

Supporting One Another

**An Action Plan
for County Wexford
Aimed At Assisting
In The Prevention of Suicide**

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Foreword

For the period 1990 to 2000 inclusive there have been 163 deaths by suicide registered by the Central Statistics Office as having occurred in County Wexford. Of these, 137 were males and 26 females. During this same period many more were admitted to the Accident and Emergency Department of Wexford General hospital having engaged in self harm. The effects that both these events have on individuals, families and communities are incalculable.

Suicide is a very complex issue and is a major public health concern at present. Major strides have been made in attempting to address the issue in Ireland over the past five years. In 1998 the Minister for Health published the Report of The National Task Force on Suicide. This report contained 86 recommendations under 5 headings. The report identified the various authorities with jurisdiction in suicide prevention strategies and their respective responsibilities. Health Boards have been pro-active in this area and all boards now have dedicated resources targeted at suicide prevention. This Action Plan dovetails with the South Eastern Health Boards Suicide Prevention Strategy, which is addressing issues such as service provision. Voluntary community bodies have also been very active in supporting individuals and groups who need understanding and care locally during their time of need.

This partnership approach under the auspices of the Wexford County Development Board is a very novel and unique approach to addressing the issue of suicide prevention. The Action Plan builds on the work that is already underway in the County and encompasses the development, promotion and further support of

that work. It is an integrated plan involving statutory bodies, community groups and voluntary organisations in a partnership approach in attempting to influence the rising numbers of people in our communities that are dying by suicide. The Action Plan is broad ranging and comprehensive. It is the result of a comprehensive consultation process and is adaptable as needs may arise. It identifies actions that need to be carried out and who the agencies are that can influence and support that action. It also sets out timeframes for the implementation of these actions. Evaluation of the Action Plan is also critical if we are to be informed as to its effectiveness. It should not be seen as the final solution to our difficulties but as part of the building blocks that need to be in place to address this issue.

I warmly welcome the development of this Action Plan and look forward to its implementation. Sustaining this over the life span of the Action Plan is critical. This shall be dependent on the level of collaboration between the statutory, voluntary, community and public bodies. Through such collaboration we can hopefully address in a meaningful way suicide in our community, as it is an issue for us all.



Gus Byrne
Chairman of Wexford County
Development Board

Preface

The suicide prevention Action Plan for County Wexford is the result of collaborative work between the statutory and voluntary services in County Wexford, with an interest in the reduction of suicidal behaviour. It arose from a great deal of concern about the numbers of suicides occurring in the county. It provides an integrated approach towards attempting to reduce the pain and loss that is associated with death through suicide.

The consultation process that has been undertaken in compiling this Action Plan has enabled all interested parties to influence the content of the plan. There is a heavy focus on enhancing protective factors and in reducing risk factors associated with suicidal behaviour. This approach mirrors many other action plans that have been adopted both nationally and internationally. The partnership approach empowers and supports all stakeholders in their efforts at attempting to influence the increasing numbers of death by suicide in our community. The success of the Action Plan is

dependent on collaboration between the various partners. It is only by all parties meeting their obligations and by working together in tackling this increasing public health problem can we achieve the targets as set out in the Action Plan.

I wish to thank the National Suicide Review Group, various organisations, individuals, health professionals and all others who contributed their time and expertise in formulating this Action Plan.



Con Pierce
Chairperson of Suicide Prevention
Task Group

Background

This Action Plan is based on learning gleaned from national and international prevention strategies. The World Health Organisation, the Assembly of European Regions group for the prevention of suicide and life threatening behaviour, the Report of the National Task Force on Suicide 1998 and the Suicide in Ireland 2001 a national study, along with other reports, recommended that co-ordinated strategic approaches need to be taken to tackle the increasing numbers of deaths by suicide. The United Nations Guidelines for the formulation and implementation of National Strategies recommends that we should aim "to promote, co-ordinate and support..... intersectional programmes for the prevention of suicidal behaviour at national, regional and local levels".

Informing the Action Plan alongside the various reports was a consultation process conducted in the Wexford region. This was necessary so as to be aware as to local needs and concerns. A one-day conference entitled 'Supporting one Another' was held in April 2003. During this a series of workshops were

convened to make recommendations for inclusion in the Action Plan. The workshop titles were: -

- ❖ The role of non-health service agencies in suicide prevention. How can other statutory services and voluntary groups contribute to suicide prevention?
- ❖ Supporting the individual in crisis.
- ❖ Supporting children in crisis.
- ❖ Education and training in relation to suicide and self-harm:
What's available?
What's required?

Following on from the conference, a consultation process, which took the format of focus group discussion, was conducted with the County Wexford Community Forum, which represents 388 organisations in the community and voluntary sector across County Wexford. This involved meeting representatives of each of the four local Community Forum groups from New Ross, Enniscorthy, Gorey and Wexford. The recommendations from this process informed the Action Plan.

Process

As a result of concerns expressed in County Wexford in relation to deaths among young people (see appendix I), and the level of cases of self-harm admitted to Wexford General Hospital, the South Eastern Health Board and its Regional Suicide Resource Officer, Mr. Sean McCarthy, organised a conference held in Enniscorthy on April 8th, 2003. The conference was attended by 114 people and included inputs on the following topics:

- ❖ Opening address by Mr. Pat McLoughlin, C.E.O., South Eastern Health Board.
- ❖ Preventing Suicide: The need for an Integrated Strategic Partnership Approach by Dr. John Connolly, Irish Association of Suicidology.
- ❖ Suicide in Our Region: The South Eastern Health Board's Response to Date, by Mr. Sean McCarthy, Regional Suicide Resource Officer, SEHB.
- ❖ Local Services: What's Available? By Dr. Liam Watters, Consultant Psychiatrist, Wexford Mental Health Services.
- ❖ Suicide Prevention in Ireland - A Journey 1998-2002. What has been achieved since the publication of the 'Report of the National Task Force, Supporting One Another', by Mr. Brian Howard, C.E.O., Mental Health Ireland.
Details of programme are listed below.

Programme

Opening Address

Mr. Pat McLoughlin,
C.E.O., South Eastern Health Board

Suicide Prevention in Ireland - A Journey, 1998 - 2002.

What has been achieved since the publication of the 'Report of the National Task Force'?

Mr. Brian Howard,
C.E.O, Mental Health Ireland

(Chairperson: Mr. Pat McLoughlin, CEO, SEHB)

Preventing Suicide:

The need for an Integrated Strategic Partnership Approach

Dr. John Connolly,
Irish Association of Suicidology

(Chairperson: Mr. Seamus Dooley, Wexford County Manager)

Suicide in Our Region: The South Eastern Health Board's Response to Date

Mr. Sean McCarthy,
Regional Suicide Resource Officer, SEHB

(Chairperson: Mr. Seamus Dooley, Wexford County Manager)

Local Services: What's Available?, by Dr. Liam Watters, Consultant Psychiatrist, Wexford Mental Health Service.

(Chairperson: Mr. Sean McCarthy Regional Suicide Resource Officer)

Workshops

**The Role of Non Health Service Agencies in Suicide Prevention.
How can other Statutory Services and Voluntary Community Groups
Contribute to Suicide Prevention?**

Mr. Derek Chambers,
National Suicide Review Group.

*(Chairperson: Mr. Tony Larkin, Director of Community Services,
Wexford County Council)*

**Supporting the Individual in Crisis
Wexford Mental Health Services**

(Chairperson: Mr. Joe Casey, In-Shore Rescue Services)

Supporting the Bereaved. The Impact of Suicide on Relatives and Friends.

Mary Begley,
Suicide Strategy Co-ordinator,
Mid - Western Health Board.

(Chairperson: Ms. Kay Cullen, Wexford Bereavement Support Group)

**Education and Training in relation to Suicide and Self-Harm.
What's Available & What's Required?**

Ms. Agatha Lawless & Mr. John Kennedy,
Training/Development Officers,
Regional Suicide Resource Office, SEHB.

(Chairperson: Mr. Sean McCarthy, Regional Suicide Resource Officer)

Supporting Children at a Time of Crisis

Mr. Peadar Maxwell,
Senior Clinical Psychologist, Wexford.

(Chairperson: Mr. Con Pierce, Manager, Wexford Community Care)

Following the recommendations at the conference and with the knowledge, that the prevention of suicide requires extensive collaboration and intersectional working, the Wexford County Development Board established a Suicide Prevention Taskgroup.

The National Suicide Review Group supported the work of the Suicide Prevention Taskgroup. The terms of reference, listed below, were adopted by the Suicide Prevention Taskgroup on their inaugural meeting on, Wednesday, 14th May, 2003.

Terms of reference of Co Wexford Task Group aimed at Assisting in the Prevention Of Suicide

- ❖ To facilitate intersectoral working and collaboration in the prevention of suicide.
- ❖ To create an awareness and understanding of the risk factors of suicide.
- ❖ To examine and assess current awareness and preventative programmes in relation to the prevention of suicide.
- ❖ To draw conclusions on current needs based on feedback from recent seminars and consultations with local communities and agencies.
- ❖ To draw up an integrated Action Plan for the prevention of suicide in Co Wexford.
- ❖ To set a timeframe for the implementation of the plan.
- ❖ To assist with and monitor implementation of the Action Plan.

Membership of Co Wexford Suicide Prevention Task Group

Name	Title	Address
Mr. Con Pierce	General Manager; Chairperson, Wexford Suicide Prevention Task Group	Community Services, Community Care Offices, South Eastern Health Board, Upper George's Street, Wexford
Mr. Bernard O'Brien	General Manager	Wexford Area Partnership, Cornmarket, Wexford
Mr. John Kelly	Community Services Manager	County Wexford Partnership, Mill Park Road, Enniscorthy, Co. Wexford
Garda Sandra Masterson	An Garda Síochána	Wexford Station, Roches Road, Wexford.
Mr. Séan McCarthy	Regional Suicide Resource Officer, S.E.H.B.	Front Block, St. Patrick's Hospital, Johns Hill, Wexford
Mr. Bill Walsh	Programme Co-Ordinator	W.O.R.D. Johnstown Castle, Co. Wexford.
Mr. Jack Higginbotham	Representative Wexford Community Forum	Killeens, Wexford
Mr. Tony Larkin	Director of Services, Planning, Community and Enterprise	Wexford County Council, County Hall Wexford
Mrs. Jeanne Hendrick	Manager	Wexford Psychiatric & Geriatric Services, St. Senan's Hospital, Enniscorthy, Co. Wexford
Ms. Eileen Coman	Community & Enterprise Development Officer Community & Enterprise	Wexford County Council, County Hall, Wexford.
Mr. Frank D'Arcy	Project Manager	W.O.R.D., Johnstown Castle, Wexford.

Wexford Statistics

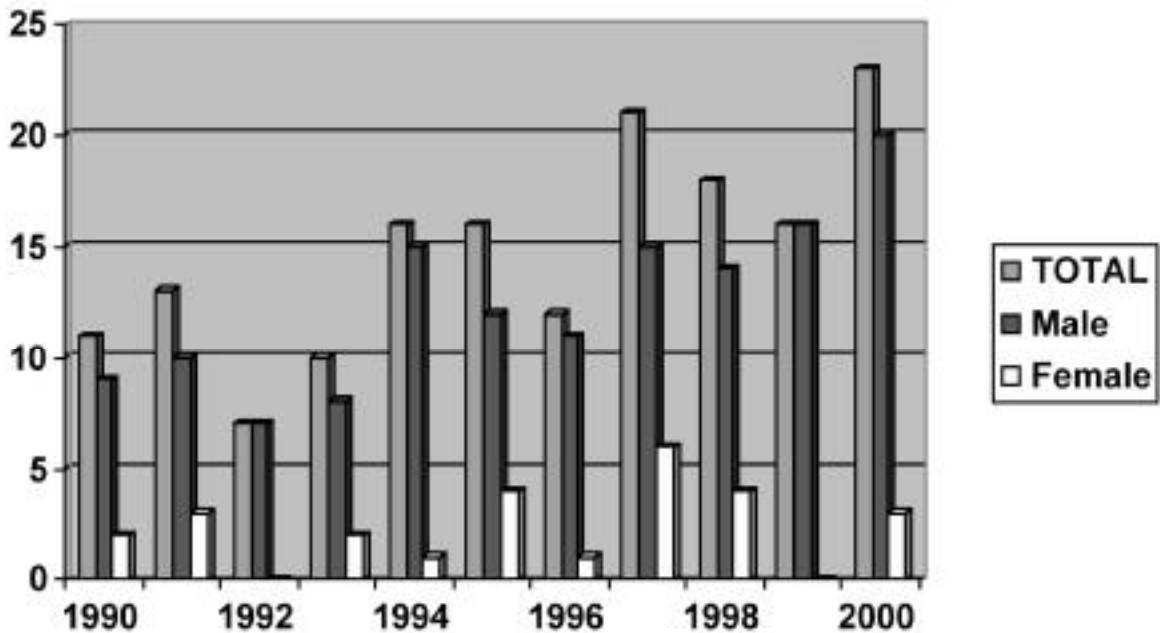
Para-suicide is defined as any ‘non-fatal act which an individual deliberately undertakes, knowing that it may cause them physical harm or even death. It includes acts involving varying levels of suicidal intent including definite attempts at suicide and acts where the individual had no intention of dying’.

Over the period from 1 January to 31 December 2002, 908 individuals were treated within the South Eastern Health Board for 1,114 episodes of para-suicide. In Wexford General Hospital over the same period a total of 271 presentations to the Accident and

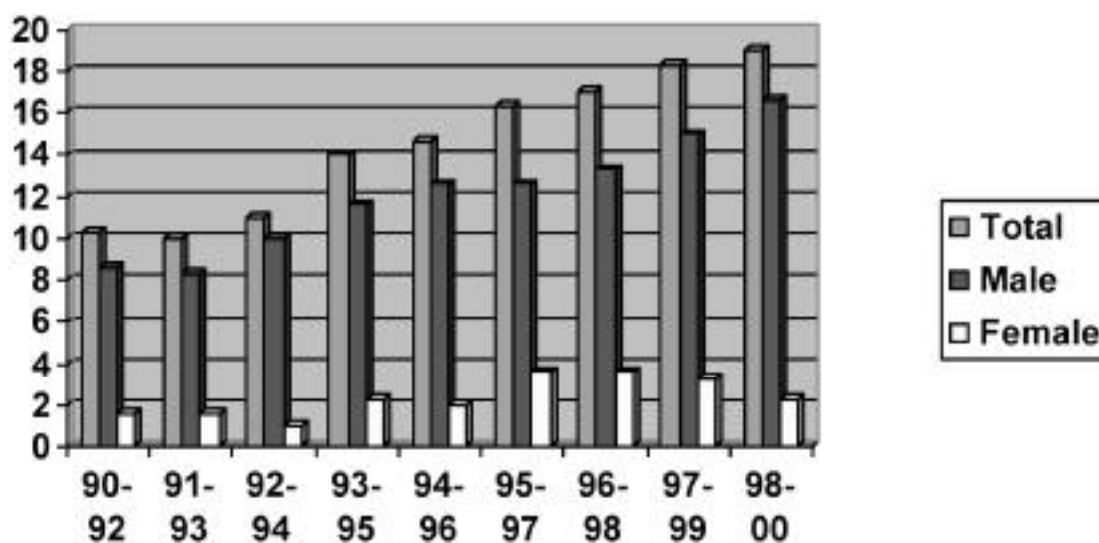
Emergency Department were recorded. Of this figure 152 (61.3%) were females and 119 (38.7%) were males.

In County Wexford a Liaison Psychiatric Nurse has been appointed to Wexford General Hospital. A Non-Consultant Hospital Doctor (NCHD) Service under the Supervision of a Consultant Psychiatrist is provided on a daily basis to focus on Deliberate Self Harm (DSH). In 2003, there were 417 consultations of which 132 were Nurse-led, i.e. initial referral indicated DSH.

**Number of deaths registered as suicides by year of occurrence in County Wexford
1990 - 2000 inclusive**



Three year moving averages of death registered as suicides by year of occurrence in Wexford 1990 - 2000



The figures represented above are for deaths that occurred in those calendar years.

Deaths from suicide classified by County of residence of deceased, sex and age group. Year of registration 2001

Year	County	Total	Male	Female	5-14	15-24	25-34	35-44	45-54	55-64	65-74	75+
2001	Wexford	15	13	2	0	3	0	4	1	0	2	0
2002	Wexford	16	15	1	0	4	4	2	4	1	0	1

Explanatory note.

The figures for deaths registered as suicides are released by the Central Statistics Office, vital statistics section. At the time of compiling this Action Plan there was no data available to us in relation to deaths for the year 2003

Consultations

The Task Group undertook a widespread consultation process in the preparation of this Action Plan. The following are the outcomes of those consultations.

Consultation with clergy: The Task Group consulted with Fr. Jim Cogley, nominated by Bishop Eamonn Walsh, on behalf of the clergy of the diocese.

The output of the consultation raised the following issues:

- ❖ **The Appropriateness of Services**
To deal with loss, depression and separation issues for men. Individuals are referred to psychiatric services and may become dependent on the service. Constraints include prescription of anti-depressants; more services for individuals to tell their story are required. Often underlying unresolved issues or traumas give rise to biochemical imbalance. The need for widespread anger management training was raised.
- ❖ **Family Patterns**
Issues recur within families due to unresolved issues and traumas.
- ❖ **Abuse**
Adults who, as teenagers have been involved in sexual experimentation of an innocent nature, as adults and in the light of the issues raised by the media may view their past actions too seriously.
- ❖ **Identity and Sexuality**
As a result of experiences perceived

as negative, a person may ignore their positive attributes and become focused on the negative to the point of self-harm. Acceptance of self forms the basis for psychological growth.

- ❖ **Young People's Needs**

Young people in the schools are asking for information on and an understanding of suicide, separation, depression, mood swings and life issues. Information used with knowledge and skill would be very useful in this setting.

- ❖ **The Role of Clergy as Information Givers**

In the context of waves of suicides, priests at services following deaths are willing and wish to inform people who are having a difficult time, where to access help. This could be incorporated into the religious service.

- ❖ **Booklet on the Issue of Abuse**

There is a need for a booklet to be universally available on the symptoms and understanding of abuse. Suicide can be linked to sexual abuse. Addictions may be a symptom of previous trauma. Abused people tend to blame everything else but the abuse for their depression.

As a result of the consultation the following new action was agreed. That pastoral services would be provided with information and training by the SEHB on locally available and appropriate services.

Consultation with County Wexford Community Forum/Conference Outputs

The Chairperson, Mr. Con Pierce reported that he, Séan McCarthy, Ms. Eileen Coman and Ms. Jeanne Hendrick met with the County Wexford Community Forum members on 27th May, 2003. The contributions of the Forum were circulated to each member of the task-group. Each item was discussed by members of the group and has been included in the Action Plan.

Output of consultation with the County Wexford Community Forum:

❖ **Information/Awareness**

There is a need for wider dissemination of information to places where people meet. Information leaflets should be distributed to the following places:

- ◆ Sports Clubs
- ◆ Night Clubs
- ◆ Public Houses
- ◆ Schools
- ◆ Churches

❖ **Community Alert** scheme should be expanded involving the community wardens

❖ **Education** around use of positive language as against negative language, e.g. avoid use of belittling remarks, which can impact on a persons self esteem.

❖ **Youth**

Develop alternative entertainment centres to pubs for young people who want to avoid such areas or who don't drink alcohol.

Develop weekend entertainment activities for those who don't participate in sport.

Provision of confidential line to Gardai to enable the giving of information re drug taking/selling etc. (strong emphasis on confidentiality of line).

❖ **Work Place**

There is a need to focus on people in the 25/34-age bracket through the work place.

There is a need for greater focus on those who work in isolation, e.g. self-employed/farmers.

Input from Consultant Psychiatrists, Wexford Mental Health Services.

❖ Suicide is a complex issue and has a wide variety of contributory causes. The response to this problem must be multi-faceted. The facts span a spectrum, from input into school curriculum, to monitoring the sale of analgesics, to promoting understanding of positive mental health, to promoting positive lifestyle, to enabling greater sensitivity of the media to their reporting around the issue and to reducing the stigma associated with mental illness.

❖ Targeting schools is important and a programme around the training of teachers to recognise stress in students etc and involving them in interventions following the death of a student, would be of benefit.

❖ The targeting of scarce resources towards high-risk groups must be a priority of the Mental Health Services. One area of treatment that is patently lacking, are the treatment strategies of Cognitive Behaviour Therapy, Family Therapy and realistic accessible addiction counselling.

Other Issues Raised in the Consultation Process:

The members discussed each issue raised through the consultations on an item-by-item basis, in drafting the Action Plan.

- ❖ Establish who is responsible for ensuring that lifebuoys are in situ.
- ❖ Develop a research programme to establish if there are linkages or common issues that have affected those who have taken their lives.
- ❖ Establish an awareness programme around the dangers associated with medications particularly over the counter medications for County Wexford.
- ❖ Provide a medications dump for unused medications in County Wexford.
- ❖ Provide a depression awareness programme for County Wexford.
- ❖ Get a nomination from each of the four County Wexford Community Forum areas, Enniscorthy, Gorey, New Ross and Wexford, to co-ordinate with the South Eastern Health Board training and awareness of health related issues in each area.
- ❖ Produce an information sheet/leaflet relating to risk factors and arrange distribution in each County Wexford Community Forum area.
- ❖ Make people aware of supports that are available in County Wexford.
- ❖ Promote sensitive reporting in the media.
- ❖ Extend the Community Games programme up to the age of 18 and broaden its base in County Wexford.
- ❖ Provide Mental Health promotion in the transition year programme of second level schools.
- ❖ Target the work place for mental health promotion and awareness of services that are available when people are in distress.

Enhancing protective factors

Rationale

Protective factors are the positive conditions, personal and social resources that promote resilience and reduce the potential for suicide. The following are some factors that have been found to be specific protective factors:

- Strong social supports
- Good mental health
- Good nutrition and physical health
- Hopefulness
- Remaining in education
- Problem solving ability
- Moderate alcohol intake
- Resilience
- Restricted access to means of suicide
- Strong religious / spiritual belief

By enhancing and building upon the protective factors present within individuals and communities it has been shown that we can help in supporting those who may be vulnerable to suicidal behaviour. The process of enhancing protective factors is one that begins early in life and continues throughout our life span. Therefore all sectors of society have a role to play in developing resilience, well being, and a sense of community, which can support us at a time of crisis. The implementation of programmes such as Social Personal and Health Education and Mental Health Matters into both the education and out of school sector are examples of how we can build protective factors for the future.

Enhancing protective factors

Action	Responsible agency	Aimed at	How do we proceed?	Implementation date
1. Provide information to communities, in relation to suicide warning and risk factors.	SEHB Suicide Resource Office	General population	Further distribution of available resource material	2005
2. Provide a depression awareness programme for the Wexford County area Inform public of supports and services, which are available.	Mental Health Alliance Groups, Wexford Mental Health Services	General population	Recommend development of such a programme. Highlight it through local media.	2005 Ongoing
3. Highlight services available in Co. Wexford to people and communities.	SEHB	General population	Further distribution of existing resource material such as relevant directories and help and health cards.	2005
4. Continue to develop holistic health and mental health promotion material for people of all ages to prevent further suicides.	Mental Health Alliance/Health Promotion Dept. SEHB.	General population	Audit existing material and identify gaps. Develop appropriate material if lacking.	2005-2006
5. Promote community awareness through County Wexford Community Forum with the SEHB.	SEHB County Wexford Community Forum	Community and voluntary sector groups.	Seek nomination	2005
6. Highlight the dangers associated with alcohol and drug consumption/addiction and their link to increased risk of suicide.	SEHB Local Addiction Team. County Wexford Task Force. CBDI's	General population/ young people		2005
7. Establish an awareness programme on the dangers associated with medications, particularly over the counter medications. Rec 3.8 ¹	SEHB/ Pharmaceutical Bodies Veterinary Bodies National Suicide Review Group	General Population	Review South Western Area Health Board pilot programme. "DUMP" replicate if appropriate	2005-2006
8. Publish directory of all recreational clubs and organisations, outlining availability and contact details. Rec 2.6	Co Wexford Community Forum	General Population	Establish working group to develop directory	2005 Updated annually

¹Recommendations refer to the recommendations contained in the Report of the National Taskforce on Suicide 1998.

Action	Responsible agency	Aimed at	How do we proceed?	Implementation date
9. Target the workplace for mental health promotion and awareness of services available to people in need. Rec 3.6.4. ¹	Employers groups, staff associations, trade unions, Health Promotion Dept, SEHB.	General workforce	Establish links between SEHB employers groups and staff associations.	2005-2007
10. Provide awareness training to FAS Community Employment Schemes/Job initiative/Social Economy Project participants/workers. Rec 3.3 ¹	SEHB Suicide Resource Office	All those interested in and with a responsibility for suicide prevention.	Develop and deliver a programme of awareness training for relevant groups and associations.	2005
11. Deliver skills based training to front line responders and others who may encounter suicidal persons.	SEHB Suicide Resource Office	Front line responders, health services staff, Gardai, and others.	Plan and deliver a skills based intervention programme for relevant groups.	2005-2006
12. Support parents and young people in problem solving and child-parent relationships.	Schools, Youth Services, Co. Wexford Community Forum, Health Promotion Unit, SEHB. Co.Wexford Partnership	Parenting groups.	Review existing parenting programmes. Plan delivery of appropriate programme.	2005-2006
13. Support peer led training projects	Youth services, schools. Meitheal Programme	Young people	Promote the use of peer led projects where appropriate.	2005
14. Promote more sensitive reporting in the press. Rec 3.3.7 ¹	SEHB Communications Office, Resource Officer, Media	Media, general population	Build on existing links, promote use of media guidelines.	Ongoing
15. Inform clergy in Co. Wexford on locally available services, for their pastoral role.	SEHB Clergy of all denominations.	General population	Liaise with church bodies	2005

¹Recommendations refer to the recommendations contained in the Report of the National Taskforce on Suicide 1998.

Reducing risk factors

Rationale

By reducing the number of risk factors impacting on the individual we may be able to assist in reducing their vulnerability to engaging in suicidal behaviour. Risk factors are stressful events, situations and/or conditions that may increase the likelihood of a person completing a suicide. Risk factors may be present at birth e.g. family history of suicide/genetic predisposition. They may develop as a person goes through life e.g.

depression, alcohol/drug abuse. Stressful life events such as relationship break up, loss events such as bereavement; financial losses and imprisonment can all place a person at risk.

If we have knowledge of these risk factors and warning signs of suicide we may be able to recognise a person in distress and encourage them to access the help and support that is available.

Reducing risk factors

Action	Proposed responsibility	Aimed at	How do we proceed?	Implementation date
1. Develop easier access to appropriate health and social support services.	SEHB, social partners, SEHB review group	General population	Inform the current Review of Mental Health Services.	2005
2. Adopt approaches to raise awareness and eliminate the stigma associated with depression and mental illness.	Mental Health Alliance, Health Promotion Unit, Wexford Mental Health Services. media.	General population	Review existing anti-stigma campaigns. Develop and implement campaign in local area.	2005
3. Promote Irish Water Safety Assoc. Programme and swimming as part of the school curriculum and programmes of other services for young people.	Dept of Education and Science, Schools, Youth Services, Local Authorities.	Young people.	Encourage the use of local amenities to foster an environment where all young people have an opportunity to learn how to swim.	2005
4. Promote alternative entertainment centres for young people who want to avoid pubs or who don't drink alcohol.	Youth Services, Local Authorities, Co. Wexford Community Forum. No Name Clubs.	Young people.	Encourage young people to engage with local community activity.	2005
5. Develop a greater focus on those who work in isolation e.g. self-employed/farmers/all categories in the home alone, older people etc. Rec 3.6	W.O.R.D. Farming Organisations. Community groups and services for older people; TUS	Self-employed Farmers, people living in isolation. the older people.	Encourage inter-agency collaboration in developing responses to the needs of these groups.	2005 Ongoing
6. Provide a medications dump for unused medications in the Wexford area in association with the pharmacy and veterinary bodies. Rec 3.8	South Eastern Health Board. Pharmaceutical bodies. Farming bodies.	General population	Establish protocol for establishment of unused medications dump in the County.	2006
7. Establish an awareness programme on the dangers associated with medications, particularly over the counter medications. Rec 3.8 ¹	SEHB/ Pharmaceutical Bodies Veterinary Bodies National Suicide Review Group	General Population	Review South Western Area Health Board pilot programme. "DUMP" replicate if appropriate	2005-2006
8. Support the establishment of voluntary community support groups.	Statutory Agencies. Local Development Agencies. Mental Health Alliance. County Wexford Community Forum.	Service users and their families	Liaise with South East Mental Health Alliance Group.	2005 Ongoing

¹Recommendations refer to the recommendations contained in the Report of the National Taskforce on Suicide 1998.

Action	Proposed responsibility	Aimed at	How do we proceed?	Implementation date
9. Encourage contingency planning as part of the health and safety statement in organisations in the event of suicide or attempted suicide. Plan should address prevention, intervention and postvention.	Employer groups, staff associations, Chambers of Commerce, Farming bodies. Suicide Resource Office.	Workforce and their families.	Liaise with the Health and Safety Authority.	2005-2006
10. Develop an emergency response protocol, comprising of voluntary and statutory agencies.	Wexford County Council	General population	To be included in next review major emergency plan for County Wexford.	2005
11. Develop a research proposal to establish if there are linkages or common issues that have affected those who have taken their lives. Rec 6.1	Regional Suicide Resource Office. Gardai. Wexford CDB.	General population	Develop research proposal	2005-2006
12. Develop further assertive outreach to affected persons following a suicide. Rec 5.1	Regional Suicide Resource Office, bereavement services, local health service providers.	Bereaved Families	Evaluate current outreach programme. Implement appropriate recommendations from evaluation.	2005-2006
13. Maintain and develop the bereavement counselling service. Rec 5.1	SEHB	Bereaved Families	The bereavement counselling service should be maintained and built upon. Rec 5.1	Ongoing
14. Promote consideration of suicide risks in the design of public infrastructure. Prioritise maintenance and siting of lifebuoys.	Local Authorities Gardai	At risk groups	Inform the development of the National Action Plan for Suicide Prevention.	2005
15. Provide adequate and appropriate counselling services for individuals with sexual identity issues.	SEHB	At risk groups	Include in SEHB review agenda	2005
16. Review mental health service to have regard for the recommendations of this report ¹ .	SEHB	General population	Inform current review of mental health. See appendix V for terms of reference.	2005

¹Recommendations refer to the recommendations contained in the Report of the National Taskforce on Suicide 1998.

Suicide Fact and Fiction ³

Fiction	Fact
People who talk about it don't commit suicide.	Most people who kill themselves have given definite warnings of their intention
Suicidal people are absolutely intent on dying.	Most suicidal people are ambivalent about living and dying; they gamble with death but may retain the desire to live.
Suicide happens without warning.	Suicidal people often give indications of thoughts (sometimes before the thoughts become intentions) by words or actions.
Once a person becomes suicidal, he/she is suicidal forever.	Suicidal thoughts may return. But they are not permanent, and in some people, they may never return
After a crisis, improvement means that the risk is over.	Many suicides occur in a 'period of suicide improvement' when the person has the energy and the will to turn despairing thoughts into self-destructive action.
Suicide occurs mainly among the rich/poor.	Suicide occurs in all groups in society.
Suicidal behaviour is a sign of mental illness.	Suicidal behaviour indicates deep unhappiness but not necessarily mental illness.
You are either the suicidal type or you're not.	It could happen to anybody.

³Ref. Extract from the Report on the National Taskforce on Suicide, 1998, Government publications.

Warning signs of suicidal intent ³

Suicide risk is greater where there is:

- ❖ Recent loss or break up of a close relationship.
- ❖ Current or anticipated unhappy change in health or circumstance, e.g. retirement, financial difficulty.
- ❖ Painful and/or disabling physical illness.
- ❖ Heavy use of, or dependency on alcohol/drugs.
- ❖ History of earlier suicidal behaviour.
- ❖ History of suicide in the family.
- ❖ Depression.

People often show their suicidal feelings by:

- ❖ Being withdrawn and unable to relate.
- ❖ Having definite ideas of how to commit suicide, and maybe speaking of tidying up affairs, or giving other indications of planning suicide.
- ❖ Talking of feeling isolated and lonely.
- ❖ Expressing feelings of failure, uselessness, hopelessness or loss of self-esteem.
- ❖ Constantly dwelling on problems for which there seems no solutions.
- ❖ Expressing the lack of supporting philosophy of life such as religious belief.

³Ref. Extract from the Report on the National Taskforce on Suicide, 1998, Government publications.

Appendix I

Bibliography

1. Suicide Awareness - An informative pack for post primary schools, South Eastern Health Board.
2. Suicide - A general information pack, South Eastern Health Board.
3. Bereavement - Information pack, 2002, South Eastern Health Board.
4. Annual Report 2001, South Eastern Health Board, Regional Suicide Resource Office.
5. Concerned about Suicide, SEHB.
6. Suicide Prevention - An informative booklet for youth workers, National Youth Federation.
7. Report of the National Taskforce on Suicide, 1998, Government publications.
8. Media Guidelines on Portrayal of Suicide, The Samaritans.
9. A Question of Choice - Ireland, Schizophrenia Ireland. Lucia Foundation.
10. Pathways Report, Western Health Board, in conjunction with Schizophrenia Ireland, May 2002.

Appendix II

List of Organisations - “Supporting One Another” Seminar, April 18th 2003

Aiseiri	New Ross CDP
Alzheimers Society	NSRF
An Garda Siochana	Presentation Secondary School
Aware	Regional Suicide Resource Office
Bridgetown Vocational College	Safe Project
CBS Secondary School	Schizophrenia Ireland
Church of Ireland	Senior Citizen’s Concern Ltd
Cleariestown Development Group	Slaney Search and Rescue
Comhar Adult Counselling Service	South East Community Network
Community Drugs Based Initiative	South East Community Services
CPC	South Eastern Health Board
Drugs Misuse Wexford	South West Wexford CDP
Family Life Services	St John of God National School
Ferns Diocesan Youth Service	St Joseph’s Play School
Foroige	St Louis Day Care Centre
Gorey Community School	St Mary’s CBS
Gorey Holistic Therapies Centre	St Mary’s Secondary School
GP Practice	St Senan’s Hospital
Grow	St Senan’s Presbytery
Inch Community Group	The Rectory
Irish County Women's Association	The Samaritans
Kilmuckridge Family and Resource Centre	Wexford County Council
Knights of Columbanus	Wexford Inshore Lifeboat
Loretto Parents Council	Wexford MABS
Loretto Secondary School	Wexford Organisation for Rural Development
Men’s Development Network	Wexford Rape Crisis and Sexual Abuse Service
Mental Health Ireland	Wexford Suicide Bereavement Support Service
Mental Health Ireland	Wolfe Tone Community House
Midland Health Board	Wolfe Tone’s Womens Group
Mid-Western Health Board	

Appendix III

Members of County Wexford Community Forum

Access 2000
Ace
ACLD - Association for Children with Learning Disabilities
Adamstown Development Association
Adamstown Historical Society
Aiseiri
All Blacks AFC
An Breacadh Nua
An Seomra Súgradh
Ar mBreacha (House of Storytelling)
Ardamine Union Select Vestry
Arts Officer
Askamore Badminton Club
Askamore Community Centre
Askamore Community Development Association
Askamore Foróige
Askamore Squash & Social Club
Askamore/Donishall Water Schemes
Askmore FÁS Group
Ballindaggin Development Group
Ballycanew NS BOM
Ballycanew Youth Club
Ballyellis NS Board of Management
Ballygarrett & Districts Community Council
Ballygarrett Agri Development Group
Ballygarrett Community Children's Choir
Ballygarrett Game Protection Association
Ballygarrett Heritage Society
Ballygarrett Parish Committee
Ballygarrett Womens Development Group
Ballygarrett/Realt Na Mara GAA Club
Ballyhine Residents Association
Ballyhogue GAA Club
Ballymore-Mayglass Parish Council
Ballymurn Area Heritage Committee
Ballymurn Community Alert
Ballymurn Credit Union Ltd
Ballymurn Education, Training & Resource Group
Ballymurn Tidy Towns
Ballythomas NS Centenary Committee
Bannow & Rathangan Show Society Ltd
Bannow Development Group
Barntown Community Playgroup
Bawnmore and Maudlins Residents Association
Blackwater Macra na Feirme
Boolavogue Foróige Club
Boolavogue ICA Guild
Boolavogue Textile Studio
Bree Athletic Club
Bree Community Alert
Bree Community Centre
Bree Community Development Group
Bree ICA
Bree Parish Journal
Bree Youth Club
Bree/Davidstown Community Games
Bridge Drama Society
Bridge Rovers FC
Bridgetown Vocational College Parents Association
Buffers Alley GAA Club
Buí Bolg Ltd
Bunclody Day Care Service Ltd
Bunclody Parish Pastoral Council
Byrne-Perry Summer School Committee
Caim Parochial Development Group
Camolin Celtic AFC
Camolin/Enniscorthy Wheelchair Association
Campile Area Development Group
Camross Macra Club
Carers Association
Carne Pier Development Association
Carrig-on-Bannow Junior Youth Club
Carrig-on-Bannow Youth Club
Castlebridge DayCare
Castlebridge Parents Council
Castledockrell National BOM

Members of County Wexford Community Forum

Castletown Community Alert
Castletown Development Group
CBS Secondary School Parent's Council
Celtic Roots
Childcare Network Loch Garman
Children's Music Project
Clearestown Development Group
Clonard Community Centre
Clonard GAA Club
Clonard Youth Club
Clonroche Development Association
Clonroche ICA Guild
Cloughbawn GAA Club
Co Wexford Citizens Information Service
Co Wexford Community Workshop (New Ross)
Commodore Barry Residents Group
Community Playgroup Curracloe
Community Training & Resource Centre
Coolcotts Community Youth Project
Corach Ramblers Development Committee
CORI
County Wexford Storytelling Network
County Wexford Tourism
Courtnacuddy Youth Club
Courtown Area Water Safety
Courtown Community Council
Courtown Sailing Club
Craanford Community Association Ltd
Craanford/Monaseed Comm.
Playschool/Mother & Toddler Group
Craanford/Monaseed Explore Group
Craanford-Monaseed-Hollyfort Millennium
Committee
Credo Ltd
Crossabeg AFC
Crossabeg Community Employment Scheme
Crossabeg Parents Association
Crossfarnogue Community Association
Cullenstown Development Association
Cura
Curracloe United AFC
Cushinstown Development Association
Cushinstown Parish Council
Cushinstown/Terrerath Macra Club
Cushintown ICA
Danescastle Music Group
Davidstown Childcare Project
Davidstown-Courtnacuddy (Bord Na Nóg)
DMP Athletic Club
Donard BOM
Doran's Bridge Horseshoe Club
Dun Mhuire Theatre
Duncannon Cockle Festival
Duncannon Community Alert
Duncannon Fishermen & Harbour Dev. Assoc.
Duncannon Fort Trust Co
Duncannon ICA
Duncannon Parish Council Dev. Committee
Duncannon Tennis Club
Duncannon Tidy Towns Committee
Dyslexia Association of Ireland - Enniscorthy
Branch
Easca Mór/Tobar Bríde Heritage Group
Edermine Ferry Rowing Club
Elim Housing Association Kilmore
Enniscorthy CBDI
Enniscorthy Community Youth Project
Enniscorthy Hurling & Football Club
Enniscorthy Slaney Search & Rescue
Enniscorthy Swim Club
Enniscorthy Tidy Towns Association Ltd
FAB Community Development Project
Family Life Services
Feachtas Ealaíon Teoranta - St Michael's Theatre
Ferns Area Community Services
Ferns Diocesan Youth Service
Ferns Senior Citizens
Ferns Utd AFC
First Steps Community Playgroup
Fr. Murphy Centre
Friends of Gorey District Hospital
Friend's of St Aidan
Gaelscoil Ghuaire
Garden City Residents Association

Members of County Wexford Community Forum

Geraldine O'Hanrahans Bord na nÓg	Kilnerin Hall Committee
Glynn Barntown GAA Club	Kilnerin ICA
Gorey Active Retirement Association	Killenagh Wanderers AFC
Gorey Amateur Boxing Club	Kilmore Athletic Club
Gorey Art Circle	Kilmore Community Games
Gorey Athletic Club	Kilmore Parents Association
Gorey Branch WSPCA	Kilmore Quay Community Development Association
Gorey Centre for Independent Living Ltd	Kilmore Quay ICA
Gorey Community Based Drugs Initiative	Kilmore SCOPE
Gorey Community Development Group	Kilmore UTD AFC
Gorey Community Social Services Council	Kilmore Young at Heart Club
Gorey Community Tidy Towns	Kilmuckridge Community Resource Centre
Gorey Courtown Dev. Association	Kilmuckridge Folk Group
Gorey Credit Union	Kilmuckridge Tidy Towns Association
Gorey Education Trust Ltd	Kilmuckridge Tourism & Development Group
Gorey Information and Unemployment Centre	Kilmyshall Pastoral Council
Gorey Little Theatre Group	Kilmyshall Schoolboy's AFC
Gorey Musical Society	Kilnamanagh Union Select Vestry
Gorey Rangers FC	Kilrane-Rosslare Harbour Active Retirement Association
Gorey Rugby FC	Kilrush/Askamore Board na NÓg GAA
Gorey Tourism	Kilrush/Askamore GAA
Gorey Youth Needs Group	Kyle Forge Restoration Comm.
Gorey Youth Needs Womens Group	Kyleforge Restoration & Culture Centre
Greenwood Avenue Residents Association	Leskinfere Community Alert
Gusserane Community Group	Lifestart Wexford
Hook Head Resident's Association	Litter Parish Council
Hook Heritage Ltd	Loreto BOM, Gorey
Hook Tourist Dev. Association	Loreto Parents Council
HOPE - Enniscorthy Cancer Support & Info Group	Marshalstown Amenity Group
Horeswood GAA Club	Maudlintown Community Group
Horeswood Bord Na nÓg	Monageer Community Development Group
Horeswood Ladies Football Club	Monageer N S Board of Management
Inch Hall Committee (St Mogue's)	Monageer Parish Committee
Irish Countrywomens Association	Monageer Parish Hall Committee
Irish Senior Citizens Parliament (Co. Wexford Division)	Monageer Tidy Towns Committee
Irish Wheelchair Association	Monageer Youth Club
ISPCC - Steps Project	Monageer/Boolavogue GAA Club
Junglebox Childcare Centre	Monamolin Foroige Club
Keelogue Institute	Monamolin Parish Committee
Kennedy Park National School Parents Council	MS Society of Ireland, North Wexford Branch

Members of County Wexford Community Forum

Muintir Na Tire
Murrinctown Community Development Association
Naomh Eanna GAA Club
National 1798 Visitor Centre
New Ross (Town) and Area Tourism
New Ross CBDI
New Ross CBS Secondary School BOM
New Ross Celtic AFC
New Ross Centre for the Unemployed
New Ross Community Development Project
New Ross Day Care Centre
New Ross Environmental Awareness Group
New Ross Intercultural Group
New Ross Mentally Handicap Association
New Ross Traveller Young Womens' Group
Newbawn Community Sportsground
Newbawn ICA Guild
Newbawn Raheen Community Games
Newstart
North Wexford Community Networking Group
North Wexford Tourism
Our Lady's Island Community Centre
Management Committee
Our Lady's Island Community Group
Oylegate Youth Club
Pearse Street Residents Association
Piercestown CSI
Piercestown Parents Association
Piercestown/Murrinctown A.R.A.
Pobal Brí
Poulfur National School BOM
Poulpeasty Community Alert
Poulpeasty Development Association
PWDI
Raheen Community Development
Raheen FC
Raheen Multimedia Centre
Raheen Soccer Club
Raheen Youth Club
Ramgrange Parish Committee
Ramsgrange Active Retirement Group
Ramsgrange Tidy Town Committee
Rathangan Parish Hall Committee
Rathgarogue & District Community Alert
Rathgarogue Development Association
Rathnure & Killanne Parish Committee
Rathnure AFC
Rathnure Hall Committee
Rathnure Pantomime Society
Rathnure St Anne's GAA Club
Respond! Voluntary Housing
Riverchapel National School Parent's
Association
Ros Tapestry Project Ltd
Rosslare Community Pre-School
Rosslare Development Association
Rosslare Harbour Development Board
Rosslare Port Services AFC
Safe Project
Saltmills Development Group
Scoil Mhuire BOM
Scoil Naomh Áine
Senior Citizens Club
Senior Citizens Concern Ltd
Setanta Afterschool Homework Club
Shel-Bar Scheme
Silver Sounds - The New Ross Silver Band
Slaney Cycling Club
Slaney Olympic
Slaney Valley Network
Slí an Aifrinn
Sliabh Bhuide Rover AC (SBR)
Society of St. Vincent de Paul - Wexford
South East Community Development Network
South East Community Network
South East Community Services
South East Wanderers Hockey Club
South End Youth Club
South West Net
South West Wexford Community Development
Group
St Abbans Bord Ná nÓg
St Aidan's Cathedral Children's Choir
St Aidan's Cathedral Choir

Members of County Wexford Community Forum

St Aidan's Day Care Centre
St Aidan's Elderly Day Care Centre
St Aidan's Primary School Parents Council
St Anne's Church, Killane,
St Anne's Conference - Vincent de Paul
St Brigids Community Playgroup
St Columbas Old Folks Club
St Columbas over 50's Club
St Cormac's AFC
St Edan's NS BOM
St James GAA
St Josephs Association Football Club
St Joseph's Club
St Joseph's Parents Association
St Leonards Community Playschool
St Martins GAA Club
St Mary's 79 Club
St Mary's Cemetery
St Mary's Conference SVP
St Mary's Day Care - Tagoat
St Mogue's Bord Na nÓg
St Patrick's Fife and Drum Band
St Patrick's Pitch and Putt Club
St Paul's Athletic Club
St Paul's CSI
St Senan's Primary School BOM
St Vincent de Paul
Stoney Rovers AFC
Taghmon Athletic Club
Taghmon ICA Guild
Taghmon Integrated Local Development
Team Ltd
Taghmon Travellers' Womens Group
Tagoat Community Council
Tagoat Community Housing Association Ltd
Tara Hill Development Group
Tara Rocks GAA Club
Templeshannon Community Dev. Project
Templeudigan Development Group
Templeudigan Ladies Committee
Terrerath Community Alert
Terrerath Community Council
The Ballagh ICA Guild
The Flute Ensemble
The Mothers Union
Three Rocks Group
Traveller Interest Group - Wexford
Utd Striders Athletic Club
Westgate Computer Centre
Wexford Disability Development
Wexford Active Retirement Assoc.
Wexford Athletic Club
Wexford Co Board AAI
Wexford Community Base Drugs Initiative
Wexford Community Development Association
Wexford Community Services Council
Wexford Craftworkers Association
Wexford Disability Development (CIL)
Wexford Education Network
Wexford Hbr Inshore Rescue
Wexford Historical Society
Wexford Jobs Club
Wexford Macra Na Feirme
Wexford Parks Tennis
Wexford Rape Crisis Centre
Wexford Reading Circle
Wexford Refugee/Asylum Seeker Support Group
Wexford Sinfonia
Wexford Sub Aqua Club
Wexford Sub-Aqua Club Ltd
Wexford Travellers Development Group
Wexford Vocational College Parents Assoc.
Wexford Volunteer Stroke Scheme
Wexford Wanderers Cricket Club
Wexford Water Safety
Wexford Womens Refuge
Windmill Therapeutic Training Unit
Wolfe Tone Community Group
Wolfe Tone Womens Group Ltd
Wolfe Tone Youth Group
Wonderland Childcare Centre
Young Women's Education Development
Programme
Youth New Ross

Appendix IV

List of Executive Members and Area Committees of County Wexford Community Forum

Executive Committee

Mr Pat Rath	Chairperson of Executive Committee, County Development Board member
Ms Phyllis Lawlor	Wexford Area Deputy Convenor
Mr Dave Ormonde	Wexford Area Convenor
Mr Harry Doran	Transportation SPC
Mr Seamus O’Keeffe	Social Housing SPC
Mr Richie Blackburn	New Ross Deputy Convenor
Mr Bernard O’Hanlon	New Ross Convenor
Mr Peter Earle	Gorey Area Deputy Convenor
Mr Colin Webb	Gorey Area Convenor
Mr. Laurence O’Brien	Enniscorthy Deputy Convenor
Ms Catherine Quigley	Enniscorthy Area Convenor
Mr. Tony Larkin	Director of Community and Enterprise
Mr Godfrey Borthistle	Community & Cultural SPC
Ms Trish Doyle	Community & Cultural Development SPC
Mr Murt Flynn	CDB Wexford County Development Board member

Area Committees

Gorey Area Forum

Mr Colin Webb
Mr Pat Rath
Ms Lavinia MacNeill
Ms Rose Breen
Mr Frank Lynch
Mr Jim Doyle
Mr Peter Earle

Wexford Area Forum

Mr Kelvin Sweeney
Mr John Goulding
Mr Dave Ormonde
Mr John Higginbotham
Mr James Maloney
Mr Seamus O’Keeffe
Ms Phyllis Lawlor

Enniscorthy Area Committee

Mrs Nuala Murphy
Mr Eddie Dunne
Ms Ida Bolger
Ms Mary-Ruth Tobin
Mr Godfrey Borthistle
Ms Catherine Quigley
Mr Laurence O’Brien

New Ross Area Forum

Ms Margo O’Hanlon
Mr Bernard O’Hanlon
Ms Sarah McDonald
Ms Liz Duffy
Mr Richie Blackburn
Mr Harry Doran
Mr Noel Walsh
Ms Martha Torpey

Appendix V

Terms of Reference of Review of Mental Health Services

*South Eastern Health Board
Mental Health Review*

Terms of Reference

1. To develop a clear statement of strategy and policy for the development and delivery of mental health services in the Board's area in the context of needs of patients, families, carers, staff and the general public and the requirement to develop and deliver such services in the context of the principles, values and targets set down in the Health Strategy including full integration of services, equity, quality, accessibility, accountability and patient centeredness.
2. To define the objectives to be achieved by our services and to identify key performance measures to assist the Board in the monitoring the development and delivery of services.
3. To assess the adequacy of existing services from all provider areas in relation to (a) existing needs of our community (b) new needs arising from changes in demography, social environments, etc.
4. To specify service developments required including new services or facilities, expansion of existing services or facilities, having regard to best practice in the area of mental health.
5. To consider the operation of the present organisation and management structures both locally and regionally having regard to the need to optimise co-ordination, integration, planning and delivery services including networking with primary care and the voluntary sector.
6. Seek the views of service users, staff, carers and members of the public and voluntary agencies in the development of Board strategy and policy and to bring forward in the context of the agreed strategy and policy for the development of services a prioritised plan for both the region and each catchment area.
7. To examine the costs of any proposed developments and then to consider opportunities for the reinvestment and restructuring of existing resources deployed in the delivery of mental health services as part of the overall development programme for the services in our region.
8. To identify clear timescales for the delivery of recommendations and develop a broad Action Plan for the implementation of the key priorities identified from both a regional and catchment area perspective.

Appendix VI

Support Organisations

South Eastern Health Board
Regional Suicide Resource Office
C/o Front Block
St Patrick's Hospital,
John's Hill
Waterford
(051) 874013

National Suicide Review Group
10 Oran Town Centre
Oranmore,
Galway
(091) 787056

National Suicide Research Foundation
1 Perrot Avenue,
College Road,
Cork.
(021) 4277499

Irish Association of Suicidology
St Mary's Hospital
Castlebar
Co Mayo
(094) 21333

The Samaritans
112 Marlborough Street
Dublin
1850 60 90 90
e-mail: jo@samaritans.org

Mental Health Ireland
South East
(051) 871436

Aware
C/o Fran Gleeson
Development Worker
Foulksmills
Co Wexford
(051) 565693
24 Hour helpline 1890 303302

Grow
Grow Office
Ormonde Home
Barrack Street
Kilkenny
(056) 7761624

Support Organisations

Schizophrenia Ireland
5 Priory Court
Dean Street
Kilkenny
(056) 7756210
e-mail: si.Kilkenny@oceanfree.net

Wexford Rape and Sexual Abuse
Support Service
1800 330 033

The Alzheimer Society of Ireland
Wexford
Home Care Co-ordinator
Sheila Gallagher
(087) 9471107

Bodywhys
Box 309 (mail centre Waterford)
e-mail: watbodywhys@eircom.net
National helpline (01)2835126

Wexford Mental Health Services
St Senan's Hospital
Enniscorthy,
Co. Wexford
(054) 33110

Wexford Community Care Services
Grogan's Road
Wexford
(053) 23522

