

The NSRF News/letter



NEWS & UPDATES

- Latest Publications
- Ongoing Research
- Upcoming Events
- Outreach

HIGHLIGHTS

- Meet our new CEO
- WHO redesignation
- Suicide Prevention Module Launch
- World Mental Health Day Seminar



The NSRF Newsletter

Welcome to the first edition of the NSRF Newsletter.

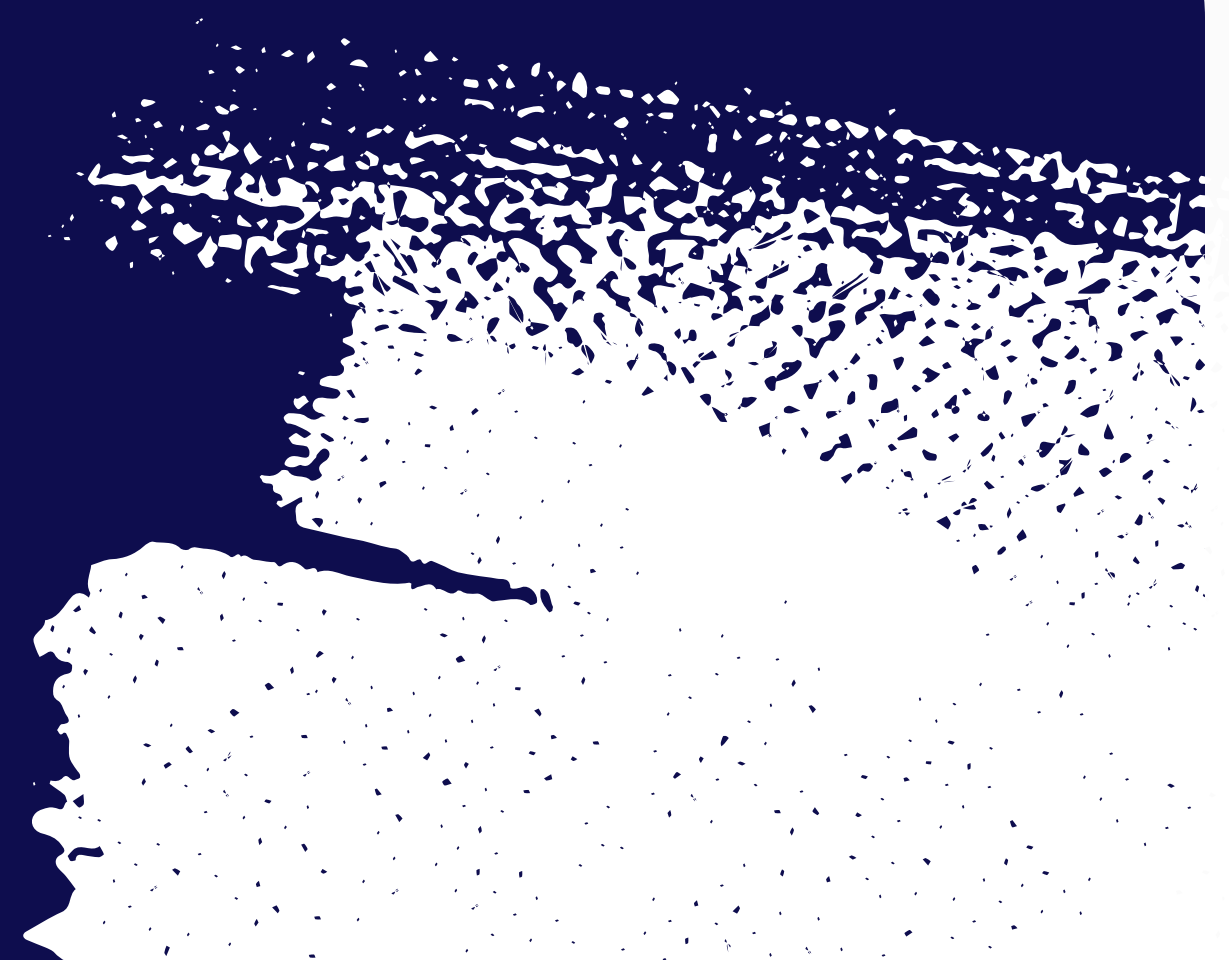
The NSRF Newsletter is designed to keep our research community, social advocates, and stakeholders informed and engaged with the Foundation's projects.

The Newsletter will feature articles on recent research outputs and events, interviews with the team, and spotlights on upcoming activities.

In addition to providing the latest updates, insights, and stories from the NSRF, we hope this newsletter will serve as a platform for collaboration and inspiration.

In this inaugural issue, we are excited to bring you updates from the National Suicide Research Foundation's research projects during 2024.

If you would like to contribute to future editions of the newsletter, please contact our editor, Sofia Bettella (sbettella@ucc.ie).



Dr Eve Griffin

MEET OUR NEW CEO

- *We are inching towards a year since you first took on the role of CEO of the NSRF. Although you have certainly been part of the organization for longer. Could you tell us about that journey?*

I joined the NSRF back in February 2011. My first job involved delivering depression awareness trainings for community facilitators. That work left a real impression on me. Those personal stories and experiences reinforce the importance of our work at the NSRF. I have been very fortunate to have had the opportunity across different projects and roles, giving me lot of perspective about how the diverse projects feed into our overall vision for the organisation.

- *Have there been any unexpected challenges or particularly affirming achievements in your first year as CEO that you would like to share? / Have your previous roles within the organization influenced your approach to the role?*

As CEO my job now involves having a broad overview of our work and our strategic priorities, and ensuring our work has the biggest impact in informing suicide prevention activities in Ireland and globally. Without a doubt one of our biggest achievements in the last 12 months has been our redesignation as a World Health Organisation Collaborating Centre, which we've held since 2015. To-date, we have worked with more than 20 countries worldwide, and it's very exciting to continue to work on advising on the establishment of surveillance systems as well as on national suicide prevention strategies.

We've also been fortunate to welcome new staff to the NSRF in recent months. Our team are incredibly dedicated and that diversity in skills ensures our research is of the highest quality and has the best potential for impact and translation into practice. This year we ran our first summer internship programme. We had two very talented researchers, Jane and Cat, join our team for the summer. They brought so much energy and creativity to the team and in such a short time made such an impact on the projects they were involved with.





- *Has your vision for suicide and self-harm prevention evolved over time since you first joined the NSRF, and what new initiatives are you most excited to introduce?*

It certainly has. I have worked across many different projects, and my research interests have evolved from a focus on clinical and surveillance data, to evaluating real-world interventions and policy change. In more recent years I have been really interested in better understanding the experiences of individuals with lived/living experience of suicide. I think marrying those perspectives and methodologies is essential to the work we do.

We've just finished working on an umbrella review of the social determinants of suicide. That review will form an important evidence base for suicide prevention policy going forward, identifying socioeconomic and environmental factors we can address using more upstream approaches.

Last year we established the NSRF's Lived Experience Panel, whereby individuals with broad experience of suicide and self-harm collaborate with our researchers to inform our vital research projects. This ensures that peoples' experiences of suicide are front and centre to our work.

- *What are your hopes for the NSRF going forward?*

We've been working this year on developing our new strategic plan, which is due for release this autumn. Building on the legacy of the last 30 years, the plan has allowed us as a team to reflect on our priorities and future direction of the organisation, and to hear from our diverse stakeholders and partners. Through that, we are committed to further building our expertise in surveillance, developing our role in advocacy and policy development, and working to support organisations who deliver services to understand how to develop and implement evidence-based approaches to suicide prevention.

View Eve's research profile: <http://research.ucc.ie/profiles/C010/evegriffin@ucc.ie>

PROSPERH Kick-off Meeting



The PROSPERH team at UCC

The Horizon Europe PROSPERH project was launched by UCC and the NSRF during the Kick-off meeting on Thursday 25th January 2024. Professor Stephen Byrne, Deputy President and Registrar, provided an opening address. PROSPERH boasts an international consortium of 21 partners from 19 countries, who will work together to develop and validate the multi-level PROSPERH intervention, delivered via the online PROSPERH Portal. The intervention will target both organisational (work), peer and individual (worker) aspects, with three components focusing on health promotion, online self-monitoring and self-management and clinical care or coaching referral pathways. Development of the intervention will build on existing knowledge and tools developed by the consortium in previous EU-funded projects (Click [HERE](#) to learn more about MENTUPP, and to [HERE](#) for the iFightDepression tool).

The project will focus on three sectors experiencing significant change and challenges in physical and mental health (telework and ICT-based mobile work, health and construction). Once developed, the intervention will be tested in Albania, Australia, Denmark, Germany, Hungary, Ireland, Kosovo, The Netherlands, Portugal, Spain and Turkey.



Key project outcomes will include policy guidelines and recommendations, as well as a roadmap for making the PROSPERH Portal freely available to companies. PROSPERH will be led by Professor Ella Arensman, Head of the School of Public Health, Professor of Public Mental Health, UCC and Chief Scientist, National Suicide Research Foundation, with co-lead, Dr Eve Griffin, Chief Executive Officer, National Suicide Research Foundation.

"Via the EU Horizon Europe - PROSPERH project, we have a unique opportunity to build on the evidence base and interventions, developed by the EU Horizon 2020 project MENTUPP, and to progress the needed interventions to improve both the mental and physical health of staff in changing working environments. PROSPERH supports the UN Sustainable Development Goal: Good Health & Wellbeing, by strengthening the capacity of countries for prevention, early warning, and risk reduction of mental and physical health issues".

- Prof Ella Arensman

"The National Suicide Research Foundation are delighted to co-lead this important programme of work, which will provide evidence regarding innovative tools and strategies to support mental wellbeing in the workplace. PROSPERH represents a dynamic consortium of international researcher, with a significant track record of interdisciplinary collaboration, and we look forward to working together over the coming years".

- Dr Eve Griffin:



Suicide Prevention Module Launch



L-R: PROF ARENSMAN, DR O' DRISCOLL, MS GALLAGHER, DR WOODS, DR FLEMING, MS O' NEILL, DR O'MAHONY, DR O'SULLIVAN, DR GRIFFIN.

On Wednesday January 17th, 2024, the National Suicide Research Foundation in collaboration with the HSE National Office for Suicide Prevention and the School of Public Health held a successful seminar and World Café in UCC. The event received SATLE funding from the Centre for Integrated Research in Teaching and Learning UCC. The module is based on a core competency framework for suicide prevention and aims to provide undergraduate healthcare students with the fundamental knowledge, skills, attitudes and confidence necessary to identify and support individuals at risk of suicide. The module was launched during the Seminar's morning sessions, and featured presentations from key stakeholders in research and education.

Professor Ella Arensman, Head of the School of Public Health, UCC, opened the session and set the context of suicide and self-harm in Ireland. Ms Ailish O'Neill, Education and Training Manager, HSE National Office for Suicide Prevention, outlined the Connecting for Life Framework and the relevant actions that this module links to. Dr Aoife O'Sullivan, Mental Health Lead, Irish College of General Practitioners, presented the need for suicide prevention skills in community practice, and the prevalence of mental health challenges. Dr James O'Mahony, Lecturer in Mental Health Nursing, UCC, outlined the importance of suicide prevention training in clinical practice and gave valuable insights from his own

experiences. Dr Mette Valdersdorf Jensen, Centre for Suicide Prevention, Denmark, shared insightful research findings from the SOSU Project which evaluated teaching nursing assistants about suicide prevention. Dr Ross Woods, Senior Manager, Higher Education Authority, spoke to the National Student Mental Health and Suicide Prevention Framework, and how this module can align with student mental health needs. Dr Aoife Fleming, Vice-Head for Interprofessional Learning, UCC highlighted the importance of interprofessional teaching and learning and how this may be applied to suicide prevention training in higher education.

The project is led by Dr Michelle O' Driscoll, Ms Kerrie Gallagher, Dr Eve Griffin and Dr Cliodhna O' Brien of the NSRF, with valued input from various stakeholders, including the HSE National Office for Suicide Prevention, healthcare lecturers, module coordinators and students. A consultation group with members from across the HEIs has also been established.



The event was attended by healthcare academics as well as representatives from various non-governmental organisations and student representatives. Presentations were followed by a panel discussion and Q&A with contributions from attendees. The afternoon World Café gathered qualitative data regarding how best to implement the module across the relevant healthcare courses in Ireland. It provided a platform for participants to share a wide range of ideas and innovative solutions to implementation challenges. The data gathered will inform next steps in this work.

Read about the upcoming module pilot with healthcare students in UCC and UCD on the next page.



L-R: DR SAMANTHA DOCKRAY, MS LUCRECIA LUNA SMEE, DR OWEN JUMP, DR JAMES O'MAHONY, DR JOHNNY GOODWIN, DR AOIFE O'SULLIVAN, DR EVE GRIFFIN, MS KERRIE GALLAGHER, DR STEPHEN BYRNE, DR MICHELLE O'DRISCOLL, PROF LAURA SAHM, PROF HELEN WHELTON, PROF ELLA ARENSMAN, MR MARTIN RYAN.

On World Suicide Prevention Day on September 10th a four-week pilot of the module for 1st-4th year health and social care students at University College Cork (UCC) and University College Dublin (UCD) was launched.

The module content is structured into four weekly two-hour in-person sessions, covering critical topics including risk and protective factors, effective communication skills and safety planning.

The findings from this pilot will inform future iterations of the module and the development of a train-the-trainer programme, ultimately making suicide prevention education available to all health and social care courses nationally. More information [here](#)

Prof Ella Arensman, from the NSRF explains: *“This module, developed by the National Suicide Research Foundation has been informed by a comprehensive research process. This includes a scoping review of international literature, a national survey of health and social care academics, a World Café of key stakeholders, and focus groups of undergraduate healthcare students.”*

Professor Helen Whelton, Head of UCC Medicine and Health says: *“The College of Medicine and Health is hugely proud of this initiative, which aligns with Ireland's National Suicide Prevention Strategy, ‘Connecting for Life’ and contributes to the Higher Education Authority’s ‘National Student Mental Health and Suicide Prevention Framework’. The University's support for the project is a testament to its commitment to producing healthcare professionals who are prepared to support individuals at risk of suicide.”*

Mr John Meehan, Assistant National Director, Mental Health Planning and Head of the HSE NOSP says: *“The HSE National Office for Suicide Prevention (NOSP) warmly welcomes the pilot introduction of a new and innovative Suicide Prevention Module for undergraduate health and social care students in University College Cork and University College Dublin. The HSE NOSP sees this as an important enabler to realise the vision of an Ireland where fewer lives are lost to suicide.”*

WHOCC Redesignation

WORLD HEALTH ORGANIZATION REDESIGNATES THE NSRF AS A WHO COLLABORATING CENTRE FOR SURVEILLANCE AND RESEARCH IN SUICIDE PREVENTION UNTIL 2027

WHO collaborating centres are institutions which are designated by the WHO to carry out activities in support of the WHO's programmes at country, intercountry, regional, interregional and global levels.

The NSRF has been a WHO Collaborating Centre for 8 years following initial designation in December 2015 and has provided technical advice to inform WHO's work in establishing surveillance systems of self-harm and suicide, as well as in implementing and evaluating national suicide prevention programmes.

This work has spanned across more than 20 countries, including Namibia, Iran, Ecuador and Trinidad & Tobago. In particular, the template of the National Self-Harm Registry Ireland has been central in informing surveillance of self-harm internationally.

NSRF and WHO, with support from the Department of Health in Ireland, will continue to build on this collaboration, by providing technical support informing the establishment of surveillance systems of self-harm and suicide and improving suicide monitoring in specific countries; and guiding and supporting countries in establishing national suicide prevention strategies and implementation, including evaluation plans and measurable indicators.

“WHO Collaborating Centres are essential for WHO to fulfill its mandated activities and to ensure the scientific validity of global health work. In particular, the National Suicide Research Foundation (NSRF) provides strategic support in developing and strengthening capacity in surveillance and research for suicide prevention in countries and regions. WHO highly appreciates having this top centre among the WHO Collaborating Centres and that the National Suicide Research Foundation (NSRF) is part of the international collaborative network.”

Dr Alexandra Fleischmann, Department of Mental Health and Substance Use at the World Health Organization

Fourth Early and Mid-career Researcher Workshop

On Wednesday May 8th the NSRF in collaboration with the Higher Education Authority and the HSE National Office for Suicide Prevention hosted the Fourth Annual Suicide and Self-Harm Research Workshop on the Island of Ireland.

Over 60 attendees saw a Keynote lecture by Dr Tiago C. Zortea from the University of Oxford, on: "Building Bridges: Integrating Suicide Research into Clinical Care" as well as a host of presentations from both early and mid-career researchers on a range of topics relating to suicide prevention.



A big congratulations to our best presentation winner Molly McCarthy for her research examining Emergency Department coding practices for people in suicidal crisis.

There was a joint second prize for Dr Michelle O'Driscoll for her work entitled, "The design, development and implementation of a suicide prevention module for undergraduate health and social care students" and Fiona Hoare for her research on "Assessing the covariates of suicide-related ideation and self-harm in an older adult population attending emergency departments in Ireland".

MENTBEST Kick Off Meeting

The National Suicide Research Foundation (NSRF) had its first stakeholder meeting for potential collaborators for the MENTBEST project on Tuesday 9th April 2024 at the Aine Hyland room in the Hub at University College Cork (UCC). In attendance were a number of interested organisations including representation from the Irish College of General Practitioners (ICGP), the Department of General Practice in University College Cork involved in the GP training programme, representatives from the Health Service Executive's Resource Officers for Suicide Prevention, the National Learning Network Rehab group, the Gaelic Athletic Association (GAA) and SHINE Ireland, an organisation who support people with mental ill health, and researchers from the NSRF.



Thank you to all stakeholders for their feedback and input on the European Alliance Against Depression community-based interventions.

More information here: <https://mentbest.com>

Research Symposium

MOVING FORWARD TOGETHER

Public and Patient Involvement in Mental Health Research Event

The National Suicide Research Foundation and PPI Ignite Network at UCC held a one-day research symposium in the Dr Dora Allman Room, University College Cork on Monday May 20th, 2024.

We heard from a number of speakers including Dr Leah Quinlivan, Dan Stears and Liz Monaghan from the University of Manchester, Dr Lydia Sapouna from UCC, Dr Maria Quinlan from HSE Research and Development, Anita Whyte from the Dual Diagnosis Clinical Programme, Kathyan Kelly, Jaqui Noble and Myrice Kelly from Seeking Safety Ireland and Aileen Callanan from the NSRF.

Topics covered on the day included PPI Involvement and engagement in self-harm and suicide prevention research, a discussion on power and epistemic (in)justice in relation to PPI or user involvement, trauma informed research - implications for PPI and a case study of Seeking Safety Ireland. The day provided staff, students and stakeholders with an opportunity for networking and learning from national and international experts.



GLOBAL LEADERSHIP EXCHANGE COMPREHENSIVE COMMUNITY SUICIDE PREVENTION MATCH



The National Suicide Research Foundation were delighted to welcome international guests from the U.S, Canada, New Zealand, Scotland and England to University College Cork on June 24th and 25th for a two day Global Leadership Exchange Comprehensive Community Suicide Prevention Match.

The 'Match' drew on the experiences, lessons learned and knowledge of participants to explore the role of data and surveillance in informing suicide prevention action plans - including efforts to respond to emerging trends in at-risk groups, as well as informing policy changes which impact on collective and community-based suicide prevention efforts.

Thank you to co-hosts the HSE National Office for Suicide Prevention, the Department of Health, Ireland, the Mental Health Commission of Canada and Substance Abuse and Mental Health Services Administration (SAMHSA), and to Prof Helen Whelton and Ms Siobhán McArdle for opening the event.

A big thank you also to Crisis Resolution Service Leads in the Health Service Executive in Cork, Dr Eric Kelleher, Dr Sinéad O'Brien, Dr Karen O'Connor and Mr James Creasey for facilitating a site visit to Solace Café and to Prof Leonie Heskin for guiding guests around the UCC Assert Centre.

Key messages from the Match include:

- ▶ Integrative approaches to real-time self-harm and suicide surveillance in relation to national suicide prevention programmes.
- ▶ Sharing knowledge and experience in suicide prevention approaches towards priority groups.
- ▶ Long-term sustainability of national suicide prevention policy.
- ▶ Expand collaboration in suicide prevention and research from high-income to low- and middle-income countries.
- ▶ Capacity building and preparedness in suicide prevention in the context of future Public Health Emergencies.
- ▶ Barriers and facilitators related to upscaling and wider implementation of evidence-based suicide intervention and prevention programmes.

The NSRF look forward to further collaborations with attendees in the future.

30TH BRITISH ISLES RESEARCH WORKSHOP ON SUICIDE AND SELF-HARM

Lancet Psychiatry, University of Oxford Centre for Suicide Research

NSRF team members Prof Ella Arensman, Dr Eve Griffin, Dr Paul Corcoran, Dr Selena O'Connell and Mr Niall McTernan attended the Lancet Psychiatry/University of Oxford Centre for Suicide Research New Horizons in Suicide Research and Policy Symposium and the 30th British Isles Workshop on Research on Suicide and Self-Harm on May 14th and 15th.

Eve and Selena presented outcomes from the NSRF's study on implementing standard components of care for hospital-presenting self-harm.

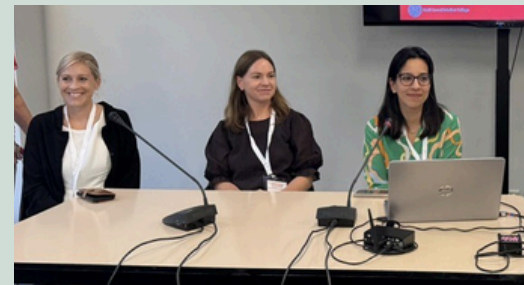
A huge thank you to Professor Keith Hawton for hosting this event for the last 30 years and for his enormous contribution to suicide prevention globally, including many collaborations here in Ireland.



20TH EUROPEAN SYMPOSIUM ON SUICIDE AND SUICIDAL BEHAVIOUR

ESSSB20
ROME 2024

NSRF ESSSB20 Contributions



The European Symposium on Suicide and Suicidal Behaviour (ESSSB) takes place every two years and is considered one of the most important international meetings exploring suicidal behaviours and suicide prevention.

This year, beautiful, historic Rome and its glorious sunshine provided the perfect setting for a very engaging meeting.

Several members of the NSRF team attended the conference, which took place from 28th – 31st August.

The NSRF team exchanged knowledge and experiences with others in attendance and heard about the latest challenges and innovation surrounding global mental health and suicide prevention.

Dr Eve Griffin

- Social Determinants of Suicide: An Umbrella Review
- Physical and Mental Health Impacts of Suicide Bereavement: Findings From a National Household Survey in Ireland

Professor Ella Arensman

- Bridging the Treatment Gap for Depression and Suicidal Behaviour: EAAD' s 4-Level Approach for Stigma Reduction and Help-Seeking Facilitation
- Mental Health Promotion and Intervention in Occupational Settings: MENTUPP
- Implementation and Evaluation of National Suicide Prevention Programmes – A Global Perspective

Dr Paul Corcoran

- Surveillance of Self-Harm and Suicide in Ireland and the Impact on Public Health Policy – Progress and Challenges

Dr Isabela Troya

- Healthcare Practitioners' Views on Management Practices of Self-Harm in Older Adults: A Qualitative Study Conducted in Ireland

Dr Eibhlin Walsh

- An Investigation of the Impact of Patient Suicide on the Personal and Professional Lives of Psychiatrists and Psychiatrists in Training in Ireland
- An Evaluation of the Minding Your Wellbeing Programme Adapted for Veterinary Medicine Students in Ireland
- A meta-ethnography of adolescents' perspectives on and experiences with post-primary school-based suicide prevention (Poster Presentation)

Dr Selena O'Connell

- Understanding Variation in Clinical Management of Hospital-Presenting Self-Harm: A Qualitative Study of the Implementation of a National Clinical Programme

MEET OUR INTERNS



In this newsletter segment, we're excited to spotlight two recent additions to the NSRF team, interns Cat Stringer and Jane Mc Donald. Through a brief interview, we discover their experiences, aspirations, and the unique perspectives on our work.

WHAT INSPIRED YOU TO PURSUE AN INTERNSHIP AT THE NSRF?

C: My journey into suicide research is deeply rooted in firsthand experiences. As an adolescent, I witnessed repeated instances of attempted suicides among my school peers, and while working as a care assistant, I encountered elderly individuals who faced mistreatment due to their suicidal behaviours. These early experiences provided a sobering introduction to the complexities of suicidal behaviour and the deep emotional struggles involved. In adulthood, I supported friends mourning the loss of loved ones to suicide, further solidifying my commitment to understanding the multifaceted effects of suicide and advocating for the active involvement of those with lived experiences in this research area. During my undergraduate psychology degree, I was particularly drawn to subjects related to childhood adversity and mental health. In my second year, I was involved in a project examining general practitioners' experiences with patient suicide, which inspired me to dedicate the next few years to exploring various aspects of suicide prevention, including qualitatively examining the experiences of witnessing suicidal behaviours on the railway within my dissertation. When I saw this internship, I thought "This is it." It was the perfect opportunity to combine my research interests and contribute to my research interests: qualitative methods, childhood adversity, and suicide prevention. And here I am!

J: When I first heard about the internship I was already looking for opportunities to gain health research experience. Therefore, when I saw the advertisement for the internship position it was a no brainer to apply. I was in the last few weeks of my undergraduate degree in Public health so I was already aware of the organisation and the great work that it had been doing. I knew that I would gain invaluable experience through pursuing the internship and the fact that the work that I would be doing would be in the area of student well-being (an area that I am very passionate about) was the cherry on top.

CAN YOU DESCRIBE YOUR TYPICAL DAY AS AN NSRF INTERN?

C: My day as an intern at NSRF starts early, waking up at 6:30 am to catch the often unpredictable bus to the office. Once there, I join my colleagues for a competitive discussion about the daily Wordle puzzle. Around 8 am, I start my work on a project focused on the experiences of young people bereaved by suicide. My tasks include coding survey responses from guardians about the support that young people have received following their bereavement using NVivo software and brainstorming themes for a thematic analysis on recommendations for supporting this cohort. I have also been developing a recruitment proposal for participant interviews and assisting with formatting a literature review on the support needs and experiences of support in young people. Sometimes we have an NSRF coffee morning, an opportunity to catch up and meet more of the NSRF staff, and lunchtime is often spent outside in the sun if the weather permits! Afternoons vary but can involve project team meetings or updates with the broader NSRF team, where we share progress and insights from our different projects. I wrap up my workday at 4:00 pm.

J: A typical day working with the NSRF can vary as it was a hybrid position. Every week I worked two days in the office and two days at home. However each day would always start with logging on and checking emails that may have come through the day before. Then I would check my Google calendar to see if there had been any meetings scheduled for that day. After this I would get started on the work that needed to be done this week. My internship consisted of developing a well-being workbook and complimentary slides for an undergraduate module in suicide prevention for health and social care students. I found the work extremely interesting and most of the time of the day would fly by. I was always in contact with my project leads and they were very helpful if I ever needed guidance. My typical working day would last from eight in the morning till four in the evening. I always found that there was something to be working on but I never felt under pressure and I found myself really enjoying contributing to the team.

HOW DID YOUR ACADEMIC BACKGROUND AND PREVIOUS EXPERIENCE PREPARE YOU FOR THE WORK WE DO HERE?

C: I recently completed a BSc in Psychology with Clinical Psychology at Goldsmiths, University of London, which laid a strong foundation for my research career. This degree honed my writing skills, taught me to use software like Zotero for referencing, and familiarised me with various reporting styles. Throughout my studies, I conducted independent research projects, including a mini dissertation on resilience in relation to childhood adversity and emotional self-efficacy, a dissertation on support professionals' insights into supporting witnesses of railway suicidal behaviour, and an internship on GPs' experiences with patient suicide. These projects provided invaluable experience in managing tasks independently, collaborating with research teams, and meeting deadlines consistently. Additionally, I learnt how to conduct thematic analysis using NVivo, an essential tool for qualitative research. Equally important, these experiences taught me how to manage my mental wellbeing while researching emotionally challenging topics. I developed strategies such as taking frequent breaks, using a Pomodoro timer, meditating, and journalling. These skills have equipped me to handle the emotional demands of research more effectively and feel better prepared for my work at NSRF.

J: My background is in public health sciences. When I applied for this internship I was looking for an opportunity to bridge the gap between completing my undergraduate degree and commencing my masters degree which will be in health economics. Through my undergraduate degree I gained knowledge of different health challenges at a population level. A recurring theme was mental health, in particular student mental health, so I was aware of the impact suicide was having on this cohort. I also had experience working as a research assistant during third year of my degree. This experience helped prepared me to work in health research and important research is when it comes to furthering any public health agenda.

WHAT SPECIFIC SKILLS OR KNOWLEDGE HAVE YOU GAINED FROM YOUR INTERNSHIP THUS FAR?

C: During my internship, the most useful thing that I have learned is how to manage my workload more effectively when working within a larger project. Throughout my life, especially in academia, I have often obsessed over details and spent hours trying to perfect my work. Here, I am learning to emphasise efficiency over perfectionism, which is an essential skill for a fast-paced work environment and often more enjoyable when working on a sensitive topic like this. Collaborating with a passionate team dedicated to suicide prevention and postvention has been incredibly rewarding. The team have given me such a warm welcome and provided helpful guidance on developing my career and navigating a life in research. Additionally, I have gained a deeper understanding of data protection policies and will soon undergo interview training, which will be very useful for future qualitative research. I am absolutely loving it here and am very grateful for this opportunity!

J: During the course of this internship I gained many skills that will be very useful in my future career. Firstly I learned how to work as part of a professional research team, the importance of effective communication and developing upon my organisation and time management skills, which were all very important to the role. Secondly, I gained extensive knowledge in the area of student well-being mental health and suicide prevention. While creating the book, that I learned so much about the importance of well-being and self-care. Finally, I learn about the process of researching a certain topic, creating a study, writing a paper and submitting a paper for publication. There is so much that goes into health research that I did not know before commencing this internship. The funding application processes, writing ethics applications, getting multi sector organisations by into the project, and identifying which paper to submit the final report to are all essential parts of research that I got to experience while working with the NSRF.

KEEP AN EYE ON OUR
SOCIAL MEDIA FOR
UPDATES ON UPCOMING
OPPORTUNITIES.
OR EMAIL
INFONSRF@UCC.IE

UPCOMING

Join us for our World Mental Health Day Seminar on Thursday October 10th in UCC. Programme includes: Dr Michael Kelleher Memorial Lecture, afternoon Keynote Lecture, and Research Masterclasses. To register, click the following link: <https://forms.office.com/e/zV3WX2BJi4>



Dr Michael Kelleher Memorial Lecture by:



Prof Alexandra Pitman, Research Professor, University College London
Division of Psychiatry, Honorary Consultant Psychiatrist, Camden & Islington NHS Foundation Trust.

'Temporal risk factors for suicide: anticipating and mitigating risk'.

Keynote Lecture by:



Dr Shane McInerney, Consultant Psychiatrist, Honorary Senior Lecturer in Psychiatry, University of Galway, National Clinical Lead for Self Harm and Suicide Related Ideation.

'Findings from a Safety Planning Group Intervention and Updates on the National Clinical Programme for Self Harm and Suicide Related Ideation'.

Masterclasses on:

Engaging contributors in Lived Experience Research

Facilitated by Dr Aileen Callanan & the NSRF Lived Experience Panel

Mental Health Promotion and Suicide Prevention in the Workplace

Facilitated by Prof Ella Arensman & Dr Mallorie Leduc

Interventions for specific subgroups who engage in self-harm

Facilitated by Dr Mary Kells & Dr Eric Kelleher



To register your attendance:





We are delighted to announce **Bringing Light to Darkness**, the inaugural conference in collaboration with DCU, SNPCH and Pieta.

Re-Searching Lived Experiences around Suicide and Self-Harm, from Crisis to Recovery in Ireland

Save the Date

Thursday, 5th December
DCU, SNPCH, Dublin 9

Speakers include:

Dr. Eve Griffin - CEO, National Suicide Research Foundation

Sally Lovejoy - National Nurse Lead, National Clinical Programme for Self-Harm and Suicide-related Ideation

Dr. Shari McDaid - Head of Policy and Public Affairs (Scotland, Wales, and Northern Ireland), Mental Health Foundation

Dr. Lisa Cuthbert - CEO, Mental Health Ireland

We encourage you to share this invitation with colleagues and organisations who might find this conference valuable.

To register your interest or to request further information, email dcu.pieta@gmail.com or visit [HERE](#)

Call for Abstracts is currently open until 4th September, visit our website [HERE](#) for guidelines.

NSRF CEO Dr Eve Griffin will be speaking at Pieta's *Bringing Light to Darkness* conference on December 5th 2024 at The School of Nursing, Psychotherapy and Community Health (SNPCH) in DCU, Dublin 9

For further information or to register your interest please email dcu.pieta@gmail.com



SPHERE NETWORK
ONLINE SYMPOSIUM



SPHeRE
Network

PUBLIC HEALTH APPROACHES TO SUICIDE PREVENTION - THE ROLE OF SURVEILLANCE DATA



DATE
24 SEPTEMBER, 2024



TIME
1 PM - 2 PM (IST)



LOCATION
ONLINE



Dr Eve Griffin
CEO, NSRF Ireland

REGISTER NOW

sphereprogramme@gmail.com

www.sphereprogramme.ie



You can also join Eve on Tuesday September 24th 2024, 1-2 pm, for a talk on "Online Public health approaches to suicide prevention – The role of surveillance data" as part of the Sphere Network Symposium

Registration link:
<https://www.sphereprogramme.ie/4854-2/>

GET INVOLVED

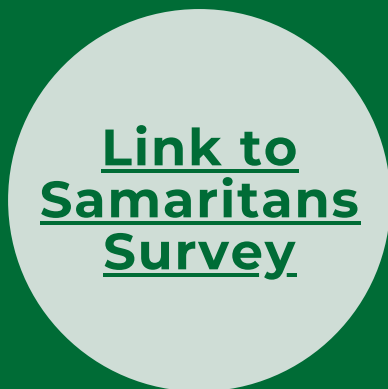
'Exploring people's experiences of Samaritans Ireland's services' study underway at University College Cork.

Samaritans Ireland, with University College Cork, is carrying out research exploring people's experiences of Samaritans Ireland's services.

If your answer is "yes" to any of the questions on the right and you would like to take part in this short anonymous survey, please consider taking part in this research.

For any further information email john.goodwin@ucc.ie

To find out more, clicking below:



SAMARITANS 

Exploring people's experiences of Samaritans Ireland's services

- Have you used the Samaritans helpline, email, or face-to-face services in the Republic of Ireland?
- Or have you signposted someone to these services?
- Or do you know someone who has used these services?

If your answer to any of the above is YES, you're invited to participate in a study by University College Cork on behalf of Samaritans Ireland.

SCAN TO TAKE PART  **Please visit samaritans.ie/survey to fill in a short survey**

Closing date: Friday, 27 September, 2024

If you need any further information, please contact the lead researcher, Dr Johnny Goodwin: john.goodwin@ucc.ie

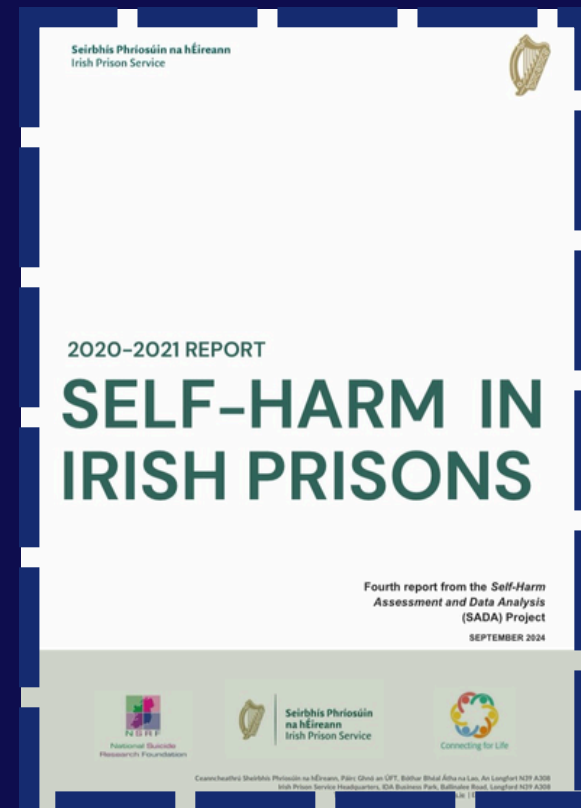
PUBLICATIONS

In this section, we share our latest research outputs and analyses. Below and on the following two pages you will find a showcase of the most recent papers and reports published by the NSRF team, that contribute to ongoing discussions in our field.

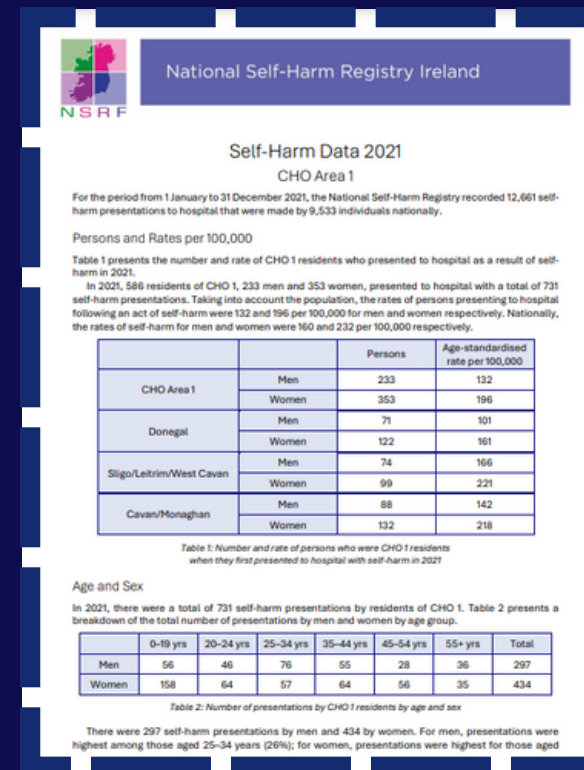
To access each document, simply click on the the preview of the first page.



**Self-Harm Registry
Annual Report 2021**



**Self-Harm in Irish Prisons Report
2020-2021**



**Registry CHO Area Reports
2021**



Cully et al 2024 Discharged from the emergency department following hospital-presented self-harm: referral patterns and risk of repeated self-harm

Key findings: The findings underline the importance of assessing all individuals who present with self-harm and highlight the need for comprehensively resourced 24hr services providing mental health care in the ED.

Troya et al 2024 Healthcare practitioners' views of self-harm management practices in older adults in Ireland: A qualitative study



Key findings: : Healthcare practitioners viewed self-harm in older adults as complex, challenging, and associated with high suicide risk, approaching patients with care and caution. The need for integrated support and improved collaboration between relevant healthcare practitioners was identified. Suggestions were made for primary care having a lead role in identifying and managing older adults after self-harm. Increased mental health promotion and awareness of mental health and self-harm in this age group would help address current stigma and shame.



McMahon et al 2024 Advancing early detection of suicide? A national study examining socio-demographic factors, antecedent stressors and long-term history of self-harm

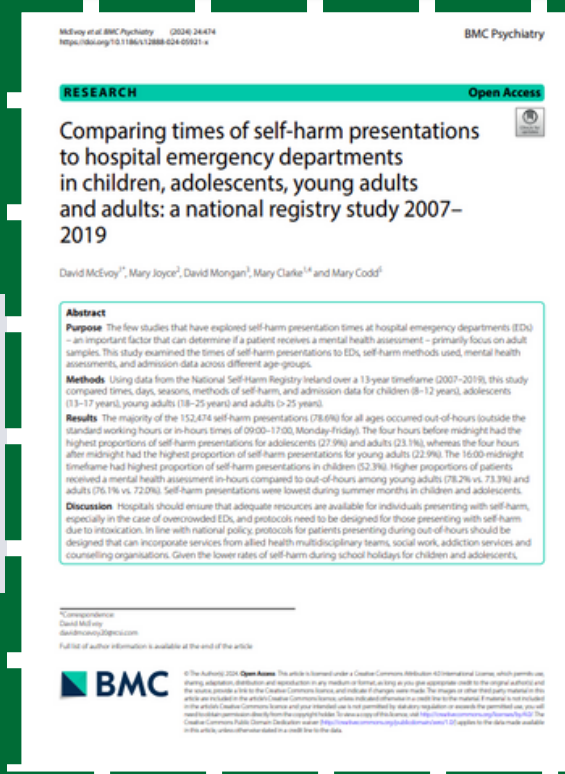
Key findings: A sub-group of suicide cases exists without any psychiatric or self-harm history but with salient occupational or health-related proximal stressors. Suicide prevention interventions should include occupational settings and should promote mental health literacy.



Da Cunha Varella et al 2024 Suicide rates before and during the COVID-19 pandemic: a systematic review and meta-analysis

Key findings: No significant change in suicide rates was observed during the COVID pandemic from a global perspective for the periods examined. A longer follow-up can provide additional insights into such suicide trends globally. Improvements in data reporting, specifically with implementation of real-time surveillance, is imperative to provide adequate suicide prevention and support.

McEvoy et al 2024 Comparing times of self-harm presentations to hospital emergency departments in children, adolescents, young adults and adults: a national registry study 2007–2019.



Key findings: Hospitals should ensure that adequate resources are available for individuals presenting with self-harm, especially in the case of overcrowded EDs, and protocols need to be designed for those presenting with self-harm due to intoxication. In line with national policy, protocols for patients presenting during out-of-hours should be designed that can incorporate services from allied health multidisciplinary teams, social work, addiction services and counselling organisations. Given the lower rates of self-harm during school holidays for children and adolescents, the school environment must be considered in the context of mental health and self-harm public health prevention Interventions.



Paterson et al 2024 Barriers and facilitators to implementing workplace interventions to promote mental health: qualitative evidence synthesis.

Key findings: There is dependable evidence of key factors for the implementation of workplace mental health interventions which should be used to improve implementation. However, there is a lack of studies in SMEs and in a larger variety of sectors.

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