 representing a proportional decrease in guideline adherence of 1% from 2023 Q1 to 2024 Q1.
- · Shines Media Programme delivered 25 workshops to 339 attendees.
- The annual Mental Health Media Awards were coordinated and delivered in Q4, attracting significant attention, with 200 entrees across 11 categories.



John Meehan, Nicola Byrne, Brodie Thompson, Miriam O'Callaghan at the 2024 Green Ribbon launch (photo credit: Fennell Photography)

spunout

www.spunout.ie



Funding from the HSE NOSP supports spunout in their provision of high quality and trusted online content, video content, information and campaigns for young people. This helps to promote help-seeking behaviour among young people, and improve their mental health literacy, including on lesser-understood mental health issues such as eating disorders, self-harm, suicide and mental health disorders.

In 2024

- Spunout oversaw the creation of 8 new mental health factsheets, making for an annual total of 29, with 43
 factsheets reviewed during the year. Main content focus areas: suicidal thoughts, eating disorders/body
 image, general wellbeing and relationship difficulties.
- Spunout recorded 385,850 website visits in Q4 2024. Marking a total of 1.6 million for the year, an increase of 14.7% on 2023. At least 219,735 of Q4 2024 visits were from Ireland, making for a total of at least 828,498 for 2024 (a 40.3% increase on 2023). 6 million social impressions were reported in 2024, up 240%.

Suicide or Survive (SOS)

www.suicideorsurvive.ie



Suicide or Survive (SOS) is focused on breaking down the stigma associated with mental health issues and ensuring that those affected have access to quality recovery services that are right for the individual. With the support of the HSE NOSP, SOS delivers a variety of suicide and self-harm prevention initiatives. These include Wellness Workshops and Supporters Programmes (delivered online and in person), the Eden Programme and WRAP (Wellness Recovery Action Plan) programme.

- 1 Eden Programme was completed, with 16 participants starting the programme in May and 11 completing the programme in November.
- 6 Supporters Programmes for the Community were held (46 participants).
- 31 Wellness Workshops were delivered (949 participants).
- 6 WRAP programmes were delivered (65 participants).
- 356 people availed of the online version of the You Matter Wellness Workshop aimed specifically at younger people.
- 9 Supporters Programmes for Workers/Volunteers were completed (100 participants).
- 1364 people availed of the online version of the Wellness Workshop which allows people who cannot attend a face-to-face Workshop to benefit from the Workshop.

Transgender Equality Network Ireland (TENI)

www.teni.ie



The vision of TENI is to advance the rights and equality and improve the lives of trans people and their families in Ireland. Funding support from the HSE NOSP supports TENI's training, awareness and mental health promotion activities nationwide. For example, workshops that are targeted at health professionals working in public and voluntary and community services, and TENI's peer support groups for trans people and their families.

- TENI responded to a total of 1,591 queries via phone and email from members of the public, civil society
 organisations, and other groups, providing advice and signposting to help individuals access appropriate
 supports and services.
- The organisation facilitated 75 support group meetings and hosted six community events, including
 four general gatherings and two specifically for families, while also uplifting the voices of 42 community
 members through various initiatives.
- TENI delivered 30 clinically-focused "lunch and learn" sessions for healthcare professionals and 24 sessions
 for civil society and wellbeing organisations, helping to build broader awareness and understanding of trans
 healthcare needs.
- A total of 568 clinicians were reached through in-person training sessions and talks, including nine face-toface training sessions, enhancing professional competence in working with trans individuals.
- In partnership with Jigsaw, TENI co-developed a guide for clinicians working with young trans people, and produced two new resources designed to support the trans community more broadly.
- TENI conducted research into the mental health and wellbeing of the trans community, delivered 10
 wellbeing-focused workshops, and expanded peer support by recruiting new facilitators for young people's
 groups in Waterford and Galway.

Turn2Me

www.turn2me.ie



Turn2Me provides a wide range of innovative mental health peer support, group support and counselling services, all easily accessible online. Funding from the HSE NOSP specifically supports the delivery of online counselling, peer to peer and self-help services.

In 2024

- Turn2Me offered 9,591 counselling sessions and delivered 7,995 sessions.
- The top presenting issues in the counselling service were anxiety (40%), relationship issues, depression, family conflict, stress, work issues, trauma and bereavement.
- 233 online support groups were delivered with 1,081 users reserving places.
- Turn2Me host the "All things ADHD" support group with the assistance of ADHD Ireland with 20 groups held up to Q4 2024.
- In early 2024 a guided meditation service was initiated by Turn2Me and is available on Youtube, Spotify and the Turn2Me website.
- A partnership between Turn2Me and the Family Resource Centre will launch a new online support group for parents and caregivers of neurodivergent children. A newly established partnership with Endometriosis Association of Ireland will create a new support group in 2025.

Union of Students in Ireland (USI)



www.mentalhealth.usi.ie

The USI is the national representative body for students in 3rd level education. Funding from the HSE NOSP contributes to the provision of a dedicated USI Mental Health Programme Manager who leads on a range of mental health promotion and awareness activities. Of note is the USI's central role in the development and implementation of the National Student Mental Health and Suicide Prevention Framework (2020).

- A total of 16 campus visits were carried out, directly engaging approximately 450 students and distributing over 800 self-care packs to support student wellbeing.
- Four in-house training events were delivered, with 60 participants trained, alongside a safeTALK session that equipped 22 individuals with suicide alertness skills.
- Outreach included participation in a student congress, reaching approximately 200 students, and hosting a conference that was attended by 40 people.
- Engagement and support materials were widely distributed, including 35 welfare starter packs, 200 SUT workbooks, and additional starter/engagement packs to assist student welfare initiatives.
- A regular newsletter was circulated to 552 contacts, achieving a strong engagement rate with a 30% clickthrough rate.

HSE Mental Health Literacy Campaign

The HSE NOSP collaborates with the Campaign Team to deliver the national HSE Mental Health Literacy Campaign every year, and is a primary funder of campaign activity. The Campaign Team is led by HSE Communications and Public Affairs (Programmes and Campaigns) with HSE Access and Integration (the NOSP, Mental Health, Health and Wellbeing), and HSE Digital.

The main aim of this campaign is to help people recognise in themselves and others, when they need help with common mental health difficulties. The campaign encourages people to feel comfortable seeking help at the earliest opportunity, and signposts them to advice and services accessible through the HSE website www.yourmentalhealth.ie.

Campaign priorities in 2024

The main focuses of the campaign in 2024 were:

- To build on 2023 activity and the media plan to continue to raise awareness and understanding of four key pillars associated with mental health – stress, low mood, anxiety and sleep.
- · To develop a new social strategy.
- To promote the introduction of the HSE My Mental Health Plan, and develop related creative assets.
- Increased targeting of campaign messaging to people aged 18 to 24.





Campaign performance 2024, highlights

- Video on Demand campaign over-delivered on planned impressions, with approximately 9.6 million campaign impressions across Broadcast Video on Demand (RTÉ, All4, Sky channels), YouTube non-skip, and YouTube skippable, and completion rates above norms.
- There were five bursts of national radio advertising during 2024, targeting all adults aged 15 and older, with a skew towards younger audiences and 'C2DE' audiences.
- Radio listenership figures indicated that 72% of adults heard the campaign ad on radio at least once, and 66% heard it at least three times in Quarter 4.
- Digital Audio (sponsored reads, and ads) overperformed for the campaign across Audio One, Acast, Audio XI and Spotify.
- Sponsored reads achieved over 620,000 impressions on the Talking Bollox podcast, over 105,000 impressions on the Stall It podcast, and almost 390,000 impressions on the Tommy, Hector and Laurita podcast.
- Digital display advertising (for example, campaign ads on pages discussing relevant topics, or reaching people who have previously engaged with similar content) delivered 6.6 million digital display impressions, with a generally strong CTR (clickthrough rate) either meeting or exceeding the norm of 0.15%.
- Bereavement terms had the biggest uplift in traffic (+151% v 2023) followed by difficulty sleeping (+96% v 2023) and anxiety (+85% v 2023). 64% of traffic came from female users (especially those aged 35 to 44) with 17% of all clicks.





- In collaboration with the Union of Students in Ireland (USI) over 100 students were interviewed and filmed in vox-pops. talking about their experiences of mental health, and self-care.
 11 videos were developed as social to feature as part of the campaign, and by USI in 2025.
- On social media, the campaign featured on Facebook, Instagram, TikTok and Snapchat, across general populations (over the age of 18), and in segments to males aged 18 to 24, females aged 18-24, males aged 26+, and females aged 26+.
- The introduction of campaign activity on Snapchat and TikTok led to increased reach for younger audiences at lower costs, although Meta remained the key platform for older users - Meta platforms (Facebook, Instagram) still accounted for a large amount of campaign reach.

My Mental Health Plan

In May 2024 a new HSE online and interactive support – My Mental Health Plan – went live, to help people reflect on their own mental health needs and offers personalised advice and information. My Mental Health Plan aims to help people address issues like stress, sleep, low mood and anxiety to improve mental health and self-care.

In Q2 and Q3 2024, the Mental Health Campaign integrated new creative and messaging about this support, including new video content, digital display and radio advertising.

- The video ThruPlay rate (amount of video views) in Q2 saw a significant increase of 130%, indicating strong engagement with new My Mental Health Plan content.
- There were over 105,000 views of the My Mental Health Plan in 2024, with 13,646 plan 'starts' and 13,101 plan 'completions'.
- The majority of visitors to the My Mental Health Plan in 2024, were from paid social media. In Q4, content about the My Mental Health Plan had:
 - + Over 5 millions impressions on Meta (Facebook & Instagram) alongside over 40k link clicks.
 - + Almost 6.8m impressions and a reach of over 733k on TikTok.
 - + Over 2.2m impressions and a reach of over 437k on Snapchat.



Yourmentalhealth.ie

- There were almost 2.5m page views on the HSE site www.yourmentalhealth.ie in 2024 (+3.7% from 2023), and over 1.77m users.
- Most people accessed the site on mobile devices – 56.6% of homepage visits, and 85.9% of My Mental Health Plan visits, were on mobile.
- The combined pages on the site associated with the campaigns four pillars (stress, anxiety, low mood and sleep) had over 236k views and over 162k users.
 - + The majority of these sessions were through paid search, organic search and paid social.
 - + Sleep was the most viewed of these four pages (over 65k views).
 - + Spikes in website traffic and engagement rates coincided with campaign bursts in January, June, August and December.

Section 3.0

Information on deaths by suicide in Ireland

3.0. Information on deaths by suicide in Ireland

3.1. Suicide data in Ireland

In Ireland, the decision as to whether someone has died by suicide is a legal determination made by Coroners, not a medical decision by doctors or the HSE and there is a time delay in the availability of data.

Following the Coronial investigation, inquest and registration processes, the Central Statistics Office (CSO) publishes national mortality data, including data on deaths by suicide. All CSO data on suicide deaths is publicly available on their website www.cso.ie.

Annual data from the CSO is provided in stages – firstly by year of registration ('provisional'), revised later by year of occurrence ('official'), and revised later again to include late registered deaths.

Number of deaths by suicide, 2012 to 2024

	All deaths by suicide	Male deaths by suicide	Female deaths by suicide	CSO source
2024	351	289	62	Table VSD30
2023	302	232	70	These figures are provisional (updated May 2025), and do not account for late
2022	436	346	90	registered deaths.
2021	512	401	111	Table VSA35
2020	515	374	141	These figures are revised (updated November 2024) to take account of late registered deaths. They will be revised over time to take account of further late registrations.
2019	542	422	120	
2018	550	407	143	
2017	512	400	112	
2016	531	429	102	
2015	500	393	107	
2014	578	472	106	
2013	549	441	108	
2012	585	475	110	

3.1.1. PxStat Data Dissemination Service

There are 7 suicide-related tables in the PxStat Data Dissemination Service, each providing different types of information. They are updated at different intervals each year.

- VSA35 Revised Deaths Occurring (Sex, Cause of Death, Age Group at Death, Year)
- VSD30 Suicides (Area of residence, Sex, Year)
- VSD31 Suicides (Sex, Year)
- VSD32 Suicide death rates (Sex, Year)
- VSD33 Published Suicide deaths and Late Registered Suicide deaths (Sex, Year)
- VSD34 Late registered suicide deaths (Sex, Year of occurrence, Year)
- VSA112 Revised deaths occurring (Sex, County, Cause of Death, Year)

3.1.2. Suicide statistics bulletins

The CSO also publishes helpful annual statistical bulletins and summaries of suicide data.

- Suicide Statistics 2021 (25 November 2024)
- Suicide Statistics 2020 (14 November 2023)
- Suicide Statistics 2019 (09 September 2022)

3.1.3. Vital statistics releases

These provide early provisional information on deaths (by year of registration) and are published in Vital Statistics reports quarterly and annually.

Vital statistics

3.2. Self-harm data in Ireland

Why record self-harm data?

Non-fatal self-harm is a far more common form of suicidal behaviour than suicide and it is one of the strongest risk factors for suicide. Hospital-presenting self-harm is the most severe type of non-fatal self-harm. As a result, reducing the rate of hospital-presenting self-harm is one of the two defined outcomes of Connecting for Life.

What is the National Self-Harm Registry Ireland?

The National Self-Harm Registry Ireland records and reports information about self-harm presentations to hospital emergency departments across the country. The Registry is operated by the National Suicide Research Foundation (NSRF) and is funded by the HSE NOSP.

What does the Registry do?

The Registry tells us how many self-harm presentations there are each year. It tells us which groups in the country make the most presentations, when the presentations happen, what type of self-harm is involved, and which areas have the highest rates. By providing this information, the Registry helps to inform the improvement of services for individuals who self-harm and prevention efforts.

- · Read more about how the Registry records and processes data
- Access Registry reports and publications



From the National Suicide Research Foundation (www.nsrf.ie)

Section 4.0

Financial summary

4.0. Financial summary

4.1. Budget and expenditure

In 2024 the HSE NOSP's budget was €14,876,479 and expenditure was €15,262,918.

The budget and expenditure of the HSE NOSP has increased significantly in the last twelve years, from €5.19m in 2012. In 2024, 55% of expenditure was for grants to national organisations and frontline services working in the area of suicide prevention and mental health promotion. Additional grants are allocated to more local agencies, via regional HSE structures.

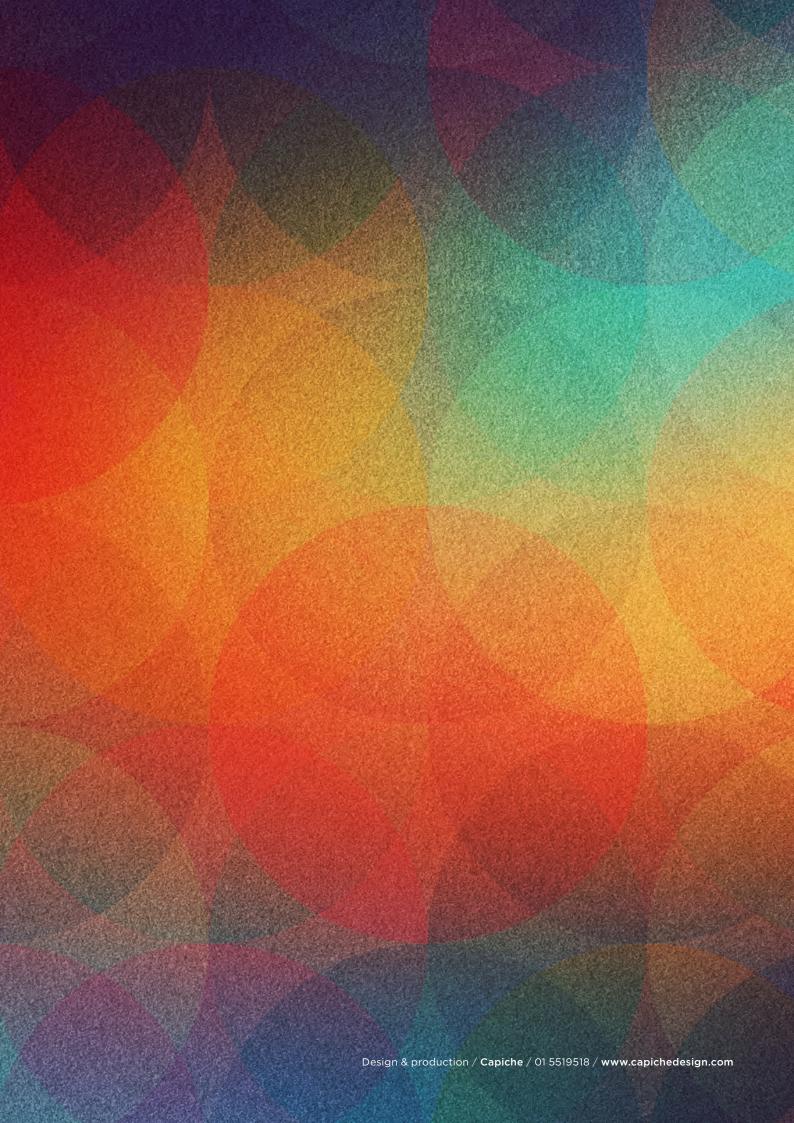
HSE NOSP expenditure in 2024

	2023	2024
Main grants to agencies	7,352,620	8,339,034
Breakdown next page		
Communications projects	977,219	1,256,659
Research, monitoring, evaluation	295,908	348,881
Includes grant to agency*		
Non-grant expenditure	1,679,930	1,586,072
Includes office expenses, salaries, overheads, misc		
Training programmes	1,358,514	1,537,315
Includes Non-clinical training, Clinical training,		
Grants to agencies**		
Regional liaison and suicide prevention services	1,307,240	1,307,240
Capacity building		
Connecting for Life Strategy Implementation	1,136,492	887,717
Includes Resource Officers for Suicide Prevention,		
Local Connecting for Life Implementation Plans,		
Grants to agencies via CHOs		
Total	14,107,923	15,262,918

HSE NOSP grants to national agencies in 2024

Aware	383,432
Belong To Youth Services	240,964
Community Creations (spunout)	160,000
Dublin Simon Community	221,686
First Fortnight Limited	391,257
GAA	50,610
Healing Untold Grief Groups (HUGG)	101,134
LGBT Ireland	111,527
My Mind	253,725
National Forum of Family Resources Centres (FRC)	134,355
Pieta	2,511,019
Samaritans Ireland	595,488
Shine (Headline, See Change)	541,454
Suicide or Survive (SOS)	268,116
National Suicide Research Foundation (NSRF)	1,368,175
ISPCC (Childline)	232,303
Men's Health Forum Ireland (MHFI)	50,894
Union of Students in Ireland (USI)	69,741
Transgender Equality Network Ireland (TENI)	79,964
Exchange House	352,780
Turn2Me	304,106
VRC Interim payment	-83,657
OTAL	8,339,073
Research, monitoring, evaluation	
National Suicide Research Foundation (NSRF)	250,685
* Training programmes	
National Suicide Research Foundation (NSRF)	7,456
The Irish College of General Practitioners (ICGP)	141,370

Notes				





Oifig Náisiúnta an FSS um Féinmharú a Chosc HSE National Office for Suicide Prevention

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