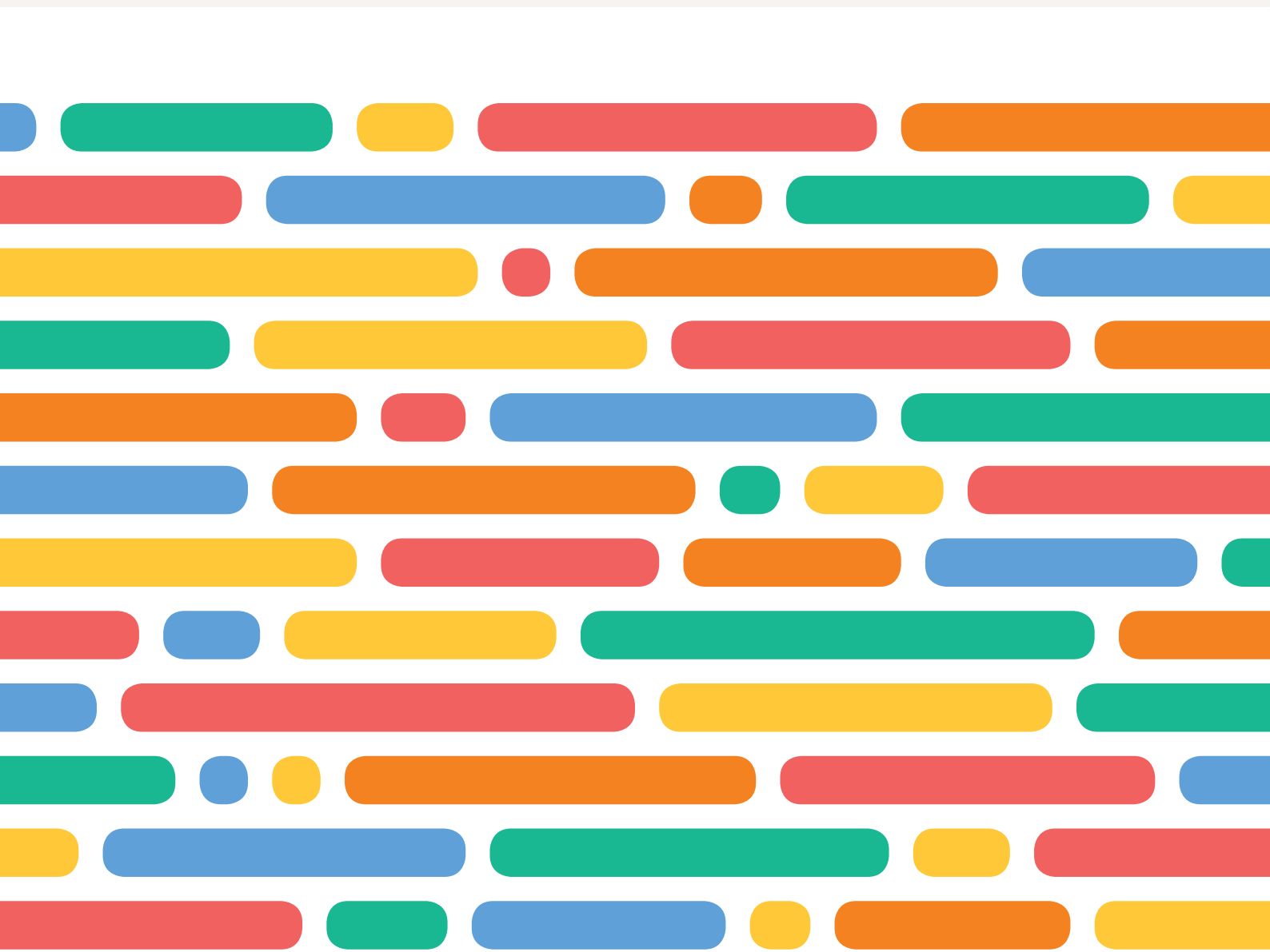




National Office for Suicide Prevention

Annual Report 2017



Connecting for Life

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Foreword

In 2017, the primary focus of the HSE National Office for Suicide Prevention (NOSP) remained the coordinated implementation of Connecting for Life, Ireland's National Strategy to Reduce Suicide 2015-2020; *"working towards a vision of an Ireland where fewer lives are lost through suicide and where communities and individuals are empowered to improve their mental health and wellbeing"*.

To progress this work during the year and also build on what the office has achieved to date, cross sectoral support, partnership working and strategic planning have been more important than ever before. Suicide prevention is everyone's responsibility and the NOSP has maintained and strengthened links with lead agents involved in the national strategy - not just to support and monitor implementation, but also to cultivate connectedness and engagement.

In 2017, funding of more than €11.9 million was allocated to suicide prevention. The NOSP invested almost 60% of this in agencies and front-line services making coordinated efforts to meet Connecting for Life objectives and actions, across seven overarching strategic goals. This report provides an overview of the significant activities taking place nationwide, and the diversity of suicide prevention projects and services delivered under Connecting for Life.

There is of course, more to be done. The new structures the HSE has put in place since 1st January 2018 will transform the way in which we deliver services, in order to build a better health service and to strengthen governance and accountability. This is in line with government policy and aligns with the recommendations of the Oireachtas Report, Sláintecare.



The National Office for Suicide Prevention will now sit within a dedicated "Mental Health Community Strategy and Planning" function, and work closely with the operational function, "Mental Health Community Operations". This organisational shift will ensure an integrated approach to strategic planning for suicide prevention across community health services and provide operational oversight for the work of the NOSP going forward.

Notwithstanding the changes underway in 2018, there remains a firm commitment to the ongoing delivery and development of suicide prevention services and initiatives, particularly as the Connecting for Life Strategy enters the most effective period of implementation.

This important work is a testament to the ongoing contribution of service users, their families, local communities and other agencies working in the mental health sector, and beyond, to collaboratively tackle the real and significant challenge to reduce suicide in Ireland.

A handwritten signature in black ink, appearing to read 'Pat Healy'.

Pat Healy
HSE National Director
Community Strategy & Planning

Foreword

Since its launch in 2015, Connecting for Life has provided us with a clear context and evidence-informed roadmap for the reduction of suicide in Ireland, and we continue to work to realise the strategy's vision of an Ireland where fewer lives are lost through suicide.

Most recent year of occurrence data from the Central Statistics Office, shows that there were 425 deaths by suicide in Ireland in 2015. Provisional data for 2016 and 2017 suggests a further decline in these numbers but there are many caveats to this information and suicide is a complex problem.

Therefore, our focus remains the concerted and coordinated, evidence-informed approaches as outlined in the Connecting for Life strategy. Importantly, the NOSP's work in improving population health is also delivering on key actions within the Sláintecare Implementation Strategy.

Throughout 2017, the NOSP worked to advance the implementation of the strategy across the HSE, and with government departments, agencies, organisations and communities nationwide. The NOSP supported the work of Resource Officers for Suicide Prevention across Ireland, guiding their development of local Connecting for Life action plans. Their work has been imperative in this journey - a further 10 local Connecting for Life Action Plans were launched during 2017, supporting the capacity of local communities to prevent and respond to suicidal behaviour. Our work with statutory and non-statutory partners continues to progress at a national and a local level. It is our intention to continue to build on this work to maximise the potential of real inter-agency collaboration in suicide prevention.

This Annual Report provides 2017 highlights of the initiatives of agencies who work in partnership with the HSE and also of the NOSP's wider work, which included;

The coordination and provision of free, evidence-informed suicide and self-harm training in communities nationwide. In 2017, over 12,000 individuals completed programmes such as safeTALK and ASIST (Applied Suicide Intervention Skills Training).

The publication of the Connecting for Life Implementation Plan, 2017-2020 detailing milestones for each of the 69 actions in Connecting for Life over this three year period.



The completion of an extensive number of research projects on suicide, self-harm or mental health. This work has been conducted by the National Suicide Research Foundation with the ongoing support of the NOSP.

The initiation of a new monitoring system to track the implementation of Connecting for Life, providing detailed analysis and updates at regular intervals.

Extended communications channels to inform and engage stakeholders about developments in and priorities of, Connecting for Life.

We look forward to progressing all this work in 2018, particularly as the new and developing structures and ways of working in the HSE, provide us with strengthened opportunities for effective planning and strategic partnerships. I would like to thank the team in the NOSP and all the partner agencies and Connecting for Life agents, for their input and contribution to suicide prevention during 2017 and for sharing the common vision of Connecting for Life.

A handwritten signature in black ink that reads "John Meehan". The signature is written in a cursive, flowing style.

John Meehan
HSE Assistant National Director
Head of National Office for Suicide Prevention and Lead for Community Strategy & Planning

Our Vision

An Ireland, where fewer lives are lost through suicide and where communities and individuals are empowered to improve their mental health and wellbeing.

Outcomes by 2020

.....
Reduced suicide rate in the whole population and amongst specified priority groups.
.....

Reduced rate of presentations of self-harm in the whole population and amongst specified priority groups.
.....

Our Goals

Better understanding of
suicidal behaviour

Supporting communities to prevent
and respond to suicidal behaviour

Targeted approaches for those
vulnerable to suicide

Improved access, consistency
and integration of services

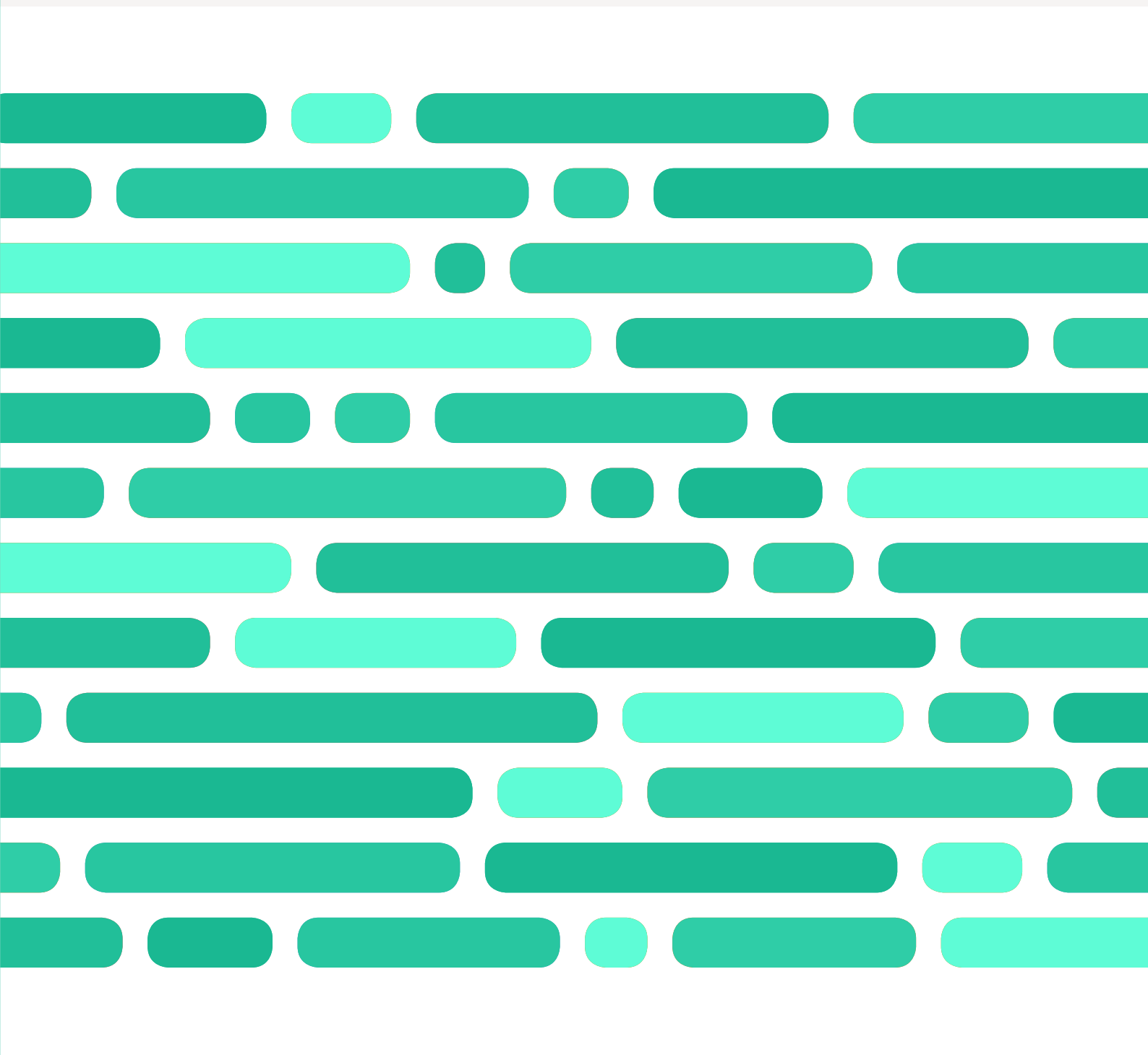
Safe and high-quality services

Reduce and restrict access to
means of suicidal behaviour

Better data and research

Section 1

HSE National Office for Suicide Prevention



HSE National Office for Suicide Prevention

Our Role

The HSE National Office for Suicide Prevention (NOSP) sits within the Community Strategy & Planning Function of the HSE and works closely with the HSE Mental Health Community Operations Function and many others. Connecting for Life, Ireland's National Strategy to Reduce Suicide, 2015-2020 underpins the work of the NOSP and outlines a dual function for the office;

1. The NOSP is a lead agency for 16 Connecting for Life actions, a joint lead on 2 actions and a supporting partner on a further 21 actions. These include actions in the areas of communications, training and education, best practice guidelines and research and evaluation.
2. The NOSP also has a pivotal role to play in driving the implementation of Connecting for Life. The strategy mandates the NOSP to support, inform, coordinate and monitor the implementation of Connecting for Life across the HSE, government departments, statutory agencies and NGOs. As a whole-of-government strategy, Connecting for Life requires the office to provide a strategic view of progress against outcomes and targets and to report on these to the cross-sectoral steering group on a quarterly basis.

For a list of the NOSP Team see Appendix 2 on page 77.

The strategy mandates the NOSP to support, inform, coordinate and monitor the implementation of Connecting for Life across the HSE, government departments, statutory agencies and NGOs.

Working in Partnership

The World Health Organisation (WHO) cites strong partnership working as a core element of suicide prevention strategies at national, regional and local levels.¹

In Ireland, effective partnership working remains the foundation of suicide prevention work. Suicide prevention is best achieved when individuals, families, health and community organisations, workplaces, government departments and communities work collaboratively to build an infrastructure of suicide prevention and support.

As implementers of Connecting for Life, the NOSP actively coordinates and supports the suicide prevention work of many partners across the statutory, voluntary and non-statutory sector. The office provides guidance to the 21 Resource Officers for Suicide Prevention around the country who are charged with developing local Connecting for Life action plans which reflect the national strategy.

*In Ireland,
effective
partnership
working remains
the foundation
of suicide
prevention work.*

¹ World Health Organization. (2014). Preventing suicide: a global imperative. World Health Organization.

Our Funded Partners in 2017

In 2017, almost 60% of the NOSP's budget was allocated to front line services. Funded partners and organisations continue to play a critical role in implementing Connecting for Life and receive funding to deliver on work aligned with specific goals and actions within the strategy.

Pieta House

ISPCC / Childline

National Youth Council of Ireland

Bodywhys

Exchange House

SpunOut.ie

Shine

Transgender Equality Network Ireland

Aware

Union of Students in Ireland

BeLonG To

Mayo Suicide Liaison Project

National Suicide Research Foundation

Lifford Clonleigh Family Resource Centre

ReachOut

First Fortnight

Samaritans

The Mojo Project

GAA

Young Social Innovators

Turn2Me

Men's Health Forum

Suicide or Survive SOS

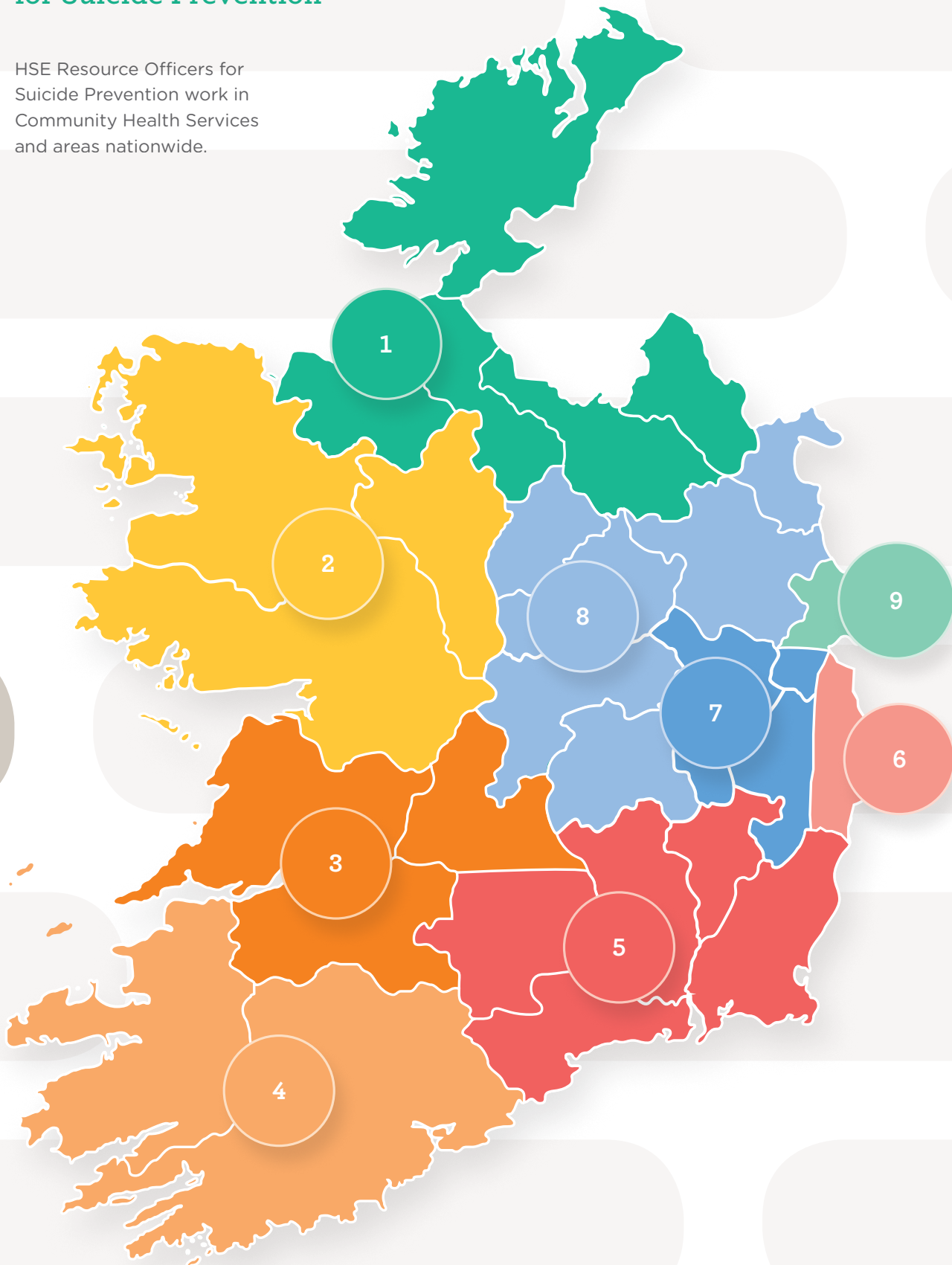
National FRC Mental Health Promotion Project

Irish College of General Practitioners

MyMind

HSE Resource Officers for Suicide Prevention

HSE Resource Officers for Suicide Prevention work in Community Health Services and areas nationwide.



1. CHO 1

Donegal

Anne Sheridan Mental Health Promotion/Resource Officer for Suicide Prevention

Health and Wellbeing Division, HSE West, 1st Floor, St Conal's Campus, Letterkenny, County Donegal

Phone: 074 9109120 / **Mobile:** 086 3404321 / **Main office:** 074 9104693

Email: anne.sheridan1@hse.ie / **www.connectingforlifedonegal.ie**

Sligo and Leitrim

Thomas McBride Resource Officer for Suicide Prevention/Mental Health Promotion

Health Promotion and Improvement, Health and Wellbeing Division,

HSE West, JFK House, JFK Parade, Sligo

Phone: 071 9135098 / **Mobile:** 087 3680423

Email: thomas.mcbride@hse.ie / **www.connectingforlifefligoleitrim.ie**

Cavan and Monaghan

Emer Mulligan Resource Officer for Suicide Prevention

HSE Cavan Monaghan Mental Health Services, Carrickmacross Primary Care Centre, Donaghmoyne Road,

Carrickmacross, County Monaghan

Mobile: 086 1717563 / **Email:** emer.mulligan@hse.ie / **www.connectingforlifecavanmonaghan.ie**

2. Community Healthcare West

Galway City and West/South Co Galway

Mary O'Sullivan Resource Officer for Suicide Prevention

HSE Community Healthcare West, 64 Dominick Street, Galway

Phone: 091 560182 / **Email:** mary.osullivan@hse.ie / **www.connectingforlifeGMR.ie**

Roscommon and North/East Co Galway

Mary McGrath Resource Officer for Suicide Prevention

Community Healthcare West Primary Care Centre, Golf Links Road, Roscommon

Phone: 090 6665071 / **Email:** mary.mcgrath9@hse.ie / **www.connectingforlifeGMR.ie**

Mayo

Siobhan McBrearty Resource Officer for Suicide Prevention

The Willows, Old Dublin Road, Swinford, County Mayo

Phone: 094 9253302 / **Email:** siobhan.mcbrearty@hse.ie / **www.connectingforlifeGMR.ie**

For all suicide prevention training enquiries in Mayo please contact srotraining.gmr@hse.ie

Training scheduling meetings held biannually in June and December

3. Mid West Community Healthcare

Limerick

Ciara Dempsey Resource Officer for Suicide Prevention

Resource Office for Suicide, HSE Mid West Mental Health Services,

St. Joseph's Hospital, Mulgrave Street, Limerick.

Phone: 061 461454 or 061 461262 / **Email:** ciara.dempsey@hse.ie / **www.connectingforlifemidwest.ie**

3. Mid West Community Healthcare

Clare, North Tipperary

Mary Kennedy Resource Officer for Suicide Prevention

Resource Office for Suicide, HSE Mid West Mental Health Services,
St. Joseph's Hospital, Mulgrave Street, Limerick.

Phone: 061 461454 or 061 461143 / **Email:** maryg.kennedy@hse.ie / **www.connectingforlifemidwest.ie**

4. Cork Kerry Community Healthcare

Cork

Helena A. Cogan Resource Officer for Suicide Prevention

Mental Health Services, Cork Kerry Community Healthcare, 'Nemetona', St Stephen's Hospital, Glanmire, Cork.

Phone: 021 4858596 / **Mobile:** 087 2995913 / **Email:** helena.cogan@hse.ie / **www.connectingforlifecork.ie**

Martin Ryan Resource Officer for Suicide Prevention

Cork Kerry Community Healthcare, St Stephen's Hospital Campus, Sarsfield Court, Glanmire, Cork.

Phone: 021 4659746 / **Mobile:** 087 3287094 / **Email:** martin.ryan8@hse.ie / **www.connectingforlifecork.ie**

For all training enquiries please email SPenquiries@hse.ie or phone 028 40402

Kerry

Julieann Lane Resource Officer for Suicide Prevention

Cork Kerry Community Healthcare, HSE, Kerry Community Healthcare Centre, Rathass, Tralee, County Kerry.

Phone: 066 7184535 / **Email:** julieann.lane@hse.ie / **www.connectingforlifekerry.ie**

5. South East Community Healthcare

Waterford, Wexford, Kilkenny, Carlow, South Tipperary

Tracy Nugent Resource Officer for Suicide Prevention

Regional Suicide Resource Office, Front Block, St Patrick's Hospital, John's Hill, Waterford.

Phone: 051 874013 / **Email:** tracy.nugent@hse.ie / **www.connectingforlifessouthtipperary.ie**

www.connectingforlifewaterford.ie / www.connectingforlifewexford.ie / www.connectingforlifecarlow.ie

For all suicide prevention training enquiries in Waterford, Wexford, Kilkenny, Carlow and South Tipperary please email trainingsro@hse.ie

6. Community Healthcare East

Dublin South East and Dún Laoghaire

Pauline O'Reilly Resource Officer for Suicide Prevention

HSE Community Healthcare East, Mental Health Division, Vergmount Hall, Clonskeagh, Dublin 6.

Phone: 01 2680336 / **Email:** pauline.oreilly@hse.ie / **www.connectingforlifeCHO6.ie**

East Wicklow

Adam Byrne Resource Officer for Suicide Prevention

HSE Community Healthcare East, Mental Health Division, Glenside Road, Wicklow.

Phone: 076 6959003 / **Mobile:** 087 0637096 / **Email:** adam.byrne@hse.ie / **www.connectingforlifeCHO6.ie**

7. Community Healthcare Dublin South, Kildare, West Wicklow

Kildare, West Wicklow

Niamh Crudden Resource Officer for Suicide Prevention

The Liberties Building, Meath Community Unit, Heytesbury Street, Dublin 8.

Mobile: 086 2535529 / **Email:** niamh.crudden@hse.ie / **www.connectingforlifeKWW.IE**

David Gray Resource Officer for Suicide Prevention

Oak House, Millennium Park, Naas, County Kildare.

Mobile: 087 1601617 / **Email:** david.gray@hse.ie / **www.connectingforlifeKWW.ie**

Dublin West, Dublin South City and Dublin South West

Emma Freeman Resource Officer for Suicide Prevention

The Liberties Building, Meath Community Unit, Heytesbury Street, Dublin 8.

Mobile: 087 9010541 / **Email:** emma.freeman@hse.ie / **www.connectingforlifedublinsouth.ie**

8. Midlands Louth Meath Community Healthcare

Laois, Offaly

Josephine Rigney Resource Officer for Suicide Prevention

HSE Midlands Louth Meath Community Healthcare Organisation, Old Birr Hospital, John's Terrace, Birr, County Offaly.

Mobile: 086 8157850 / **Email:** josephine.rigney@hse.ie / **www.connectingforlifelaoisoffaly.ie**

Longford, Westmeath

Eddie Ward Resource Officer for Suicide Prevention

Midlands Louth Meath Community Healthcare Organisation, Health Centre, Dublin Road, Longford.

Phone: 043 3350169 / **Mobile:** 086 3801152 / **Email:** eddie.ward@hse.ie /

www.connectingforlifelongfordwestmeath.ie

Louth, Meath

Sandra Okome Resource Officer for Suicide Prevention

Midlands Louth Meath Community Healthcare Organisation, Mental Health Services, St Brigid's Hospital Complex, Kells Road, Ardee, County Louth.

Mobile: 087 1321344 / **Email:** sandra.okome@hse.ie / **www.connectingforlifelouthmeath.ie**

9. CHO Dublin North City and County

Dublin North City and County

Sandra Taylor Resource Officer for Suicide Prevention

HSE Mental Health Services Dublin North City & County, Connolly Norman House, 224 North Circular Road, Dublin 7.

Phone: 076 6958992 / **Mobile:** 087 2490835 / **Email:** sandra.taylor@hse.ie /

www.connectingforlifedncc.ie

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8 HOURS
SLEEP
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THE OTHER
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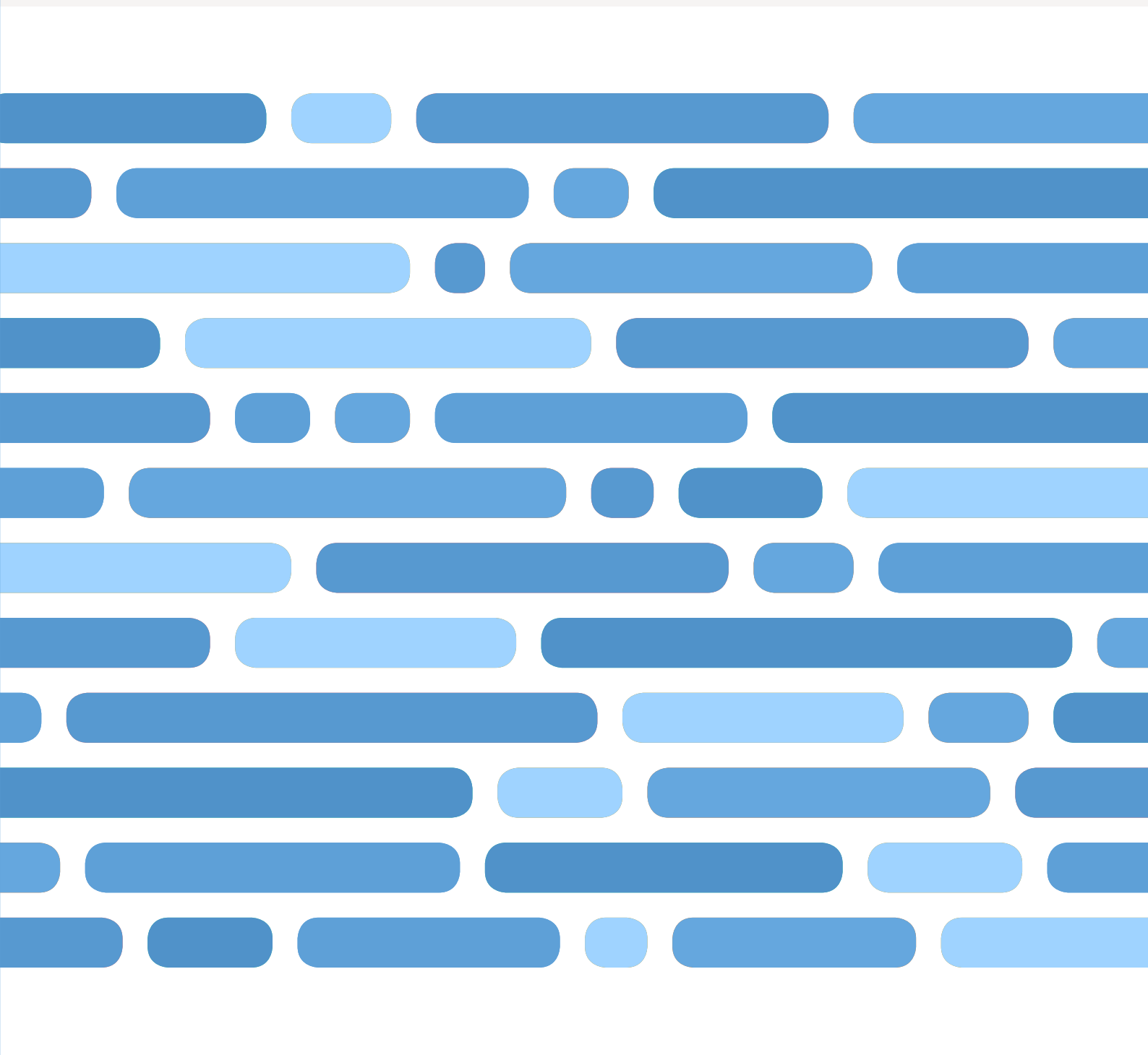
and nights sleep in order to get out
have a positive impact on how you feel

The image shows a woman with long blonde hair, smiling, holding an open brochure. The brochure is white with a blue circular logo of stylized figures holding hands. The text on the brochure includes:
- Left page: **mentalhealth.ie** and **#littlethings**. At the bottom, it says **TUSLA** (An tSúil) and lists services for children, young people, and families.
- Right page: **Connecting for Life Cavan and Monaghan**. Below that, it says **Suicide Prevention Action Plan 2017 - 2020**. At the bottom right, there is a logo for **HE** (Healthcare) and **An tSiopa Síochána** (The National Suicide Helpline).

Minister Helen McEntee TD at the launch of Connecting for Life Cavan and Monaghan

Section 2

Connecting for Life during 2017



Monitoring and Evaluating Connecting for Life

The Monitoring and Evaluation (M&E) Team

The M&E Team became fully operational in March 2017, and is led by Dr Gemma Cox (Research & Evaluation Manager), who is supported by Dr Anita Munnelly (Research & Data Officer) and Mr Hugh Duane (Research Assistant). The team focuses on monitoring progress on the implementation of Connecting for Life actions, and at the same time, engaging and working with a range of stakeholders and experts in the area of suicide prevention to drive and guide this work.

Monitoring

Monitoring refers to the routine tracking and reporting of priority information about the strategy - its inputs, activities, outputs, outcomes and impacts. The monitoring function of Connecting for Life's Monitoring and Evaluation (M&E) system will use continuous processes of collecting and analysing data on specified indicators to provide key stakeholders with indications of the extent of progress and achievement of objectives & progress at any given time (and/or over time) relative to respective targets and outcomes.

The NOSP monitoring function will use a continuous process of collecting and analysing usable actionable data on specified indicators, to facilitate data-driven decision making. There are two key interrelated types of monitoring: *implementation monitoring* and *results or outcomes monitoring*. Implementation monitoring tracks the means and activities used to achieve a given outcome and outcome monitoring tracks the results or effect of the work.

Evaluation

Evaluation is usually understood as the systematic collection of information about the activities, characteristics and outcomes of a specific initiative or programme within the strategy, or the strategy itself, to determine its merit or worth. The evaluation function in Connecting for Life is viewed as a continuously available mode of analysis that helps the NOSP programme managers and other key stakeholders gain a better understanding of all aspects of their work - from design through implementation and on to completion and subsequent consequences. Data from the monitoring systems ultimately feeds into an overall evaluation.

NOSP's Monitoring and Evaluation Team's Advisory Groups

Evaluation Advisory Group (EAG)

Connecting for Life's Evaluation Advisory Group was established in 2017 and met for the first time in October. This group provides advice and guidance to the NOSP's M&E Team on how to undertake appropriate, practical and useful evaluation activities at both national and area levels.

The EAG offers scientific, and evaluation expertise to supplement the NOSP's M&E Team and is chaired by Professor Steve Platt (Emeritus Professor of Health Policy Research at the University of Edinburgh). Other members of the group include;

- Professor Ella Arensman (School of Public Health, College of Medicine and Health, University College Cork),
- Dr Paul Corcoran (Director of Research in the National Suicide Research Foundation),
- Paul Crowley (Senior Statistician, Social Analysis division of the Central Statistics Office),
- Professor Barbara Dooley (Dean of Graduate Studies and Deputy Registrar, University College Dublin),
- Dr Claire Hickey (Senior Project Specialist, Research and Evaluation, the Centre for Effective Services),
- Professor Agnes Higgins (School of Nursing and Midwifery Trinity College),
- Dr Gemma Cox (NOSP),
- Mr Hugh Duane (NOSP),
- Dr Anita Munnelly (NOSP).

Technical Advisory Group (TAG)

Connecting for Life's Technical Advisory Group (TAG) was also established in 2017 and met for the first time in October. This group provides expert advice and guidance to the NOSP on matters relating to the Health Research Board (HRB) coronial study on deaths from the cohorts of people with risk factors for self-harm from coronial files, and on any other technical issues that might arise. The group is composed of experts from the field in suicide, and is chaired by Dr Gemma Cox (NOSP). Other members of the group include;

- Professor Stephen Platt (Emeritus Professor, University of Edinburgh),
- Professor Kevin Malone (Consultant Psychiatrist, St. Vincent's University Hospital Dublin and Professor of Psychiatry & Mental Health at UCD),
- Dr Colette Corry (Senior Researcher, National Suicide Research Foundation),
- Dr Suzi Lyons (Senior Researcher, HRB),
- Ms Ena Lynn (Research Officer, HRB),
- Mr Hugh Duane (NOSP),
- Dr Anita Munnelly (NOSP),
- Mr Eugene O'Connor (President Coroners Society of Ireland),
- Dr Brian Farrell (Dublin District Coroner's Office).

Other M&E Working Groups

Two additional working groups were set up to engage stakeholders in M&E work: an Implementation Evaluation Advisory Group and a Suicide Prevention Training Evaluation Advisory Group. These groups consist of representatives from the NOSP's M&E team, the Resource Officers for Suicide Prevention (ROSPs), along with representatives from HSE Mental Health, and the ROSP Learning Community of Practice Group.

Some M&E Publications from 2017 include;

- ***Coronial Data Feasibility Study*** (September 2017)
This study explores the feasibility of using the existing methodology, logistics and expertise of the National Drug Related Deaths Index (NDRDI) to collect data on suicides and deaths in people with risk factors for self-harm. Findings showed that it is (technically, operationally and financially) feasible to collect information on suspected suicide deaths in people with risk factors for self-harm from coronial files using the existing methodology and logistics of the NDRDI.
- ***Area Level Implementation of CfL Survey*** (December 2017)
In July 2017 the M&E Team in the NOSP, as part of the evaluation of the implementation of Connecting for Life, invited all stakeholders involved in Connecting for Life area-level planning/steering groups to take part in a survey and share their reflection on the process to date. Findings showed that over a two year period (2015-2017) the Connecting for Life area level suicide prevention action planning process has mobilised more than 500 stakeholders across multiple sectors, throughout the country, to focus on building communities' capacity to prevent and respond to suicidal behaviour.
- ***Suicide Prevention - GPs survey*** (December 2017)
In May 2017, the M&E Team & Clinical Advisor in the NOSP designed a survey, which in conjunction with Irish College for General Practitioners (ICGP), was circulated to all members and associates of the ICGP. The findings from the survey are being used by the NOSP Clinical Advisor to identify needs and inform service planners to shape how services might be better designed and delivered for and to, primary care practitioners to support their work with suicidal and self-harming persons.
- ***Pilot evaluation data dashboards for safeTALK, ASIST and Understanding Self-Harm***
In 2017, the NOSP M&E Team conducted pilot evaluations of HSE-funded suicide prevention and self-harm awareness training programmes. The pilot studies sought to assess potential changes in participants' knowledge, understanding, and attitudes towards suicide and self-harm prevention following participation in the training workshops. The M&E Team recommends that the questionnaires used in these pilot studies are incorporated when monitoring the outcomes of the NOSP's suicide and self-harm prevention training programmes.

These M&E publications from 2017 can be found at www.connectingforlifeireland.ie.

Monitoring the Implementation of Connecting for Life

During 2017 the NOSP's Monitoring and Evaluation (M&E) Team initiated a new monitoring system to track the implementation of Connecting for Life. The updated Connecting for Life monitoring system included the development of Implementation Monitoring Dashboards informed by the literature.

A Dashboard is produced for each lead agent that consists of the actions for which they have responsibility to lead on and includes the yearly action milestones as set out in the Connecting for Life Implementation Plan 2017-2020.

Based on information received in the Dashboards, a report is produced each quarter and presented to members of the Connecting for Life National Cross Sectoral Steering and Implementation Group.

To view the reports, visit www.connectingforlifeireland.ie.

Monitoring refers to the routine tracking and reporting of priority information about the strategy - its inputs, activities, outputs, outcomes and impacts.

Education, Training & Standards

Education & Training

The National Office for Suicide Prevention is the coordinating body of suicide prevention training programmes in Ireland. Through collaborative working both nationally and locally with a range of stakeholders and partners, the NOSP works to support community capacity to prevent and respond to suicidal behaviour.

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

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

In December 2017, it was estimated that approximately **12,308** individuals had taken part in one of the Connecting for Life-identified suicide prevention training programmes. Of this number, the NOSP received **9,777** completed participant training forms from individuals who had taken part in either a self-harm or suicide prevention training programme. safeTALK was the most frequently delivered training programme, completed by approximately 61% (n = 5,949) of participants. ASIST was the next most frequently delivered programme with 27% (n = 2,640) of participants completing this training. Almost 10% (n = 942) of participants completed Understanding Self-Harm training.

Pilot training initiatives were initiated in 2017 including a partnership arrangement with the Department of Education to deliver safeTALK training across 6 Education Centres in 2017, while other key relationships ensured the ongoing delivery of training to frontline staff of lead agencies and departments.

Standards

Goal 5 of Connecting for Life aims to ensure safe and high-quality services for people vulnerable to suicide. The development and implementation of standards for suicide prevention governing service quality is an objective outlined in this goal. In 2016, research was commissioned to align the draft standards with the HIQA Safer Better Healthcare standards and the HSE Best Practice Guidance for Mental Health Services to ensure the standards are evidence-based and to recommend an evidence-informed model for implementation and monitoring.

The NOSP is currently developing an evidence-based set of guidance for organisations operating in the area of suicide prevention that is supported by a training programme and an IT based self-assessment tool. In 2017, this project aligned with the Best Practice Guidance for Mental Health Services (launched April 2017) which was developed and is managed by the HSE Quality Service User Safety Team (QSUS). It is evidence-based and supported by a training programme and an online self-assessment tool, the Guidance Assessment Improvement Tool (GAIT). It has five themes based on the HIQA Safer Better Healthcare Standards of "Recovery Oriented Care and Support", "Effective Care and Support", "Safe Care and Support", "Leadership, Governance and Management" and "Workforce".

A collaborative approach has been adopted with our partner Non-Governmental Organisations (NGOs) who have been involved at various key points of the development of the Guidance. NGOs attended an Engagement Event in December 2017 where two themes were presented and feedback was invited and collated towards refining the Guidance further. This work will be completed in 2018 with a launched plan for Q4 2018 and a plan for implementation.

Clinical Advisor Function

The work of the NOSP Clinical Advisor in 2017 has been to continue to develop the conditions for strategic goals 3, 4 and 5 of Connecting for Life.

In 2017, work progressed with specific reference to the development of uniform assessment and response approaches across health services for those who have self-harmed or are at risk of suicide (Connecting for Life actions 4.1.4 & 5.2.1).

This project is joint sponsored by the NOSP and Mental Health Operations teams and will lead to the introduction of clinically effective suicide prevention and postvention actions by healthcare practitioners. Through relationships with key external professional groups, international experts and expert bodies (such as the College of Psychiatrists) this project will also inform the development of a training framework for GPs and Psychiatrists in suicide prevention.

The improvement and provision of training for health and social care professionals (Connecting for Life action 3.1.5) remains a key focus. The NOSP and the Irish College of General Practitioners (ICGP) have developed a memorandum of understanding with the joint aim of improving healthcare practice and design across the Primary Care and General Practice sector in Ireland. In 2017, this included the establishment of a steering group and the development of a clear shared set of objectives to guide the work into 2018.

During 2017, the NOSP Clinical Advisor also;

- Provided clinical oversight of initiatives and documents relating to suicide risk, occurrence and prevention initiatives in external NOSP communications and campaigns.
- Advised on the review and development of the Suicide Crisis Assessment Nurses (SCAN) service.
- Provided clinical input to suicide prevention research to be undertaken by the Health Research Board (HRB).
- Completed a review of self-harm in homeless persons in Ireland and developed proposals on suitable interventions to reduce self-harm in this population.

In 2017, work progressed with specific reference to the development of uniform assessment and response approaches across health services for those who have self-harmed or are at risk of suicide.

Communications

Achieving the outcomes set out in Connecting for Life remains a complex undertaking. Effective communication - about the strategy, the priorities, the implementation plan, and specific roles within all of these - remains an essential ongoing enabler of success.

In 2017, the NOSP Communications Team worked to keep all stakeholders engaged, informed and to improve awareness and understanding of the Connecting for Life strategy. Key improvements in communications channels during the year included;

- The introduction of a new Connecting for Life microsite (www.connectingforlifeireland.ie) to provide a platform for news, research and activities related to the strategy.
- The dissemination of a quarterly Connecting for Life email newsletter to inform stakeholders of developments and news. The newsletter is available for sign up at www.connectingforlifeireland.ie
- Increasing NOSP engagement on social media via @NOSPireland on Twitter.



The inaugural Connecting for Life symposium focusing on internet safety and suicidal behaviour, took place in May 2017.

The symposium heard from Dr Lucy Biddle from the University of Bristol who was lead researcher on a significant recent study exploring how people with suicidal feelings use the internet, and its impact on their suicidal behaviour. This research gathered the experiences of over 1,000 people who had used the internet for suicide-related purposes or knew someone who had used the internet when planning suicide.

www.connectingforlifeireland.ie

The introduction of the Connecting for Life microsite in 2017 allowed for the development of a new repository of publications and reports associated with the strategy. The publically-available site now hosts information many aspects of Connecting for Life work and developments, including;

Local Action Plans

Find local Connecting for Life pages from around the country, providing information on how local plans have developed during 2017 and thereafter.

Strategy Implementation

Access quarterly Implementation Progress Reports from the NOSP Monitoring & Evaluation Team.

Suicide statistics

Read up-to-date briefing documents issued by the NOSP, on the two main sources of suicide data – the Central Statistics Office (CSO) and Eurostat.

Publications

Access many other publications, reports or resources from the HSE NOSP or other partners engaged in Connecting for Life work.

The screenshot displays the Connecting for Life microsite interface. At the top, there is a navigation bar with categories: Strategy & Implementation, Research & Evaluation, News, Publications, Urgent Info, and More. A search bar and 'Urgent Help' link are also present. Below the navigation is a grid of seven life goals, each with an icon and a number: 1. Connecting for Life Goal 1: Improved Understanding; 2. Connecting for Life Goal 2: Empowered Communities; 3. Connecting for Life Goal 3: Focus on Priority Groups; 4. Connecting for Life Goal 4: Better Access to Supports; 5. Connecting for Life Goal 5: High Quality Services; 6. Connecting for Life Goal 6: Reduced Access to Means; 7. Connecting for Life Goal 7: Better Data and Research. Below the grid is a 'Latest News' section featuring three news items with images and titles: 'NOSP partnership with Dublin Simon Community...', 'NOSP Briefing on Suicide Figures, Jun 2018', and 'Connecting for Life Implementation Plan 2017-2020'. Below the news is a 'SUBSCRIBE TO OUR NEWSLETTER' form with fields for 'Full name' and 'Email address'. At the bottom is a 'Latest from Social Media' section displaying a grid of tweets from the @LittleThings account, with a 'LOAD MORE' button. The footer contains contact information: 'Connect with us' (social media icons), 'Can't find what you're looking for? Call us on 01 6201670', and 'Phone: 01-6201670 | Email: info@nosp.ie | Twitter: @NOSPireland'.

Connecting for Life Implementation

The implementation of any government policy is a complex process. The success of Connecting for Life depends heavily on a systematic and structured approach to implementation, ensuring coordination in the delivery of key actions across government departments and agencies.

The Connecting for Life Implementation Plan 2017-2020 sets out the planned milestones for each of the 69 actions and the actions and activities which will be carried out both collectively and by individual agencies over the next three years. It describes the strategic and operational agenda that will be needed to further drive the implementation of Connecting for Life. The plan also outlines the risks, strategic drivers, communications plan and monitoring and evaluation processes for the strategy.

Until 2020, the focus on the implementation of Connecting for Life will continue to be supported by tangible actions and a strong implementation and monitoring framework. This approach will be maintained and further strengthened for the period 2017 to 2020.

Read the full Connecting for Life Implementation Plan 2017-2020 in the Publications section of www.connectingforlifeireland.ie.



Local Implementation Structures for Connecting for Life

“Implement consistent, multi-agency suicide prevention action plans to enhance communities’ capacity to respond to suicidal behaviours, emerging suicide clusters and murder suicide. The plans will be the responsibility of HSE Mental Health Division and aligned to the HSE Community Health Organisations structure or to the HSE Community Health Organisations structures, local economic and community plans and Children and Young People’s Services Committee (CYPSC) county plans.”

Connecting for Life action 2.1.1

The preparation and implementation of local suicide prevention action plans supports Connecting for Life action 2.1.1 and facilitates detailed implementation planning and timelines. Local planning also builds capacity at a community level to respond to suicide and encourages community engagement on the delivery of other Connecting for Life actions.

Key responsibility for local plans lies within the HSE Mental Health and Community Healthcare Organisation structures and the Resource Officer for Suicide Prevention (ROSP) posts nationwide. The role of the NOSP is to:

- Provide guidance and support to the ROSPs in establishing local project structures and ensure appropriate representation on planning and working groups.
- Quality assure the process, structure, and the content of local Connecting for Life action plans to ensure alignment with the national strategy and implementation plans.
- Systematically monitor and evaluate on an annual basis, the progress of implementation of the plans.
- Resource the development of the plans.
- Provide communication support on the design and launch of plans.

During 2017 an additional 10 Connecting for Life Local Action Plans were launched; all strongly aligned to the national strategy, articulating local implementation of national actions, and committing to actions that respond to particular local needs, strengths and challenges.

Dublin South East, Dún Laoghaire & East Wicklow *Published March 2017*

Mid West *Published April 2017*

South Tipperary *Published April 2017*

Kerry *Published May 2017*

Cavan, Monaghan *Published June 2017*

Cork *Published July 2017*

Waterford *Published September 2017*

Sligo, Leitrim *Published October 2017*

Carlow *Published December 2017*

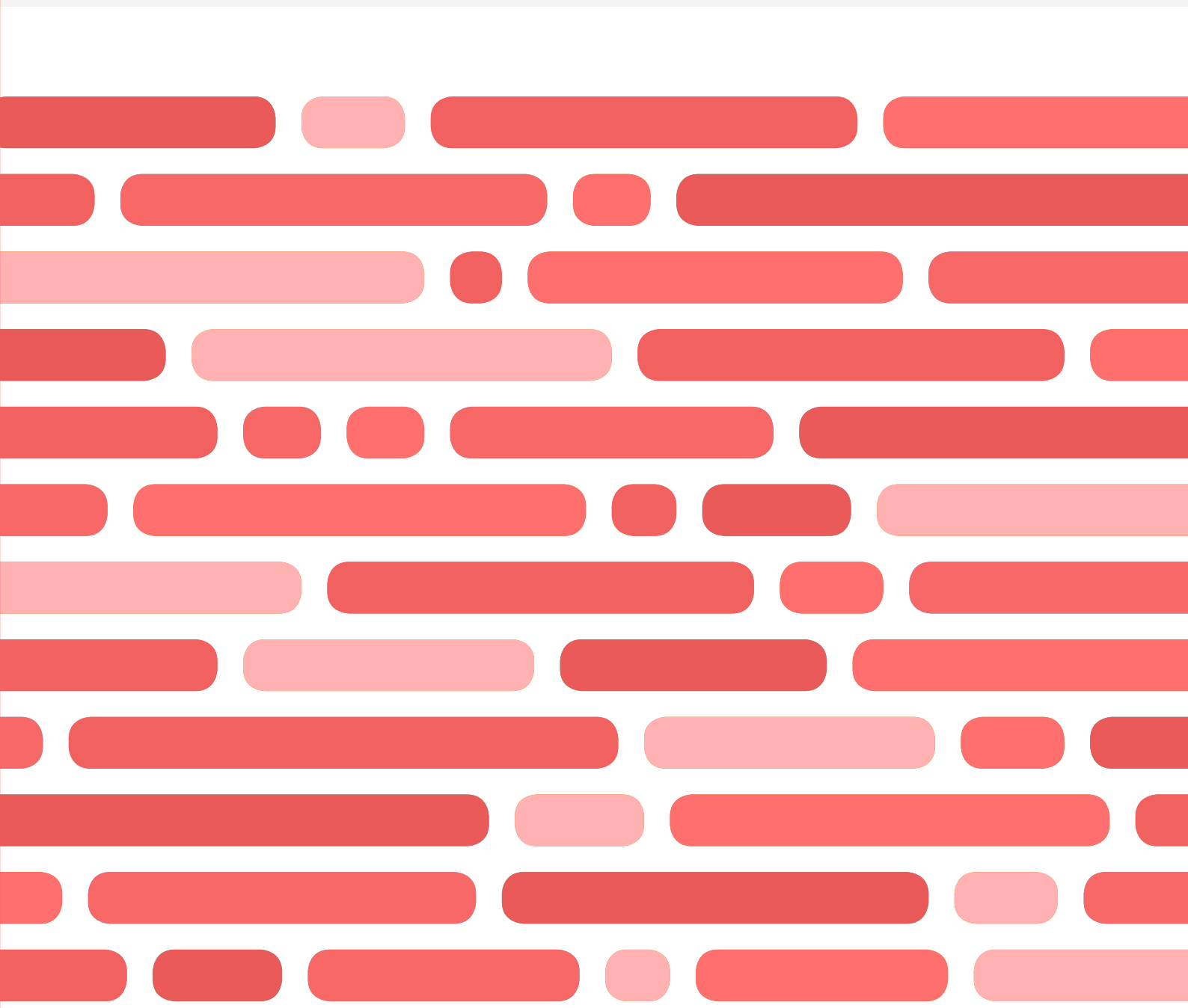
Galway, Mayo, Roscommon *Published December 2017*



A young person from BeLong To Youth Services celebrating Dublin LGBTQ Pride

Section 3

Activities during 2017



Highlights from around the Country

In 2017, 20 HSE Resource Officers for Suicide Prevention (ROSPs) supported Community Health Services and areas around the country. The ROSPs are key to building community capacity to respond to suicide and also lead the development of the Connecting for Life local action plans, in consultation with local statutory, non-statutory and community groups.

The following are some highlights of key activities during 2017;

Donegal

During 2017 the Connecting for Life Donegal implementation groups continued to meet to advance the community and services based actions.

- The 2nd annual Connecting for Life Donegal Conference took place in Gweedore and was attended by over 100 participants. The theme of the 2017 conference was 'Reaching out to men' and its aim was to engage with stakeholders, build connections and share good practice in suicide prevention.
- The Intercultural Forum developed an Information Guide to Health and Wellbeing which included information on services in seven languages.
- safeTALK, ASIST and Understanding Self-harm courses were provided for 652 participants and four STORM (Skills Training on Risk Management) courses were delivered to 48 staff in the Donegal mental health service.
- The Alcohol Forum designed and delivered a three-day training programme in Community Action on Alcohol to a range of stakeholders across the statutory, community and voluntary sectors to build skills in the areas of early intervention and prevention using a public health approach.
- A number of resources were developed to enhance accessibility, consistency and care pathways for people vulnerable to suicidal behaviour, including the Mental Health Emergencies poster, which was developed during the year. This was a response to feedback from the public that they did not know who to turn to in a mental health crisis.

Cavan and Monaghan

- The main focus for the first half of 2017 was the completion and launch of the Cavan and Monaghan Suicide Prevention Action Plan. Speaking at the launch in the Cavan Institute in June, Alison O'Reilly, service user and consumer panel member said: *"Too many lives have been lost by people having to be too strong for too long. I believe that this action plan has the potential to help individuals avail of effective preventative measures that will save lives."*
- Throughout the year a range of community events took place to coincide with See Change's Green Ribbon campaign in May and World Mental Health week in October. Suicide awareness and Understanding Self-Harm training continued in Cavan and Monaghan with 37 programmes delivered to 689 participants during the year.
- Later in the year, two briefing events were organised in advance of the inquest into the Cavan murder-suicide. One briefing was organised for local and national media and focused on the *Samaritans Ireland: Media Guidelines for Reporting Suicide* and the NOSP's *Briefing on Murder Suicide*. The second information session was aimed at providing guidance for staff working in local community, voluntary and statutory services in responding to the impact of the murder-suicide inquest. Details on local and national supports available to people in crisis were distributed at these events.

Galway, Mayo and Roscommon

- Connecting for Life Galway, Mayo and Roscommon 2018-2020 was launched in December in NUI, Galway. The development of this suicide prevention action plan was led by HSE Mental Health and supported by many other local statutory, voluntary and community groups involved in suicide prevention in the region. The strategy was informed by a public consultation and engagement process, including conducting online surveys in English and Irish. A photography competition was also held to encourage people to submit photos, some of which are included in the plan, and these serve to reflect the goals set out in Connecting for Life, Galway, Mayo and Roscommon.
- Programme 2 of Suicide or Survive's (SOS) Eden Programme (a supportive weekly group environment held over a six-month period for those in need who have attempted suicide or have had suicidal thoughts) was completed in Galway city and Castlebar in June and later on in the year the programme was expanded to three further sites.
- SOS delivered a Wellness Recovery Action Planning (WRAP) Programme in Ballybane and this programme was promoted and supported by Advanced Recovery Ireland (Galway and Roscommon) and the Galway ROSP.
- The Western Alliance of Agencies Providing Suicide Bereavement Support in Galway, Mayo and Roscommon continued to meet throughout 2017. This group is made up of organisations involved in the delivery of suicide bereavement support services in the region. Following a request for training from the group, a one-day workshop was held in November on 'Bereavement, Loss and Traumatic Death: Helping the Survivors and Overview of murder-suicide'.
- Little Things materials were promoted and distributed at a GAA Healthy Club Roadshow event in Mayo. This showcase event was open to GAA clubs throughout Connacht promoting the Healthy Club Initiative and was attended by over 150 Clubs.

Mid West

Helen McEntee TD launched Connecting for Life Mid West 2017-2020 at the Millennium Theatre, Limerick Institute of Technology in April 2017.

Some work thereafter includes;

- The development of a dedicated webpage www.connectingforlifemidwest.ie.
- The inaugural meeting of the Connecting for Life Implementation Group took place in June with two further quarterly meetings thereafter.
- Steering Group members participated in a national review of Connecting for Life Steering Groups with the NOSP.
- A reporting mechanism developed in conjunction with the local Project Management Office for the local plan and templates circulated to all 123 Action Leads.

During May, in support of the annual Green Ribbon campaign, 1,700 ribbons were distributed across the Mid West while the ongoing support of the Little Things campaign continued at pace, with highlights including;

- 300 members of the public attended a Healthy Ireland Event in Ennis.
- 65 HSE Staff received Little Things campaign materials at a 'Love Yourself' event in February.
- 3,000 individual Little Things campaign materials were distributed during October and in conjunction with Mental Health Week.
- Little Things presentations were delivered with a variety of organisations such as Family Carers Ireland, Tipperary County Council and University of Limerick.

Cork

- During the year, 2,107 people attended safeTALK training in Cork, 108 people attended ASIST and 281 people attended the Understanding Self-Harm training. This training is aligned with the actions outlined in the Connecting for Life Cork Suicide Prevention Action Plan which aims to reduce incidents of suicide and self-harm in the county.
- A Mental Fitness Event was held in May 2017 in Collins Barracks with over 100 members of the Irish Defence Forces in attendance. Various speakers, including representatives from the Defence Forces Personnel Support Services, Pieta House, Samaritans and more, spoke on the range of ways they could look after their mental fitness and wellbeing.
- In November 2017, Lighting the Way (a series of information resources to support persons bereaved through suicide) was re-launched. Led by the HSE Community Work Departments, this collaborative initiative from the HSE, An Garda Síochána and local community organisations, demonstrates the creative and essential power of partnership.



Waterford, Wexford, Carlow, Kilkenny and South Tipperary

- In 2017 Connecting for Life Tipperary, Waterford and Carlow were all launched with Implementation Steering Groups subsequently established in the three counties.
- The Regional Suicide Resource Office in South East Community Healthcare coordinated training for 974 people during 2017 in the shape of 35 safeTALK trainings, seven ASIST programmes and five Understanding Self-Harm trainings. Significant developments were made with Waterford Institute of Technology where all three aforementioned programmes formed part of the curriculum for students studying Mental Health Nursing.
- The Regional Suicide Resource Office continues to manage and coordinate a Bereavement Counselling Service for Traumatic Deaths in the South East, to which there were 139 referrals in 2017.
- The Regional Suicide Resource Office in Southeast Community Healthcare was also involved with numerous other agencies and it continued the promotion of the Little Things and Green Ribbon campaigns as well as providing support to a multitude of stakeholders in the five counties for World Suicide Prevention Day and International Mental Health Week.



Minister for Health Simon Harris at the launch of Connecting for Life Dublin South East, Dún Laoghaire and East Wicklow, March 2017

Dublin South East, Dun Laoghaire and East Wicklow

In March 2017 'Connecting for Life: Dublin South East, Dún Laoghaire and East Wicklow, Reducing Suicide Together 2015-2020' was officially launched by the Minister for Health Simon Harris TD in Wicklow Town.

Speaking at the launch in the Wicklow Primary Healthcare Centre, Minister Harris said:
"This Dublin South, Dun Laoghaire and East Wicklow local suicide prevention plan sets out a roadmap to address suicide and self-harm over the next five years. The joint co-operation of all involved in developing this strategy is an excellent example of the strength of local connections and relationships. I congratulate all involved in the creation of this plan."

Dublin South, Kildare and West Wicklow

In 2017 the Dublin South, Kildare and West Wicklow Community Healthcare Area consulted with a broad range of community and statutory agencies as part of the development of two local Connecting for Life Strategies for the region - Dublin South and Kildare West Wicklow. In addition, 2017 saw the continuation of the Community Healthcare Area's well established interagency approaches to suicide prevention.

Some of the year's highlights included;

- Community Healthcare Area wide promotion of the Green Ribbon campaign.
- The co-ordination and delivery of suicide prevention, self-harm and bereavement training to 1,421 individuals from statutory organisations, semi-state bodies, community organisations and concerned members of the public.
- The provision of guidance in relation to suicide prevention to local community organisations.
- The co-ordination of supports and services to communities who have been bereaved as a result of suicide.
- The promotion of the Little Things campaign across the region.

Laois and Offaly

- The promotion of positive mental health and wellbeing was the focus of Laois CONNECTS Mental Health Week in October. The week was organised by Laois Mental Health Collaborative Group and the aim of the week was to encourage communities to talk about mental health, to reduce the stigma associated with mental health difficulties and to encourage the seeking of help at times of crisis.
- In May, a month long positive mental health and support initiative was launched in the Bridge Shopping Centre, Tullamore. The Positive Mental Health and Support initiative event was sponsored by the management of the centre and supported by the Laois Offaly ROSP. The initiative included the display of positive messages of inspiration and an area of peace and calm in the centre along with the installation of a mural painted by members of the Youth Advisory Panel of Jigsaw Offaly.
- The focus of the MOJO Offaly Celebratory Event in September was to celebrate the success of the Mojo project over the last year. This project provided men throughout the county with the knowledge and skills to enhance their wellbeing while formulating and implementing individual life plans. Mojo graduates who spoke at the event highlighted what they learned during the 12-week programme and what life is like post Mojo and three external evaluations found that almost all men reported a decrease in, or elimination of, risk or harm to self or others. Over 80% reduced their level of depression or anxiety with notably huge retention rates on the programme.

Longford and Westmeath

- The ASIST Networks (those who have completed the ASIST programme in the Midlands) continued to be supported by the ROSPs in Longford and Westmeath and Laois and Offaly.
- In conjunction with Mental Health Ireland, the Minding Your Mental Health programme was delivered to the ASIST Networks in both Mullingar and Tullamore.
- safeTALK training was held for the LGBTI+ community in Longford in partnership with Longford LGBTI+. This group also participated in a consultation as part of the development of the Connecting for Life Midlands Louth Meath Suicide Prevention Action Plan.
- As part of ongoing support to the Family Resource Centres (FRCs) in the Midlands, the Suicide Prevention Code of Practice Workshop was delivered to key FRC staff in Longford, Westmeath, Laois and Offaly.
- Longford Comhairle na nÓg, in partnership with Longford Mental Health Association, developed and launched HEALTH - Helping Everyone Around Longford Think Happily.
- In May, 320 young people attended a one-day wellness and mental health event organised by Westmeath Comhairle na nÓg's. The aim of the inaugural event was to encourage and create wellness amongst young people, and give them the tools to better their mental health.

Louth and Meath

- During 2017, the Louth Meath ROSP continued a close collaboration with the Louth Public Participation Network (of the Louth County Council) to deliver safeTALK workshops within the community in Dundalk and Drogheda.
- Collaboration continued with the Dundalk Mental Health forum, an umbrella group for a number of organisations working within the community to provide supports for people with mental health difficulties to roll out a number of activities during World Mental Health Week in October. An art exhibition in the County Museum was followed by a seminar on Stress Management and Mental Health Stigma. The seminar topics included good and bad stress, controlling stress in your body, controlling stressful thoughts, managing the effects of avoidance behaviour on stress, mindfulness, dispelling mental health stigma and help-seeking encouragement.

Dublin North City and County

- An extensive consultation process was undertaken in 2017 to develop the Connecting for Life Dublin North City and County Plan. The consultation process proactively sought to capture the knowledge and experience of statutory, non-statutory and community stakeholders to inform the Suicide Prevention Action Plan.
- During October and November 2017, four online surveys were live for members of the public, service providers, GPs and Psychiatrists. In addition, 14 focus groups were held with key stakeholders, which included priority groups and frontline staff. Relevant recently published consultation reports from across the HSE and other organisations were reviewed to provide corroborative information and identify additional issues. All the data from the consultation process was analysed using mixed qualitative and quantitative methodologies.

Kerry

Helen McEntee TD launched Connecting for Life Kerry in May 2017 and subsequently an overarching Implementation Steering Group was established. This group is comprised of key stakeholders and other key services from all six work streams in County Kerry;

- HSE Mental Health
- Health and Wellbeing
- Communications
- Postvention
- Education and Training
- Childrens Young Persons Services Committee
Youth Mental Health Working Group

The group's main function is to support the ongoing implementation of Connecting for Life Kerry and to ensure that key targets are achieved in order to reduce suicide and self-harm across the county. Each work stream has specific responsibility for the management of their respective Connecting for Life actions.

Some other events in County Kerry during the year include;

- Health and Wellbeing for All in Kerry - a pilot social prescribing project in Listowel whose aim is to link people with non-medical sources of support in their community.
- Over 100 people engaged in various programmes to celebrate World Mental Health Day in October. For example, Suicide or Survive Wellness Workshops in Castleisland.
- Collaboration with Macra na Feirme, promoting positive mental health using the Little Things campaign materials.
- Men's Health Training delivered to 44 front line workers in South Kerry. This was an inter-agency collaboration between the Kerry ROSP, HSE Community Work, Health Promotion & Community Work departments and the Men's Development Network.
- Partnership working with the South Kerry Development Partnership, HSE Community Work, Local Link Office and the IFA for a rural men's walk in Ballinskelligs.



Connecting for Life Cavan Monaghan, launched June 2017



Connecting for Life Cork, launched July 2017



Organisers and participants at the Laois Connects Mental Health Week



Connecting for Life South Tipperary, launched April 2017

Activities of Partner Agencies

Over 28 charities and non-government organisations receive funding from the HSE National Office for Suicide Prevention, to deliver on work which is aligned with the goals and actions in Connecting for Life. Almost 60% of the NOSP's budget is allocated to these frontline services.

The following are some of their highlights from 2017.

Aware

Aware is a nationwide organisation which undertakes to create a society where people affected by stress, depression, bipolar and mood disorders are understood, supported, free from stigma and are encouraged to access appropriate therapies.

During 2017, funding from the NOSP contributed towards delivery of Aware's positive mental health programme, the Aware Life Skills Programme. Based on the principles of cognitive behavioural therapy, the Life Skills Programme is designed to teach coping skills and empower adults with the knowledge and skills to look after their mental health.

This programme is delivered in a group setting over the course of six weeks in 90 minute sessions. With the help of a series of easy to follow booklets and expert guidance from a trained facilitator at each session, participants can learn to better manage the stress of everyday life, recognise and manage unhelpful thoughts, learn new ways of thinking and ultimately begin the journey to a healthier and more confident life. The programme is delivered free of charge at locations nationwide in four phases throughout the year. The Life Skills Programme has been independently evaluated by Aware, demonstrating a statistically significant improvement in participants' self-reported levels of anxiety and depression after completing the programme.

www.aware.ie

98 Life Skills Group Programmes were delivered in 26 counties in 2017, benefiting 2,004 participants.

The registration / attendance ratio increased from 70% in 2016 to 86% in 2017.

BeLonG To Youth Services

BeLonG To Youth Services is the national organisation supporting lesbian, gay, bisexual, transgender, and intersex (LGBTI+) young people in Ireland. Since 2003, they have worked with LGBTI+ young people, aged 14 to 23, to create a world where they are equal, safe, and valued in the diversity of their identities and experiences.

In 2017, BeLonG To supported 37 LGBTI+ youth groups through funding, training, and education, from Kerry to Donegal, through their National Network. BeLonG To reported a 20% increase in young people attending youth groups nationwide and a near 20% increase in Trans young people's attendance.

BeLonG To also offered specialised LGBTI+ training to 714 mental health professionals, as well as the education, and the corporate sector in a bid to break down barriers associated with LGBTI+ identity throughout the year.

BeLonG To launched a new one to one service Monday Chats - a free service that offers a dedicated space for LGBTI+ young people to meet one-to-one with an expert Youth Worker for information and support in a confidential setting.

BeLonG To conducted over 100 one-to-one sessions with vulnerable LGBTI+ young people. Issues ranged from support on coming out, bullying, issues at school, issues for young people in care, sexual health, mental health, transgender health care and legal gender recognition.

During 2017, BeLonG To also continued to provide a specialised in-house counselling service offered in partnership with Pieta House. This service is for LGBTI+ young people aged 14 to 23 who are self-harming or thinking of suicide. Clients attend the sessions with a dedicated Pieta House psychotherapist for an average of six to eight weeks.

In 2017, BeLonG To commenced work on a new mental health campaign which will be developed and rolled out in 2018. The campaign will aim to promote a more positive help-seeking attitude across the LGBTI+ youth community for those struggling with mental health problems.

www.belongto.org

*“BeLonG To means
the world to me.
It’s a place to
come where I
won’t be judged
for who I am.”*

Kelly, BeLonG To

First Fortnight

First Fortnight is a charity that challenges mental health prejudice through cultural arts and actions and whose aim is to make the first fortnight of each year synonymous with mental health awareness and ending stigma.

In 2017 the First Fortnight festival focused on relationships and our importance to one another with 51 events staged across 26 venues in eight counties over 20 days in January. In excess of 230 artists and performers took part with over 6,000 attendees over two weeks.

52 national media outlets covered the festival in 2017. The website www.firstfortnight.ie had over 16,000 users and over 54,000 page views.

From the time the festival was announced to the time it finished in mid-January there was a 14% increase in Facebook likes and approximately 2,000 tweets were sent from the First Fortnight Twitter account.

In 2017 First Fortnight successfully bid to host the NEFELE (Network of European Festivals for Life Enhancement), Europe's Mental Health Festival in Ireland in January 2019.

www.firstfortnight.ie



From the time the festival was announced to the time it finished in mid-January there was a 14% increase in Facebook likes and approximately 2,000 tweets were sent from the First Fortnight Twitter account.

GAA

The Gaelic Athletic Association (GAA) is Ireland's largest sporting organisation and one of the great amateur sporting associations in the world.

In 2017 the GAA hosted four provincial Healthy Club Roadshows to highlight the work of the 60 clubs involved in the flagship Healthy Club project, and to encourage others to get involved.

This project aims to transform clubs into 'hubs for health' in their communities and involves an innovative partnership with the NOSP, Healthy Ireland and Irish Life. 'Mental Fitness' was one of the four themes covered on the roadshows. The work of Healthy Clubs in supporting the HSE's Little Things Campaign and Samaritans (the GAA's official mental health charity) was to the fore. Over 500 delegates attended and were provided with free 'GAA-ised' versions of the popular #littletings messages to display in their changing room and clubhouses - messages which are now prominently displayed across the country.

During the year, GAA County Health & Wellbeing Committees continued working with local implementation teams to bring the Connecting for Life strategy to life at community level.

The Louth Committee, for example, focused heavily in 2017 on making safeTALK training available to their members in partnership with the county's local Resource Office for Suicide Prevention. The large number of men that attended was particularly positive. Committee chairperson Aine Ó hEochaidh represented Louth GAA at the county's Connecting for Life meetings, and ensured that every club in the county was encouraged to engage in the county-wide consultation.

In Leitrim, the GAA's County Health & Wellbeing committee, in partnership with local community mental health worker and Leitrim Person of the Year 2017, Hubert McHugh, hosted a free conference on the topic of mental health and emotional wellbeing in the Bush Hotel. The hundreds in attendance heard Tomas Murphy, Chair of Sligo and Leitrim Suicide Prevention Steering Group and Area Director of Mental Health Nursing, Sligo/Leitrim, outline the importance of community engagement in the local Connecting for Life plan.

www.gaa.ie

*During the year,
GAA County Health &
Wellbeing Committees
continued working with
local implementation
teams to bring the
Connecting for Life
strategy to life at
community level.*

Connecting for Life Donegal **If you are feeling low or distressed, please just talk about it with someone ...**
PREVENTING SUICIDE TOGETHER

EMERGENCY / CRISIS NUMBERS:

- YOUR LOCAL GP OR NOWDOC OUT OF HOURS GP SERVICE**
1850 400 911
- GARDAI / EMERGENCY SERVICES**
999 / 112
- THE SAMARITANS**
116 123
TEXT 087 260 9090
EMAIL: jo@samaritans.org
- DOMESTIC VIOLENCE SERVICE WOMEN'S AID NATIONAL HELPLINE**
1800 341 900
- AWARE SUPPORT LINE**
1800 80 48 48
Email: supportmail@aware.ie
- 24/7 SUICIDE HELPLINE**
1800 247 247
TEXT: 'HELP' TO 51444 (PIE14 HOUSE)
- NATIONAL RAPE CRISIS 24/7 HELPLINE**
1800 778 888
Email: counselling@rcc.ie
- CHILDLINE**
1800 666 666
- FARM AND RURAL STRESS HELPLINE**
1800 742 645

OTHER SUPPORTS:

- PIETA HOUSE** "Preventing Suicide and Self-Harm" 074 91 26594
- JIGSAW** Free Support Service for Young People 16-24 yrs 074 97 26920 awares@jigsaw.ie
- SHINE** INFO LINE 1890 621 631 Supporting People Affected by Mental Ill Health
- GROW** INFO LINE 1890 424 474 Supporting those experiencing mental health problems.
- NATIONAL LGST HELPLINE** 1890 929 539
- MABS** (Mental Advice & Support Service) Helpline: 0761 072 000
- Living Links Bereavement Listening and Support Service:** 087 928 6007
- ONLINE COUNSELLING** www.turn2me.org
- SUICIDE BEREAVEMENT LIAISON SERVICE** 085 877 2028
- MENTALHEALTH IRELAND** www.mentalhealthireland.ie
- PARENT LINE** 1890 927 277 www.parentline.ie

Learn about mental health and how to support yourself and those you love.
www.yourmentalhealth.ie **HF** **Féilimannacht na Scríbhne Síne: Health Service Executive**



The GAA supporting the Little Things Campaign

TRANSFORMING LIVES **WELLNESS WEEK**

Heads Up:
TRANS GUIDE TO MENTAL HEALTH AND WELLBEING

Transgender Equality Network Ireland

Connecting for Life Cavan and Monaghan **If you are feeling low or distressed, please just talk about it with someone ...**

EMERGENCY / CRISIS NUMBERS:

- YOUR LOCAL GP OR NORTH EAST DOCTOR ON CALL**
1850 777 911
- GARDAI / EMERGENCY SERVICES**
999 / 112
- THE SAMARITANS**
116 123
TEXT 087 260 9090
EMAIL: jo@samaritans.org
- DOMESTIC VIOLENCE SERVICE WOMEN'S AID NATIONAL HELPLINE**
1800 341 900
- 24/7 SUICIDE HELPLINE**
1800 247 247
TEXT: 'HELP' TO 51444 (PIE14 HOUSE)
- AWARE SUPPORT LINE**
1800 80 48 48
Email: supportmail@aware.ie
- NATIONAL RAPE CRISIS 24/7 HELPLINE**
1800 778 888
Email: counselling@rcc.ie
- CHILDLINE**
1800 666 666
TEXT: 'TALK' TO 50101
- FARM AND RURAL STRESS HELPLINE**
1800 742 645

OTHER SUPPORTS:

- TEARFANN DOMESTIC ABUSE SERVICE** 047 72311 tearfanndv@tearfanndv.ie
- NATIONAL LGST HELPLINE** 1890 929 539
- MABS** (Mental Advice & Support Service) Helpline: 0761 072 000
- MENTALHEALTH IRELAND** www.mentalhealthireland.ie
- SHINE** 086 852 5422 Supporting People Affected by Mental Ill Health shineline@shine.ie
- ONLINE COUNSELLING** www.turn2me.org
- GROW** INFO LINE 1890 424 474 Supporting those experiencing mental health problems.
- PARENT LINE** 1890 927 277 www.parentline.ie

PLEASE TAKE A PHOTO OF THIS POSTER

QR code: Please scan the code to download the Connecting for Life Cavan Monaghan Suicide Prevention Plan

HF **Féilimannacht na Scríbhne Síne: Health Service Executive** Learn about mental health and how to support yourself and those you love: www.yourmentalhealth.ie

- 1 CfL Donegal, mental health emergencies poster
- 3 Heads Up – the TENI Trans Guide to Mental Health and Wellbeing
- 4 CfL Cavan Monaghan, mental health emergencies poster

Irish College of General Practitioners (ICGP)

The Irish College of General Practitioners (ICGP) is the professional body for general practice in Ireland. Founded in 1984, the college's primary aim is to serve the patient and the general practitioner by encouraging and maintaining the highest standards of general medical practice.

During 2017, the ICGP collaborated with NOSP on a survey to determine GPs professional views and practice experience on suicide prevention. The findings will be used to inform service needs and shape future service delivery.

The ICGP has also collaborated with the NOSP in the development of a practice support and safety intervention programme for patients with suicidal crisis and/or self-harm. This will build a higher level of expertise within Primary care which will lead to sustained training and practice improvement possibilities from within. This programme will be rolled out over the next 3 years.

The ICGP offers ongoing education to members in the form of e-learning, quick references guides, journals, conferences and small learning groups. The e-learning modules on suicide prevention in general practice and depression continue to be used by ICGP members.

At the annual ICGP conferences during the year, GPs were offered workshops on Cognitive Behavioural Therapy, Eating Disorders in Children and Adolescents and general mental health problems encountered in adolescence.

www.icgp.ie

Men's Health Forum in Ireland

The Men's Health Forum in Ireland (MHFI) is a voluntary network of individuals and organisations, which seeks to promote all aspects of the health and wellbeing of men in Ireland through research, training, networking, practical health initiatives and awareness-raising.

During 2017, MHFI received funding from NOSP to undertake year one of a three-year initiative to inform service providers and to address the needs of middle-aged men.

This project focuses on men aged between 40-59 years and specifically targets the most at risk and vulnerable people within this grouping. It is the first in-depth study in Ireland to explore the possible links between middle-aged men at risk of marginalisation and increased suicide risk.

By the end of 2017, an in-depth draft report on the findings was collated for launch in 2018. The findings will be used to inform, shape and steer developments in years two and three of this initiative.

www.mhfi.org

Mayo Suicide Bereavement Liaison Service (Family Centre Castlebar)

The Mayo Suicide Bereavement Liaison Service (MSBLS) is in its seventh year and continues to be delivered on a three days per week basis from The Family Centre in Castlebar. The work of the MSBLS is closely aligned with the Connecting for Life Galway, Mayo and Roscommon Suicide Prevention Action Plan and the Western Alliance of Agencies Providing Suicide Bereavement Support.

In 2017 the service received 37 referrals related to 26 separate suicide deaths. The service supported 41 adults and 19 children (aged 6-18 years). The service also continued to give ongoing support to additional pre-2017 clients.

Furthermore, 699 people availed of a selection of Flourish programmes based at the Family Centre in Castlebar. The Flourish programmes offer adults at risk of social isolation a free and confidential in-depth support service to link with people, social activities and hobbies that may enhance their health and wellbeing. The project offers a specialised support service for adults who feel socially isolated to reintegrate socially.

www.thefamilycentre.com

*In 2017 the Mayo
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suicide deaths.*

ISPCC

The Irish Society for the Prevention of Cruelty to Children operates Childline, a free, confidential listening service that is available 24 hours a day, 365 days of the year. The service is for children and young people up to the age of 18.

In 2017, Childline answered 352,504 calls to the phone service. The Childline Online Services (text and chat) held 29,407 conversations with 12,243 unique service users.

www.ispcc.ie

Mojo Project (South County Dublin Partnership & Mental Health Ireland)

Mojo is a 12-week training programme, developed by a collective of organisations to reduce the high levels of male suicide in Ireland.

Through Mojo, men learn to build their mental and physical fitness while developing the ability to engage with local services, set goals and develop a life plan.

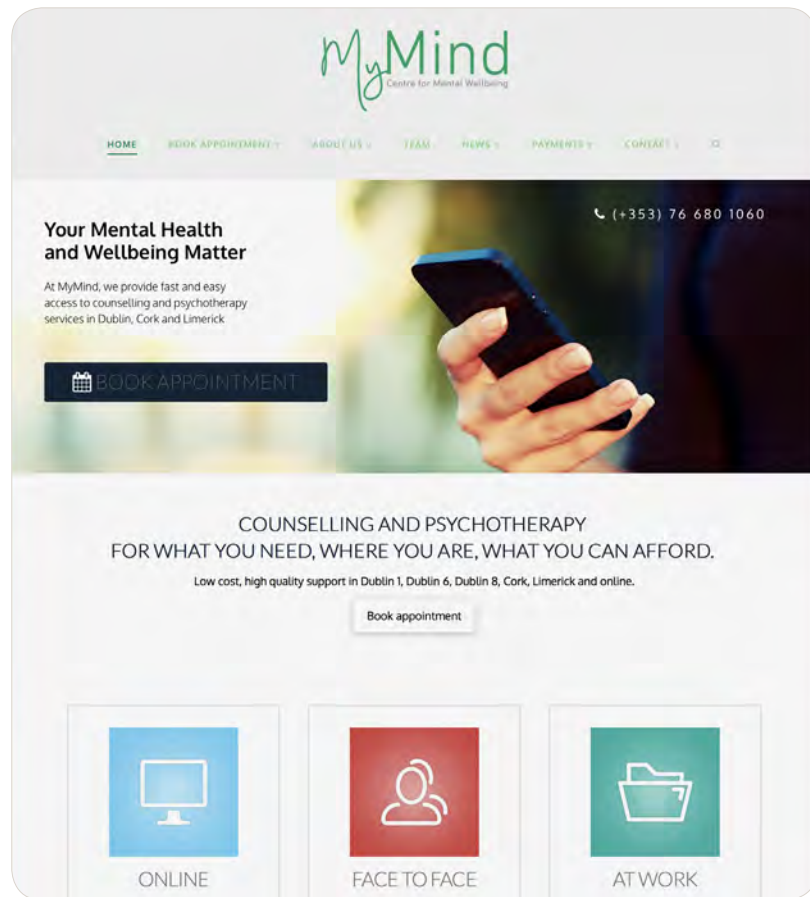
Mojo is based on national and international research that highlights the correlation between mental health challenges, unemployment and suicide. A clear link has also been established between unemployment and psychological distress.

With the support of the NOSP in 2017, Mojo 12-week programmes were provided in the following areas;

- South Dublin (through the South Dublin County Partnership).
- Kildare, North Dublin and Offaly (through Mental Health Ireland).

Due to demand, a range of shorter variant programmes and mental health education programmes have also been developed and delivered in these areas, for example; Mojo Listens, Mini Mojo, Mojo Quickies and Mojo Mates.

www.mojo.ngo



MyMind

MyMind, the Centre for Mental Wellbeing, provides counselling and psychotherapy services face-to-face in Dublin, Cork and Limerick, and online.

In 2017, MyMind provided 20,462 appointments to clients in need of accessible and affordable services, an increase of 20% from 2016. 54% of MyMind's clients availed of a discounted rate for students, the unemployed, part-time employed and pensioners.

In addition to this work, MyMind developed a new wellbeing system to enhance the experience of the client. Unique within the mental health sector, the technology links clients with mental health professionals in a timely and accessible manner. The innovative platform empowers clients to manage their own schedules, payments and tasks, and allows for easy communication with their therapist and offers valuable insight in their wellbeing experience and progress.

www.mymind.org

National Dialectical Behaviour Therapy (DBT) Project

Dialectical Behaviour Therapy (DBT) is an intervention used across mental health services for individuals with Borderline Personality Disorder (BPD). In 2017, 45 therapists were trained to join existing DBT teams across Ireland to help ensure long-term sustainability of these teams.

Members of DBT teams in Cork also provide DBT Skills Only programmes and analysis of data from these programmes is ongoing, with findings to be published in 2018.

In partnership with the National Educational Psychological Service (NEPS), Health Promotion and eight post-primary schools in Cork, a pilot project, DBT STEPS-A, which taught emotion regulation and resilience skills to Transition Year students completed its first year of delivery in 2016. A report on this pilot implementation was published in 2017.

Articles prepared by the National DBT Project team on the effectiveness of the Family Connections programme (a 12-week intervention for family members) and the standard 12-month DBT programme for adults were published in peer reviewed journals in 2017.

www.dbt.ie

National Family Resource Centre (FRC) Mental Health Promotion Project

The National Family Resource Centre (FRC) Mental Health Promotion Project, supported by NOSP was established in 2011 in the FRC western region. The aim of the National FRC Mental Health Promotion Project is to support FRCs in promoting best practice in relation to suicide prevention and the promotion of positive mental health in local communities.

The overall objectives of the project are;

- To promote the suicide prevention code of practice and to facilitate implementation through training for FRC staff, voluntary management committees and volunteers.
- Develop a national policy framework for mental health promotion between the FRC programme, Tusla and the HSE.

In 2017, training took place in eight of the nine FRC regions with 22 new FRCs and 83 completing training. The expansion of the FRC program by Tusla in late 2017 means an additional 11 new FRCs will require training, bringing the total number of FRCs to 120 nationally. The project also provides refresher training to ensure staff and volunteers are up to date and comfortable implementing the Code of Practice and consequently, three refresher training events were held in 2017, with a total of 33 individuals attending.

www.westportfrc.ie

National Suicide Research Foundation (NSRF)

The National Suicide Research Foundation (NSRF) is an independent, multi-disciplinary research unit that investigates the causes of suicide and self-harm in Ireland.

During 2017, the NSRF coordinated a range of research projects in the area of suicide, self-harm and related mental health issues, all contributing to surveillance, research, implementation, evaluation and the evidence base relating to strategic goals and actions of the Connecting for Life strategy. Through the National Cross-Sectoral Implementation and Connecting for Life Evaluation groups, the NSRF contributed intensively to the Connecting for Life implementation and the evaluation plan via meetings, briefings and advisory input throughout the year.

In 2017, the NSRF was involved in the development of new research projects and the wider implementation of evaluated existing research projects, namely, the study of the HSE Suicide Crisis Assessment Nurse (SCAN) service and the self-harm in Irish prisons project. These research programmes have clear links with Connecting for Life priorities and actions (including actions 4.1, 4.2, 5.3 and 7.4).

As part of its designation as a World Health Organisation (WHO) Collaborating Centre for Surveillance and Research in Suicide Prevention, the NSRF was involved in collaborative activities with the WHO, including webinars, seminars and workshops, where NSRF staff members promoted the template of the Connecting for Life Strategy and evidence based suicide prevention programmes at global level.

Over the course of 2017, the NSRF prepared eight briefing documents, authored/contributed to five reports and published 16 papers in international peer review journals, informing the implementation and evaluation of a wide range of actions included in the Connecting for Life strategy.

Some examples of papers include;

- *Self-harm among the homeless population in Ireland: A national registry based study of incidence and associated factors.*
- *The involvement of alcohol in hospital-treated self-harm and associated factors: Findings from two national registries.*
- *Alcohol in suicides and self-harm: Findings from the Suicide Support and Information System and the National Self-Harm Registry Ireland.*
- *What are the physical and psychological health effects of suicide bereavement on family members? Protocol for an observational and interview mixed-methods study in Ireland.*
- *Intentional drug overdose involving pregabalin and gabapentin: findings from the National Self-Harm Registry Ireland, 2007-2015.*

The NSRF also prepared evidence briefings on numerous topics including, murder-suicide and the risk associated with non-adherence to the media guidelines on suicide reporting, the Netflix series 13 Reasons Why and the enactment of the Public Health Alcohol Bill.

Highlights of the NSRF's collaborative work during 2017 include;

- A publication examining self-harm, methadone use and drug-related deaths amongst those registered as being of no fixed abode or homeless in Ireland.
- The Department of Children and Youth Affairs Better Outcomes Brighter Futures report.
- The State of the Nation's Children: Ireland 2016 report.
- Three new information resources which promote awareness of suicide risk, launched by Connecting for Life Donegal.

www.nsrfl.ie

National Traveller Mental Health Service (Exchange House Ireland)

Exchange House Ireland provides Traveller-specific, professional, front-line family support, crisis intervention, education, training and services for children and young people.

In total, over 670 people engaged with the National Traveller Mental Health Service in its efforts to increase awareness of mental health and to prevent suicide within the Traveller community. In 2017 nearly 60 Traveller men and women took part in four training sessions, focusing on suicide prevention and mental health awareness.

Activities of note during 2017 included;

- Co-founded the National Traveller Mental Health Network, a community led group to listen to the voice of Travellers regarding mental health.
- In conjunction with Samaritans Ireland, initial steps and piloting began in the development of 'Listening Training' for Travellers which will be offered to Traveller Primary Healthcare Projects.

Additionally, the National Traveller Mental Health Service offers direct Mental Health support, either through one-to-one support, family support, and/or group therapy. To this end, 350 Traveller men and women availed of services such as one-to-one Mental Health Recovery Support, Cognitive Behaviour Therapy (CBT) for Travellers and therapeutic group workshops.

www.exchangehouse.ie

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National Youth Council of Ireland

The National Youth Council of Ireland (NYCI) represents and supports the interest of voluntary youth organisations and uses its collective experience to act on issues that impact on young people. In 2017, funded by NOSP and through the National Youth Health Programme, the NYCI delivered ASIST Programmes (a two-day interactive workshop in suicide first-aid) four times throughout Ireland with 73 participants trained.

www.youth.ie

Pieta House

Pieta House provides a free, therapeutic approach to people who are in suicidal distress and those who engage in self-harm while counselling, therapy and support is also available to individuals, couples, families and children who have been bereaved by suicide.

Pieta's vision is of a world where suicide, self-harm, and stigma are replaced by hope, self-care and acceptance. Pieta's services include one-to-one counselling, a 24/7 free call helpline (1800 247247) and a liaison service for people recently bereaved by suicide. Through its 15 centres nationwide, and 2 outreach services in Ennis and BeLonG To (Dublin), Pieta uses a solution-focused therapy model and an approach rooted in compassion and care to help bring service users to a place of personal stability.

In 2017, Pieta House:

- Delivered 39,465 hours of counselling to 6,592 people who had thought about or attempted suicide, or who had engaged in self-harm behaviour – an increase of 21% on 2016.
- Responded to over 16,500 calls and 10,400 texts to their 24/7 free call helpline.
- Helped 550 people who had been bereaved through suicide, by providing 4,684 hours of dedicated suicide bereavement counselling.
- Supported 167 people in the immediate aftermath of a death by suicide by liaising with families, friends and the wider community where a suicide had occurred.
- Engaged with Traveller organisations and communities to develop targeted access routes to Pieta services for members of the Travelling community, including Traveller-specific leaflets, training for community members to help with signposting and cultural sensitivity training for Pieta staff.
- Opened 2 new centres serving the Midlands (Athlone) and North West (Letterkenny).

www.pieta.ie

Pieta's vision is of a world where suicide, self-harm, and stigma are replaced by hope, self-care and acceptance.

Samaritans

In 2017 Samaritans Ireland continued to reach those most in need of emotional support with almost 625,000 calls answered. This increase in calls followed a major investment in the capability of the crisis helpline infrastructure. New equipment and faster broadband allowed additional phone lines to be installed and a new ring fenced Irish SMS service to be launched. By the end of 2017, this service was replying to 3,000 texts a month. The operation of the telephone and IT system is funded by NOSP, with the cost of calls supported by the telecom industry.

Niteline (a dedicated student listening service) became the seventh organisation to transfer after hours calls into the free call 116 123 number, ensuring 40% of Dublin's student population now have access to emotional support 24 hours a day. Samaritans branches across the country continued their work with vulnerable groups in their localities, reaching Travellers, people in direct provision centres, psychiatric units, community and youth groups, schools and colleges throughout Ireland.

Samaritans managed a NOSP-funded research project by Ulster University into call data to give a better understanding of caller patterns, and advise plan caller management initiatives. The roll-out of e-Log, an internal recording system, will also collate data on the nature of calls.

www.samaritans.ie

Shine

Shine is a national organisation dedicated to upholding the rights and addressing the needs of all those affected by mental ill health, through the promotion and provision of high-quality services and working to ensure the continual enhancement of the quality of life of the people it serves.

In 2017 the NOSP supported three strands of ongoing work in Shine – Headline, See Change and Please Talk.

- **Headline** - Headline works to promote responsible and accurate coverage of mental health and suicide related issues within the Irish media. A review of Headline took place in 2017 in order to establish key areas of change and to allow Headline to adapt to an ever-changing media landscape. The report highlighted a number of recommendations and Shine has begun implementing a number of these changes. The evaluation report is available at www.headline.ie/annualreports

During the year the Headline team engaged with stakeholders through varied initiatives and channels. For example, social media, symposia (Donegal, Limerick and Dublin) and briefings. Of particular note was a collaborative media briefing in response to the public inquest of a murder-suicide incident.

Headline also presented its Media Awards in 2017 - recipients included TheJournal.ie (Voice Media Award), the Irish Examiner (Overall Award) and DIT student Kieva McLaughlin (Student Media Award).

- **See Change** - See Change is dedicated to ending mental health stigma, informed by people with lived experiences of mental health difficulties. See Change continued to work with organisations in 2017 on the 6-step See Change in your Workplace pledge programme, guiding employers and employees towards creating open workplace cultures around mental health. The aim of the programme is to help facilitate a cultural shift in workplaces so that employers and employees feel supported and secure in starting a discussion about how mental health can affect each one of us. It approaches all aspects of working life, recognising that everyone in the organisation has a role to play in challenging stigma. By signing up to the pledge programme, organisations are showing that they are committed to creating an open culture around mental health for managers and employees.

See Change delivered 54 mental health awareness workshops with line managers nationwide in 2017. In addition to this, lunch-time talks with See Change ambassadors have been delivered to numerous organisations.

- **Please Talk** - Please Talk empowers third-level students to talk openly about their mental health and signposts them to support services available on-campus and off campus by connecting them to www.yourmentalhealth.ie.

During 2017, Please Talk collaborated with the following initiatives - BICS Mental Health Awards, Green Ribbon Benefit Screening, Confederation of Student Services in Ireland (CSSI) Summer Conference, National Masterclass for Student Welfare Officers and Mental Health Societies and the USI Student Support Card launch.

The new Please Talk website was launched at a special 10 year anniversary celebration event at UCD in December.

www.headline.ie

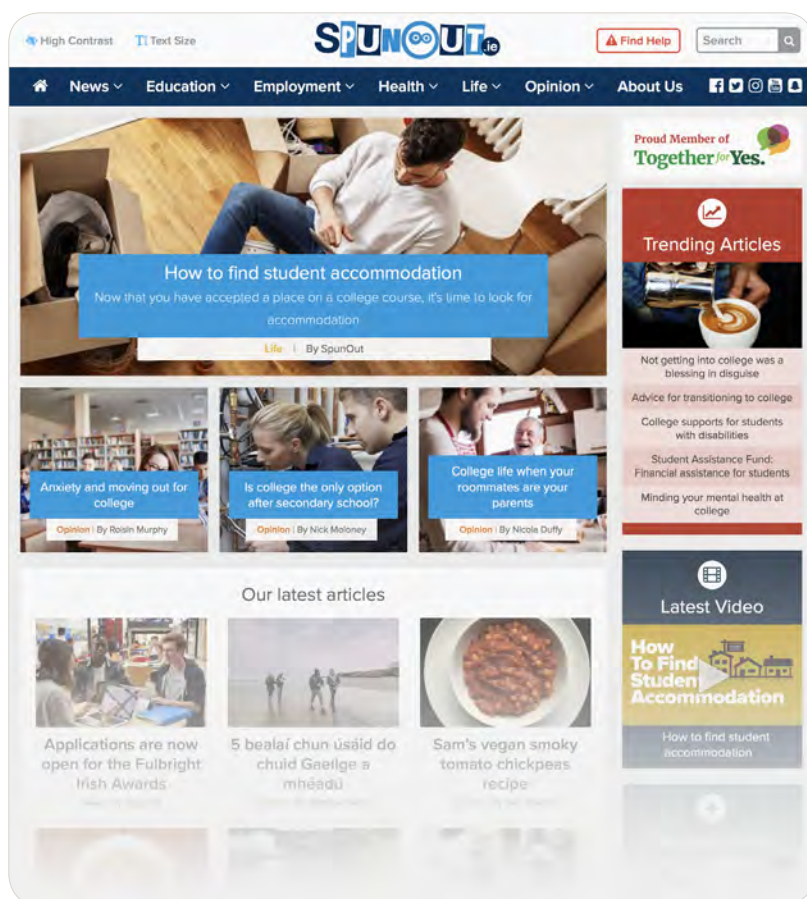
www.seechange.ie

www.pleasetalk.org

Social Prescribing for Health and Wellbeing Programme (Lifford Clonleigh FRC)

The Lifford Clonleigh Family Resource Centre (FRC) Social Prescribing for Health and Wellbeing Programme is about connecting people with their communities and helping to build their feelings of wellbeing and confidence. Social Prescribing involves supporting the health and wellbeing of people by using community-based activities and supports such as exercise, art, reading and gardening. There may also be opportunities to attend self-help sessions such as stress control. The programme utilises resources that are within the community and is for those who need some support to mind their health and wellbeing or feel isolated, stressed, anxious or depressed. With the support of the NOSP in 2017, Lifford Clonleigh FRC increased capacity to provide this scheme, nurturing the potential to change participants' lives for the better.

www.liffordclonleighresourcecentre.com



SpunOut.ie

SpunOut.ie is Ireland's youth information website and is funded by the NOSP to contribute to the delivery of a number of actions specific to the Connecting for Life strategy. The website provides high-quality information to young people online, particularly targeting those at risk of self-harm and suicide with signposting to appropriate services.

SpunOut.ie had its busiest year in 2017 with 1,060,699 people visiting the website for information – up 14% from 2016 – while nearly 2 million pages of information were consumed by visitors.

The top three self-harm related pages visited were;

1. Myths about self-harm
2. Dealing with self-harm
3. Self-harm and distraction techniques

The top three suicide-related pages visited were;

1. What is suicide?
2. How can I tell if someone is thinking of suicide?
3. Who is at risk of suicide?

In 2017, the organisation developed a number of call-to-action campaigns in the areas of self-harm, suicide, problem gambling and positive mental health.

1. Problem Gambling

The main focus of the gambling harm reduction campaign was to dramatically increase the level of problem gambling information content on the website and to inform young people about what constitutes problem gambling, how to identify if they or someone they know might have a problem with gambling and what they can do about it.

2. Suicide Prevention and Online Platforms

The NOSP invited SpunOut.ie to speak and contribute to a symposium on the topic of suicide prevention and online content in 2017, related to action 1.4.1 in Connecting for Life (to engage with online platforms to encourage best practice in reporting around suicidal content and behaviour online). A working group to establish a code of best practice relating to the reporting of suicide content online was established after the event and SpunOut.ie was invited to become a member.

3. Other projects

SpunOut.ie also worked closely with HSE Mental Health Services to promote the Little Things campaign in 2017, to deliver a CAMHS information project, to develop a new mental health campaign for post-primary students and acted as an advisor to a new Digital Mental Health Supports project.

www.spunout.ie

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Suicide or Survive volunteers promoting www.youmatter.ie in 2017

Suicide or Survive

Suicide or Survive (SOS) has worked since 2003 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.

During 2017, SOS delivered or commenced four Eden Programmes (a supportive weekly group environment held over a six-month period for those in need who have attempted suicide or have had suicidal thoughts) and also delivered 32 Wellness Workshops in communities nationwide. These workshops provide tips, techniques and skills for day-to-day mental health.

Additionally, SOS delivered 21 Wellness Recovery Action Plan (WRAP) mental wellness self-management programmes, including the first in a corporate setting with Sky Ireland.

Throughout the rest of the year SOS ran six Supporters Programmes, continued to train a group of mental health mentors in Wheatfield Place of Detention and strengthened delivery of the innovative Corporate Culture Challenge Programme in companies nationwide while in September, SOS encourage the public to make mental health a normal part of their day-to-day conversation in the form of the National Tea Break campaign, which ran for the entire month.

www.suicideorsurvive.ie

Transgender Equality Network

Transgender Equality Network Ireland (TENI) supports the trans community in Ireland and seeks to improve conditions and advance the rights and equality of trans people and their families.

In 2017, TENI delivered 38 trainings to 1,353 health professionals with 25 of these trainings delivered to 754 HSE staff including CAMHS teams, psychiatrists and psychologists, GPs and other healthcare professionals.

Throughout 2017, TENI was contacted a total of 2,378 times. The majority of contacts received by TENI relate to signposting. More than 1 in 10 requests for signposting related to mental health resources.

TRANSforming Lives, TENI's mental health campaign, took place in 2017 and coincided with International Trans Day of Visibility on March 31st. The theme of the was bringing the wider mental health community and the trans community together.

The campaign featured;

- An online education campaign about trans issues, trans mental health and what mental health organisations can do to be more inclusive of trans people.
- A flagship event, entitled 'Insight Matters - An event for the trans community' was held and attendees were introduced to key learning and insights gained over seven years of working psychotherapeutically with the trans community.

www.teni.ie

Turn2Me

Turn2Me is an online counselling and online e-mental healthcare platform whose aim is to help people to cope with suicide, depression, anxiety and other mental illnesses.

With the support of NOSP;

- 1,985 therapeutic sessions were offered to clients in 2017.
- 1,567 free one-to-one online counselling sessions and 418 free online therapeutic support groups were provided to clients.
- 1,652 hours of therapeutic services were delivered to Irish residents.

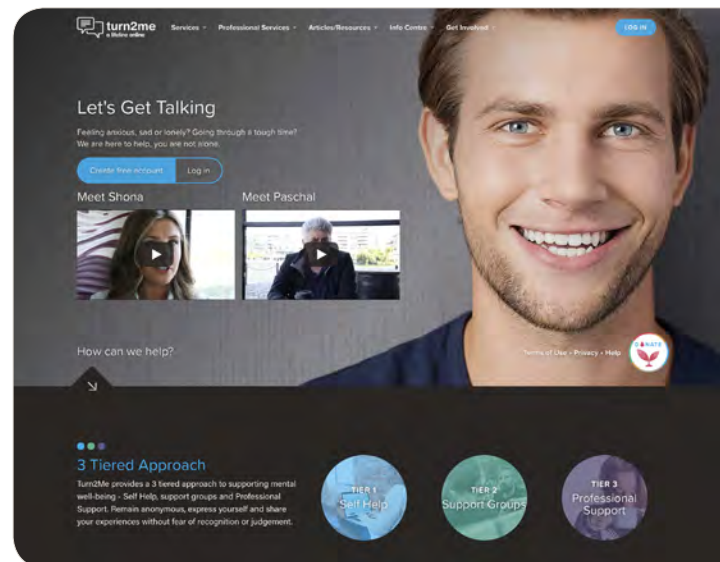
Therapeutic services delivered during 2017 period comprised of 1 to 1 Online Counselling Sessions, Online Support Groups and Turn2Me's programme to members identified in the Thought Catcher module, an innovative daily mood diary which helps clients identify and track their thoughts and mood and chart their progress and identify their support needs which can be gained through the Turn2Me website.

Other developments in 2017 include the completion of Turn2Me's state-of the art eMental Healthcare Platform, the increased availability of Online Counselling services across multiple channels and the streamlining of Turn2Me's Online Support Groups.

On average, there are approximately 250 new users registered with Turn2Me on a weekly basis, with membership now reaching almost 65,000.

www.turn2me.org

*In 2017 there
were 20,000
visits to
www.turn2me.org
every month*



Union of Students in Ireland

The Union of Students in Ireland (USI) is the national representative body for the 374,000 students in third level education on the island of Ireland. A membership organisation with affiliated Students' Unions around Ireland, both north and south, the USI works to improve and protect the lives of students every day on academic and social issues through campaigns, training and research.

With the support of NOSP, the USI continued to work on mental health related activities while in the second half of the year approximately 180 students undertook safeTALK, ASIST and Mental Health First Aid training. In 2017 a dedicated Mental Health Project Manager was also appointed by the USI.

In November the USI launched 20,000 Student Support Cards, encouraging students to seek help when needed. The handy wallet sized cards highlighted helplines, websites and organisations that support student mental health.

www.usi.ie



Samaritans raising 24/7 awareness with Dublin hurler David Treacy and Lord Mayor of Dublin, Mícheál Mac Donncha



The Union of Students in Ireland USI distributed over 20,000 Student Support Cards in 2017



Members of the SpunOut.ie Youth Action Panel in 2017



Anne O'Connor (HSE), Dr Eve Griffin (NSRF) and John Meehan (HSE NOSP)



The team from MyMind, the Centre for Mental Wellbeing



The GAA promoting the Little Things Campaign at Croke Park during 2017

Little Things

Little Things is a positive mental health and wellbeing campaign, developed with more than 30 partner organisations and support groups to raise awareness about mental health and to provide information, advice and support for you and your loved ones.

Since the campaign's launch in October 2014, people have been encouraged to eat and sleep well, take regular exercise, talk about their problems, drink less alcohol and stay in touch and spend time with others - all proven to make a big difference to your mental health.

The Little Things Facebook page has over 75k likes. In 2017 a total of 16 targeted Little Things social campaigns generated the following:

Reach (the number of people who saw the content) of *over 1.6m*

Impressions (the number of times content was displayed) of *over 12.3m*

Engagement (the number of interactions people had with the content) of *over 815k*

The Little Things Twitter account has over 11k followers and the average amount of impressions during 2017 was nearly 32k while the average engagement rate was 1.78%.



+1.6m
Reach

+12.3m
Impressions

+815k
Engagement

2017 Figures



+11k
Followers

+32k
Impressions

+1.78%
Engagement

2017 Figures

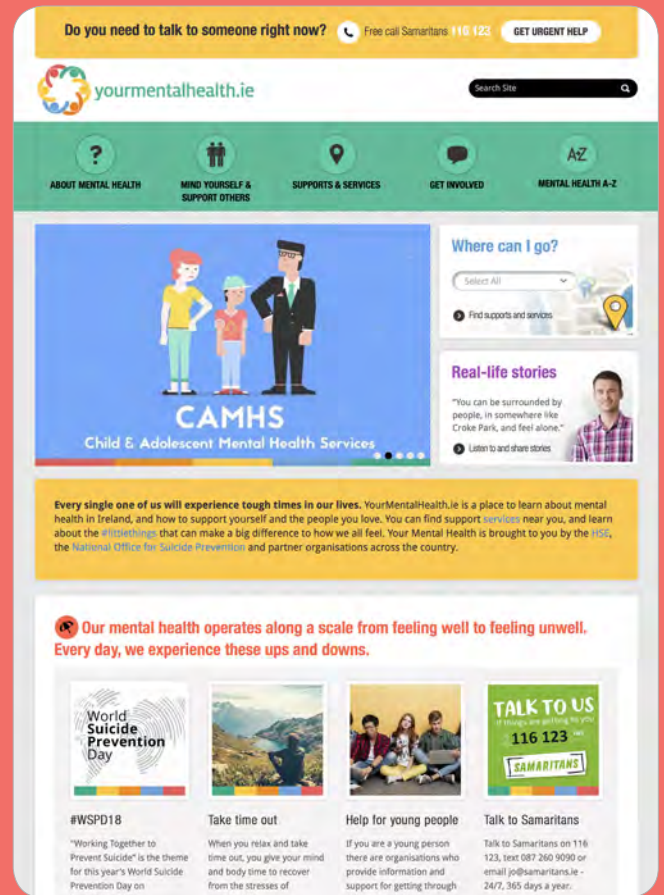
yourmentalhealth.ie

The website yourmentalhealth.ie is a place to learn about mental health in Ireland, and how to support yourself and the people you love. You can find support services near you and learn about the little things that can make a big difference to how we all feel.

In 2017 over 352k users visited the yourmentalhealth.ie website and there were over 931k page views - an increase of 16% since 2016. Since its launch, the site has now had over 900k users and over 2.6m page views.

Little Things and yourmentalhealth.ie are brought to you by the HSE's Mental Health and Communications teams and the HSE National Office for Suicide Prevention. The delivery of both relates to specific objectives in Connecting for Life;

- 1.1 Improve population-wide understanding of suicidal behaviour, mental health and wellbeing, and associated risk and protective factors
- 1.2 Increase awareness of available suicide prevention and mental health services.



+352k
Users

+931k
Page Views

+32k
Impressions

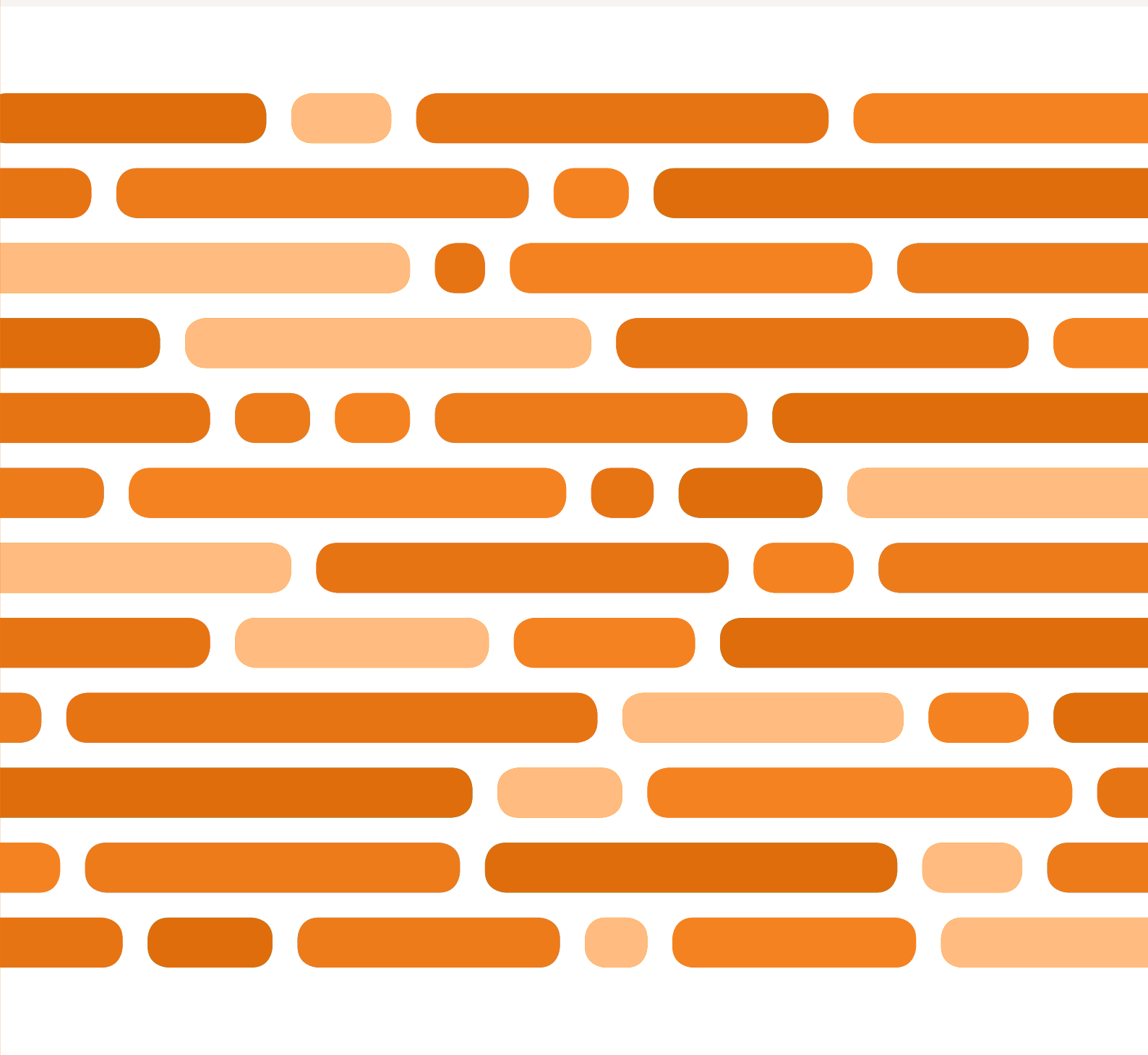
+16%
Increase since 2016

2017 Figures



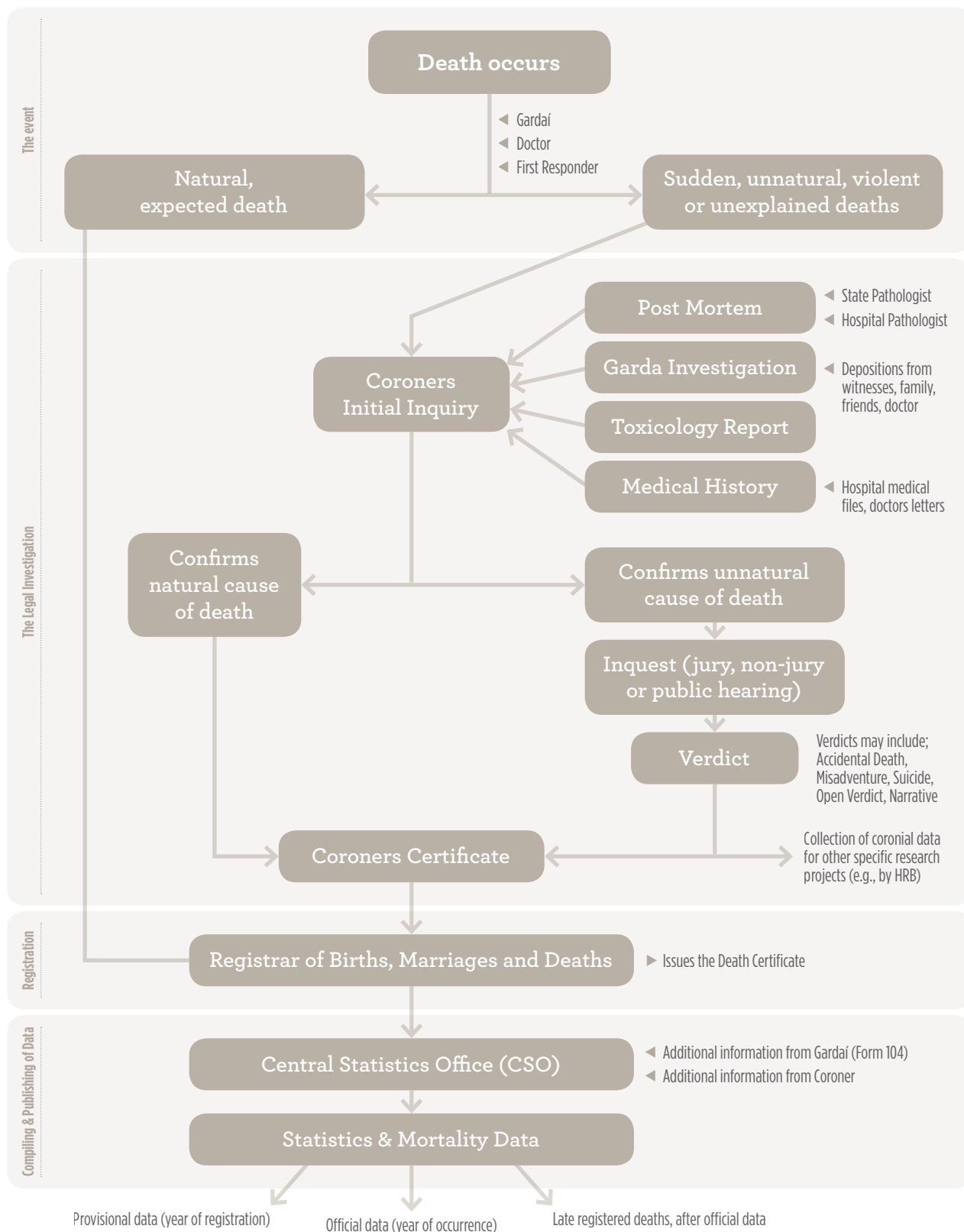
Section 4

Suicide and Self-harm in Ireland



Irish Cause of Death Statistics System

In Ireland suicide is a legal verdict which is recorded by a Coroner if he/she finds evidence of death by suicide, 'beyond reasonable doubt'. The Coroner is a death investigator tasked under statute with investigating all sudden, unexplained, violent and unnatural deaths.



Suicide in Europe

European suicide comparisons

Comparison data on suicide rates among European countries is published by Eurostat and 2015 is the most recent year for which this data is available. These figures show that;

- Ireland's overall suicide rate is not high, by European comparison.
- In 2015, the total rate of suicide for men and women of all ages in Ireland was 9.59 per 100,000 of the population, the **10th lowest rate of suicide** among the 33 countries for which data was recorded by Eurostat.
- The highest rate was found in Lithuania (30.28 per 100,000 of the population) and the lowest in Liechtenstein (2.49 per 100,000 of the population). The EU 28 average for 2015 was 10.91 per 100,000.

The table below gives an outline of Ireland's position in relation to the rate of suicide for men and women of all ages across countries for which Eurostat reported data for between 2010 and 2015.

Eurostat rate of suicide for men and women of all ages across countries

Year	2010	2011	2012	2013	2014	2015
Rate	10.5 per 100,000	12.11 per 100,000	12.18 per 100,000	11.14 per 100,000	11.03 per 100,000	9.59 per 100,000
Rank	11th lowest out of 30 countries	14th lowest out of 30 countries	14th lowest out of 29 countries	11th lowest out of 33 countries	11th lowest out of 33 countries	10th lowest out of 33 countries

Eurostat also provide this information for young people (aged 15-19 male and female). In this demographic the figures show that;

- In 2015 Ireland had the **7th highest rate of suicide** across the 33 countries for which data was recorded by Eurostat (7.02 per 100,000).
- The highest rate in 2015 was found in Lithuania (18.64 per 100,000) and the lowest in Greece (1.31 per 100,000).
- The EU 28 average for 2015 was 4.29 per 100,000 amongst this population age-group. The table below gives an outline of Ireland's position in relation to the rate of suicide for males and females (aged 15-19 years) across countries for which Eurostat reported data on between 2010 and 2015.

Eurostat rate of suicide for males and females (aged 15-19 years)

Year	2010	2011	2012	2013	2014	2015
Rate	10.5 per 100,000	11.81 per 100,000	9.79 per 100,000	7.6 per 100,000	4.64 per 100,000	7.02 per 100,000
Rank	4th highest out of 33 countries	2nd highest out of 33 countries	3rd highest out of 32 countries	6th highest out of 33 countries	20th highest out of 33 countries	7th highest out of 33 countries

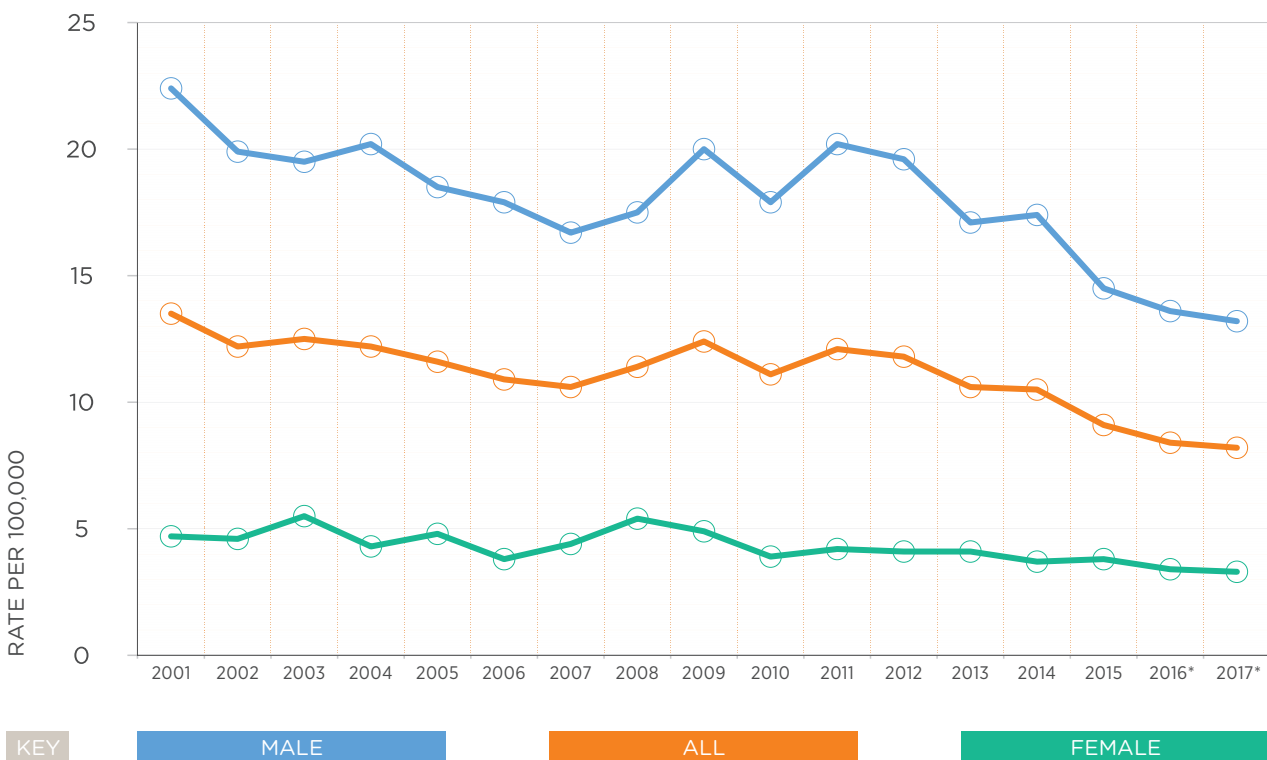
Suicide in Ireland

In Ireland, the *year of occurrence* data is more comprehensive and allows for year-on-year comparison, however, this data can change due to delayed Coroner inquests resulting in late registered suicide deaths. In 2015 (most recent year of occurrence data available) there were 425 deaths by suicide in Ireland; rate of 9.1 per 100,000 of the population. 79% of these deaths were male. This high male-to-female ratio is a constant feature of deaths by suicide over the years, as can be seen in the tables to follow.

Since 2007, particularly since the onset of the economic recession in Ireland in 2008, there has been an increase in the suicide rate in Ireland. The increase observed between 2007 and 2012 can be wholly attributed to an increase in the male rate of suicide. More recent data suggests a decline in the suicide rate, however, it must be noted that data for 2016 and 2017 is provisional and subject to change.

In 2015 (most recent year of occurrence data available) there were 425 deaths by suicide in Ireland; rate of 9.1 per 100,000 of the population.

Suicide rate per 100,000 by gender, 2001-2017



Note: Figures for 2016 and 2017 are provisional and subject to change.

Numbers and rates of suicide and other causes of death, 2005-2017

		Suicide		Undetermined		External Causes		All	
		Number	Rate	Number	Rate	Number	Rate	Number	Rate
2017*	Males	312	13.2	16	0.7	930	39.2	15497	653.3
	Females	80	3.3	11	0.5	385	15.9	14987	619.2
	Total	392	8.2	27	0.6	1315	27.4	30484	636.1
2016*	Males	318	13.6	21	0.9	921	39.3	15499	660.5
	Females	81	3.4	9	0.4	423	17.7	14891	622.3
	Total	399	8.4	30	0.6	1344	28.4	30390	641.2
2015	Males	335	14.5	33	1.4	903	39.0	15228	657.0
	Females	90	3.8	12	0.5	413	17.4	14899	628.6
	Total	425	9.1	45	0.9	1316	28.1	30127	642.7
2014	Males	399	17.4	40	1.75	1097	47.7	14897	648.0
	Females	87	3.7	13	0.6	433	18.5	14355	611.8
	Total	486	10.5	53	1.2	1530	33.0	29252	629.7
2013	Males	391	17.1	41	1.8	1064	46.6	14958	654.3
	Females	96	4.1	15	0.6	427	18.3	14546	624.7
	Total	487	10.6	56	1.2	1491	32.3	29504	639.4
2012	Males	445	19.6	36	1.6	1142	50.2	14945	656.9
	Females	96	4.1	18	0.8	435	18.8	14241	614.2
	Total	541	11.8	54	1.2	1577	34.3	29186	635.4
2011	Males	458	20.2	40	1.8	1211	53.3	14492	638.3
	Females	96	4.2	27	1.2	482	20.9	13964	606.0
	Total	554	12.1	67	1.5	1693	37.0	28456	622.0
2010	Males	405	17.9	54	2.4	1198	53.0	14334	633.6
	Females	90	3.9	29	1.3	462	20.2	13627	594.4
	Total	495	10.9	83	1.9	1600	35.1	27961	613.9
2009	Males	443	19.6	52	2.3	1236	54.8	14727	652.4
	Females	109	4.8	22	1.0	490	21.5	13653	599.8
	Total	552	12.2	74	1.7	1726	38.1	28380	626.0
2008	Males	386	17.2	64	2.9	1215	54.3	14457	645.8
	Females	120	5.3	19	0.9	506	22.5	13817	615.0
	Total	506	11.3	83	1.9	1721	38.4	28274	630.4
2007	Males	362	16.5	87	4.0	1252	57.1	14391	656.7
	Females	96	4.4	32	1.5	507	23.2	13726	628.3
	Total	458	10.5	119	2.7	1759	40.2	28117	642.6
2006	Males	379	17.9	68	3.2	1180	55.6	14065	644.3
	Females	81	3.8	16	0.8	484	22.8	13883	656.2
	Total	460	10.9	84	1.9	1664	39.2	27948	660.3
2005	Males	382	18.5	93	4.5	1239	60.1	14412	699.0
	Females	99	4.8	41	2.0	506	24.4	13848	668.3
	Total	481	11.6	134	3.2	1745	42.2	28260	683.6

Note: Figures for 2016 and 2017 are provisional and subject to change.

Late registered suicide deaths

The table below includes revised year of occurrence data to reflect late registered suicide deaths (i.e. deaths by suicide occurring in years for which the CSO have already published year of occurrence data). Currently, 2013 is the most recent year for which the year of occurrence data has been updated to reflect late registered deaths.

Late registered suicide deaths

		Published Suicide Figure		Late Registered Suicides	Revised Suicide Figures	
		Number	Rate	Number	Number	Rate
2013	Males	391	17.1	45	436	19.1
	Females	96	4.1	11	107	4.6
	Total	487	10.6	56	543	11.8
2012	Males	445	19.6	26	471	20.7
	Females	96	4.1	9	105	4.5
	Total	541	11.8	35	576	12.5
2011	Males	458	20.2	14	472	20.8
	Females	96	4.2	4	100	4.3
	Total	554	12.1	18	572	12.5
2010	Males	405	17.9	18	423	18.7
	Females	90	3.9	9	99	4.3
	Total	495	10.9	27	522	11.5
2009	Males	443	19.6	22	465	20.6
	Females	109	4.8	4	113	5.0
	Total	552	12.2	26	578	12.7
2008	Males	386	17.2	12	398	17.8
	Females	120	5.3	11	131	5.8
	Total	506	11.3	23	529	11.8
2007	Males	362	16.5	20	382	17.4
	Females	96	4.4	8	104	4.8
	Total	458	10.5	28	486	11.1
2006	Males	379	17.9	28	407	19.2
	Females	81	3.8	8	89	4.2
	Total	460	11.7	36	496	11.7
2005	Males	382	18.5	35	417	20.2
	Females	99	4.8	14	113	5.5
	Total	481	11.6	49	530	12.8

Rates of Suicide in Ireland by Gender and Age, 2001-2017

The majority of people who die by suicide in Ireland are male and this would correspond with trends internationally. Based on the most recent *year of occurrence* data (2015):

- Amongst males and females together, the suicide rate per 100,000 is highest amongst those aged 45-54 at 14.2 per 100,000. This trend is the case since 2010.
- Amongst males, the highest rate was in those aged 45-54, at 23.3 per 100,000. This trend is the case since 2010.
- Amongst females, the highest rate was in those aged 55-64, at 8.1 per 100,000. The rate amongst this age-group in females was 4.1 per 100,000 in 2014.

Male suicide rates per 100,000 population

Year	All	15-24	25-34	35-44	45-54	55-64	65+
2001	22.4	27.7	37.2	29.9	28.6	26.5	17.2
2002	19.9	27.6	34.4	22.2	22.8	23.1	16.9
2003	19.5	29.7	22.7	30.4	23.3	24.3	14.0
2004	20.2	27.4	28.0	28.1	29.2	22.9	13.2
2005	18.5	25.6	26.8	24.9	25.8	21.6	10.4
2006	17.9	27.5	23.5	21.4	24.1	21.1	14.2
2007	16.5	22.7	23.5	19.3	20.8	16.6	16.3
2008	17.2	20.5	25.5	22.4	24.5	21.2	12.0
2009	19.6	21.9	26.9	30.9	26.5	26.8	12.5
2010	17.9	24.0	20.5	28.8	28.9	23.3	7.3
2011	20.2	26.7	27.0	28.2	32.3	25.1	12.8
2012	19.6	20.6	25.0	27.7	32.3	28.2	14.7
2013	17.1	15.4	19.7	21.5	31.5	27.0	16.8
2014	17.4	21.8	24.1	22.4	28.4	17.9	16.9
2015	14.5	14.0	19.3	20.2	23.3	19.6	14.1
2016*	13.6	13.3	16.4	18.8	22.9	20.7	11.3
2017*	13.2	14.1	19.3	19.0	19.3	17.9	9.9

Female suicide rates per 100,000 population

Year	All	15-24	25-34	35-44	45-54	55-64	65+
2001	4.7	5.1	4.4	6.8	8.5	10.7	1.6
2002	4.6	4.7	6.8	5.3	8.0	6.3	3.2
2003	5.5	5.1	6.0	6.9	9.5	9.9	5.2
2004	4.3	2.9	5.2	6.4	7.7	7.4	3.6
2005	4.8	6.4	6.8	4.3	7.5	6.2	4.3
2006	3.8	5.1	3.6	4.6	6.2	6.5	2.7
2007	4.4	4.8	5.1	6.4	9.4	5.3	1.9
2008	5.3	7.5	4.7	6.4	9.2	8.4	4.9
2009	4.8	3.7	5.4	7.8	7.2	6.8	4.4
2010	3.9	3.6	4.7	5.3	6.0	8.4	2.1
2011	4.2	5.6	7.0	6.1	5.9	5.2	1.0
2012	4.1	5.7	5.3	6.0	7.1	5.6	1.3
2013	4.1	3.2	6.5	5.4	7.7	4.2	3.6
2014	3.7	3.9	5.6	5.0	6.9	4.1	2.2
2015	3.8	3.2	5.8	4.3	5.2	8.1	2.7
2016*	3.4	2.5	4.7	4.8	5.4	5.5	2.7
2017*	3.3	6.3	3.9	3.4	5.9	3.1	2.0

Note: Figures for 2016 and 2017 are provisional and subject to change.

Rates of Suicide in Ireland by Geographical Area, 2004-2017

During the period 2004-2017 there was variance in suicide rates by geographical region. The table below provides information on the rates by county, from 2004-2017. The suicide rates based on the most recent three-year moving averages, for which data is year of occurrence (2013-2015), shows that the highest rates were in Limerick City, Carlow and Roscommon.

Regional three-year moving average rate of suicide by county

	2004 2006	2005 2007	2006 2008	2007 2009	2008 2010	2009 2011	2010 2012	2011 2013	2012 2014	2013 2015	2014 2016*	2015 2017*
Ireland	11.6	11.0	10.9	11.3	11.4	11.7	11.6	11.5	11.0	10.1	9.3	8.6
Carlow	17.0	19.9	17.4	14.5	11.7	12.3	11.6	15.2	16.3	16.9	15.5	13.0
South Dublin	10.2	8.4	8.6	8.2	8.2	9.5	8.8	9.3	7.4	6.7	4.9	3.9
Dublin C.B.	11.3	11.0	10.3	10.4	10.4	10.8	11.0	10.6	9.5	7.3	6.3	4.9
Fingal	6.1	4.7	5.2	6.3	6.7	6.0	5.6	5.2	5.3	4.5	3.5	3.4
Dun Lgh Rdown	5.6	5.9	6.5	7.3	7.9	7.3	7.1	7.0	6.5	4.1	1.5	1.0
Kildare	10.6	11.4	11.4	11.4	10.3	10.5	10.9	11.7	11.8	11.1	10.5	9.0
Kilkenny	10.1	11.4	11.5	10.9	9.6	11.2	11.8	11.8	11.1	11.4	12.0	11.2
Laois	8.8	10.4	11.6	10.9	13.5	16.5	16.8	12.2	8.1	7.6	8.8	12.2
Longford	15.2	12.6	10.5	9.2	7.9	8.7	7.6	9.2	10.8	11.6	10.7	10.6
Louth	9.3	8.6	11.1	11.6	12.8	12.9	14.0	12.7	11.8	8.8	8.7	8.6
Meath	11.1	7.5	9.3	10.8	10.9	8.3	7.5	8.7	9.1	9.8	9.1	8.2
Offaly	12.8	11.8	13.7	14.7	17.6	16.1	16.0	12.4	11.5	9.7	10.1	11.4
Westmeath	12.7	13.6	12.1	14.4	14.9	14.0	13.1	11.5	9.5	8.3	7.9	7.9
Wexford	13.6	15.7	13.5	13.9	12.5	14.8	17.8	17.8	17.0	13.5	13.9	11.6
Wicklow	13.4	11.7	10.3	9.3	10.6	11.5	10.2	8.2	7.2	8.5	9.4	9.3
Clare	12.6	12.2	12.8	14.3	11.6	11.1	10.2	14.1	15.2	15.5	13.8	13.7
Cork C.B.	17.9	18.6	19.3	19.3	19.2	17.7	18.6	16.0	15.9	12.2	13.4	14.8
Cork Co.	12.8	12.5	13.1	13.3	13.5	13.5	11.8	11.7	10.0	10.5	10.3	10.6
Kerry	11.3	9.9	9.5	12.6	15.4	18.1	19.0	16.6	16.1	12.5	14.3	12.3
Limerick C.B.	16.4	14.1	12.4	10.8	11.9	16.6	21.3	26.0	27.1	21.8	15.3	8.2
Limerick Co.	10.7	10.1	8.6	10.8	11.4	13.3	14.0	12.4	10.1	10.0	8.8	8.5
Tipperary N.R.	19.1	14.7	14.8	14.8	14.7	14.6	9.9	14.0	12.5	13.9	10.7	12.5
Tipperary S.R.	10.5	11.1	12.0	14.1	14.3	14.6	14.2	13.4	13.4	13.4	11.9	11.6
Waterford C.B.	11.5	9.3	9.2	13.1	11.1	14.1	10.8	9.3	5.0	4.3	4.9	6.3
Waterford Co.	16.6	11.9	13.0	13.2	15.1	12.4	11.4	9.8	12.3	11.8	11.7	9.7
Galway C.B.	8.7	5.5	7.5	8.7	8.8	11.0	9.8	12.2	11.4	12.8	10.9	10.1
Galway Co.	11.3	12.1	10.6	10.9	12.5	13.1	13.6	13.3	13.3	12.6	11.1	9.5
Leitrim	23.4	13.1	8.9	10.9	14.9	16.8	15.6	12.5	9.4	9.4	9.4	11.4
Mayo	11.1	13.8	12.8	12.8	11.5	13.3	15.4	14.6	15.1	12.0	12.0	8.7
Roscommon	12.7	17.6	15.5	11.9	11.1	10.5	11.4	10.9	14.5	16.1	15.0	9.8
Sligo	13.2	8.7	6.9	7.3	10.3	11.3	11.8	9.8	9.3	8.8	9.8	10.8
Cavan	19.3	18.5	16.7	14.9	12.0	10.2	10.0	14.0	15.8	15.8	14.0	12.5
Donegal	10.4	9.7	10.1	10.9	9.6	8.0	6.4	8.9	9.3	11.6	12.0	11.4
Monaghan	10.9	10.0	9.8	11.3	12.2	10.5	13.1	13.1	16.4	12.6	11.5	12.4

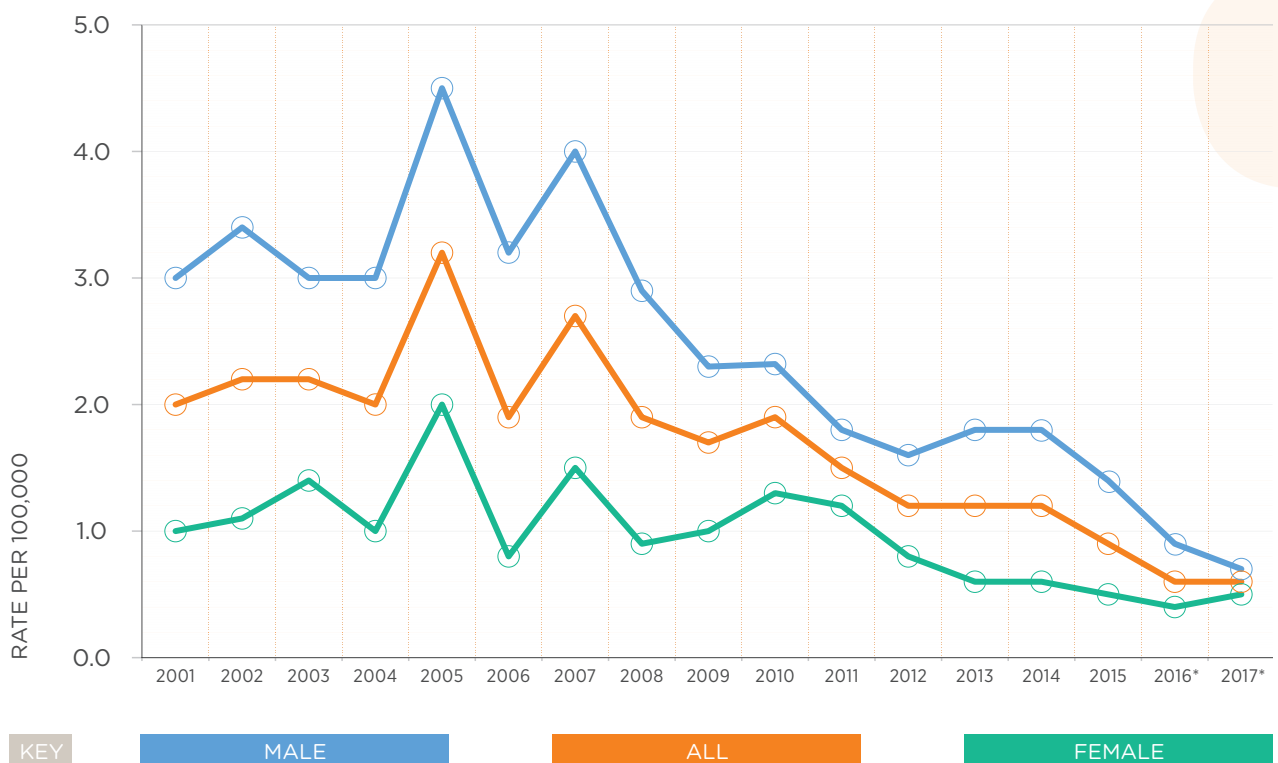
Note: Figures for 2016 and 2017 are provisional and subject to change.

Deaths of Undetermined Intent

Indications show that deaths of undetermined intent may include 'hidden' cases of suicide. However, it is not yet clear which proportion of undetermined deaths involve probable suicide cases. The figure below shows an overview of undetermined deaths per 100,000 by gender and total confirmed rates for Ireland, 2001-2017.

The rate of undetermined deaths per 100,000, ranges from 3.2 (in 2005) to 0.9 (in 2015).

Rates of undetermined deaths per 100,000 by gender and total rates for Ireland, 2001-2017



Note: Figures for 2016 and 2017 are provisional and subject to change.

Self-harm in Ireland

Self-harm statistics in Ireland are gathered by the National Self-Harm Registry Ireland, which reports annually on Irish statistics relating to self-harm. These reports are based on data collected on persons presenting to hospital emergency departments as a result of self-harm. Since 2006, all general hospital and paediatric hospital emergency departments in Ireland have contributed to the Registry. You can download the latest report on incidence of self-harm in Ireland from www.nsrif.ie.

Self-harm includes the various methods by which people intentionally harm themselves. The Irish statistics presented here are collated by the National Self-Harm Registry Ireland, and you can download the latest reports at www.nsrif.ie.

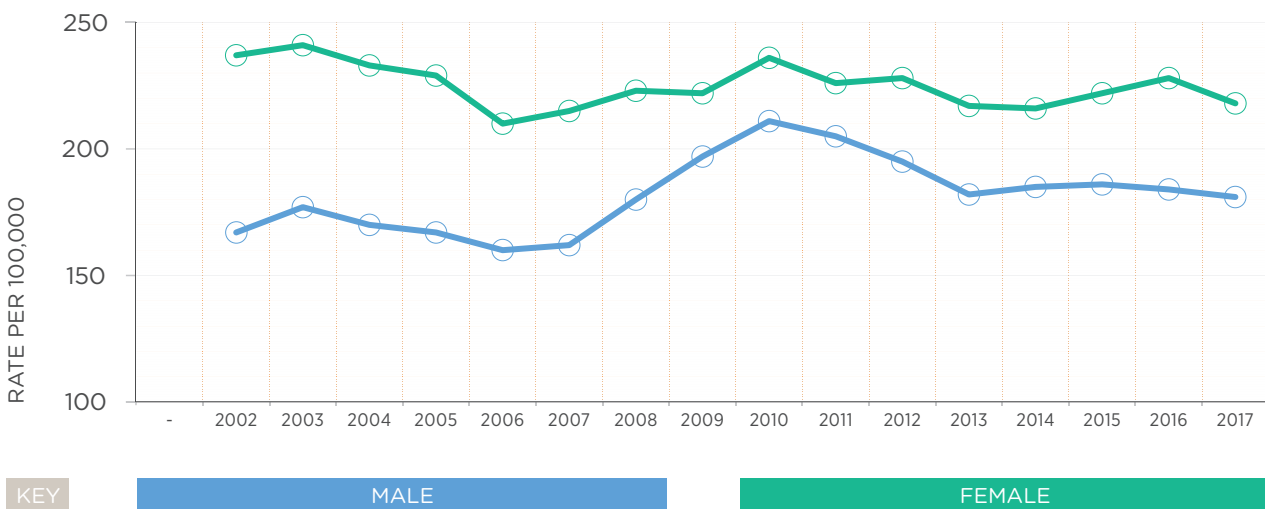
These reports are based on data collected on persons presenting to hospital emergency departments as a result of self-harm.

Trends in self-harm by gender in Ireland, 2002-2017

In 2017, the Registry recorded 11,600 presentations to hospital due to self-harm nationally, involving 9,103 individuals. Taking the population into account, the age-standardised rate of individuals presenting to hospital following self-harm in 2017 was 199 per 100,000. Thus, there was a 3% decrease in the age-standardised rate from 2016, which was statistically significant. In recent years there were successive decreases in the self-harm rate between 2011 and 2013, and essentially no change between 2013 and 2016. The rate in 2017 was still 6% higher than the pre-recession rate in 2007.

There was a 2% decrease in the male rate of self-harm from 2016, which was not statistically significant. There was a significant decrease in the female rate of self-harm (-4%). Taking recent years into account, the male self-harm rate in 2017 was 12% higher than in 2007 whereas the female rate was 1% higher. The female rate of self-harm in 2017 was 21% higher than the male rate. This gender difference has been decreasing in recent years. The female rate was 37% higher in 2004-2005, 32-33% higher in 2006-2007, 24% higher in 2008, and 10-19% higher in 2009-2015.

Rates of self-harm by gender, 2002-2017



Rates of self-harm by gender and age

The highest rate of self-harm is in the younger age brackets. In 2017 the highest rate for women was among 15-19 year-olds, at 758 per 100,000. This rate implies that one in every 132 girls in this age group presented to hospital in 2017 as a consequence of self-harm. The highest rate for men was among 20-24 year-olds at 505 per 100,000, or one in every 198 men. The incidence of self-harm gradually decreased with increasing age in men. This was the case to a lesser extent in women as their rate remained stable, across the 30-54-year age range.

In 2017, the only significant change in the rate of hospital-treated self-harm by age from 2016 was among women aged 20-24 years, where the rate decreased by 15% from 583 to 496 per 100,000.

Rates of self-harm by region, 2017

There was widespread variation in the male and female self-harm rate by city/county of residence. The male rate varied from 99 per 100,000 for Limerick County to 430 per 100,000 for Cork City. The lowest female rates were recorded for Limerick County (151 per 100,000) with the highest rates recorded for Limerick City residents at 446 per 100,000. Relative to the national rate, a high rate of self-harm was recorded for male and female city residents and for men living in Donegal, Carlow, Tipperary South, Kerry and Louth and for women living in Tipperary South, Carlow, Roscommon and Laois.

In particular, high rates of self-harm for both men and women were recorded in Cork City and Limerick City.

Rates of self-harm by HSE Community Healthcare Organisation (CHO), 2017

In 2017, the incidence of self-harm was highest, at 335 per 100,000 in CHO Area 3 (Clare, Limerick and North Tipperary/ East Limerick) and lowest in CHO Area 6 (Wicklow, Dun Laoghaire and Dublin South East) at 139 per 100,000. The male rate of self-harm varied from 104 per 100,000 in CHO Area 6 to 268 per 100,000 in CHO Area 3. The female rate of self-harm varied from 156 per 100,000 in CHO Area 4 to 404 per 100,000 in CHO Area 3.

Repetition of self-harm, 2017

Repeated self-harm is a significant risk factor for suicide. Therefore, those who present with repeat acts of self-harm are a significant target group for suicide prevention. Appropriate aftercare is critical in reducing rates of subsequent suicide in this population cohort.

9,103 individuals treated for 11,600 self-harm episodes in 2017. This implies that more than one in five (2,497, 21.5%) of the presentations in 2017 were due to repeat acts, which is similar to the years 2003-2009 and 2013-2016 (range: 20.5-23.1%).

Of the 9,103 self-harm patients treated in 2017, 1,322 (14.5%) made at least one repeat presentation to hospital during the calendar year. This proportion is within the range reported for the years 2003-2016 (13.8-16.4%). At least five self-harm presentations were made by 139 individuals in 2017. They accounted for just 1.5% of all self-harm patients in the year but their presentations represented 9.0% (n=1,043) of all self-harm presentations recorded.

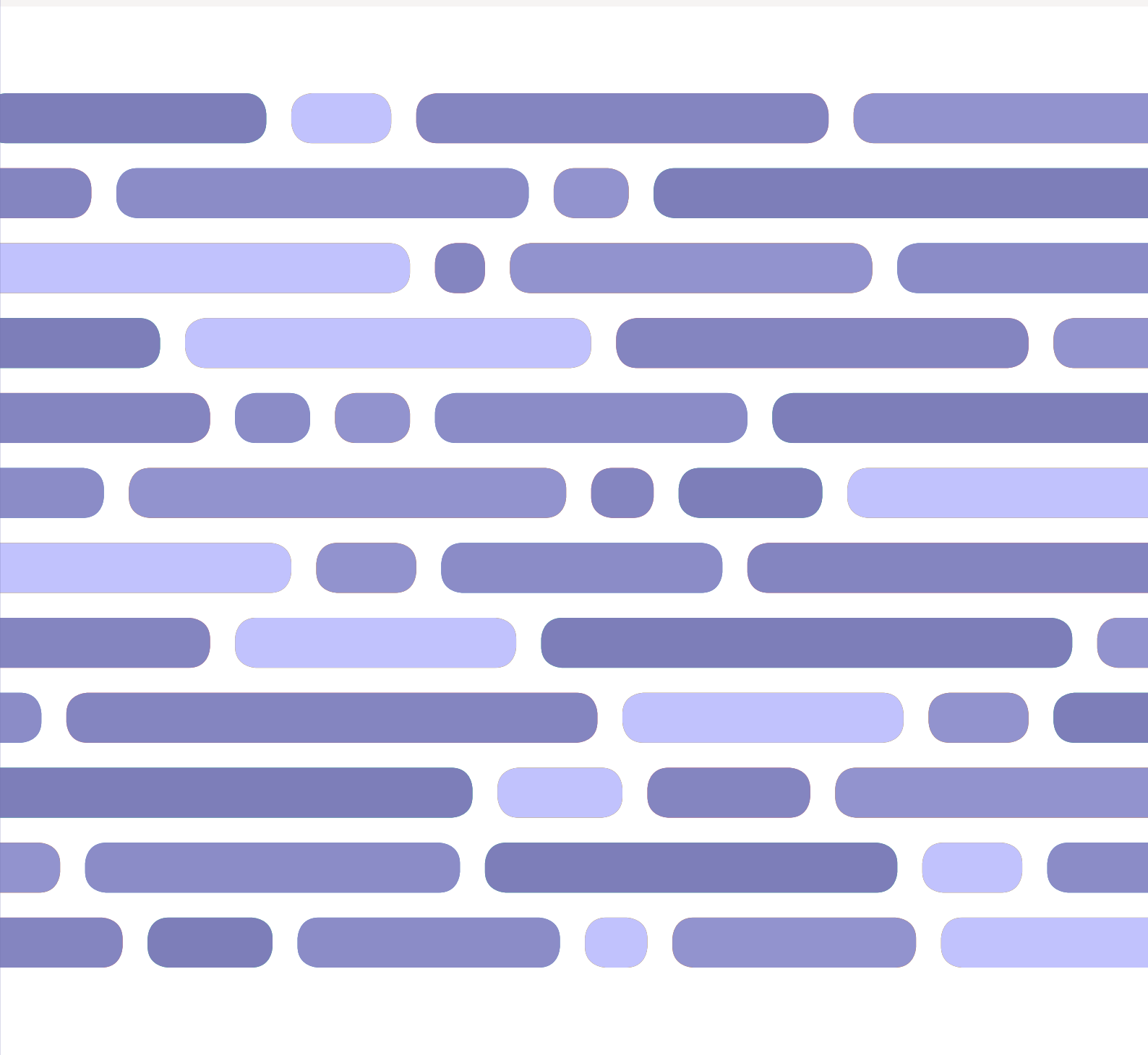
For further information please refer to the most recent report from the National Self-Harm Registry Ireland, available at www.nsr.ie

There was a significant decrease in the female rate of self-harm (-4%). Taking recent years into account, the male self-harm rate in 2017 was 12% higher than in 2007 whereas the female rate was 1% higher.

Section 5

NOSP

Financial Information



Financial Overview 2017

NOSP's overall budget for 2017 was €11.91 million. This allocation has been committed and will be reflected in the full year cost of services, including those initiatives commenced in 2017.

Overall expenditure (€10.7m in 2017) has increased significantly in the last five years (from €5.19m in 2012). In 2017, almost 60% of expenditure supported frontline services and organisations working in the area of suicide prevention and mental health promotion.

All NOSP-funded activities are aligned with specific objectives in Connecting for Life, Ireland's National Strategy to Reduce Suicide 2015-2020 and form part of our coordinated efforts to successfully implement its actions.

Summary of Overall Expenditure

	2016	2017
	€	€
Grants to Agencies	6,338,194	6,306,741
Communications Projects	1,271,977	763,783
Non grant expenditure (office expenses, salaries etc)	787,391	1,113,872
Training Programmes	850,784	391,523
HSE funded Programmes / Community Resilience Fund	1,145,177	1,148,367
Regional liaison & Suicide Prevention services	790,000	790,000
Research	-	181,996
TOTAL	11,183,523	10,696,282

Funded Agencies in 2017

	2016	2017
	€	€
Aware	297,500	227,500
BeLonG To	233,401	233,401
Bodywhys <i>(in 2017, funding was made from the National Mental Health Division)</i>	28,760	0
Community Creations / SpunOut.ie	95,000	95,000
Console <i>(until July 2016)</i>	340,511	0
Curam Clainne - Mayo Suicide Liaison Project	63,541	93,045
Exchange House	350,000	350,000
First Fortnight Ltd	-	155,002
GAA	90,317	50,000
GLEN	107,777	17,416
Irish College of General Practitioners	55,517	93,170
ISPCC / Childline	200,000	210,000
Lifford Clonleigh Family Resource Centre	80,000	80,000
Men's Health Forum	17,489	42,463
Mental Health Ireland <i>(Mojo Project)</i>	155,141	321,800
MyMind	155,500	115,500
National Suicide Research Foundation	836,000	706,944
National Youth Council of Ireland	2,970	20,638
Nurture	89,089	89,089
Pieta House	1,335,989	1,676,376
ReachOut Ireland <i>(formerly Inspire Ireland Foundation)</i>	261,217	196,000
Samaritans	585,000	576,500
South Dublin County Partnership <i>(Mojo Project)</i>	42,570	42,570
Shine	267,000	277,529
Suicide or Survive SOS	251,464	248,000
The Irish Association of Suicidology	60,000	0
Transgender Equality Network Ireland	79,000	79,000
Turn2Me	97,200	97,200
Union of Students in Ireland	-	45,000
Westport Family Resource Centre	77,741	65,098
Young Social Innovators	82,500	102,500
TOTAL	6,338,194	6,306,741



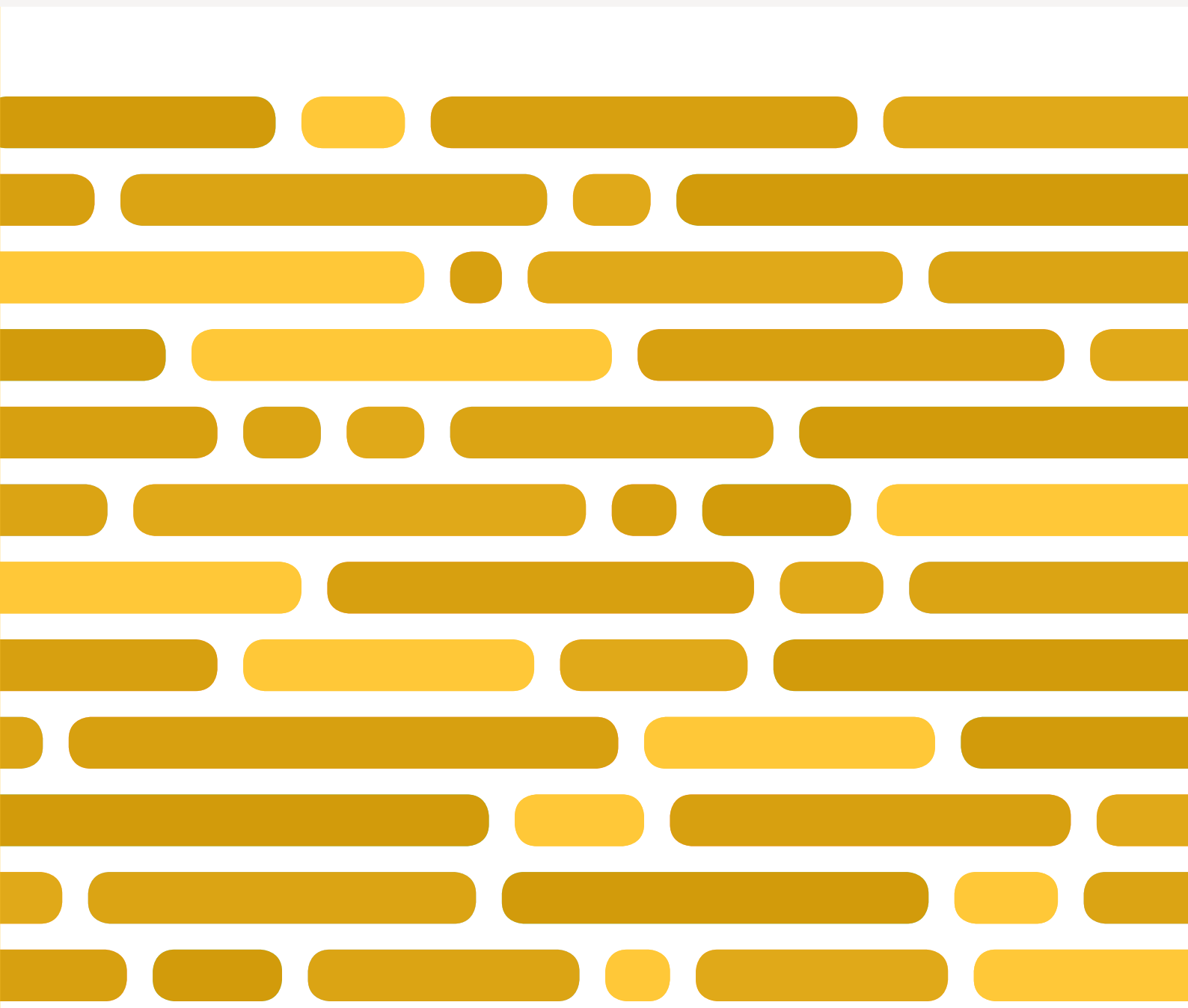
 Aware: Depression and
1800 80
 Pieta House: Suicide and
 Pieta House
1800 247
 WALK
 Walk In My Shoes Helpline
01 249 3
 SAMARITANS
 Samaritans: Listening &
116 123
 LGBT Helpline: Listening &
1890 929
 USI
 Union of Students in Ireland
 JIGSAW
 Young people's
 health in mind
 WALK
 Walk In My Shoes Helpline

 USI
 Student Support Card
000 555

The Union of Students in Ireland launching 20,000 new Student Support Cards in 2017

Section 6

Appendices



Appendix 1: Are you, or someone you know, in crisis?

In a crisis (when someone might harm themselves, harm someone else, or is vulnerable to suicide) it is important to get help as quickly as you can for yourself or the person you are concerned about.

You can get professional help through;

A GP

Find a local family doctor (GP) or health centre by visiting the HSE.ie online service finder. If it's late in the evening, night time or the weekend, contact a GP out of hours service. GPs are also listed under 'General Practitioners' in the Golden Pages.

Hospital emergency services

Go to or contact the Emergency Department of your nearest general hospital. Hospitals are listed on the HSE.ie online service finder. You can also contact the emergency services by calling 999 or 112 if you or someone else has harmed themselves or taken an overdose.

HSE Mental Health services

If you have been (or are currently) supported by a mental health team, go to the Emergency Department or contact the service you are attending and ask for an appointment as soon as possible.

Listening service

Samaritans is available 24 hours a day, 7 days a week for anyone struggling to cope. For confidential, non-judgemental support please;

- Free call **116 123** in the Republic of Ireland or UK
- Text **087 2 60 90 90** (Republic of Ireland, standard message rates apply)
- Email jo@samaritans.ie
- Visit www.samaritans.ie for details of the nearest branch.

You might need to try a few options before you find appropriate support but don't give up trying - there is help available.

If possible, ask someone to come along with you to the support service you contact.

Appendix 2: The National Office for Suicide Prevention Team in 2018

NOSP Team

- John Meehan
Assistant National Director, Head of National Office for Suicide Prevention and Lead for Community Strategy & Planning
- Gemma Cox
Research and Evaluation Manager
- Anita Munnelly
Research & Data Officer
- Hugh Duane
Research Assistant
- Justin Brophy
Clinical Lead
- Brid Casey
Resource Officer for Suicide Prevention
- Ailish O'Neill
Education and Training Officer
- Paula Skehan
Freedom of Information Decision Maker & Data Protection Champion
- Fidelma Morrissey
Administration Officer
- Sharon Nolan
Finance Administrator
- Sarah Woods
Communications Manager
- Ciarán Austin
Content Development Officer
- Adèle Fitzpatrick
PA to Assistant National Director, Head of National Office for Suicide Prevention and Lead for Community Strategy & Planning

Other Members of the NOSP Team during 2017

- Gerry Raleigh
Director (until August 2017)
- Susan Kenny
National Lead for Strategy, Quality and Education (until December 2017)
- Bernie Carroll
Resource Office for Suicide Prevention (until March 2017)

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- HSE Communications Team
- HSE Mental Health Operations Team
- The Department of Health
- The NGO, voluntary and statutory organisations that contributed to this report
- The Central Statistics Office
- The National Suicide Research Foundation.

This document is available to download on;

www.nosp.ie
www.connectingforlifeireland.ie
www.hse.ie

www.nosp.ie

Oifig Náisiúnta um Fhéinmharú a Chosc

HSE Straitéis agus Pleanáil Phobail

Ospidéal Stewart, Baile Phámar, Baile Átha Cliath 20

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Seirbhís Sláinte
Níos Fearr
á Forbairt

Building a
Better Health
Service