



HSE National Office for Suicide Prevention

ANNUAL REPORT

2021



Connecting for Life

This report was published in September 2022 and is available;

* To download at www.nosp.ie or www.connectingforlifeireland.ie

* To order at www.healthpromotion.ie



Contents

Foreword	2
Introduction	4
Abbreviations	6
1.0 The work of the HSE National Office for Suicide Prevention	8
1.1 About	8
1.2 The implementation of Connecting for Life	11
1.3 Key developments during 2021	13
1.3.1 Developing a Community Response to Suicide	13
1.3.2 Education and training	15
1.3.3 Research and evaluation	20
1.3.4 Suicide data improvement projects	25
1.3.5 Communications	27
1.3.6 Suicide bereavement supports and initiatives	29
1.3.7 HSE Bereavement support and information campaign	32
2.0 HSE Resource Officers for Suicide Prevention	36
3.0 Partnership with the NGO Sector	43
4.0 Suicide in Ireland	53
4.1 Data from the Central Statistics Office	53
4.2 Data on self-harm	54
4.3 European comparisons	55
5.0 Financial information	57
5.1 Expenditure	57
5.2 Grants to agencies	58
6.0 Helpful information	60
6.1 Language and suicide	60
6.2 Signposting to support	62
6.3 Media guidelines	69

Foreword from Dr Stephanie O’Keefe



On behalf of HSE Integrated Operations - Planning, I am very pleased to introduce the HSE National Office for Suicide Prevention (NOSP) Annual Report for 2021. This report outlines the work of the HSE NOSP throughout the year, and important developments in the implementation of Connecting for Life, Ireland’s National Strategy to Reduce Suicide. Notably, the HSE National Service Plan 2022 identified the implementation of Sharing the Vision, a Mental Health Policy for Everyone and Connecting for Life, as priority areas for action in the wider delivery of health and social care. This emphasises our high level commitment within the HSE to reduce suicide, and to build a well-resourced, mutually supportive and highly collaborative suicide prevention community in Ireland.

During 2021 both the COVID-19 pandemic and the cyberattack on the HSE had a significant impact on staff, patients, service users and vulnerable groups in all our communities. The impact of the pandemic has been felt by all. The lessons learned have continued to inform decisions, service developments and enhancements across services. These events have provided new opportunities to transform the Health Service, improve decision making processes, increase the agility of responses, and build greater trust and confidence. Open, transparent and collaborative relationships between the HSE and stakeholders, are more important than ever before. The HSE NOSP is strategically placed to foster such relationships across a wide range of internal and external stakeholders who each play their part in reducing suicide in Ireland.

The budget and expenditure of the HSE NOSP has increased significantly over the last nine years, from approximately €5m in 2012, to over €13m last year. Over 50% of the NOSP expenditure was for grants to national organisations and frontline services working in the area of suicide prevention and mental health promotion. The activities outlined in this report highlight what can be achieved in collaboration with others – in particular with a diverse and committed NGO (non-governmental organisation) sector, which has adapted and responded with great agility to new and emergent needs over the last two years. I would like to thank you all for your tireless commitments to the national strategy, and your efforts in preventing suicide in Ireland.

Finally I would like to take this opportunity to acknowledge and thank the entire team in the HSE NOSP for their work and

achievements during 2021. I would also like to thank the network of HSE Resources Officers for Suicide Prevention across the country, and the broad range of participating colleagues in the HSE across Mental Health, our Community Healthcare Organisations and our Hospital Groups. I would also like to thank all our external partners, including Community groups and the families who work with us on implementing Connecting for Life, colleagues in Local Authorities, the Department of Health and in wider Government. There are countless others involved in implementing Connecting for Life, at national, local and community levels. Your endeavours and accomplishments remind us all that a dynamic cross-sectoral and multi-faceted approach is required, if we are to prevent suicide and realise the ultimate vision of Connecting for Life – an Ireland where fewer lives are lost to suicide.

Dr Stephanie O’Keeffe

HSE National Director, Integrated Operations - Planning

Introduction



The HSE National Office for Suicide Prevention (NOSP) progressed a significant programme of work in 2021 and has maintained a flexible and productive approach to its projects during these times of great change and disruption. This annual report includes some significant highlights from 2021, including:

- The production of new operational guidance to support mental health services, and local response partners, in developing an Inter-Agency Community Response Plan (CRP) for incidents of death by suspected suicide. This guidance promotes local preparedness, which is key to ensuring a successful and coordinated response to such deaths. It will ultimately improve the ability of agencies to deliver effective suicide postvention responses and supports to people who are impacted.
- Investment in high quality research into suicide, in particular among priority groups that have been identified in Connecting for Life, Ireland's National Strategy to Reduce Suicide. The HSE NOSP Grant Scheme for Collaborative Research Projects now has 13 projects underway, which will help to build the evidence base for suicide and self-harm prevention in Ireland, and identify areas and opportunities for more targeted attention.
- The advancement of a number of suicide data improvement projects that are presently at different stages of development. These projects are from, or funded by, the HSE NOSP and in collaboration with various partners. They are aligned with goals and objectives in Connecting for Life - in particular strategic goal 7, 'to improve surveillance, evaluation and high quality research relating to suicidal behaviour' and will assist more data-driven approaches to decision making.
- The delivery of a suite of education and training initiatives encompassing suicide and self-harm prevention, and suicide bereavement. Given the disruptions over the last two years, this work has required greater utilisation of online solutions, and more targeted relationships with key agencies - to promote, instil or embed suicide prevention training, with important or priority audiences.

The implementation of Connecting for Life, has required high-level endorsement and leadership across its lifespan. The HSE NOSP is appreciative of the continued support provided by the National Cross-Sectoral Steering and Implementation Group for the strategy, which is chaired by the Department of Health. Representatives on this group include health and Government agencies that have been tasked with lead responsibility for actions in the strategy, and representatives from the NGO (non-governmental organisation) sector. Their expert stewardship of the national strategy remains invaluable, and continues to monitor and inform the direction of our work, and that of numerous other implementation structures, in place at local levels across the country.

The HSE NOSP has also worked hard in enhancing relationships with the multiple partners involved in the implementation of Connecting for Life. In particular, I would like to acknowledge and thank our HSE Resource Officer for Suicide Prevention colleagues, HSE Mental Health Community Operations, and the cohort of over 20 NGO funded partners working with and in communities all across the country.

I would like to take this opportunity to thank all the team in the HSE NOSP for their work during 2021 and ongoing. Maintaining a concerted focus and responsive approach to suicide prevention has been challenging over the last two years and we remain grateful to you for all your hard work and dedication to Ireland's national strategy and suicide prevention.

John Meehan

HSE Assistant National Director, Mental Health Planning, and Head of the National Office for Suicide Prevention

Abbreviations

ASIST

Applied Suicide Intervention Skills Training

CAMHS

Child and Adolescent Mental Health Services

CAMS

Collaborative Assessment and Management of Suicidality

CHO

Community Health Organisation

CME

Continuing Medical Education

CMHF

Community Mental Health Fund

CPD

Continued Professional Development

CRP

Community Response Plan

CSO

Central Statistics Office

CYPSC

Children and Young People's Services Committees

DUMP

Disposal of Unused Medication Properly

ED

Emergency Department

HPRA

Health Products Regulatory Authority

HRB

Health Research Board

HSE

Health Service Executive

HUGG

Healing Untold Grief Groups

IASP

International Association for Suicide Prevention

ICGP

Irish College of General Practitioners

IDO

Intentional drug overdose

IPS

Irish Prison Service

IPSDS

Irish Probable Suicide Deaths Study

IPU

Irish Pharmacy Union

NEPS

National Educational Psychological Service

NGO

Non-governmental organisation

NHIS

National Health Information Systems

NIMS

National Incident Management System

NOSP

National Office for Suicide Prevention

NSHRI

National Self-harm Registry Ireland

NSRF

National Suicide Research Foundation

PSI

Pharmaceutical Society of Ireland

QAF

Quality Assurance Framework

ROSP

Resource Officer for Suicide Prevention

SADA

Self-harm Assessment and Data Analysis

SATS

Suicide Assessment and Treatment Service

SBLO

Suicide Bereavement Liaison Officer

SBLS

Suicide Bereavement Liaison Service

SLA

Service Level Agreement

SSHO

Suicide and Self-harm Observatory

STORM®

Suicide Prevention and Self-harm Mitigation Training

VCI

Veterinary Council of Ireland

1.0

The work of the HSE National Office for Suicide Prevention

The work of the HSE National Office for Suicide Prevention

1.1 ABOUT

The HSE National Office for Suicide Prevention (NOSP) leads on suicide prevention across the HSE and in collaboration with multiple sectors. The office sits within HSE Integrated Operations - Planning, which provides leadership and operational oversight of all service delivery, planned and responsive, across the HSE.

The work of the office is primarily informed by [Connecting for Life, Ireland's National Strategy to Reduce Suicide](#). The strategy mandates the HSE NOSP to support, inform, coordinate and monitor the implementation of Connecting for Life across the HSE, government departments, statutory agencies and non-governmental organisations (NGOs).

The HSE National Service Plan 2022 has identified the implementation of [Sharing the Vision, a Mental Health Policy for Everyone](#) and Connecting for Life, Ireland's National Strategy to Reduce Suicide, as priority areas for action in the wider delivery of health and social care.

The core HSE NOSP work streams are described as follows.

Strategy Coordination

The Strategy Coordination work stream focuses specifically on work with the lead agencies assigned actions in Connecting for Life. There are 22 such 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 to their assigned Connecting for Life actions; advise on, and support the approaches required to deliver on assigned actions; and maintain the close cross-sectoral relationships and partnerships that are required to ensure successful implementation of the strategy.

Education and Training

The Education and Training work stream ensures the national delivery of a suite of evidence-informed training programmes in suicide prevention, intervention and postvention. The HSE NOSP maintains the [Connecting for Life Education and Training Plan](#) and National Education and Training Quality Assurance Framework (QAF) which provide the overarching frameworks to support the coordination, quality assurance, monitoring and evaluation of education and training actions identified 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.

NGO Support

The HSE NOSP works directly with the NGO sector – presently 21 agencies receive national funding from the office to deliver on work that is 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 funded-agencies. Together with HSE Finance, the office manages the Service Level Agreements (SLAs) with each organisation and undertakes ongoing and regular assessment of service activity levels against agreed schedules.

Local Implementation Support

This work stream supports the local implementation of Connecting for Life, primarily through the network of HSE Resource Officers for Suicide Prevention (ROSPs) working across a range of Community Health Services, Community Health Organisations (CHOs) and areas nationwide. Reporting within local mental health services, the ROSPs coordinate the development, and support the implementation of ten regional Connecting for Life suicide prevention action plans that are aligned to the national strategy. The HSE NOSP provides funding to support the implementation of local actions and the delivery of suicide prevention training at a CHO level. The office also supports the network of ROSPs in an advisory capacity and maintains a two-way collaborative relationship with the group.

Research and Evaluation

The Research 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 and routinely track priority information about the strategy (i.e., its inputs, activities, outputs, outcomes and impacts) the HSE NOSP uses continuous processes of collecting and analysing data on specified indicators. This provides stakeholders with indications of progress and achievement of objectives at any given time (and/or over time) relative to respective targets and outcomes.

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

Communications

The Communications work stream supports the overall communications requirements of the Office, and those associated with Connecting for Life and its national implementation. The HSE NOSP maintains a Communications Plan to support the implementation of Connecting for Life. Regular channels and areas of oversight include: online content (specifically www.connectingforlifeireland.ie and www.nosp.ie); social media (#connectingforlife and @NOSPireland); HSE 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 parliamentary questions, for committees, reps and briefings); and events (online, in person).

Clinical Lead

The Clinical Lead supports all work streams in the HSE NOSP, providing clinical oversight, advice and input to relevant projects and initiatives underway. The Clinical Lead also has a leadership role in advancing initiatives related to communications, education and training in clinical and healthcare settings.

International Memberships

During 2021 the HSE NOSP was a proud member of the following networks:

- 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.
- [The International Initiative for Mental Health Leadership \(IIMHL\)](#) - which connects mental health leaders to help spread innovation and best practice to improve mental health and addiction services around the globe.



MORE INFORMATION

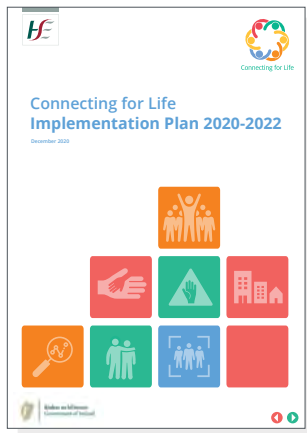
[HSE National Office for Suicide Prevention, about](#)

[Connecting for Life](#)

[HSE National Service Plan 2022](#)

[Sharing the Vision, a Mental Health Policy for Everyone](#)

1.2 THE IMPLEMENTATION OF CONNECTING FOR LIFE



The HSE NOSP provides strategic overview of the implementation of Connecting for Life, within an implementation structure established in 2015 with the launch of the strategy. The office reports to the National Cross-Sectoral Steering and Implementation Group for Connecting for Life (chaired by the Department of Health) on a quarterly basis. See *Connecting for Life Implementation Structure Diagram* on following page.

Each quarter, lead agencies that have responsibility for Connecting for Life actions, report on implementation progress and flag issues that may be hindering implementation, to the HSE NOSP. This monitoring system uses implementation dashboards that have been informed by the literature. Dashboards are provided to each lead agency so they can report on milestones associated with each action and highlight any issues arising.

Milestones are determined as being 'on track', 'needs attention' or 'off track', based on the agreed actions to be achieved in the year.

Based on all information received, summary progress reports are produced and published three times each year, on www.connectingforlifeireland.ie.

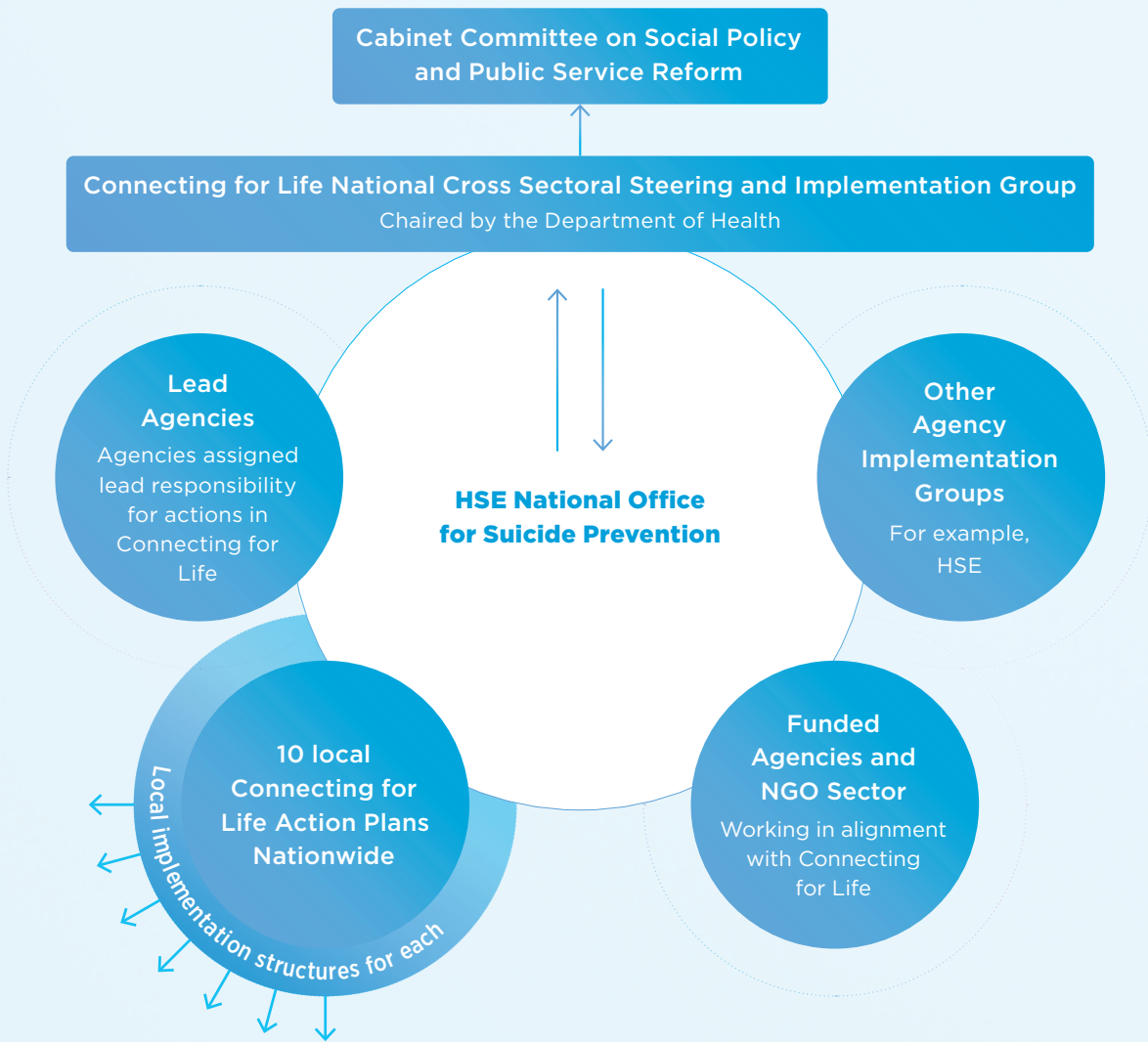


MORE INFORMATION

[The Public Health Approach to Suicide Prevention in Ireland](#) - in 2021 the HSE NOSP authored an article (Irish Journal of Psychological Medicine) providing an overview of Connecting for Life and the public health approach to suicide in Ireland.

As the strategy enters its final extended phase of implementation over the period 2020–2024, the public health elements of Connecting for Life are presented, including the population level and more targeted approaches. The findings of an interim review of the strategy are discussed, in addition to the local and national implementation structures which are in place to assist implementation and monitoring of the strategy.

Connecting for Life Implementation Structure



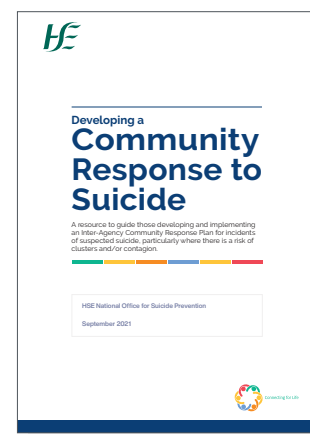


1.3 KEY DEVELOPMENTS DURING 2021

1.3.1 Developing a Community Response to Suicide

In 2021 the HSE NOSP published new operational guidance, Developing a Community Response to Suicide, which was formally launched by former HSE Chief Operations Officer, Anne O'Connor.

This guidance is a resource to support those tasked with developing and implementing an Inter-Agency Community Response Plan (CRP) for incidents of death by suspected suicide, particularly where there is a risk of clusters and/or contagion. It outlines the processes involved in preparing such plans, how they should be governed, led and - when required - activated.



The main aims of this guidance are to ensure:

- Preparedness - which is key to ensuring a successful response to incidents of death by suspected suicide.
- Involvement and engagement with individuals or communities who have been bereaved or impacted.
- Early detection of potential related deaths by suicide.
- A timely and coordinated response amongst a number of agencies.
- Commitment to serving the expressed needs of the community and building on the community's own strengths.
- Robust links to existing appropriate services, supports and information sources.
- Commitment to ongoing learning and the review and improvement of all practices.

The development of the guidance involved:

- Reviewing the literature, listening to practical experience and learning from elsewhere.
- Reviewing other critical incident plans developed and implemented in different settings.
- Conducting workshops with HSE ROSPs.
- Consulting with other stakeholders, including HSE Mental Health Services, the National Educational Psychological Service (NEPS), Tusla, Children and Young People's Services Committees (CYPSCs), Pieta, Samaritans, the GAA and the Mayo Suicide Bereavement Liaison Service (SBLS).

- Convening a working group (comprising HSE NOSP staff and ROSPs) and the governance structure required to deliver the project.

Into 2022, the HSE NOSP is now working with local areas to support the development of local Community Response Plans.



MORE INFORMATION

[Developing a Community Response to Suicide](#)



1.3.2 Education and training

The HSE NOSP is involved in 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.

In 2021 the delivery of face-to-face training programmes was predominantly paused while public health restrictions were in place. In response, the HSE NOSP continued to build an offering of online education and training. For example:

- An Introduction to Self-Harm was launched in June. This two hour online programme had over 600 participants throughout the year.
- Over 5,000 licences for LivingWorks Start - a 90-minute online suicide prevention programme - were issued.
- The HSE NOSP worked collaboratively with STORM® (Suicide Prevention and Self-harm Mitigation Training) to facilitate the online delivery of training packages to staff in HSE Child and Adolescent Mental Health Services, and HSE Adult Mental Health Services.
- Over 230 participants attended one-day suicide bereavement workshops online. These workshops are available for professionals and key contacts, who are positioned to provide support to people who have been bereaved by suicide.
- The office worked with the Department of Children, Equality, Disability, Integration and Youth to facilitate the online delivery of Responding to A Person in Suicidal Distress - a thirty minute online presentation that provides guidance on how to respond to a person who may be in suicidal distress. This was delivered to over 150 staff who work across the International Protection Accommodation Services.



MORE INFORMATION

[HSE NOSP Education and Training](#)

A review of gatekeeper training

In 2021 the HSE NOSP commissioned and published a Review and Evaluation of the Implementation of a Range of Delivery Models of Suicide Prevention Gatekeeper Training. This included a literature review and a stakeholder consultation on models of suicide prevention training.

The stakeholder consultations identified short, medium and long-term goals for the HSE NOSP Education and Training function. These recommendations were then incorporated into the revised HSE NOSP National Education and Training Plan, 2021-2022. This plan:

- Identifies key milestones for the delivery of suicide prevention training, under five key objectives.
- Outlines different categories of stakeholders for the provision of training in suicide prevention, intervention and postvention, at different levels. The programmes differ in learning objectives and outcomes, facilitating progression from more generalised training to high-level specialised training.
- Presents the models by which suicide prevention education and training programmes are currently delivered in Ireland. The hybrid model is the dominant model at area levels, while the cascade model has been embedded across a number of Government departments and agencies, including the Department of Social Protection and the Defence Forces.



MORE INFORMATION

[Review and Evaluation of the Implementation of a Range of Delivery Models of Suicide Prevention Gatekeeper Training](#)



Collaboration with the Veterinary Council of Ireland (VCI)

International research indicates that higher rates of suicide have been observed among veterinarians than other professionals, however there is no data available on this in Ireland, and few studies of veterinarian mental health have been conducted and reported.

To this end, in 2021 the VCI and the National Suicide Research Foundation (NSRF) worked collaboratively with the HSE NOSP to conduct a survey to expand the evidence base on the wellbeing and mental health needs of veterinarian professionals in Ireland. This will improve understanding and better inform how supports, education and training, can be enhanced for this cohort.

The survey was conducted in April 2021 and had over 700 respondents. The findings have now been published, in 2022. They will inform the basis for further education and other collaborative work between the HSE NOSP and the VCI from hereon.



MORE INFORMATION

[Mental Health of Veterinary Professionals in Ireland](#)

Work to prevent paracetamol-related intentional drug overdose

Action 6.1.2 in Connecting for Life is to ‘continue improvements in adherence to the legislation limiting access to paracetamol through raising awareness amongst retailers and the public and the use of point-of-sale systems’. To advance implementation of this action, a new working group was established in 2021 with leadership from the Department of Health and the HSE NOSP.

The overall aim of this working group is to collaborate on actions to prevent paracetamol-related intentional drug overdose by optimising adherence to existing legislation limiting access to paracetamol.

The group has developed a programme of work for 2022 and 2023 that will enhance information and support training development for pharmacy and non-pharmacy retail sector staff, collaborate on preventative interventions, and support actions required following market surveillance work.

The working group has representations from the Department of Health, the HSE NOSP, the Health Products Regulatory Authority (HPRA), the NSRF, the Irish Pharmacy Union (IPU), and the Pharmaceutical Society of Ireland (PSI).



MORE INFORMATION

[Paracetamol-related intentional drug overdose among young people: a national registry study of characteristics, incidence and trends, 2007-2018](#)

Work with the Irish College of General Practitioners (ICGP)

The HSE NOSP and the ICGP have continued partnership initiatives in alignment with Connecting for Life – in particular relating to action 3.1.5, to ‘provide and sustain training to health and social care professionals, including frontline mental health service staff and primary care health providers. This training will improve recognition of, and response to, suicide risk and suicidal behaviour among people vulnerable to suicide.’

It is widely accepted that GPs fulfil a critical gatekeeper role, and are incredibly important in recognising and providing the necessary treatment to individuals who may be at risk of suicide. While GP trainees are taught to conduct clinical suicide risk assessments as part of their training, the need to include a stronger focus on mental health and suicide prevention has been identified in the programme of continuing education that the ICGP offers.

Since the onset of the pandemic the ICGP delivers a series of weekly webinars to support GPs and trainees on a wide range of topics. Webinars are delivered live and up to 2,500 GPs attend every week. Each webinar is recognised for 2 external CPD (Continued Professional Development) credits. Almost 3,200 GPs are currently on the ICGP CME (Continuing Medical Education) mailing list with over 10,000 attendances at over 1,200 meetings each year.

In 2021, weekly webinar topics included ‘Eating Disorders: Guide to Assessment and Management in Primary Care’ (2,177 attendees), ‘A Modern Approach to Anxiety’ (1,800 attendees), ‘How to Reshape the Anxious Mind’ (483 attendees), ‘Depression and Loneliness in Older People’ and ‘Challenges of Achieving Balance and Wellness in a Challenging World’ (450 attendees).

Over 800 ICGP members attended the online ICGP Annual Conference in May, which featured parallel sessions including ‘How to Reshape the Anxious Mind and Brain’, ‘Depression and Loneliness in Older People’ and ‘Challenges of Achieving Balance and Wellness in a Challenging World’.



MORE INFORMATION

[Irish College of General Practitioners \(ICGP\), Education](#)



Suicide prevention and third-level curricula

Action 5.4.4 of Connecting for Life recommends the incorporation of suicide prevention training as part of a third-level curricula for relevant health and social care professions. In 2021 the HSE NOSP funded the National Suicide Research Foundation (NSRF) to undertake a systematic review of suicide prevention training programmes in healthcare degree courses in higher education institutions. In addition a national survey of module coordinators and lecturers in healthcare courses in higher education institutions was undertaken, revealing a strong desire from educators to develop this area of work.

Observations from the literature review and the national survey highlight that the key benefits include increased confidence in communicating with patients with suicidal ideation/behaviours, and increased knowledge and awareness around how to work with a patient who may be exhibiting suicidal ideation/behaviours (including how to refer to services). The literature review also showed that programmes students experienced improved attitudes towards patients with suicidal ideation/behaviour and improved skills in dealing with these patients.

In 2022 the HSE NOSP will work in partnership with the NSRF to develop a module on suicide prevention for incorporation into relevant third-level curricula.

Work to promote the safe disposal of unused or unwanted medications

With the support of the HSE NOSP, the Disposal of Unused Medication Properly (DUMP) campaign has continued to be run in selected regions (such as Cork and Kerry since 2007, and more recently, in HSE CHO9). This campaign promotes the safe return and disposal unused or unwanted medications. This is a means by which pharmacists can restrict access to means of suicidal behaviour.

Unused or out-of-date medicines can build up in the home for a variety of reasons. Storing these medications long-term is not safe and can result a variety of adverse outcomes including accidental poisonings, intentional overdose, inappropriate sharing of medicines and environmental damage.

The HSE NOSP is currently working to establish the feasibility of rolling the DUMP campaign out, nationally.

1.3.3 Research and evaluation

Grant Scheme for Collaborative Research Projects, 2021 and 2022

At the beginning of 2021, applications for the first HSE NOSP [grant scheme for collaborative research](#) closed, successful projects were awarded funding, and their work commenced. These projects focus on improving the evidence base for mental health and suicide prevention on priority groups in Ireland. Goal 3 of Connecting for Life describes these priority groups as groups in the population that may be at increased risk of suicide and self-harm.

The scheme also aims to promote and support collaborative research projects between researchers and services working in the area of suicide prevention in Ireland.

13 projects were awarded funding and commenced work during 2021:

1. Impact of COVID Restrictions on People Experiencing Homelessness, Substance Use and Mental Ill-health throughout the pandemic.
2. Action research supporting development of a suicide prevention protocol in homeless services.
3. An investigation of suicidal behaviour and self-harm in adults with ADHD in Ireland.
4. Digital storytelling as a therapeutic intervention for Traveller men affected by suicide.
5. Safety Planning Group Intervention delivered with people experiencing Suicidality in an Acute Adult Mental Health Unit.
6. Beyond Bullying - The Role of Humiliation in Suicidality in Ireland's Youth.
7. Experiences of supports for suicide bereavement in Ireland: A national survey.
8. Retrospective chart review of patients presenting to the Emergency Department following High Lethality Intentional Drug Overdose (IDO) and subsequent prescribing practices.
9. Community Engagement for Suicide Prevention: Exploring Sex Worker Experiences in Ireland.
10. Lived Lives Revisited: A science-arts community intervention around suicide in priority groups.
11. Dying to farm: Towards developing a suicide prevention intervention for farmers in Ireland.





12. A blue print for providing resources to parents of adolescents who self-harm.
13. Developing a research-based Action Plan of priorities for implementing the National Student Mental Health and Suicide Prevention Framework (jointly funded with the Higher Education Authority).

As a result of the new grant scheme, a working group was also established to steer two additional research projects that specifically address current gaps in knowledge and evidence of suicide, self-harm, and mental health amongst the Traveller Community. These projects are:

1. Traveller Mental Wellness Continuum Framework: A cultural intervention model of mental wellbeing and suicide prevention for members of the Travelling community in Ireland (funded by Sláintecare).
2. Closing the Gap: Exploring the co-variates of Suicidality among Irish Travellers Project (funded by Sláintecare).

It is envisaged that all projects and awardees will have published research outputs during 2022 and 2023.



MORE INFORMATION

[HSE NOSP Grant Scheme for Collaborative Research Projects](#)

Scalability assessment of the CAMS (Collaborative Assessment and Management of Suicidality) approach

In 2021 the HSE NOSP published a scalability assessment to test the feasibility of scaling-up the North Dublin Adult Mental Health approach to implementing the CAMS in their Suicide Assessment and Treatment Service (SATS). The assessment (conducted by the Centre for Effective Services) provides considerations and recommended steps and approaches if the SATS structure and/or the CAMS intervention are identified for introduction and integration into Mental Health Services in other areas.



MORE INFORMATION

[Scalability Assessment of the CAMS Approach](#)

A review of research carried out as part of Connecting for Life

This review of research and accompanying research briefs (conducted by the Centre for Effective Services) were published in 2021. The aim was to conduct a review of Connecting for Life commissioned research/evaluations and produce a synthesis of their findings, so as to identify knowledge gaps, and formulate next steps to obtain these insights.



MORE INFORMATION

[Review of Connecting for Life Research](#)

Assessments of learning

In 2021 the HSE NOSP published assessments of learning in two areas:

- [Learning from a strategic assessment of the implementation of the Connecting for Life strategy with NGO partners.](#)

This assessment looks back over the first five years of the strategy with NGO partners and explores their experiences of working with, and to the strategy. It looks forward to the next years by learning from these experiences with a view to informing the future implementation of Connecting for Life.

- [Best Practice Guidance for Suicide Prevention Services: Learning from development and early implementation.](#)

This involved an evaluation of the pilot implementation of the Best Practice Guidance (2019) and consideration to the extent implementation outcomes had been achieved with NGO partners and with key stakeholders.

Understanding self-harm in Irish prisons

In April 2021, the third report from the Self-Harm Assessment and Data Analysis (SADA) Project was published. The SADA project forms part of the work of the National Suicide and Harm Prevention Steering Group (NSHPPG) in the Irish Prison Service (IPS). It is supported by multi-disciplinary teams across the prison estate who play a pivotal role in analysing the incidence and profile of self-harm in prisons, and the National Suicide Research Foundation (NSRF). This data continues to inform policy and practice development in order to enhance the treatment and management of individuals in custody who pose a risk of self-harm and suicide and to protect individuals in Irish prisons.



MORE INFORMATION

[Self-harm in Irish Prisons Reports](#)



Healthy Ireland Survey 2021 – Suicide Module

The inclusion of questions on suicide in the Healthy Ireland Survey 2021 was because of a close working relationship between the HSE NOSP and Healthy Ireland. The HSE NOSP produced a business case for, and worked with Healthy Ireland to develop survey questions for this module. This was the first time a module on suicide prevention was included in this national survey.

While the number of people who answered questions for the suicide module in this survey, was relatively low (2,016), the results nevertheless provide an indication of current levels of exposure to/experiences of suicide, and attempted suicide in Ireland.

The considerable proportion of people who reported knowing someone who had died by suicide (13% in a close context and 53% in a less close context) is a reminder of the ‘ripple effect’ associated with the impact of suicide in any given community or setting, and the importance of providing comprehensive postvention initiatives in the context of our wider suicide prevention efforts.

The proportion (6%) of people who reported attempting to take their own life in the past, gives some indication of the prevalence of such ideation among our population. While it can be said with reasonable certainty, that rates of suicide in Ireland are not high in comparison with EU counterparts, every death by suicide is one too many. There remains a firm commitment across multiple sectors, to work to reduce suicide further and in the ongoing implementation of Connecting for Life.



MORE INFORMATION

[Healthy Ireland Survey 2021](#)

Suicidality during the COVID-19 Pandemic: A Longitudinal Study

Since the onset of the pandemic, the COVID-19 Psychological Research Consortium (C19PRC) brought together an international, multi-disciplinary team of clinical and research psychologists to study the psychological, social, political and economic impact of the COVID-19 pandemic on the general population. The first wave of the UK survey (the parent strand of the consortium) took place from March 2020.

In 2021, the HSE NOSP continued to support and participate in the analysis of data collected from the Republic of Ireland arm of the C19PRC study. This was led by Dr Philip Hyland, a Senior Lecturer at the Department of Psychology, Maynooth University and a member of the C19PRC International Group.

The study (published in early 2022) outlines the lifetime prevalence of different indicators of suicidality in the Irish general population and whether suicidality has increased during the COVID-19 pandemic.



MORE INFORMATION

[Predicting risk along the suicidality continuum: A longitudinal, nationally representative study of the Irish population during the COVID-19 pandemic](#)



1.3.4 Suicide data improvement projects

During 2021, the HSE NOSP worked to advance key suicide data improvement projects that are presently at different stages of development. These projects are from, or funded by, the HSE NOSP and in collaboration with various partners.

These projects are aligned with goals and objectives in Connecting for Life – in particular strategic goal 7, ‘to improve surveillance, evaluation and high quality research relating to suicidal behaviour’ and objective 7.2, ‘to improve access to timely and high quality data on suicide and self-harm’.

a. HSE-Garda PULSE data sharing project

This project is underpinned by a draft joint working protocol that will establish new procedures between An Garda Síochána and the HSE NOSP (“Joint Working Protocol between the Garda Síochána and the Health Service Executive (HSE): Death by Suspected Suicide”). It will involve sharing information about deaths that are by suspected suicide, from preliminary, sensitive stages in the death investigation process. It aims to establish a rapid and direct referral pathway for those bereaved, to suicide bereavement supports, and to enable the HSE to better understand, and respond locally to incidents or emerging trends of probable suicide, in real-time.

b. Suicide and Self-harm Observatory (SSHO)

The SSHO was first established in 2017 by the NSRF in collaboration with HSE Cork Kerry Community Healthcare, and Coroners in counties Cork and Kerry. It developed to obtain minimal data on suspected suicide cases from the Coroners of County Cork and the HSE Patient Mortality Register in real-time for early identification of emerging suicide clusters, new methods amenable to means restriction measures and locations of concern, as well as timely responses to bereaved individuals, evidence-based policy planning and targeted service provision. Consultation, with a view to assessing the potential of the SSHO for roll out elsewhere, is currently underway.

c. Irish Probable Suicide Deaths Study (IPSDS)

In 2021, the HSE NOSP, in partnership with the National Health Information Systems (NHIS) division of the Health Research Board (HRB) continued to gather data for this study. This project involves partnership with Irish coroners, who facilitate access to their completed files for the collection and analysis of information used in the coronial investigation process. Data from the study will provide invaluable information on the characteristics of people who die by probable suicide in Ireland. Furthermore, the study incorporates a wide range of information about precipitating events and risk factors, and socio-demographic information. It is envisaged that findings for the years 2015, 2016, 2017 and 2018, will be published in 2022.

d. Central Statistics Office (CSO), Suicide Mortality Statistics Liaison Group

The CSO Suicide Mortality Statistics Liaison Group was established in 2014, and its broad aim is to improve the quality of suicide statistics in Ireland and their dissemination. The HSE NOSP has continued to participate in this multi-disciplinary group during 2021. The group's current emphasis is on consultation with An Garda Síochána to enhance classifications on their PULSE system, and the timeliness and accuracy of the information. This will enhance the quality of the data that is shared as part of the HSE NOSP-Garda PULSE data sharing project (above). It will potentially improve CSO Suicide Statistics. The group is also working to update and improve content on suicide mortality statistics that is routinely published by the CSO.

e. Deaths in HSE Mental Health Services

In alignment with Connecting for Life actions 5.2.3 and 7.2.2, this project is a collaboration between the HSE NOSP, the Mental Health Commission and the Mental Health Services. It involves a retrospective review of data reported to the Mental Health Commission and to the National Incident Management System (NIMS) on all probable suicide deaths in Mental Health Services from 2015 to 2020. The outputs will provide information to support future suicide data improvement with the potential to inform future suicide prevention actions in services. During 2021, data analysis commenced, to prepare a preliminary report on the data completeness study, expected in 2022. In 2022, an incident-specific review tool will be finalised, along with related guidance with a focus on ensuring available supports are signposted and accessible for all relevant stakeholders.



1.3.5 Communications

The key to developing an understanding of Connecting for Life at different levels is effective communication of the strategy, its purpose and implementation progress. This will help inform and support people, communities, teams and services who work to deliver on specific actions.

The HSE NOSP continued to work in line with the broad communications objectives associated with Connecting for Life, which are to:

- Build a shared understanding and awareness of the strategy, and the role of the HSE NOSP.
- Promote trust and openness in the Connecting for Life journey, in line with core HSE values.
- Maintain a clear and consistent brand identity for Connecting for Life.
- Adopt a proactive role to communicating and disseminating the work of Connecting for Life.
- Represent high quality information across all channels in an honest, accessible and effective way.
- Generate a high level of engagement and commitment from all Connecting for Life stakeholders.

Key communications channels utilised by the HSE NOSP during 2021 included:

- Online - The www.connectingforlifeireland.ie microsite is a repository for news and publications related to Connecting for Life and the HSE NOSP.
- On Twitter - For updates and news from the HSE NOSP, follow @NOSPireland on Twitter. In 2021, tweets from the account organically earned 958,000+ impressions (the number of times users saw a tweet on Twitter).
- By email - Connecting for Life email newsletters are delivered every quarter, to update on developments related to the strategy.
- In print - A wide selection of publicly-available suicide prevention and mental health literature, leaflets and booklets, are maintained by the HSE NOSP. These (and others) are available in the Mental Health section of www.healthpromotion.ie.

The HSE NOSP also supports and collaborates on communications activities or campaigns delivered by other Connecting for Life lead agents, partner agencies, HSE Resource Officers for Suicide Prevention or NGOs. The office liaises on initiatives related to mental health campaigns or promotion, stigma-reduction activities and media reporting of suicide (Connecting for Life Goal 1).

Two significant ongoing communications streams are the HSE Your Mental Health Campaign, and website www.yourmentalhealth.ie. Both are led by HSE Mental Health Community Operations, HSE Communications and HSE Digital, but resourced and supported by the HSE NOSP.

In 2021 www.yourmentalhealth.ie had over 75,000 Facebook followers and over 13,000 followers on Twitter. Activity on these social channels had an organic reach of over 3 million and generated over 50,000 engagements throughout the year. The HSE website www.yourmentalhealth.ie received over 2.5 million page views during 2021.

During the year the HSE NOSP continued to support planning for a new mental health literacy campaign in the HSE, and specifically the work of the Mental Health Communications Steering Group. This group is working on the development of a new campaign, and surrounding digital mental health supports, in line with key policy documents such as Connecting for Life and Sharing the Vision, a Mental Health Policy for Everyone.

World Suicide Prevention Day 2021

The World Health Organisation estimates suicide accounts for approximately 703,000 deaths globally, every year. Every life lost represents someone's partner, child, parent, friend or colleague.

World Suicide Prevention Day (10th September) is an annual event, first introduced by the International Association for Suicide Prevention (IASP). During this time, the IASP emphasises the importance of raising awareness of suicide and highlighting the causes of suicide and associated warning signs. They encourage sharing personal experiences to understand and address the many component parts of suicide more fully. They promote caring for those in distress in your community - reminding us all that taking a minute to reach out to someone could change the course of another's life.

'Creating Hope through Action' was the theme of World Suicide Prevention Day 2021. To mark this day, the HSE NOSP together with HSE Resource Officers for Suicide Prevention produced and disseminated a wide variety of creative materials, including a [partner pack](#) containing key messages, signposting information and social media assets. These were made available internally across the HSE, and publicly to a wide network of stakeholders, and especially those involved with Connecting for Life nationally, and locally.

On World Suicide Prevention Day 2021, the National Suicide Research Foundation (NSRF) hosted a free webinar - Suicide Prevention among Priority Groups. Topics and speakers included, 'Enhancing mental health promotion and suicide prevention among priority groups within the context of Connecting for Life' (Prof Philip Dodd, HSE NOSP) and 'Incidence of self-harm and suicide-related ideation among the Irish Traveller population: evidence from a national emergency department service (Dr Katerina Kavalidou, NSRF and HSE National Clinical Programme for Self-harm and Suicide-related Ideation).





1.3.6 Suicide bereavement supports and initiatives

The HSE NOSP and HSE Mental Health Community Operations continue to work on suicide bereavement strategic actions and initiatives in the HSE, and with multiple partners. Following the Improving Suicide Bereavement Supports in Ireland report in 2019, a National Suicide Bereavement Coordinator role was established, to lead on implementing recommended actions.

One recommendation was to convene a Suicide Bereavement Support National Advisory Group to include national and regional NGO service providers along with relevant HSE and bereaved by suicide representatives. This group now provides advisory support, and;

- Acts as a national forum for sharing information on suicide bereavement supports and services.
- Reviews and contributes to the updating of local and national bereavement support information resources for the public and for staff.
- Advises on training and professional development initiatives relevant to suicide bereavement support.
- Facilitates ongoing networking and collaboration across different sectors, and local and national services working in the area of suicide bereavement support.
- Facilitates two-way engagement between HSE ROSPs, HSE Mental Health Community Operations, HSE NOSP and relevant or appropriate agencies on issues relevant to suicide bereavement support.



MORE INFORMATION

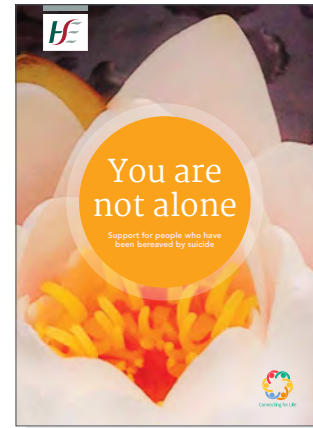
[Improving Suicide Bereavement Supports in Ireland](#)

National Suicide Bereavement Support Guide

In March 2021, the new National Suicide Bereavement Support Guide was launched by Mary Butler TD, Minister of State for Mental Health and Older People. Developed by a working group of individuals bereaved by suicide and HSE Resource Officers for Suicide Prevention, the guide is now a cornerstone of informative 'level 1' bereavement support.

The guide focuses on five key areas of bereavement support:

1. Taking care of the practical matters.
2. What you may be feeling.
3. The connection with the person who has died.
4. Getting through and creating a new future.
5. Help and support.



MORE INFORMATION

[National Suicide Bereavement Support Guide](#)

Suicide Bereavement Liaison Service (SBLS)

Throughout the year, the Suicide Bereavement Liaison Service continued to provide assistance and support to families and individuals after the loss of a loved one to suicide, or suspected suicide. Funded by the HSE NOSP, the free, confidential service is provided by three agencies, namely Pieta (nationwide), The Family Centre (in Mayo) and Vita House (in Roscommon).

Suicide Bereavement Liaison Officers (SBLOs) are available nationwide, to proactively support, signpost and connect families and individuals who have been bereaved by suicide, or suspected suicide, with service providers.

SBLOs can meet with a bereaved family (at their request) as a group or individually and can help address specific questions about some of the difficult practical issues following a death by suicide - such as the grieving process, how to speak to a child about what has happened, the role of the Coroner and the subsequent inquest.



MORE INFORMATION

[Suicide Bereavement Liaison Service](#)



Irish Suicide Bereavement Survey

In October 2021, the Irish Suicide Bereavement Survey was launched. This survey is a collaboration between the NSRF and Healing Untold Grief Groups (HUGG), and funded by the HSE NOSP Grant Scheme for Collaborative Research Projects.

The aim of the survey is to examine the experiences of people who have been bereaved by suicide and to learn about the supports and services that people used following bereavement and, crucially, if there are gaps or barriers to accessing these supports.

The first-of-its-kind survey was open to adults in Ireland who have been bereaved by suicide (such as family and friends) and the wider circle of people who may have been affected by the death. The results of the survey will be published in 2022.



MORE INFORMATION

[Irish Suicide Bereavement Survey, HUGG](#)

[HSE NOSP Grant Scheme for Collaborative Research Projects](#)

Grief in the Workplace: Responding to Suicide - A Guide for Employers

Developed by Irish Hospice Foundation, Irish Congress of Trade Unions, Ibec and with the support of the HSE NOSP, Grief in the Workplace: Responding to Suicide - A Guide for Employers, was officially launched in November 2021.

For many people, work and the relationships that people have with their colleagues is an important part of their lives. Yet, in the workplace, people may find it difficult to know how to support someone bereaved by suicide

Being supported appropriately in the workplace when grieving is an important part of staff wellbeing. This is especially so when someone has died by suicide.

This guide was designed specifically with employers and union representatives in mind. It aims to help organisations increase their understanding and confidence in responding to the death of someone in the workplace by providing practical, sensible and sensitive guidelines to support colleagues who are grieving.



MORE INFORMATION

[Grief in the Workplace: Responding to Suicide - A Guide for Employers](#)

1.3.7 HSE Bereavement support and information campaign

During 2021, Dr Stephanie O’Keeffe (National Director, HSE Integrated Operations - Planning) initiated a new programme of work to focus on the themes of grief, loss and bereavement. The HSE NOSP coordinated the working group and project team, to deliver a cohesive programme of work in this area.

Key members and partners included HSE Communications, HSE Mental Health, HSE Acutes, Hospital Services, Palliative Care, HR and HSE Workplace Wellbeing. Irish Hospice Foundation and the ICGP were key external partners across the project.

Since 2020, the global pandemic disrupted so many aspects of people’s lives, the health service and communities. The loss of life and the subsequent impact on how people grieved during those exceptional times, was significant. Indeed, some groups may have been at increased risk of experiencing complicated or prolonged grief due to ongoing exposure to death and loss, their developmental stage or contextual risk factors, such as loneliness or financial stressors.

Given these challenges, and to determine the approaches to address them, tasks for the working group included, to:

- Review the literature.
- Examine existing evidence of need, for bereavement support.
- Identify key target audience(s) for an information campaign.
- Describe support needs and campaign objectives.
- Examine communication routes, networks and channels.
- Develop a stakeholder engagement plan.
- Deliver the campaign, considering all dimensions.
- Make recommendations for future campaigns, service developments or other audiences.





In December 2021, the HSE Bereavement support and information campaign was launched. Activity, which continued to the end of the first quarter of 2022, included:

- New public information bereavement, loss and grief, on the HSE website, at www.hse.ie/grief.
- Social media campaign of supportive messaging and signposting to relevant services, including dissemination of stakeholder partner pack. On social, the campaign had over 20.7 million impressions, and a reach of over 2.6 million.
- Development of accompanying leaflets and posters.
- 2-week radio campaign.
- Print campaign (56 regional press ads and 9 national press ads).
- Health Matters magazine article.
- Ongoing review of findings from a survey of healthcare workers, conducted by Irish Hospice Foundation.
- Developing targeted messaging and campaign material for healthcare workers.



MORE INFORMATION

[Information on grief, bereavement and loss, from the HSE](#)

[Slide deck on the HSE Bereavement support and information campaign](#)

An understanding of complicated grief

In 2021, the Clinical Lead in the HSE NOSP participated in number of research projects exploring complicated grief, from the perspectives of professionals and in the context of mental health, end of life, and intellectual disabilities.



MORE INFORMATION

[Bereavement, Grief Reactions and End of Life](#)

[An exploratory study of self-reported complicated grief symptoms in parentally bereaved adults with intellectual disability](#)

[Complicated grief knowledge and practice: A qualitative study of general practitioners in Ireland](#)

[Complicated Grief: How is it Conceptualized by Professionals?](#)

[How can we know what we don't know? An exploration of professionals' engagement with complicated grief](#)

HSE Resource Officers for Suicide Prevention

The main role of the [HSE Resource Officers for Suicide Prevention \(ROSPs\)](#) is to coordinate the development, and support the implementation of the regional Connecting for Life suicide prevention action plans. As such, the resource officers work across a range of Community Health Services, CHOs and areas nationwide to assist all relevant services and stakeholders in implementing the relevant actions of each plan. They 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.

Collaboration and partnership is a key factor in developing innovative ways to support people vulnerable to suicide and self-harm, and to help communities respond to suicidal behaviours more efficiently – this includes the provision of suicide prevention training. In addition to their work in their local communities, the ROSPs also work together through a fortnightly Learning Community of Practice, which facilitates collaboration and the sharing of knowledge and skills.

The roles of each ROSP can vary across CHO areas depending on a number of factors. Areas differ in terms of demographics, priority groups, services available, rates of suicide and self-harm and internal HSE structures. The recent pandemic has had significant impact on the people of Ireland, including an increase of loneliness, depression, anxiety, and stress. Whether this is having an exacerbating factor in suicidal behaviour is not yet clear and continued monitoring of the population over an extended period of time will be necessary.

The work of the ROSPs proved challenging at times due to staff deployment and the need to find new ways to deliver suicide prevention training and bereavement supports. That said, communities and ROSPs rallied to adapt effectively to the situation and the demands placed on them by the pandemic. Interaction with local stakeholders and local communities continued even though the nature of the work changed.

In 2021, the ROSPs continued the process of updating their local action plans, in line with the extension of Connecting for Life to 2024 and publication of the national implementation plan. This involved extensive interaction with and seeking input from all relevant stakeholders. As these action plans are being finalised, there is now a clearer focus on how to go forward now that life is opening up again.

The following are some highlighted activities reported, from 2021.

CHO 1 (Community Healthcare Cavan, Donegal, Leitrim, Monaghan, Sligo)

In 2021, 219 individual licences for LivingWorks Start were issued across the community healthcare region. Face-to-face training recommenced with a number of in-person safeTALK workshops delivered in Q4 of 2021. The development of materials and resources continued with revised online and offline versions of the 'Numbers when you need them' wallet cards and posters circulated across the region. Participation in and local support of a wide variety of national campaigns and initiatives was ongoing, for example World Suicide Prevention Day, World Mental Health Day and the annual Green Ribbon Campaign.

New services were established in the area, including HUGG Support Groups for people bereaved by suicide and the establishment of the SHIP (Self-harm Intervention Programme) service. '[Stories of Recovery](#)', a new podcast series, was developed (in collaboration with Mental Health Ireland) with the aim of sharing the mental health stories of people and their journeys to recovery. At the end of 2021, HSE ROSPs along with local community, voluntary and statutory stakeholders began the process of reviewing local Connecting for Life plans and began in earnest the process of developing an extended plan for implementation across the region to cover the period 2022 to 2024.

CHO 2 (Community Healthcare West)

Mental Health Ireland, Galway Sports Partnership and HSE Community Healthcare West launched the 'Community Health and Wellbeing Board' initiative in Galway in October 2021. These information boards aim to raise awareness of supports and services and promote the Five Ways to Wellbeing. Funding was secured through the Community Mental Health Fund (CMHF) Small Grants Scheme and Healthy Galway County.

Minding Mothers: Minding Babies was an online webinar organised by the Mayo Infant Mental Health Forum (HSE/Tusla/Voluntary Sector) to celebrate World Maternal Mental Health Day in May. The webinar - aimed at new and expectant parents, families and the wider community - sought to raise awareness of Maternal Mental Health and wellbeing. Connacht Rugby promoted LivingWorks Start through their professional, development, academy and club players. Licences were issued to staff and players. The local HSE ROSP facilitated an additional online presentation, and question and answer session.

CHO 3 (Mid West Community Healthcare)

In 2021, over 250 LivingWorks Start licences were issued, almost 70 people completed an Introduction to Understanding Self-harm training and 12 people completed Bereavement training. Towards the end of the year, face-to-face safeTALK training was delivered to almost 60 people. In collaboration with the HSE NOSP, Suicide Prevention and Self-harm Mitigation Training (STORM®) was delivered to Community CAMHS (Child and Adolescent Mental Health Services) teams. All training is now available through the CHO3 Bookwhen booking system.

Work continued with the finalising of Connecting for Life Mid-West phase 2, continuing with the same 7 strategic goals. The governance changed to 3 county implementation groups

and 1 oversight group. The 3 county groups were established, chairs appointed and meetings commenced. Campaigns such as the Green Ribbon Campaign, World Suicide Prevention Day and Mental Health Week were supported across the region. A Jigsaw service commenced in 2021 in Tipperary, providing services to the North and South of the county.

CHO 4 (Cork, Kerry Community Healthcare)

During 2021, training in the area of suicide alertness and understanding self-harm continued to be available across Cork and Kerry. Almost 800 LivingWorks Start licenses were issued to a variety of HSE staff, community-based individuals and agencies. 32 workshops in the 2 hour Introduction to Understanding Self-harm programmes were facilitated to 657 people. The 5 hour online Suicide Bereavement Training for Professionals and Key Contacts - designed to support people who have been bereaved by suicide - commenced in Q4. 3 workshops were facilitated to 32 people across community networks, mental health teams and the Homeless/Drug & Alcohol Services/scan service. 15 people attended Mental Health First Aid training and availed of community partnerships, and the recruitment of 3 new Rural Community Health Workers for the North Cork area commenced.

2021 also saw the Suicide and Self-Harm Observatory expanded to cover all of CHO4, making this the first region to have a real-time data surveillance system in operation. In 2021, HSE ROSPs continued to work with the Football Association of Ireland Women's League of Ireland, the Green Ribbon campaign, the Kerry Mental Health and Wellbeing Fest and the Mental Health Cook Book. Work is continuing on phase two of Connecting for Life.

CHO 5 (South East Community Healthcare)

461 LivingWorks Starts licences were issued to a broad range of professionals in 2021 across CHO5. The HSE ROSPs also offered online Suicide Bereavement Training throughout the year and presentations to stakeholders covering Guidance on How to Deal with Persons in Suicidal Distress. Other suicide prevention/mental health promotion online information sessions were delivered on demand.

There were 220 referrals to the HSE Bereavement Counselling Service for Traumatic Deaths within the HSE Regional Suicide Resource Office in 2021. 61% were for people bereaved by suicide and approximately 1,540 counselling sessions were completed. The HSE ROSPs in South East Community Healthcare led #HereForYouSouthEast, a broad-based Bereavement Support Campaign for the region in Q3 and Q4. Green Ribbon webinars to promote reduced stigma associated with mental health were hosted by the HSE ROSPs across the region in Q4.

CHO 6 (Community Healthcare East)

In 2021, delivery of suicide prevention training continued, mainly through online means. A total of 409 individuals accessed training in 2021 and 266 LivingWorks Start licenses were issued. 97 participants attended Understanding Self-harm Training and 35 participants completed safeTALK training. 11 participants were trained in the Suicide Bereavement for Professionals module. These programmes were completed by a range of groups and organisations.

The Community Healthcare East 'Numbers when you need them' documents were revised and updated and over 100,000 wallet cards and posters were circulated to over 400 locations in the area. In September and October, coordinated initiatives that coincided with the Green Ribbon Campaign, World Suicide Prevention Day and World Mental Health Day took place across the community. Initiatives and interventions were progressed in line with the Dublin South East, Dublin South and Wicklow Connecting for Life Action Plan, and the Connecting for Life National Implementation Plan 2020-2022. Work continued on the extension of the plan to 2024. This involved substantial engagement with new and existing and stakeholders in developing new or updated actions.

CHO 7 (Dublin South, Kildare, West Wicklow)

In 2021, almost 700 LivingWorks Start licenses were issued, 59 people attended safeTALK training, 35 people attended professional Suicide Bereavement Training and almost 100 people attended Understanding Self-harm training.

A co-ordinator was employed by Ballyfermot Chapelizod partnership to oversee the [SPACE \(Suicide Prevention and Community Engagement\)](#) initiative in Ballyfermot. The new co-ordinator collaborates with local agencies, residents, community groups and networks to progress the SPACE work plan using community development principles. The Dublin South Kildare and West Wicklow bereavement campaign was launched in January 2021, in partnership with the Irish Childhood Bereavement Network, Irish Hospice Foundation, Barnardos Bereavement Service, Pieta Suicide Bereavement Liaison Service, Anam Cara, HUGG, the Curragh Family Resource Centre, Turas Le Cheile and InSync. The aim of the project was to improve knowledge of bereavement supports and services in the area.

To mark World Maternal Mental Health day the Minding Me Kildare and West Wicklow Perinatal Mental Health Working Group launched the '[Her Shoes](#)' initiative. This initiative included 3 videos featuring women with experience of perinatal mental health difficulties and professionals working in the area. The goal of the project was to improve awareness of perinatal mental health difficulties, pathways to support and to reduce associated stigma.

Following board consultation with stakeholders, a new CfL implementation and communications plan was developed for Dublin South, Kildare and West Wicklow for 2021-2022.

CHO 8 (Midlands, Louth, Meath CHO)

During 2021, the provision of training and education programmes continued in an online format. 545 LivingWorks Start licences were issued, and 18 Understanding Self-harm workshops were provided, primarily to teaching staff. Four 'Workshops for professionals and key contact staff providing support to those bereaved through suicide' were delivered.

Two communication initiatives were developed and published in all local and regional press publications. 'Connecting People and Communities, Creating Hope' was developed and published in conjunction with World Suicide Prevention Day; and 'Support for you and those you love during these times' was published in December. In conjunction with the local GAA County Boards and GAA headquarters, informational signage was developed and distributed for display in every Club premises throughout the six counties as a means of providing information and support to players, coaches, parents and all who use their facilities.

CHO 9 (Dublin North City and County)

In 2021, 1,613 people successfully completed suicide awareness training including ASIST, safeTALK, LivingWorks Start, Suicide Bereavement for Professionals and Understanding Self-Harm. Planning and drafting of new actions for the extension of Connecting for Life Dublin North City and County Suicide Prevention Action Plan (2022–2024) commenced in collaboration with the Implementation Steering Group and Work Stream Groups. HSE ROSPs contributed to the development of the local COVID-19 Psychosocial Response Plan, providing project documentation, guidance and developed services database.

Over 50,000 information leaflets and digital resource packs were distributed. HSE ROSPs supported World Mental Health Day events organised by Dublin North City and County based CYPSC and HSE Mental Health Services. They assisted with the proposed development of a HUGG suicide bereavement support group for Travellers. The officers also supported and guided the development of crisis plan protocols and policies for local and national HSE Health and Wellbeing's Living Well Programme.

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MORE INFORMATION

More contact details for HSE Resource Officers for Suicide Prevention can be found on www.nosp.ie

3.0

Partnership with the NGO Sector

Partnership with the NGO Sector

During the year, twenty one agencies and non-governmental organisations (NGOs) received funding from the HSE NOSP to provide services and supports in alignment with the goals and actions in Connecting for Life. Services and initiatives that are delivered across this diverse sector play a crucial role in advancing suicide and self-harm prevention, postvention and mental health promotion in Ireland.

The NGO Programme Manager in the HSE NOSP works to ensure that NGO partners and initiatives align to the strategic objectives of Connecting for Life. Many of these agencies work with specific priority groups that have been identified in the national strategy, for example, people with mental health problems, those bereaved by suicide, the LGBTI+ community, the Traveller community and younger people. Service Level Agreements (SLAs) are in place with all funded NGOs ('Section 39' agencies), which:

- Ensure on-going alignment with the national strategy.
- Capture, monitor and evaluate work through regular and consistent reporting mechanisms.
- Acknowledge the contribution of NGO partners to the implementation of Connecting for Life.

The HSE NOSP works collaboratively with NGO partners and facilitates opportunities for networking, sharing knowledge and learning, resources and expertise. The office continues to host monthly networking calls with representatives from all NGO partners and to have their representation on the National Cross-Sectoral Steering and Implementation Group for Connecting for Life.

2021 was the first full year of completed NGO implementation monitoring reports for Connecting for Life, which were submitted to the National Cross Sectoral CfL Steering and Implementation Group and published online at www.connectingforlifeireland.ie.

Service delivery of NGO partners

NGO partners continue to offer a diverse range of training in the suicide prevention space, with online workshops and supports offered to target groups, professionals, volunteers and adults and children. Supports are offered across the spectrum of need, ranging from meditation and wellness supports, to peer supports and evidence-informed therapeutic interventions for those with more acute needs.

Updates from NGO partners illustrate how they are utilising social media and other online communication fora to raise awareness and tackle mental health stigma. During the year, NGO partners coordinated online events and campaigns (such as the [First Fortnight Festival](#) and [Green Ribbon Campaign](#)), collaborated on short films, produced animations, podcasts, calendars, online mental health resources and signposted to vital support services.

During the year, the Covid-19 pandemic continued to have an impact, with service delivery remaining for the most part online and over the phone, albeit with some face-to-face services being offered to clients with urgent needs in Covid-19 compliant spaces. The second half of the year saw restrictions ease and services began preparing to move back to some face-to-face service provision, the majority offering blended support. However, due to the increased prevalence of Covid-19 towards the end of the year, and particularly before Christmas, many NGO partners had to cancel or postpone face-to-face services, training and workshops. In addition, Covid-19 outbreaks in services resulted in reduced staff capacity for some. This compounded staffing issues, including recruitment challenges and some organisations reported concerns around burnout of frontline staff.

Despite this challenging landscape with continued restrictions and instances of Covid-19 outbreaks affecting services in 2021, some positives were reported by NGO partners. Many front-line staff received vaccines and some utilised the time as an opportunity to carry out staff training and building renovation works. NGO partners endeavoured and continued to support some of the most vulnerable people in communities, through tireless collaborative working and sharing of resources.

Aware

www.aware.ie



The HSE NOSP supports the delivery of Aware programmes which have been 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.

BeLong To Youth Services

www.belongto.org



BeLongTo'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.

Community Creations (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.

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.

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 Fortnight's 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.

GAA Healthy Clubs

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 the communities they serve. 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.

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.

LGBT Support and Advocacy Network

www.lgbt.ie



LGBT Ireland is alert and responsive to those within the community facing high levels of intersectional stigma and discrimination, in particular LGBTI+ Travellers and Roma, LGBTI+ asylum seekers, older LGBTI+ people and those within the community experiencing high levels of mental distress. 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 of mental health and suicide prevention initiatives for the LGBTI+ community, and the provision of a support helpline.

Men's Health Forum Ireland

www.mhfi.org



HSE NOSP funding to the Men's Health Forum in Ireland, was to mainly support the first year of a proposed 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.

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. HSE NOSP funding to MyMind allows for the provision of free counselling sessions to the most economically disadvantaged, and subsidised sessions for those who are unemployed, employed part-time, or students.

National Suicide Research Foundation

www.nsrp.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.

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.

Samaritans Ireland

SAMARITANS

www.samaritans.ie

Samaritans Ireland is a national organisation which supports the work of 21 Samaritans branches 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.

Shine (See Change, Headline)

www.seechange.ie / www.headline.ie



Shine delivers two important national projects with funding support from the HSE NOSP:

- See Change is Ireland's national stigma reduction programme, working to change minds about mental health problems and end stigma. The funding supports the See Change Ambassador and Workplace Programmes, and the national, annual Green Ribbon Campaign.
- Headline is Ireland's national programme for responsible reporting of suicide, and representation of mental ill health. The funding supports Headline's digital reach, Media Trust Initiative, education programmes, media monitoring and the annual Mental Health Media Awards.

Suicide or Survive (SOS)

www.suicideorsurvive.ie



Suicide or Survive 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, Suicide or Survive 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 (for people who have attempted suicide or have had suicidal thoughts) and WRAP (Wellness Recovery Action Plan, a two-day programme that helps people to develop their own tailored mental health Wellness Recovery Action Plan).

Transgender Equality Network Ireland (TENI)

www.teni.ie



TENI is an organisation whose mission 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.

Turn2Me

www.turn2me.org



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.

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).

Exchange House

www.exchangehouse.ie



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. They do this by working with Traveller groups (such as community and resident groups) and Traveller organisations and services, including Primary Healthcare Projects and Traveller Action Groups. They also provide direct mental health support to Travellers experiencing mental health issues including psychotherapy and CBT.

Tusla (National Family Resource Centre Mental Health Promotion Project)

www.familyresourcementalhealth.ie



Funding from the HSE NOSP (via Tusla) supports the delivery of the Mental Health Promotion Project across the network of Family Resource Centres 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 Family Resource Centres across the country.

4.0

Suicide in Ireland

Suicide in Ireland

4.1 DATA FROM THE CENTRAL STATISTICS OFFICE

In Ireland, the [Central Statistics Office \(CSO\)](#) provides mortality data including deaths by suicide. Death due to intentional self-harm is classified as an unnatural death and therefore, must be referred to the Coroner for investigation. This investigation can take a protracted length of time to complete for various reasons (such as getting medical reports, health and safety reports, engineer's report, the involvement of the Director of Public Prosecutions etc.) and this delays the registration of such deaths.

Data from the CSO is published in different stages:

1. Numbers of deaths are provided firstly based on year of registration - 'provisional'.
2. They are revised later, by year of occurrence - 'official'.
3. Finally they are revised later again, to include 'late registrations'.

These numbers are not easily comparable across different years - at any given time, data for different years is at different stages.

	All deaths by suicide	Male deaths by suicide	Female deaths by suicide	More information
2021	399	302	97	'Provisional', year of registration data, excluding late registered deaths. Available from the CSO Vital Statistics Yearly Summaries .
2020	340	259	81	
2019	524	408	116	Final', year of occurrence data, including late registered deaths. Available from the CSO Suicide Statistics 2019 .
2018	540	399	141	
2017	510	399	111	
2016	530	429	101	
2015	497	390	107	
2014	577	471	106	
2013	544	437	107	
2012	585	475	110	

Number of deaths by suicide, 2012-2021 (*information correct at time of print*)



4.2 DATA ON SELF-HARM

The main source of Irish self-harm data is the National Self-Harm Registry Ireland (NSHRI). The NSHRI is operated by the NSRF and funded by the HSE NOSP. It is the world's first national registry of cases of intentional self-harm presenting to hospital emergency departments.

The Registry fulfils a major objective in providing timely data on trends and high-risk groups for self-harm in Ireland. It is currently based on data collected from all 33 hospital Emergency Departments including three paediatric hospitals and three local injury units, and information is published annually.

The NSHRI Annual Reports are publicly available on the NSRF website. A series of interim reports, data briefings and CHO-level reports are also available.



MORE INFORMATION

[Central Statistics Office, Vital Statistics](#)

[Central Statistics Office, PxStat Database](#)

[The National Suicide Research Foundation](#)

[HSE National Office for Suicide Prevention, Briefing on Suicide Figures](#)

4.3 EUROPEAN COMPARISONS

It is not easy to compare suicide rates among European counterparts because of the variations in registration and reporting systems in different jurisdictions, and over time.

Eurostat provides comparisons using standardised death rates, calculated on the basis of a standard European population (defined by the World Health Organisation). These rankings have fluctuated over different years. The comparisons should be interpreted with care for these reasons.

Comparisons are available (at time of print) most recently for 2019 and show that in that year, Ireland's suicide rate was;

- 24th highest for all ages (of 32 countries)
- 9th highest for ages 15 to 19 (of 30 countries)
- 16th highest for ages 50 to 54 (of 31 countries)
- Lowest for ages 85+ (of 28 countries)



MORE INFORMATION

[Eurostat](#)

[HSE National Office for Suicide Prevention, Briefing on Suicide Figures](#)

5.0

Financial Information

Financial Information

5.1 EXPENDITURE

In 2021 the HSE NOSP's budget was €13.65m and expenditure was €14.07m. This additional funding was provided by the HSE to support once-off projects and allocations that emerged during the year, and that will not be recurring..

The budget and expenditure of the NOSP has increased significantly in the last nine years, from €5.19m in 2012. In 2021, 52% 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 CHOs.

HSE NOSP expenditure

	2020	2021
Grants to agencies	7,077,545	7,200,509
Communications projects	953,842	1,151,368
Research	373,739	501,975
Non grant expenditure (Office expenses, salaries, overheads, etc)	1,327,540	1,232,958
Training programmes (Non-clinical training, clinical training and National DBT Project)	1,234,833	1,183,663
Connecting for Life (Strategy and best practice guidance supports)	15,828	-
Regional liaison & suicide prevention services Capacity building	1,307,240	1,307,240
Resource Officers for Suicide Prevention, Local Connecting for Life Implementation Plans and grants to agencies via CHOs	1,020,793	1,376,226
Once-off projects	-	115,727
TOTAL	13,311,360	14,069,666

5.2 GRANTS TO AGENCIES

	2021
Aware	455,309
BeLonG To Youth Services	399,842
Bodywhys	13,516
Community Creations / spunout.ie	160,000
Dublin Simon Community	196,607
Exchange House	315,000
First Fortnight	155,000
GAA	50,000
ISPCC / Childline	190,943
LGBT Support and Advocacy Network	120,000
Men's Health Forum Ireland	50,000
MyMind	260,800
National Suicide Research Foundation (NSRF)	968,747
Pieta	1,841,576
Samaritans Ireland	580,000
Shine (See Change, Headline)	571,712
Suicide or Survive (SOS)	247,000
Transgender Equality Network Ireland (TENI)	150,000
Turn2Me	269,431
Union of Students in Ireland (USI)	68,250
Tusla (National FRC Mental Health Promotion Project)	100,000
Accruals	36,776
TOTAL	7,200,509

6.0

Helpful Information

Helpful Information

6.1 LANGUAGE AND SUICIDE

The topic of suicide should always be approached with care and compassion. It is important to use sensitive and non-stigmatising language when engaging in a conversation, talking or writing about suicide.

Using language and words that are helpful and respectful, will encourage open and safe conversations about suicide, and its prevention. They can help to create environments that are free of stigma, judgment or prejudice.

These principles can also be applied when talking about self-harm.

Use person-centred language

Avoid using labels when referring to people. Do not identify a person solely by their mental health difficulty and never use 'a suicide' as a noun to describe a person. This could dehumanise the person and minimise their experiences.

Use phrases such as

- People with...
- A person who has died by suicide...
- A person who is thinking about suicide...
- People who have experienced a suicide attempt...
- People bereaved by suicide...
- Person impacted/affected by suicide...
- People with lived experience related to suicide...

Do not use phrases such as

- A suicide...
- A suicide victim...

Use non-judgmental terms

Do not assume to know what a person has experienced or their intentions. For example:

- Using the term 'commit suicide' can imply a sin, criminal offence or act, and therefore can be stigmatising – of the person who has died, or of people who have been bereaved. The act of suicide was decriminalised in Ireland in 1993 and the term 'commit/committed suicide' should always be avoided.
- It can be sensitive and appropriate to refer to a death by 'suspected' or 'probable' suicide, especially in the early days. It can take some time for the authorities to find evidence of death by suicide (or not), and officially record a person's death as intentional (or not).

In general, use neutral and simple terms such as

- Die by suicide...
- Died by suicide...
- Death by suicide...
- Ended his/her/their own life...
- Self-harm...

Do not use terms that present suicide a desired outcome, such as;

- Successful/unsuccessful suicide...
- Completed suicide...
- Incomplete suicide...
- Deliberate self-harm...

Avoid other harmful language

Avoid other excessive or gratuitous use of the word 'suicide'. For example, phrases like 'suicide hotspot', 'suicide epidemic' or 'suicide mission'.

These are insensitive and inappropriate. They can be harmful for people who are vulnerable themselves, or for people who have been bereaved by suicide.

6.2 SIGNPOSTING TO SUPPORT

There are different types of support available for people with mental health difficulties, and it is always important to provide details of relevant supports for people, whenever engaging in a conversation, talking or writing about suicide.

Many of the supports listed here are available without a referral, and are provided by agencies with the support of the HSE. Details are correct at the time of this report.



If you need information about what supports or services might be helpful for you, speak with a GP, visit www.yourmentalhealth.ie, or call the HSE YourMentalHealth Information Line (freephone 1800 111 888) anytime day or night.

General mental health supports and services

Samaritans

Samaritans services are available 24 hours a day, for confidential, non-judgemental support.

Freephone 116 123 anytime.

Email jo@samaritans.ie

Visit www.samaritans.ie

Text 50808

A free, 24/7 service, providing everything from a calming chat to immediate support for people going through mental health or emotional crisis.

Free-text HELLO to 50808 to chat with a trained volunteer, anytime.

Visit www.text50808.ie

Aware

Information, support and peer groups for people experiencing anxiety, mild to moderate depression, bipolar disorder and mood-related conditions. Support also for friends and family members.

Email supportmail@aware.ie

Freephone Support Line 1800 80 48 48, 10am to 10pm every day.

Visit www.aware.ie

MyMind

Online and face-to-face counselling services, including various options for free appointments and sessions.

Email hq@mymind.org

Visit www.mymind.org

General mental health supports and services

Shine

A wide range of support services for people living with mental health difficulties and their families.

Email support@shine.ie

Visit www.shine.ie

National Counselling Service

The HSE National Counselling Service is available free of charge across the country. Counselling is available face-to-face, by phone or by online video.

Visit the [HSE National Counselling Service](#) for more information.

Bodywhys

A range of services (helpline, support groups, online groups, email and family programmes) for adults and young people with eating disorders, and their families.

Phone 01 2107906 - Monday, Wednesday and Sunday from 7.30pm to 9.30pm and Saturday from 10.30am to 12.30pm.

Email alex@bodywhys.ie

Visit www.bodywhys.ie

LGBT Ireland

Phone or online support for the LGBTI+ community - by phone, instant messaging or at peer support groups.

Email info@lgbt.ie

Freephone 1800 929 539 -
Monday to Thursday 6:30pm to 10:00pm,
Friday 4:00pm to 10:00pm,
Saturday and Sunday 4:00pm to 6:00pm.

Transgender Family Support Line
01 907 3707.

Visit www.lgbt.ie

Mental Health Ireland

Information, support and a national network of Mental Health Associations, promoting positive mental health and support for people with mental health difficulties, within their own communities.

Email info@mentalhealthireland.ie

Visit www.mentalhealthireland.ie

Grow Mental Health

Grow provides weekly meetings in locations all over Ireland, to help people recover from various forms of mental health problems. Additional practical resources and information are available.

Information line 0818 474 474

Email info@grow.ie

Visit www.grow.ie

Exchange House Ireland National Traveller Mental Health Service

Individual mental health supports, education, training and advocacy for people in the Traveller community.

Email info@exchangehouse.ie

Visit www.exchangehouse.ie

Traveller Counselling Service

Counselling supports for people in the Traveller community.

Visit www.travellercounselling.ie

General mental health supports and services

Connect Counselling

An anonymous professional telephone counselling service for survivors of physical, emotional and sexual abuse, including former residents of Mother and Baby Homes.

Freephone 1800 477 477 Wednesday to Sunday from 6pm to 10pm.

Visit www.connectcounselling.ie

Union of Students in Ireland

Mental health information, resources and networks for students, from the Union of Students in Ireland.

Visit www.mentalhealth.usi.ie

Practitioner Health

Confidential support and help for doctors, dentists and pharmacists.

Email confidential@practitionerhealth.ie

Phone 085 760 1274

Visit www.practitionerhealth.ie

Minding Creative Minds

Free 24/7 wellbeing & support programme for people in the Irish Creative Sector, including counselling.

Freephone 1800 814 244

Visit www.mindingcreativeminds.ie

ADHD Ireland

Support and information for young people and adults with ADHD and their carers and families.

Email info@adhdireland.ie

Visit www.adhdireland.ie

Suicide prevention and bereavement

Pieta

Face-to-face, telephone and text services to people who are in suicidal distress, those who engage in self-harm, and those bereaved by suicide.

Freephone 1800 247 247 anytime.

Text HELP to 51444 - standard message rates apply.

Visit www.pieta.ie

Suicide Bereavement Liaison Service

The Suicide Bereavement Liaison Service is a free, confidential service that provides assistance and support to families and individuals after the loss of a loved one to suicide.

Visit <https://www.hse.ie/eng/services/list/4/mental-health-services/nosp/suicide-bereavement-liaison-officers/>

Suicide or Survive

A range of free workshops and programmes, promoting mental health wellness and recovery.

Visit www.suicideorsurvive.ie

Irish Hospice Foundation Bereavement Support Line

A freephone bereavement support line providing information, connection, comfort and support.

Phone 1800 807 077 Monday to Friday from 10am to 1pm.

Visit www.hospicefoundation.ie

Visit www.hse.ie/grief for more information on grief and bereavement.

Other online options

SilverCloud Health Online CBT

Online Cognitive Behaviour Therapy (CBT) is available to help manage mental health and wellbeing.

The HSE and SilverCloud Health provide internet-based CBT for people over the age of 18 in programmes that run for up to 8 weeks. You need to be referred by one of the following to access the service:

- your GP
- Primary Care Psychology
- the National Counselling Service
- Jigsaw

[Read more about the HSE and SilverCloud Health service.](#)

Minding Your Wellbeing

Free series of online video resources to learn and practice key elements of mental wellbeing such as mindfulness, gratitude, self-care and resilience from HSE Health and Wellbeing.

[Read more about the Minding your Wellbeing Programme.](#)

Stress Control

Stress Control classes to learn new stress management skills and tips for minding your mental health, from the HSE. The programmes are for 3 weeks on Mondays and Thursdays and recommences at varying intervals.

Visit [HSE Health and Wellbeing](#) for more information.

Turn2Me

A range of free online counselling and online support groups for young people (aged 12 to17) and adults.

Visit www.turn2me.ie

Supports for young people

Jigsaw

Mental health advice and support – online and in person – for young people aged 12 to 25 years old, and for parents or concerned adults.

Jigsaw Live Chat is a 1:1 text-based support with a clinician. Visit jigsaw.ie/livechat

Visit <https://jigsaw.ie/services-in-your-area/> for details of services around the country – face-to-face, as well as sessions by video link and phone.

Childline (ISPCC)

Ireland's 24-hour national listening service for young people up to the age of 18.

Freephone 1800 666 666 anytime.

Text 50101 any time.

Chat online at www.childline.ie anytime.

BeLonG To Youth Services

Support, information and groups for lesbian, gay, bisexual, transgender, and intersex (LGBTI+) young people in Ireland, their parents and carers, and other professionals.

Visit www.belongto.org

spunout.ie

spunout is Ireland's youth information website created by young people, for young people. Articles and information for young people on many different topics, including mental health.

Free-text SPUNOUT to 50808 to chat with a trained volunteer, anytime.

Visit www.spunout.ie

Barnardos

Services for children, families and communities, to transform the lives of vulnerable children affected by adverse childhood experiences.

Freephone 1800 910 123 from 10am to 2pm Monday to Friday.

Barnardos also provide a Children's Bereavement Service.

Visit www.barnardos.ie

Supports for older people

ALONE

National support and referral line for older people.

Phone 0818 222 024 8am to 8pm everyday.

Visit www.alone.ie

The Alzheimer Society of Ireland

Information and emotional support and information on supports and services.

Freephone 1800 341 341 Monday to Friday 10am to 5pm and Saturday 10am to 4pm.

helpline@alzheimer.ie

The Dementia Resource Hub

The Dementia Resource Hub provides signposting to information and online resources for people with dementia, families and carers.

Visit www.alzheimer.ie or www.understandtogether.ie

Seniorline

Confidential listening service for older people provided by trained older volunteers.

Call 1800 804 591 from 10am to 10pm every day.

Visit www.thirdageireland.ie

Age Friendly Ireland

A range of national and regional programmes and networks, to support older people.

Visit www.agefriendlyireland.ie

Mobile apps

These mobile apps can help you manage anxiety. They have been approved for listing here by a HSE Mental Health Working Group. The app developers are solely responsible for their compliance and fitness for purpose. These apps are not supplied by the HSE and the HSE is not liable for their use.

Mindshift *(by Anxiety Canada)*

MindShift CBT teaches about anxiety, helping users to engage in healthy thinking and to take action. Users check in each day to track their anxiety and work with tools in the app.

[Get Mindshift from the App Store](#)

[Get Mindshift from the Google Play Store](#)

Headspace

Headspace is a well-known mobile app that teaches meditation and easy to use mindfulness skills. Map your journey and track your progress and 'buddy up' with friends and motivate each other.

[Get Headspace from the App Store](#)

[Get Headspace from the Google Play Store](#)

Clear Fear

For teenage mental health charity Stem4. The app uses CBT to focus on learning to reduce the physical responses to threat by learning to breathe, relax and be mindful as well as changing thoughts and behaviours and releasing emotions. You can personalise the app and track your progress.

[Get Clear Fear from the App Store](#)

[Get Clear Fear from the Google Play Store](#)

HSE Eating Disorder Self Help App

A self-care app for people:

- with an eating disorder
- caring for someone with an eating disorder
- worried about developing an eating disorder
- diagnosed or are recovering from an eating disorder

From the HSE National Clinical Programme for Eating Disorders and Bodywhys.

[Read more about the HSE Eating Disorder Self Help App](#)

6.3 MEDIA GUIDELINES

Samaritans Ireland Media Guidelines for Reporting Suicide

Research evidence shows that certain types of media depictions, such as explicitly describing a method, sensational and excessive reporting, can lead to imitational suicidal behaviour among vulnerable people. Samaritans Ireland Media Guidelines for Reporting Suicide have been produced following extensive consultation with journalists and editors throughout the industry. They promote the highest standards in reporting, depicting or discussing suicide.



MORE INFORMATION

[Samaritans Ireland Media Guidelines for Reporting Suicide](#)

Headline

Headline is Ireland's national programme for responsible reporting, and representation of mental illness and suicide. Their objective is to work as collaboratively as possible with Irish media professionals across print, broadcast, and online platforms to reduce the effects of suicide contagion, and the stigma attached to mental ill health.



MORE INFORMATION

[Headline, Ireland's national programme for responsible reporting, and representation of mental illness and suicide](#)

World Health Organisation - a resource for media professionals

In 1999 the World Health Organization (WHO) launched SUPRE, its worldwide initiative for the prevention of suicide. This 2017 booklet is a revised version of one of the resources prepared as part of SUPRE which are addressed to specific social and professional groups that are particularly relevant to the prevention of suicide.



MORE INFORMATION

[Preventing Suicide, a resource for media professionals, WHO](#)

World Health Organisation - a resource for filmmakers and others working on stage and screen

This resource booklet from the World Health Organisation is one of a series of resources aimed at specific groups of people - working in television, on stage and on screen - who are in a position where they can contribute to suicide prevention.



MORE INFORMATION

[Preventing Suicide, a resource for filmmakers and others working on stage and screen, WHO](#)





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