



Connecting for Life - NGO Strategy Implementation Monitoring Report

Q2 2024

HSE National Office for Suicide Prevention



Connecting for Life - NGO



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Introduction and Overview This Period



Overview of Progress on Strategic Goals



Connecting for Life - NGO





Introduction and Overview This Period

This is the implementation monitoring report for Connecting for Life (CfL) for the activities of our NGO partners. Comprehensive work is being carried out by our NGO partners and this report does not capture everything. It provides a broad overview of reach and developments in Q2 2024.

NOSP works to ensure that funded initiatives align to the strategic objectives of CfL. A Service Level Agreement (SLA) is in place with all funded NGOs. The NOSP aims to work collaboratively with our NGO partners and to facilitate opportunities for networking, sharing knowledge and learning, resources and expertise. The NOSP continues to facilitate and support monthly networking calls with representatives from all funded NGO partners and to have NGO representation on the National CfL Cross Sectoral Steering and Implementation Group.

Many of our NGO partners work with specific priority groups that have been identified in CfL, for example, people with mental health problems, those bereaved by suicide, the LGBTI+ and Traveller communities and younger people.

Our NGO partners offered a diverse range of interventions to services users / clients this quarter, including psychotherapeutic counseling, bereavement supports, addiction and wraparound supports, helplines, email and text supports.

Some highlights from this period include:

- Aware delivered 43 Life Skills Programmes to 702 individuals in year to date. 13 programmes held in-person at various locations nationwide and 30 in an online setting. 1268 participants attended three phases of the online Life Skills module. 9 Living Well with Bipolar programmes were delivered to 72 people.
- Pieta's bereavement counselling service worked with 459 unique clients this quarter with 68 under 18s and 391 adults respectively. A total of 2,402 appointments were attended (166 of these were initial assessments) The SBLO service worked with 230 households delivering 1,082 client facing hours
- LGBT Ireland provided 16 Training workshops to 237 professionals. A webinar for GP attendees was delivered. 476 Helpline and chat interactions, 21 Telefriending and 4 peer support groups were recorded. Specialist support groups are ongoing.



- Turn2Me, between April and June 24, delivered 1887 counselling sessions and completed 58 support groups (543 users reserving a place in a group). The main presenting issues in counselling is anxiety, followed by relationship issues, depression, stress, family conflict and trauma.

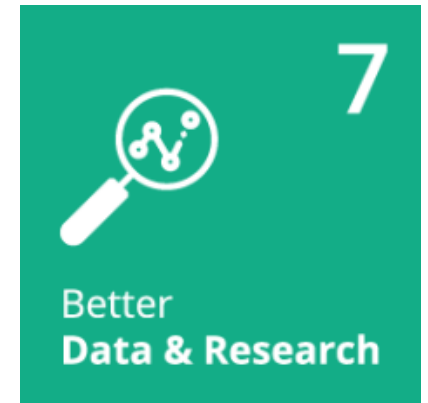
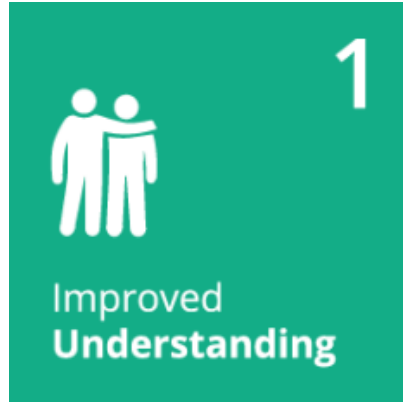
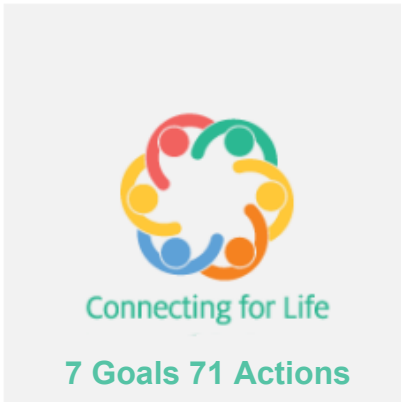
This period, updates were received from 22 partners.

Aware (Aware)
Belong To (BeLonGTo)
Dublin Simon Community (Dublin Simon)
Exchange House Ireland (Exchange House)
Family Resource Centre (FRC)
First Fortnight (First Fortnight)
GAA (GAA)
Healing Untold Grief Groups (HUGG)
Irish College General Practitioners (ICGP)
ISPCC Childline (ISPCC)
LGBT Ireland (LGBT Ireland)
Men's Health Forum in Ireland (MHFI)
MyMind (MyMind)
National Suicide Research Foundation (NSRF)
Pieta (Pieta)
Samaritans Ireland (Samaritans)
Shine (Shine)
Spunout (Spunout)
Suicide or Survive (SOS)
Transgender Equality Network Ireland (TENI)
Turn2Me (Turn2Me)
Union of Students in Ireland (USI)





2 Overview of Progress on Strategic Goals





Goal 1: Better understanding of suicidal behaviour.

1.2 Increase awareness of available suicide prevention and mental health services.

- Childline received 36,541 contacts in Q2. Of these 29,350 were answered. 27% of all contacts were related to mental health and wellbeing. Anxiety, low mood, depression and loneliness were key subjects within the mental health area. There were 180 contacts during this period relating to suicide.
(ISPCC)
- Samaritans facilitated 7 training sessions covering active listening skills and support. Engagement with Wexford GAA resulted in naming of Samaritans St. Patrick's Park in Enniscorthy. National Traveller Counselling Service collaboration is ongoing as is interaction with Dept of Foreign Affairs regarding inclusion of two foreign territories into remit.
(Samaritans)

1.3 Reduce stigmatising attitudes to mental health and suicidal behaviour at population level and within priority groups.

- Shine's Workplace Programme delivered 12 workshops. 10 Ambassador workplace talks were delivered. Ambassador training and engagement for Green Ribbon campaign took place. Green Ribbon campaign is underway with a substantial array of stakeholders. *(Shine)*
- A 2024 Festival Report is being collated for dissemination in Q3. Recruiting for Access Officer role is ongoing. 2025 programme is being devised with a focus on stigma reduction.
(First Fortnight)

1.4 Engage and work collaboratively with the media in relation to media guidelines, tools and training programmes to improve the reporting of suicidal behaviour within broadcast, print and online media.

- Existing staff vacancies are impacting media monitoring activities. Preparations for Mental Health Media Awards are underway with an appropriate judging panel complete. 75 attendees were recorded at Headline training events on suicide reporting guidelines. *(Shine)*





Goal 2: Supporting communities to prevent and respond to suicidal behaviour.

2.2 Ensure that accurate information and guidance on effective suicide prevention are provided for community-based organisations (e.g. Family Resource Centres, Sporting Organisations).

- New Suicide Prevention documentation under review. Request for tender for supporting video material has been fielded. WRAP Seminar 1 is on target for completion with WRAP 2 Seminar in planning stage. A Wellbeing workshop was held with 60 participants recorded.
(FRC)
- The GAA supported clubs through critical incidents in Q2. The Movember Ahead of the Game mental health literacy programme was delivered to 176 clubs. 2729 youth and 1863 adult members attended. Signposting continues to be provided through Yourmentalhealth.ie signposting. Irish Life Healthy Club Programme progress is ongoing.
(GAA)

2.3 Ensure the provision and delivery of training and education programmes on suicide prevention to community-based organisations.

- Three WRAP sessions were completed with 42 registrations and 30 attendees. 4 Wellness Workshops recorded 88 registrations and 60 attendees. 3 Supporter workshops and 1 Supporter Community workshops were also completed.
(SOS)





Goal 3: Targeted approaches for those vulnerable to suicide.

3.1 Improve the implementation of effective approaches to reducing suicidal behaviour among priority groups.

- An initial Eden Programme ended in March 2024. 13 started the programme and 9 completed. A second Eden Programme began in Q2 of 2024. SOS received a record 46 applicants for the programme and a full complement of attendees is in place. A waiting list is in place for the next programme.
(SOS)
- Aware delivered 43 Life Skills Programmes to 702 individuals in year to date. 13 programmes held in-person at various locations nationwide and 30 in an online setting. 1268 participants attended three phases of the online Life Skills module. 9 Living Well with Bipolar programmes were delivered to 72 people.
(Aware)
- LGBTI National Network (NN) met twice. Pride event took place with 400 young people attended from across Ireland. 15 Rainbow Award orgs attended staff training, 188 youth workers trained. 2024 NN Grants issued to 11 orgs. Being LGBQI+ research launched.
(BeLonGTo)
- First Fortnight saw 207 therapy sessions in Q2 scheduled for 33 clients through NOSP funding. Limerick, Kildare, and Donegal locations have therapists in post and Kerry meetings are underway. Coffee mornings for information sharing were held.
(First Fortnight)
- The Duty Service recorded 186 individual service users, 491 case entries to 65 female, 28 male and 24 unknown gender individuals were recorded. The Perinatal MH programme delivered 3 sessions with 18 in attendance. Mental health peer support sessions were delivered in Mountjoy Prison to 19 attendees and a Traveller Pride event held.
(Exchange House)
- Dublin Simon recorded an increase of young adult women accessing its service (18-24). This is extremely positive due to the difficulty of reaching women experiencing homelessness in services. An additional drop-in clinic has been established to provide timely recovery counselling.
(Dublin Simon)





- In Q2, TENI received 552 email and telephone queries and provided advice and signposting around improving access for the trans community to civil societies and other organisations. Community members were also assisted in accessing wellbeing focused services and mental health provision. **(TENI)**
- LGBT Ireland provided 16 Training workshops to 237 professionals. A webinar for GP attendees was delivered. 476 Helpline and chat interactions, 21 Telefriending and 4 peer support groups were recorded. Specialist support groups are ongoing. **(LGBT Ireland)**
- In Q2 ICGP webinars were delivered on topics of mental health, distress & healthcare arising from findings of the Being LGBTQI+ in Ireland study. ICGP Journal is accessible for 2 years on-demand. Webinars were delivered to 526 GPs covering Social Interaction. **(ICGP)**
- Launched in Q2, the Spunout Housing Campaign, reached 117,774 (Meta) and 108,571 (TikTok). Provision of information to at-risk groups (Disability, Traveller, LGBTI+, Migrants, BIPOC) continues. A focus on CFL priority group mental health has been maintained. **(Spunout)**

3.3 Enhance the supports for young people with mental health problems or vulnerable to suicide.

- USI action items on-track for Q2, a business case was submitted outlining new plan in development to aid with NSRF suicide prevention module for students attending healthcare courses. **(USI)**





Goal 4: Improved access, consistency and integration of services.

4.2 Improve access to effective therapeutic interventions (e.g. counselling, DBT, CBT) for people vulnerable to suicide.

- Turn2Me, between April and June 24, delivered 1887 counselling sessions and completed 58 support groups (543 users reserving a place in a group). The main presenting issues in counselling is anxiety, followed by relationship issues, depression, stress, family conflict and trauma.
(Turn2Me)
- In Q2, MyMind have delivered 8255 total appointments and 3242 low-cost appointments. Low-cost appointments represent 39% of total appointments in Q2. Monthly Low-Cost breakdown consists of 1138, 1129 and 975 for April, May and June respectively.
(MyMind)
- Pieta has worked with 2,548 unique intervention clients requiring support for suicidal ideation and/or self harm with 1,021 under 18 and 1,527 adult clients. In the reporting quarter, a total of 10,984 client appointments were attended. 11,957 calls were also made to the Helpline.
(Pieta)

4.3 Improve the uniformity, effectiveness and timeliness of support services to families and communities bereaved by suicide.

- Pieta's bereavement counselling service worked with 459 unique clients this quarter with 68 under 18s and 391 adults respectively. A total of 2,402 appointments were attended (166 of these were initial assessments) The SBLO service worked with 230 households delivering 1,082 client facing hours.
(Pieta)
- In Q2 HUGG offered 17 Support Groups. 4 being held virtually, 1 in person and 12 in a hybrid format. 94 HUGG group meetings were held. These recorded 349 in-person attendees and 107 virtual attendees. 77 first-time participants were recorded. *(HUGG)*





Goal 5: Safe and high quality services.

5.4 Ensure best practice among health and social care practitioners through (a) the implementation of clinical guidelines on self-harm and (b) the delivery of accredited education programmes on suicide prevention.

- In Q2, MFHI published two articles in international journals and submitted a third. Facilitators were recruited to deliver General Awareness Training Workshops; The Facilitation Team received training; four 'Connector' workshops were initiated; feedback was collated from participants and a meeting of the CAIRDE Stakeholder Group was hosted.

(MFHI)





Goal 7: Better data and research.

7.2 Improve access to timely and high quality data on suicide and self-harm.

- In Q2 2024, the NSRF published 6 peer review papers in addition to CHO reports from the National Self-Harm Registry. NSRF researchers hosted a research workshop, a Patient and Public Involvement in mental health research seminar, delivered several presentations & attended steering group meetings on national committees.
(NSRF)





HSE National Office for Suicide Prevention
September 2024



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