



The theme for World Suicide Prevention Day (WSPD) – Sunday 10th September 2023 is **'Creating Hope through Action'**. In Ireland, this is an important theme that is reflected in our national strategy to reduce suicide, Connecting for Life.

It is a time when we can spread a message of hope to others and join together with thousands of other people from across the globe to raise awareness and prevent suicide. While there has been a reduction in the number of people dying by suicide over the last ten years, the numbers are still worryingly high. World Suicide Prevention Day aims to start the conversation about suicide and to show that recovery is possible.

The following are some examples of actions that everyone as an individual, or as part of an organisation or group, can do to create hope this World Suicide Prevention Day.

As an organisation, you can promote awareness about suicide, the risk factors and the mental illnesses associated with suicide. You can also promote information about suicide prevention training programmes and encourage people to participate in them - (see diagram below):

As an individual, you can:

Reach in - Remember that many people struggle to cope at one point or another in their lives. Reaching in to someone could help them know that someone cares, that they are valued, and that you are willing to help them access the support they need. Find a comfortable space and time to sit and be present with them. Use open questions and tell them you care about them. You don't need to have all the answers, so try not to feel pressured. If they share things with you, listen - stay calm, be patient and kind.

Remember that bringing up the topic of suicide with someone will not make suicide more likely to happen. It can be really helpful for a person just to have a safe space to open up, know that they are heard and that they are not alone at a difficult time.

- [Supporting someone who might be suicidal, HSE yourmentalhealth.ie](https://www.yourmentalhealth.ie)
- [Tips on being a good listener, HSE yourmentalhealth.ie](https://www.yourmentalhealth.ie)

Reach out - If you are feeling particularly low, sad or hopeless, always remember that sharing things with someone else will help. Reaching out to talk with someone - someone close or even a support organisation - might initially feel frightening. Even if you can't find the right words, when you take that first step and start to share and talk about what's going on for you, things can become clearer. The right words will come, and you will start to feel more hopeful. [Talk about how you feel, HSE yourmentalhealth.ie](https://www.yourmentalhealth.ie)

Learn about the supports and services that are available, both for yourself and for others you may be concerned about:

Words Matter - The topic of suicide should always be approached with care and compassion. It is important to use sensitive and non-stigmatising language when engaging in a conversation, talking or writing about suicide. Using language and words that are helpful and respectful, will encourage open and safe conversations about suicide, and its prevention. They can help to create environments that are free of stigma, judgment or prejudice.

Always avoid using the term 'commit suicide' – this can imply a sin, criminal offence or act, and therefore can be stigmatising – of the person who has died, or of people who have been bereaved. In general, use neutral and simple terms such as 'died by suicide', 'die by suicide' or 'death by suicide'. [More tips on language and suicide, from the HSE National Office for Suicide Prevention \(NOSP\)](https://www.yourmentalhealth.ie)



For any queries, your local Resource Officer for Suicide Prevention is as follows:
 Rosaleen Dolan - Louth Meath: email: Rosaleen.dolan@hse.ie
 Patrick Jones – Longford/Westmeath: email: patrick.jones1@hse.ie
 Josephine Rigney – Laois/Offaly: email: josephine.rigney@hse.ie



Increase your awareness - If someone tells you that they are having thoughts of suicide, try to stay calm and don't be afraid. Be reassured there are always helpful things you can do and there are training programmes that can help prepare you. Free suicide prevention and awareness programmes are available from the HSE. These can build your confidence, help you recognise people who might be at risk of suicide, ask them about suicide, and connect them with helpful supports and services. For example:

- LivingWorks Start, a 90 minute online programme
- safeTALK, a half day face-to-face programme
- Visit www.nosp.ie/training for more information

Most people are surprised to learn that they are more likely to encounter someone who is thinking about suicide than someone who needs CPR. With the right suicide prevention skills training, everyone can help save a life

To register for training scan the QR code or use the booking website links below.

All training is free of charge (fully funded by HSE).

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Programme	Description
LivingWorks START	90 minutes online format Suicide Prevention Skills (18+yrs) Self-directed programme
safeTALK	Half-day training prepares participants to recognise and engage with people who may be having thoughts of suicide and to connect them to suicide first aid resources.
Understanding Self-Harm	1-day training The training is suitable for those who seek to understand more about self-harm and the reasons underlying self-harm behaviours
ASIST	2-day training Programme is mainly directed at 'gatekeepers' (staff and volunteers) working within our communities
Suicide Bereavement	1-day training Workshop for professionals and key contact people providing support to those bereaved through suicide. Must have completed ASIST.
STORM	Suicide prevention skills training for Frontline Mental Health staff to develop skills to assess vulnerability, plan for safety and prevent suicide.

Midlands: <https://bookwhen.com/suicidepreventiontrainingmidlands>
Louth/Meath: <https://bookwhen.com/suicidepreventiontraininglouthmeath>

Every life lost represents someone's partner, child, parent, sibling, friend or colleague. For each suicide approximately 135 people suffer intense grief or are otherwise affected. This amounts to 108 million people per year who are profoundly impacted by suicidal behaviour.

Pieta through their Suicide Bereavement Liaison Service – 24/7 Helpline 1800 247 247 (<https://www.pieta.ie/how-we-can-help/bereavement-support-counselling/suicide-bereavement-liaison-service/>) offers guidance, practical information, and emotional support to anyone affected in the immediate aftermath of a death by suicide.

This leaflet provides information on the Resources and Services available to people who have lost a loved one to a suspected suicide.

This guide focuses on five key areas:

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

This guide offers advice and guidance on how best to support someone who has been bereaved by suicide. It has two parts:

1. Supporting those bereaved by suicide
2. Self-care.

All resource guides can be accessed through local Resource Officers for Suicide Prevention.

For additional information, please visit: www.hse.ie/eng/services/list/4/mental-health-services/hosp/

Pieta Suicide Bereavement Liaison Officers:
Bernie Carroll – Midlands; Mobile: 086 418 0088 / email: bernie.carroll@pieta.ie
Kathleen Moore Avila - Louth/Meath; Mobile: 085 738 0444 / email: kathleen.mooreavila@pieta.ie

CONNECTING FOR LIFE MIDLANDS LOUTH/MEATH SUICIDE ACTION PLAN 2023-2024 was launched on 31st May 2023. Dervila Eyres (Head of Mental Health Services) stated that: 'Every death by suicide is a tragedy and the impact of suicide on families and communities is so deep and prolonged' and that this 'captured the essence of why the Action Plan is so important to the people and communities of Laois, Offaly, Longford, Westmeath, Louth and Meath.

An implementation process (led by the HSE) will include Bi-County Local Implementation Groups being set up to implement and deliver – in an integrated and co-ordinated way – on the commitments and actions included in the Action Plan. All 44 actions are aligned to the seven goals in 'Connecting for Life National Strategy' – improved understanding; empowered communities; a focus on priority groups; improved access to support; high quality services; reduced access to means; and better data and research.

Connecting for Life
Midlands, Louth and Meath

Suicide Prevention Action Plan 2023 - 2024

MIDLANDS LOUTH MEATH COMMUNITY HEALTHCARE ORGANISATION

h.t. An tSeirbhís Náisiúnta le hAisneamh agus le hAisneamh
National Office for Suicide Prevention