



IloP

7th December 2022

Prof. Philip Dodd,
Consultant Psychiatrist/Clinical Professor
HSE National Office for Suicide Prevention (NOSP)



Connecting for Life



Suicide Prevention Information and Awareness Webinar

This webinar may contain sensitive information or content relating to suicide and/or self-harm, that some people could find triggering. For example;

- You could find it upsetting
- You could overly identify with it - personally or professionally
- It might have a negative impact on you in other ways.

With this in mind, it is advised that you;

- Are mindful and aware of your own needs and self-care in this space
- Take a break, opt out or mute the conversation, at any point you feel you need to
- Talk after the meeting, with the IPNA Chair



Visit www.yourmentalhealth.ie for information on how to mind your mental health, support others, or to find a support service in your area. You can also call the Your Mental Health Information Line on **1800 111 888**, anytime day or night, for information on mental health services in your area.



Using sensitive language

Being mindful of our use of language is important. Always use sensitive and non-stigmatising language when discussing suicide and self-harm. For example;

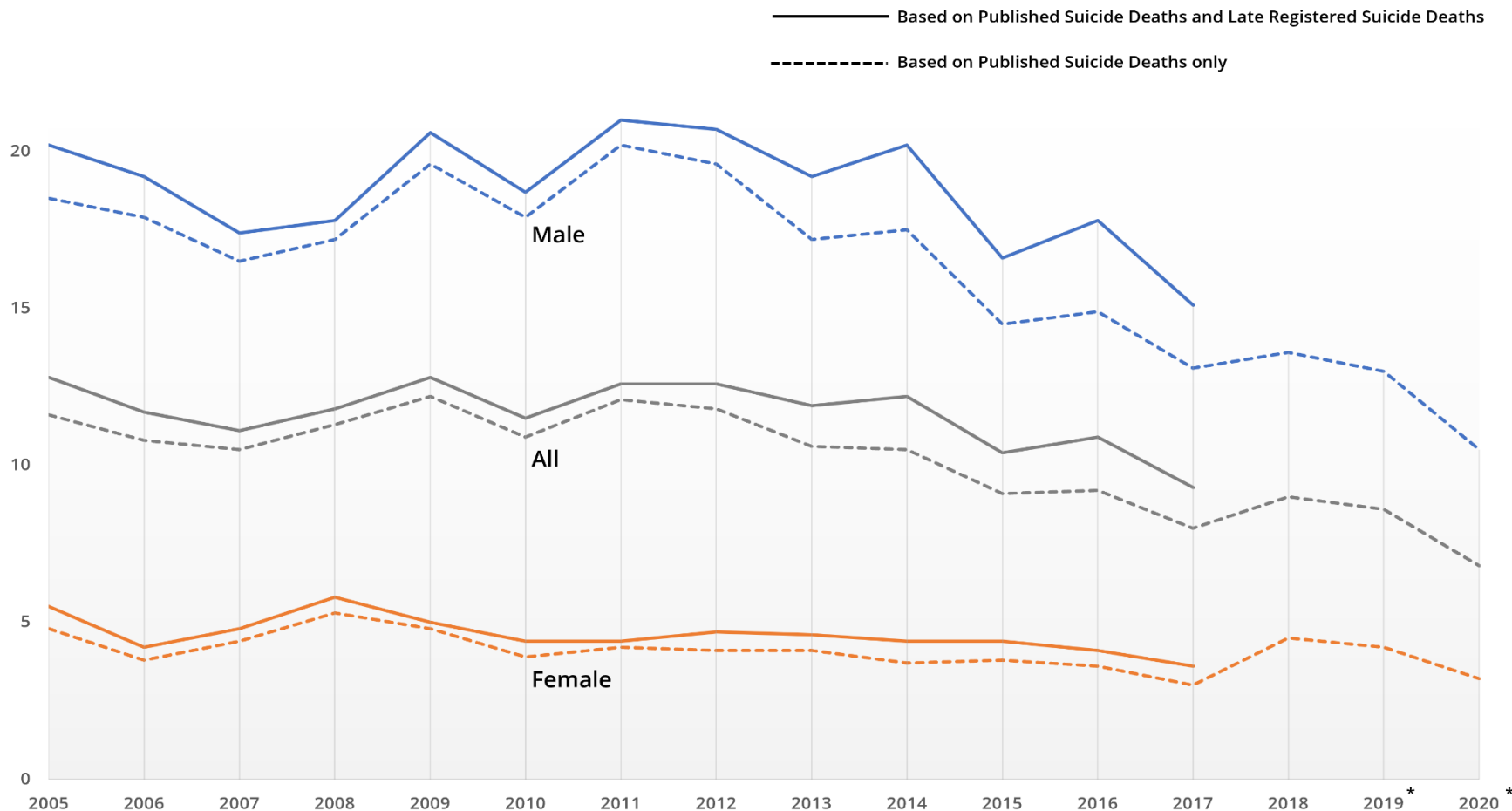
- Remain non-judgemental throughout and try not to make assumptions about others.
- Don't identify a person solely by their mental health difficulty and never use "a suicide" as a noun to describe a person.
- Use neutral and simple terms like;

"Died by suicide..." or "ended his/her own life..."	rather than	"Committed suicide..." (suicide is not a criminal act)
"A death by suicide..."	rather than	"A successful / completed suicide..."
"An attempt on his/her life..."	rather than	"An unsuccessful suicide / suicide attempt..."
"Self-harm..."	rather than	"Deliberate self-harm..."



Suicide rates in Ireland

25



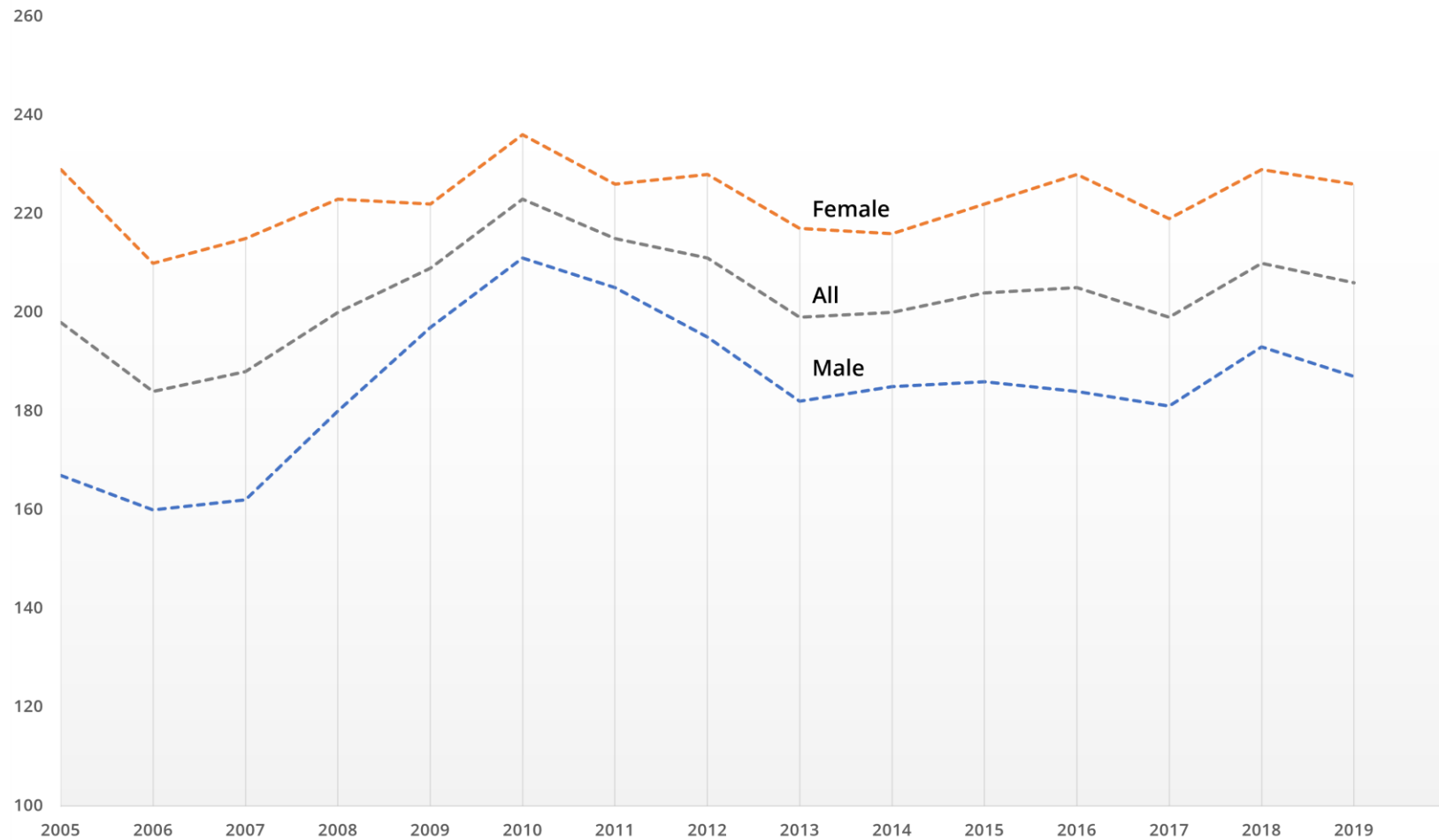
These rates have been calculated from CSO data to reflect late registered suicide deaths (i.e. historic suicides that have been registered in years after the occurrence year data has been finalised for publication).

Data used for **2019** and **2020** is provisional. Late registered deaths for **2018**, **2019** and **2020** have not yet been published.

Rates are crude rates per 100,000 population.



Self Harm rates in Ireland



These rates are person-based, age-standardised rates, from the **National Self-harm Registry Ireland Report (NSRF)**.



Key Findings

Irish Probable Suicide Deaths Study – IPSDS

2015–2018

Table 3.2.2: Last contact with medical services of IPSDS cohort by sex, 2015–2018, N=2,349

	Men		Women	
	N	(%)	N	(%)
Known contact with medical services of any type*	846	(48)	354	(62)
GP	404	(48)	178	(50)
A & E	36	(4)	14	(4)
Mental health-related services	151	(18)	67	(19)
Drug/alcohol treatment	13	(2)	<10	(3)
Acute hospital in-patient	38	(5)	16	(5)
Psychiatric in-patient	49	(6)	23	(7)
Counselling-related services	58	(7)	14	(4)
On-call doctor	72	(9)	22	(6)
Other	25	(3)	11	(3)
No known contact with medical services	930	(52)	219	(37)
Total	1776	(100)	573	(100)

* $\chi^2=36.1$, $df=1$, $p<0.001$.

Note: Percentages have been rounded and may not total to 100.

51% (n=1,200) of the IPSDS cohort were known to have been in contact with medical services prior to their death (62% of women, 48% of men).

Among those who had medical service contact, **49%** (n=582) had been in contact with a general practitioner (GP).



Connecting for Life

VISION

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

GOALS

- 1 Better understanding of suicidal behaviour
- 2 Supporting communities to prevent and respond to suicidal behaviour
- 3 Targeted approaches for those vulnerable to suicide
- 4 Improved access, consistency and integration of services
- 5 Safe and high quality services
- 6 Reduce access to means
- 7 Better data and research

OUTCOMES

- 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

IMPLEMENTATION

Action plan to achieve goals and objectives

- | | |
|---|---|
| Cabinet Committee on Social Policy and Public Service Reform
National Cross-Sectoral Steering and Implementation Group
National Office for Suicide Prevention
Local Cross-Sectoral Implementation Structures
Individual Agency and Implementation Systems | Resource and Communication

Outcome and Evaluation Frameworks |
|---|---|



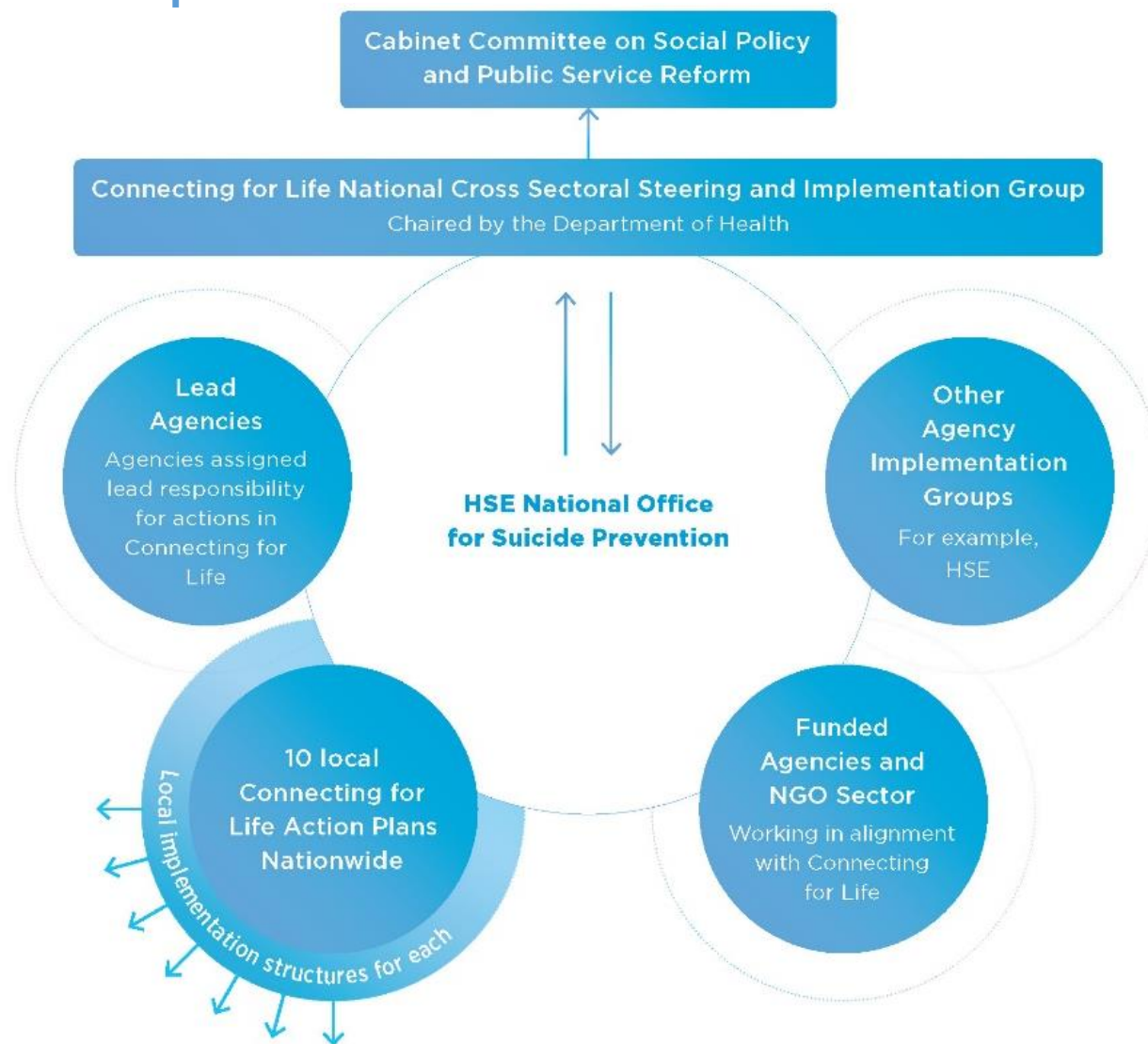
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HSE National Office for Suicide Prevention

Working in partnership



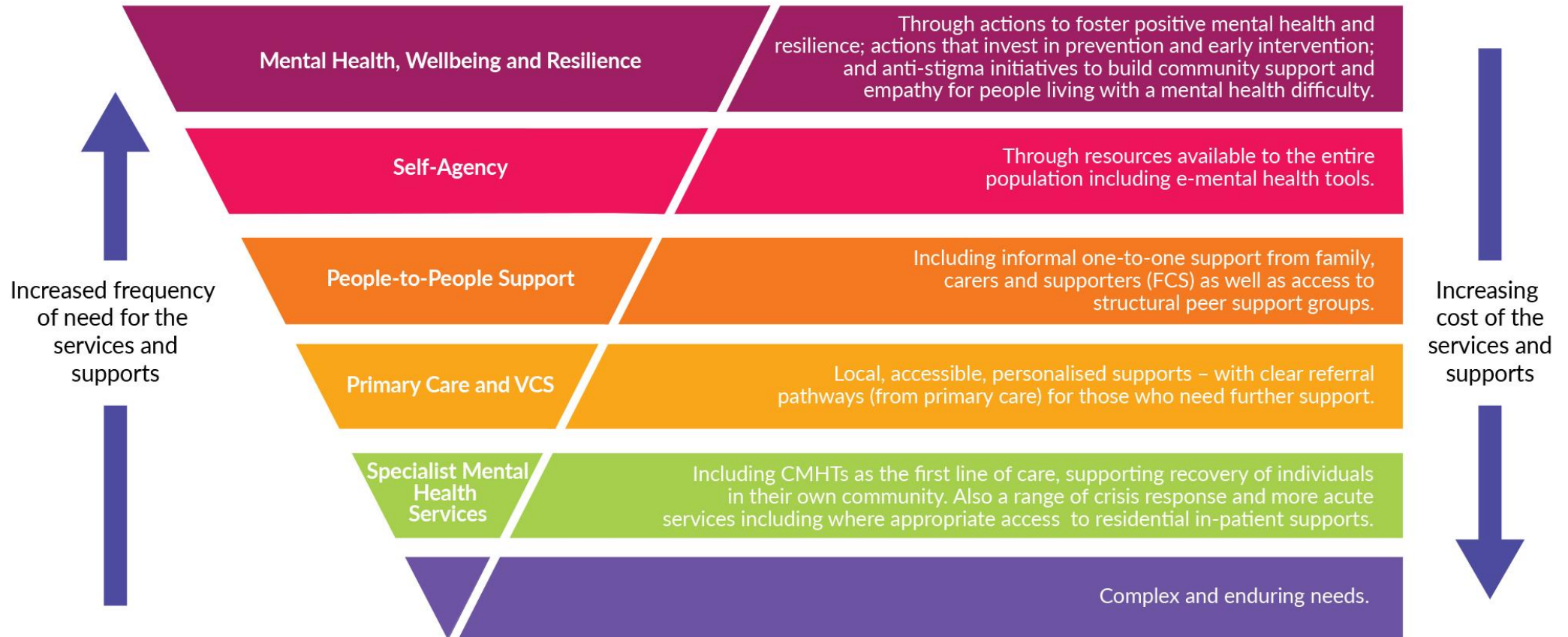
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Mental health services, a population-based approach

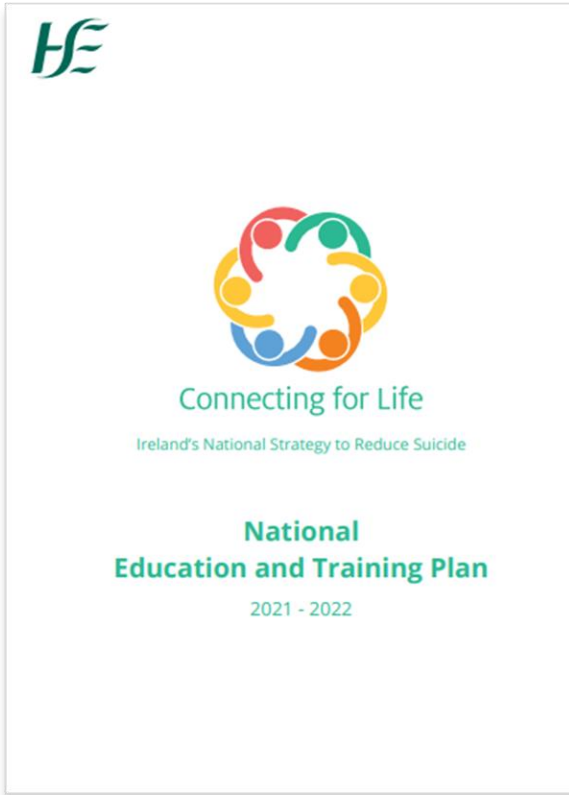


Population-based planning approach – For effective and efficient person-centered system





Suicide Prevention Gatekeeper Training – Why is it important?



- Suicide is complex and so are its solutions – suicide prevention training is a frequently used intervention in suicide prevention.
- When people are thinking about suicide, they can send out invitations for help – suicide prevention gatekeeper training is effective in improving participant's awareness of what those invitations may be, improving knowledge, skills and confidence to intervene when someone is in suicidal distress.
- Challenge the stigma & myths around suicide.

Goal 3, Action 3.1.5: Provide and sustain training to health and social care professionals, including frontline mental health service staff and primary care health providers. This training will improve recognition of, and response to, suicide risk and suicidal behaviour among people vulnerable to suicide.



Concerned About Suicide

- When someone is thinking of taking their own life, it is frightening for everyone involved.
- You might find it hard to understand what they are going through.
- You may feel uncertain as to how you can help.

Remember;

- Most suicides are preventable and most people do not want to die
- Someone who is thinking about suicide is generally in a state of extreme emotional pain
- Suicide is everyone's business
- People can talk themselves out of suicide, if they have someone who will listen to them.



What do you do now?

You have identified warning signs

- You are worried that the person may be thinking about suicide.
- Generally, your response should follow the same steps.
- Stay calm and confident, follow the steps and seek support if you are in doubt.
- The 4 steps are; **C**onnect, **A**sk, **L**isten and **M**ake a plan.

Most importantly, remember your main aim is to help the person at risk remain safe and that they get the help they need.





STEP 1 - Connect

Connect with the person and let them know that you are concerned about them.

- **Listen and remain calm;**

If you can remain calm in the situation, you are more likely to provide the assurance necessary to support the individual;

“I’m so sorry to hear that you feel that way, why don’t we find a quieter place to talk properly”

“this is really difficult for you”

- **Let the person know you hear their distress;**

“I’m concerned about you and I want to help”

“sounds like you are going through a really tough time”





STEP 2 - ASK

Ask clearly and directly if they are thinking about suicide

“are you thinking about suicide / killing yourself / ending your life?”

Simply asking the question does not give someone the idea.

- Thoughts of suicide generally develop slowly over a long period of time and after a series of difficulties in life.
- By asking the question, you let them know its ok for them to talk about suicide.
- By asking the question, you’re acknowledging their distress and giving them an opportunity to talk about what’s happening in their life.



If the answer is yes, they are thinking about suicide, don’t panic.



STEP 3 - LISTEN

Listen and try to understand

- Listen to them without judgement or blame.
- Give them space to explain what is going on for them and how they feel about it.
- Avoid responses which reject how they are feeling, lessen how they feel, or try to change their view of their situation.

Examples of what **NOT** to say;

- *“It’s not that bad”, “Things will get better” , “Pull yourself together”, or “How could you be so selfish?”*
- These reactions may make the person feel misunderstood and more isolated than ever.





Acknowledge their feelings

"It sounds like you're dealing with a lot at the moment"

"You are going through a really tough time?"

"I'm really sorry to hear that you're feeling like this right now"

"Can you tell me more about what's going on for you?"

"If you want to tell me more, I'm here to listen"

"I would like to understand what is going on for you"

Powerful question for ourselves:

"If I were in that person's shoes - how would I feel, what would I need?"



STEP 4 – Make a plan

- Accept that the person needs help to stay alive
- Support them in finding the help they need
- Remember we don't have to solve all their problems.

Questions like;

“Who would you feel comfortable talking to about this?”

“Who has helped you in the past?”

“Who would you like me to contact?”



STEP 4 – Make a plan

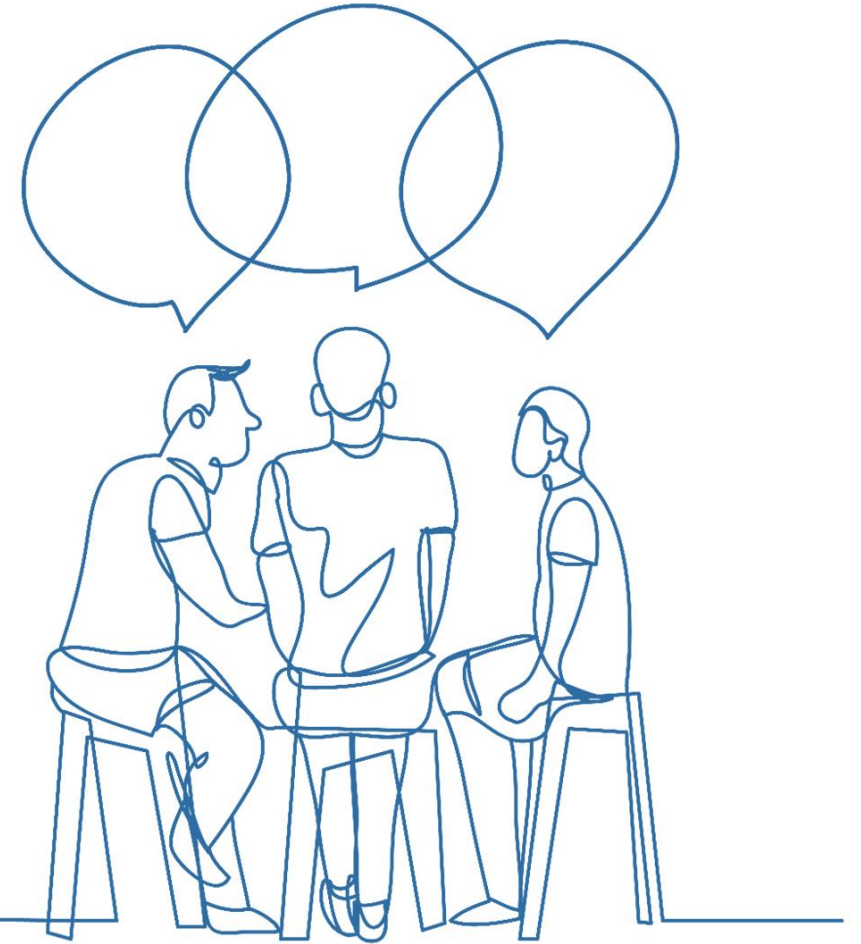
- **Don't promise secrecy**
- Help the person identify their supports
- Offer to contact family member/ GP / key person.
- Inform them of supports available, e.g. Samaritans, Pieta House HSE helpline, etc

- **Be familiar with supports available for people in distress**
- **Be familiar with protocol within your workplace.**



If there is an immediate risk of suicide

- Get help. Call **112** or **999** in a crisis.
- Inform next of kin
- If possible don't leave the person alone.
- Keep them safe, stay with them until they get help
- **Debrief with a colleague, your manager or EAP service**





IloP

7th December 2022

Ailish O'Neill

Education & Training Manager

HSE National Office for Suicide Prevention (NOSP)



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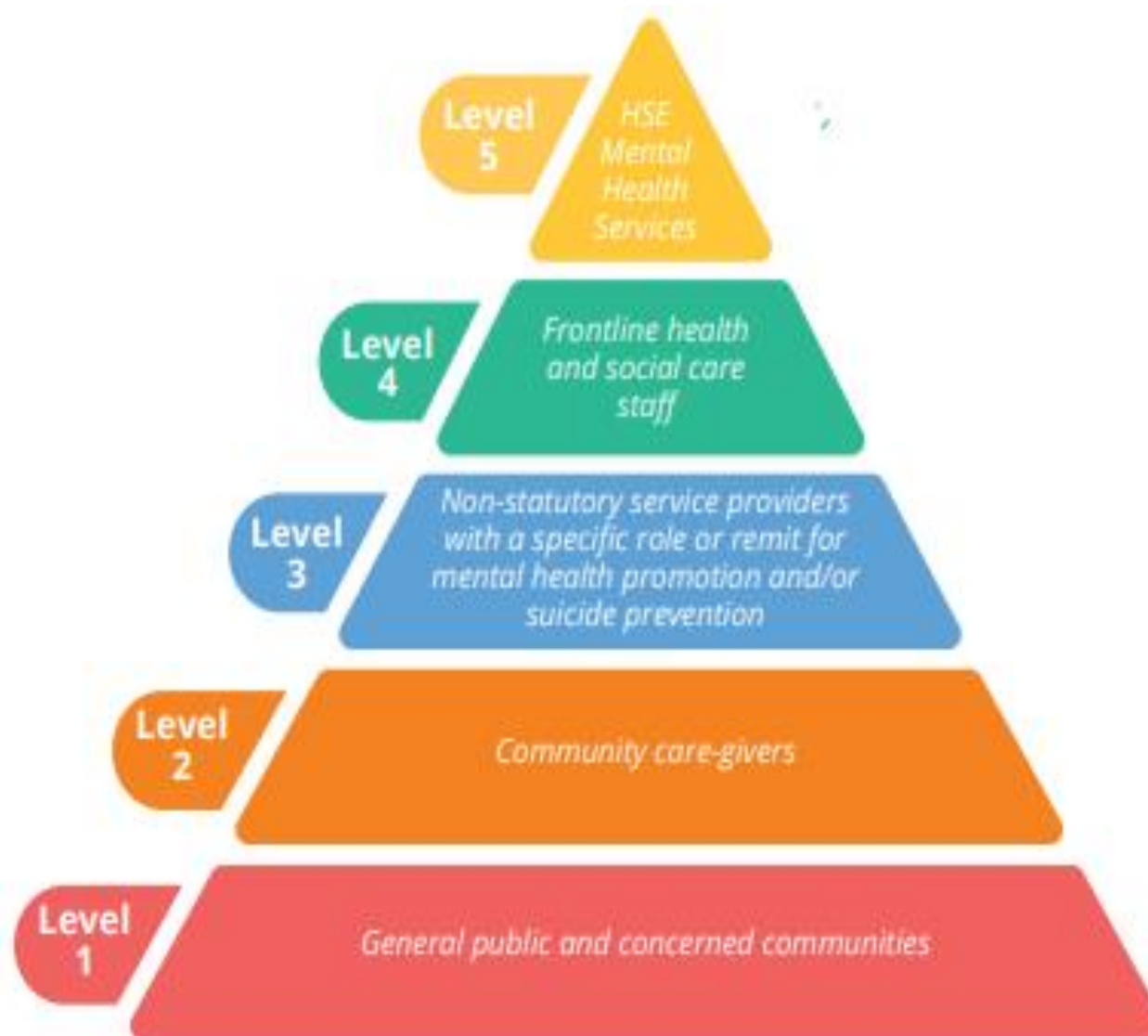


Suicide Prevention Gatekeeper Training – Delivery

Designated
Gatekeepers



Emergent
Gatekeepers




Connecting for Life




Suicide Prevention Gatekeeper Training

“Build our Capacity to respond & lean in to the conversation”




Information | Support | Services

Visit www.yourmentalhealth.ie for information and support services for your mental health and wellbeing.



Suicide Prevention Skills Online





An online, interactive suicide prevention programme. **FREE** to complete and made available in Ireland by the HSE National Office for Suicide Prevention.


Learn suicide prevention skills and improve your knowledge to keep others safe from suicide

This leaflet is available to order on www.healthpromotion.ie and has been produced by:
The National Office for Suicide Prevention
HSE Community Strategy and Planning
Stewarts Hospital, Palmerstown, Dublin 20
Tel: 01 620 1670 / E: info@nospi.ie

Version 1, November 2015 / 10/10/15



Supporting Mental Health
From a Patient's Perspective






About the HSE's National Office for Suicide Prevention (NOSP)

The role of the NOSP is to effectively support, inform, monitor and co-ordinate the implementation of Connecting for Life, Ireland's National Strategy to Reduce Suicide, 2015-2020.

The NOSP coordinates and funds safeTALK and ASIST training at a national level and these programmes are free for all individuals to attend.


ASIST is one of a number of suicide prevention training programmes available through the HSE and training is coordinated at a local level through HSE Resource Officers for Suicide Prevention and partner agencies.

For information on training programmes that are available or coming up in your area, visit www.nosp.ie/training




Information | Support | Services

Visit www.yourmentalhealth.ie for information and support services for your mental health and wellbeing.



Suicide Alertness for Everyone





A half-day suicide prevention programme. This training is **FREE** to attend and funded by the HSE National Office for Suicide Prevention.


Learn four basic steps to recognise when people have thoughts of suicide and to connect them to suicide first aid resources

This leaflet is available to order on www.healthpromotion.ie and has been produced by:
The National Office for Suicide Prevention
HSE Community Strategy and Planning
Stewarts Hospital, Palmerstown, Dublin 20
Tel: 01 620 1670 / E: info@nospi.ie

Version 1, April November 2015 / 10/10/15



Supporting Mental Health
From a Patient's Perspective







Suicide Prevention Gatekeeper Training – Emergent Gatekeepers

Livingworks START, suicide alertness training - Emergent Gatekeepers.

Level
2

Community care-givers

LivingWorks Start is a 90 minute online interactive training programme that will give you the skills and knowledge to keep others safe from suicide.

Learn the TASC model

- Tune in the possibility of suicide
- Ask about suicide
- State that suicide is serious
- Connect to help.

Level
1

General public and concerned communities

Delivered – Self-Directed Online, 90 minutes. Operationalised through Resource Officers for Suicide Prevention, located in each CHO.

[Upcoming training - HSE.ie](https://www.hse.ie/training/upcoming-training)



Connecting for Life



Suicide Prevention Gatekeeper Training – Emergent Gatekeepers

safeTALK suicide alertness training - Emergent Gatekeepers.

safeTALK provides an introduction based around increasing awareness and alertness to concerns of suicide. safeTALK training gives participants very practical skills in identifying, listening to and responding to someone who is in distress and may be at risk of suicide. These skills are a valuable resource for anyone living or working in a community.

Challenge taboos that inhibit open talk about suicide.

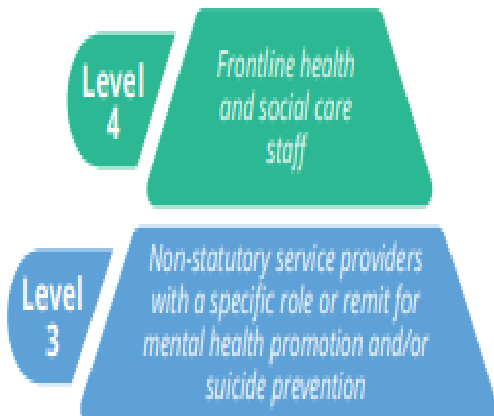
Delivered – Face to Face, over 3.5 hours. Operationalised through Resource Officers for Suicide Prevention, located in each CHO.

[Upcoming training - HSE.ie](https://www.hse.ie/training/safetalk)



Suicide Prevention Gatekeeper Training – Designated Gatekeepers

ASIST suicide intervention training – Designated Gatekeepers.



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 stay safe and seek further help.

- Identify the key elements of an effective suicide safety plan and the actions required to implement it.
- Learn what a person at risk may need from others in order to keep safe and get more help.

Delivered – Face to Face, over 2 consecutive days, 9-5pm. Operationalised through Resource Officers for Suicide Prevention, located in each CHO.



Suicide Prevention Gatekeeper Training – Designated Gatekeepers

STORM – Suicide Prevention and Self-Harm Mitigation Training has been identified as appropriate for frontline mental health services, evaluated in 2022 - Designated Gatekeepers.



STORM® is a skills-based training programme, supporting front-line workers in mental health services to assess and manage a person at risk of suicide. It aims to develop complex communication skills using role play, video feedback, attitude change, self-reflection, and feedback on practice. STORM® provides two overarching training programmes, STORM Adults and STORM Children and Young People. It takes a person-centered view, focusing on the skills of actively engaging with a person in suicidal distress.

Delivered – Online / Face to Face, over 2 consecutive days, 9-5pm. Operationalised through Resource Officers for Suicide Prevention, located in each CHO.



[Upcoming training - HSE.ie](https://www.hse.ie/training/storm)



Suicide Postvention – Supporting People Bereaved Through Suicide

Suicide Bereavement, a workshop for professionals and key contact people providing support to those bereaved by suicide.



A one day workshop, providing individuals with the skills and knowledge to support those bereaved through suicide.

- Increased understanding of the grieving process and the context of suicide
- Improved understanding of the risk factors associated with suicide
- Increased knowledge of how to support people bereaved through suicide

Delivered – Online / Face to Face, 10-4pm. Operationalised through Resource Officers for Suicide Prevention, located in each CHO.



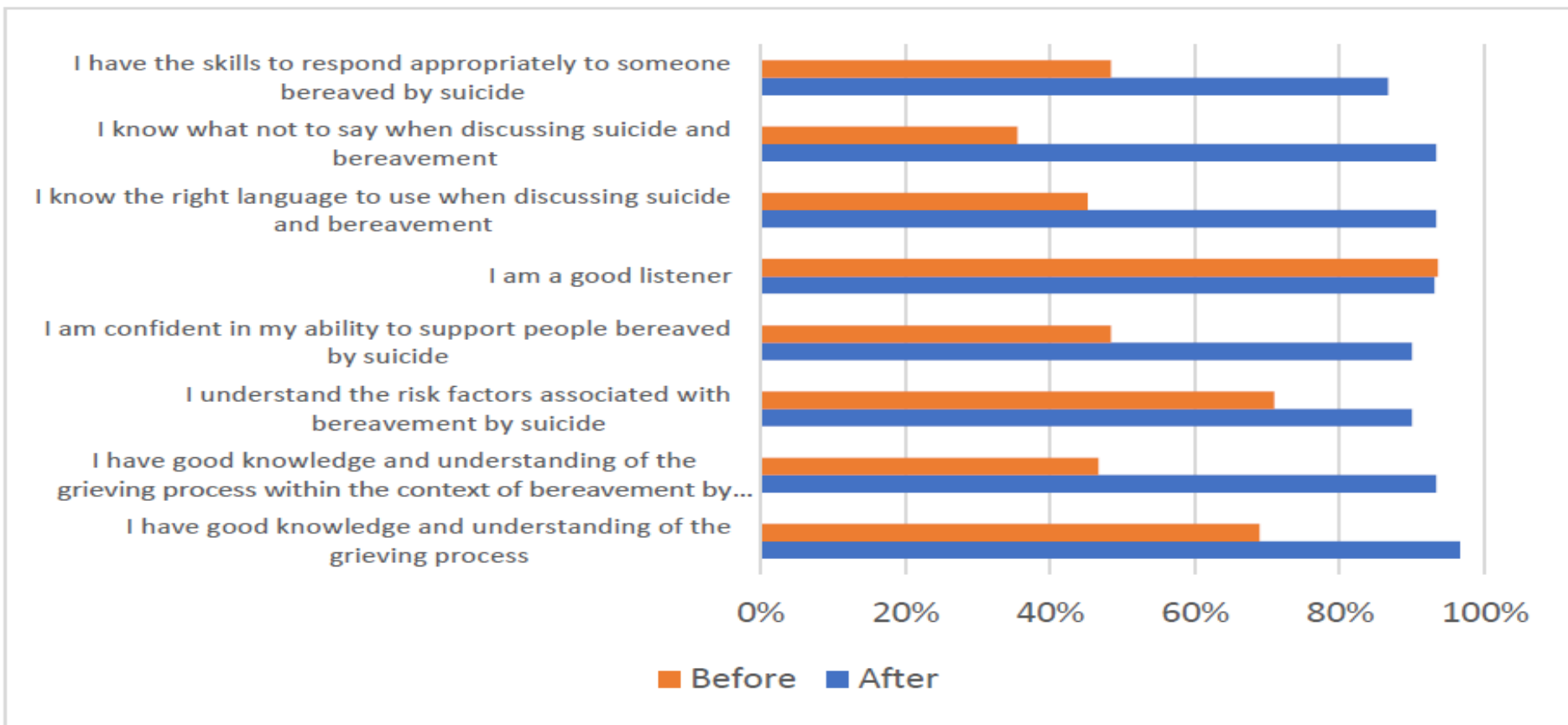
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[Upcoming training - HSE.ie](https://www.hse.ie)



Postvention Training

Over 2021 over 230 participants attended HSE, NOSP's - *Workshop for professionals and key contact people providing support to those bereaved through suicide.*





Postvention Training – Programme Implementation



Statement	Percentage agreeing or strongly agreeing
I feel empowered to tackle any negative culture relating to bereavement/suicide in my workplace	75%
I plan to share my learnings with colleagues	80%
I intend to change my own postvention practice based on what I have learned	85%
I understand the importance of self-care	95%
I know when I need to seek help	90%
I am motivated to find out more about bereavement by suicide	98%
I would recommend the course to others	93%





Understanding Self-Harm

Understanding Self-Harm

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

Consider the needs of people who self-harm

Consider self-harm and its relationship with suicide

Delivered – Online / Face to Face, 10-4pm. Operationalised through Resource Officers for Suicide Prevention, located in each CHO.

[Upcoming training - HSE.ie](https://www.hse.ie/training/understanding-self-harm)



Connecting for Life



Suicide Prevention Gatekeeper Training



“The training challenged me in so many different ways, giving me an opportunity to think about my own attitudes and how they have come to be. I was really struck at the importance of ‘asking the question’. Before the ASIST programme, I would have thought that this should be avoided. I thought that you were not supposed to step into that space. I realise now the importance of doing so, asking and being direct.”

ASIST participant, Jan '22





Suicide Prevention Gatekeeper Training



- Training can be operationalised locally through Resource Officers for Suicide Prevention

[Upcoming training - HSE.ie](#)

- Nationally through national training co-ordinators, Breaking Through

info@breakingthrough.ie

- Follow up contact details

Ailish O'Neill, ailish.oneill3@hse.ie

Dr. Philip Dodd. philip.dodd@hse.ie





Suicide Prevention Gatekeeper Training



Thank you for your time tonight.

