

World Suicide Prevention Day

Working Together to Prevent Suicide

10th September 2018
#wspd18

Ireland

In Ireland, the Central Statistics Office (CSO) provides mortality data including deaths by suicide. This data is provisional at first, then revised officially and it is then revised again to include late registered deaths.

The following are numbers of deaths by suicide in Ireland, provided by the CSO:

2017	392 - <i>provisional data</i>
2016	399 - <i>provisional data</i>
2015	425 - <i>official data</i>
2014	486 - <i>official data</i>
2013	543 - <i>includes late registrations</i>
2012	576 - <i>includes late registrations</i>

The number of deaths classified as **undetermined** each year, ranges from **27** to **56** for the above years.

Based on the most recent official data (2015), the age categories with the highest rates of suicide are;



Males account for approximately **80%** of all deaths by suicide in Ireland. This is a similar proportion in many other countries across the globe.

An increase in the suicide rate in Ireland between 2007 and 2012 can be wholly attributed to an increase in male deaths. This coincided with the onset of economic recession in Ireland.

Sources:

International Association for Suicide Prevention IASP
WHO Preventing Suicide: a Global Imperative 2014
Eurostat
Central Statistics Office

September 2018
HSE National Office for Suicide Prevention
www.nosp.ie www.connectingforlifeireland.ie

Globally

Over **800,000** people die by suicide annually.

Suicide is the **15th leading cause** of death globally, accounting for 1.4% of all deaths.

The global suicide rate is **11.4 per 100,000** population.

For every 1 suicide, it is estimated that **25 people** make a suicide attempt.

It is estimated that **135 people** are affected by each suicide death.

WHO Member States, including Ireland, have committed to work towards the global target of reducing the suicide rate in countries by **10% by 2020**.

Europe

Ireland's **overall** suicide rate is not high by European comparison:

- In 2015, Ireland's overall suicide rate was **9.59 per 100,000** population.
- This was the **10th lowest** of 33 European countries.

Ireland's suicide rate among **young people** (aged 15-19) is high by European comparison:

- In 2015, Ireland's youth suicide rate was **7.02 per 100,000** population.
- This was the **7th highest** of 33 European countries.

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Connecting for Life

7 strategic goals 69 targeted actions

Connecting for Life is Ireland's National Strategy to Reduce Suicide, 2015-2020. Its 7 goals relate to:



Connecting for Life is based upon current national and international evidence in relation to effective suicide prevention strategies.

The actions within Connecting for Life are being implemented at many different levels by all the agencies involved. The National Office for Suicide Prevention (NOSP) has a role in monitoring and tracking implementation and progress.

The **Implementation Plan** and **Progress Reports** for the Connecting for Life strategy are available at www.connectingforlifeireland.ie.

Connecting for Life

22

 lead agents

22 government departments or agencies have made commitments to deliver on many of the 69 actions in Connecting for Life. In addition to the HSE, lead agents include;

- Department of Education and Skills
- Department of Agriculture, Food & the Marine
- Department of Health
- Department of Communications, Climate Action & Environment
- The Press Council of Ireland
- Department of Justice and Equality
- Department of Children and Youth Affairs
- Department of Defence
- Department of Social Protection

28

 NGO partners

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 NOSP's budget is allocated to these frontline services. Examples of key partners include;

- Samaritans
- The National Suicide Research Foundation
- Pieta House
- Aware
- BeLong To
- Exchange House
- Childline
- Suicide or Survive
- Shine
- SpunOut.ie

17

 area-level plans

15 of the 17 area-level Connecting for Life action plans are now in place and being implemented across the country. These local action plans support the national goals. Each area has established local implementation structures and partners to advance actions in their areas.

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In a crisis, it is important that you get help as soon as possible. A crisis can be when someone might harm themselves, harm someone else, or is at immediate risk of suicide.

What to do in a crisis

Contact your GP. If it is late in the evening, during the night or at the weekend, contact your nearest **GP Out of hours** service.

You can also call **Emergency Services** anytime on **999** or **112**.

Go to (or contact) the **Emergency Department** of your nearest hospital.

If you have been (or are currently) supported by a **Mental Health Team**, contact them to ask for an appointment as soon as possible.

Remember that there are many other supports and services available if you are struggling with your mental health.

Visit www.yourmentalhealth.ie for more mental health information and services.

One example is **Samaritans** who provide confidential, non-judgemental support 24 hours every day.

Freephone **116 123**
Text **087 260 90 90** (standard message rates apply)
Email jo@samaritans.ie

Worried about someone?

If a friend or family member is going through a difficult time;

Ask, listen and offer your support

Being there for someone and offering a listening ear when they need to talk, will make a big difference for them and for you. It can be a huge relief for the other person to know you are there. They may feel such relief that the problem may resolve itself by talking it out with you. People often want to talk but find it hard to start the conversation.

1 Show You Care

Focus on the other person, make eye contact and put away your phone.

2 Be Patient

It may take time and several attempts before a person is ready to open up. Give the person space and time.

3 Use Open Questions

These questions are objective and require a person to pause, think and reflect and then hopefully expand.

4 Say it Back

Repeating something back to somebody is a really good way to reassure them that they have your undivided attention.

5 Have Courage

Listen without being judgemental or offering solutions. Don't be put off by a negative response and don't feel you have to fill a silence.

Remember, if you are worried that someone is thinking about suicide, don't be afraid to ask the direct question – **are they suicidal?** The best you can do is to listen to them without judgement or blame.

Simply asking the question does not give someone the idea. If the answer is yes, don't panic.

Listen, get advice and ask for help.

More on www.yourmentalhealth.ie