

## Interested in Collaborating?

We welcome universities, module coordinators and lecturers in the health and social sciences to collaborate with us in the embedding of the module across the relevant courses in Ireland.

Together we can ensure that all students graduate with similar knowledge, attitudes and skills to enable them to confidently work with individuals at risk of suicide and self-harm.

For more information, please contact the National Suicide Research Foundation - [infonsrf@ucc.ie](mailto:infonsrf@ucc.ie)

## Thank you

We would like to extend our sincerest thanks to the many collaborators and stakeholders who gave their valuable time and input into the development, funding and support of the module, and today's event.

- HSE National Office for Suicide Prevention (NOSP), Professor Philip Dodd, Ms. Ailish O' Neill and Ms. Sarah Woods.
- The Centre for the Integration of Research, Teaching and Learning, University College Cork - Dr. Owen Jump, Dr. Laura Lee and Dr. Kathy Dineen
- Colleagues at the National Suicide Research Foundation and School of Public Health, University College Cork
- The valued members of the Consultation Group and our UCC Champions.
- Dr. Aoife Fleming, Dr. Eithne Hunt, Ms. Rena Young and Dr. Trish O' Sullivan, Dr. James O' Mahony and Ms. Ellen Walls of University College Cork.
- Dr. Mette Valdersdorf Jensen, Centre for Suicide Research, Denmark

### Support services:

**Samaritans:** For confidential, non-judgmental support. Freephone 116 123, [jo@samaritans.ie](mailto:jo@samaritans.ie) or visit [www.samaritans.ie](http://www.samaritans.ie)

**Pieta:** A range of suicide and self-harm prevention services. Freephone 1800 247 247. Text HELP to 51444 (standard message rates apply) or visit [www.pieta.ie](http://www.pieta.ie)

**Text about it:** A free 24/7 text service. Text HELLO to 50808. Visit [www.textaboutit.ie](http://www.textaboutit.ie) for more information.

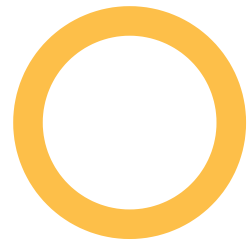
**Yourmentalhealth.ie:** For information on how to mind your mental health and to find services in your area visit [www.yourmentalhealth.ie](http://www.yourmentalhealth.ie)



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## MORE INFORMATION

- [www.nsrp.ie](http://www.nsrp.ie)
- [www.nosp.ie](http://www.nosp.ie)



# SUICIDE PREVENTION MODULE FOR UNDERGRADUATE HEALTH AND SOCIAL CARE STUDENTS

Developed by  
The National Suicide Research  
Foundation  
and  
The HSE National Office for Suicide  
Prevention

# Seminar and World Café Guide



## Background and rationale

The literature indicates that 80% of people who die by suicide have had contact with a healthcare provider in the months preceding their death (Leahy *et al.*, 2020).

This represents a unique opportunity to adequately train our future healthcare professionals in basic suicide prevention skills.

This module development was prompted by the recognised need for a national standardised undergraduate suicide prevention curriculum in the Republic of Ireland as stated in Action 5.4.4 of **Connecting for Life: Ireland's National Strategy to Reduce Suicide**.

## PROGRAMME GUIDE

10.00-11.00	Seminar
11.00-11.15	Break
11.15-12.30	Module Launch and Panel Discussion
12.30-13.00	Networking Lunch
13.00-15.00	World Café

## Module Development

### Aim

*“To provide undergraduate healthcare students with the fundamental knowledge and skills necessary to support individuals at risk of suicide or self harm”*

### Module Outline

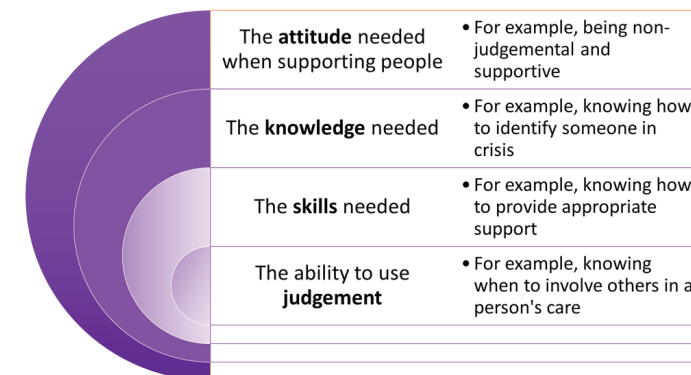
Session One	Pre-module session
Session Two	Epidemiology of Suicide and Self-harm
Session Three	Risk and Protective Factors
Session Four	Preventing Suicide and Self-harm
Session Five	Effective Communication
Session Six	Risk Assessment, Safety Planning and Prevention in Clinical Practice

### Integration of Self-care and Wellbeing

Throughout the development of this module it was recognised that there is a need to embed self-care and wellbeing education for students into the content. This need was highlighted by both our Consultation Group and student focus groups.

Each teaching session will open and finish with self-care and wellbeing content that is student-centered, and also supports professional capacity-building.

## Core competencies



## Module Flexibility

The module has been designed as a flexible offering, with enough content developed for a full five-credit module, and scope to condense as required. This will allow it to either be embedded into existing modules or to be delivered as a stand-alone module. It is therefore an adaptable solution to meet the varying needs of healthcare courses nationally.

## Future Work

### Pilot Implementation

An initial pilot implementation and evaluation study of the module is taking place in Q1 2024 in University College Cork. The module is open to all second, third and fourth year students enrolled in an undergraduate health or social science course. The results from this study will be used to inform future iterations of the module.

### Train-the-trainer

A train-the-trainer guide is under development in order to facilitate the teaching of the module across all university settings. This will enable the module to be taught in a similar manner in each setting and also provide the opportunity to discuss the safety of the students and how to implement a safety protocol to address any issues which may arise.