

The NSRF News/letter

April 2024

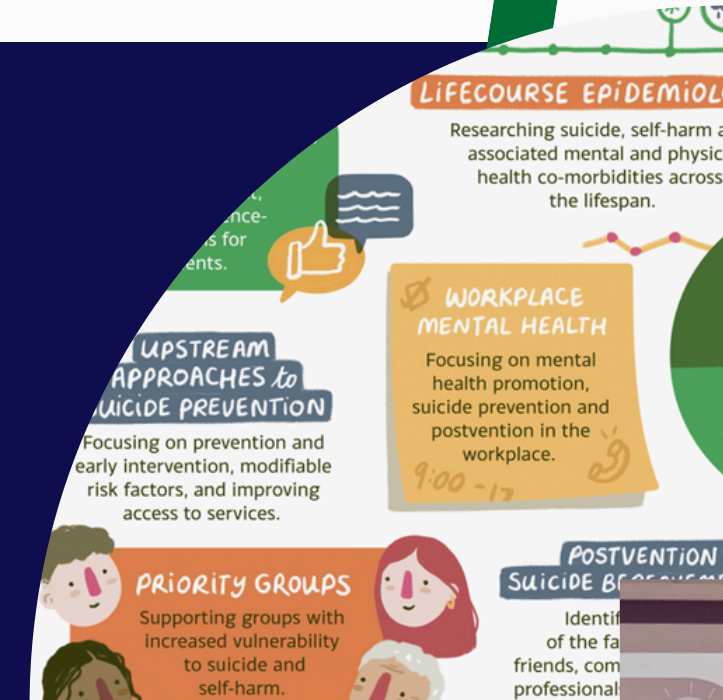


NEWS & UPDATES

- Latest Publications
- Ongoing Research
- Upcoming Events
- Outreach

HIGHLIGHTS

- Our new Strategic Plan
- Self-Harm Registry Report
- World Mental Health Day Seminar
- Meet the Service Evaluation Team



NSRF
National Suicide
Research Foundation

The NSRF *Newsletter*

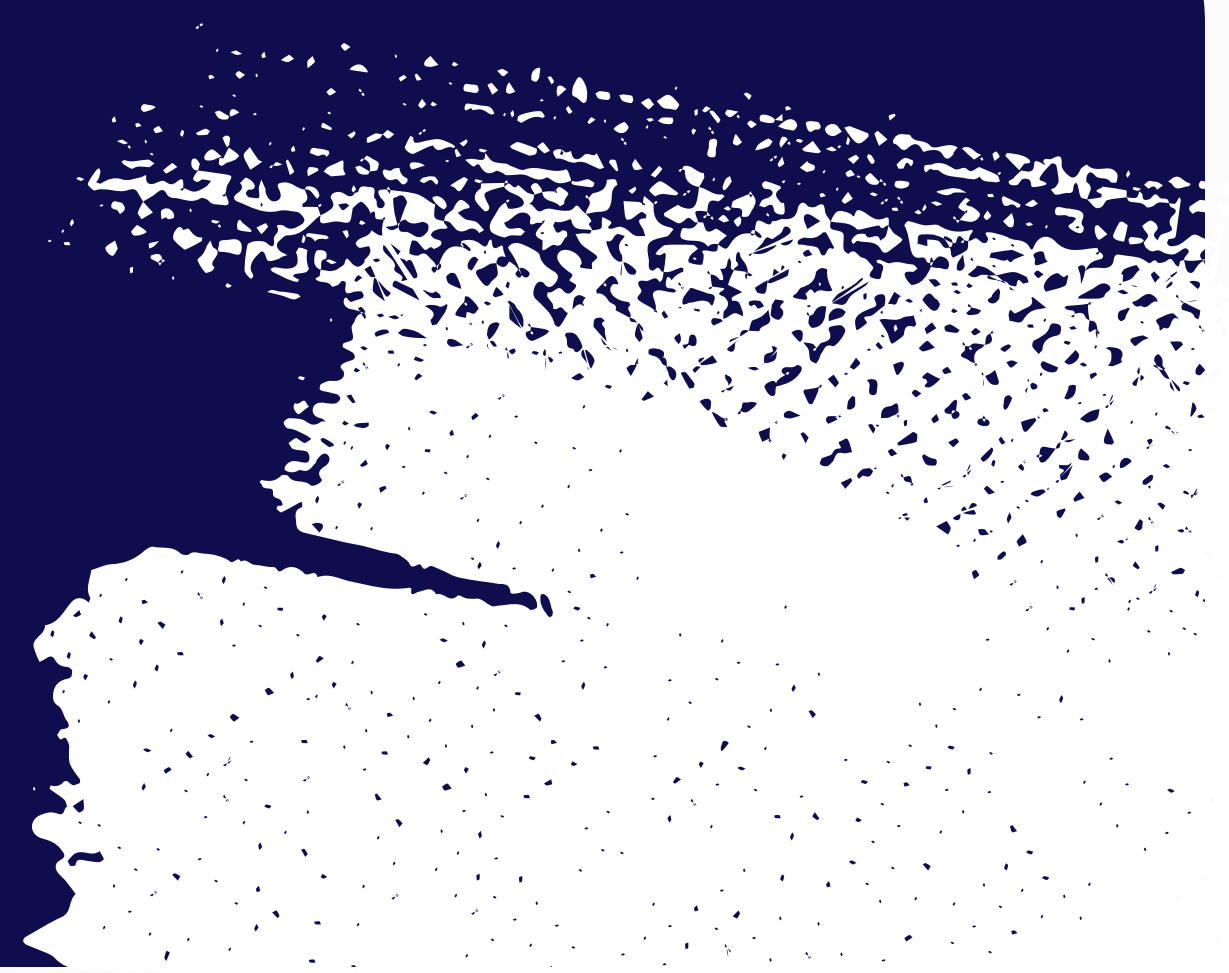
Welcome to the second edition of the NSRF Newsletter.

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

The Newsletter features articles on recent research outputs and events, interviews with the team, and spotlights on upcoming activities. This issue covers the period between September 2024 – March 2025.

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.

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



The NSRF's new Strategic Plan

2025–2030



Read the strategy in full [HERE](#)

We are delighted to present the National Suicide Research Foundation's new strategic plan – Leading Research, Shaping Change. The plan outlines key priority areas and research topics to guide the organisation over the coming six years. The development of this plan reflects societal trends and the ongoing need to work together to prevent suicide in our communities. It also sets out our revised vision, mission and values, reflecting the consistent and innovative work of the NSRF over three decades. We have developed 5 strategic research priority areas:

- RESEARCH EXCELLENCE •
- SURVEILLANCE •
- IMPACT •
- COMMUNICATION •
- ORGANISATIONAL STRENGTH •

These priority areas will ensure the ongoing delivery of high-quality and impactful research and deliver out on the NSRF's overall vision.

We would like to thank each person who contributed to this strategy and who has supported our work over the past 30 years.

Leading Research, Shaping Change

LAUNCH EVENT AT UCC

On February 11th, 2025, the NSRF launched the Foundation's new Strategic Plan in the Aula Maxima in University College Cork. The day commenced with welcoming addresses from Professor Helen Whelton, Head of the College of Medicine and Health at University College Cork (UCC), and Mr John Meehan, Head of the HSE National Office for Suicide Prevention (NOSP).

The strategic plan was introduced by Dr Eve Griffin, our Chief Executive Officer, and Professor Ella Arensman, Chief Scientist, who provided context, development insights, and highlighted priority areas.

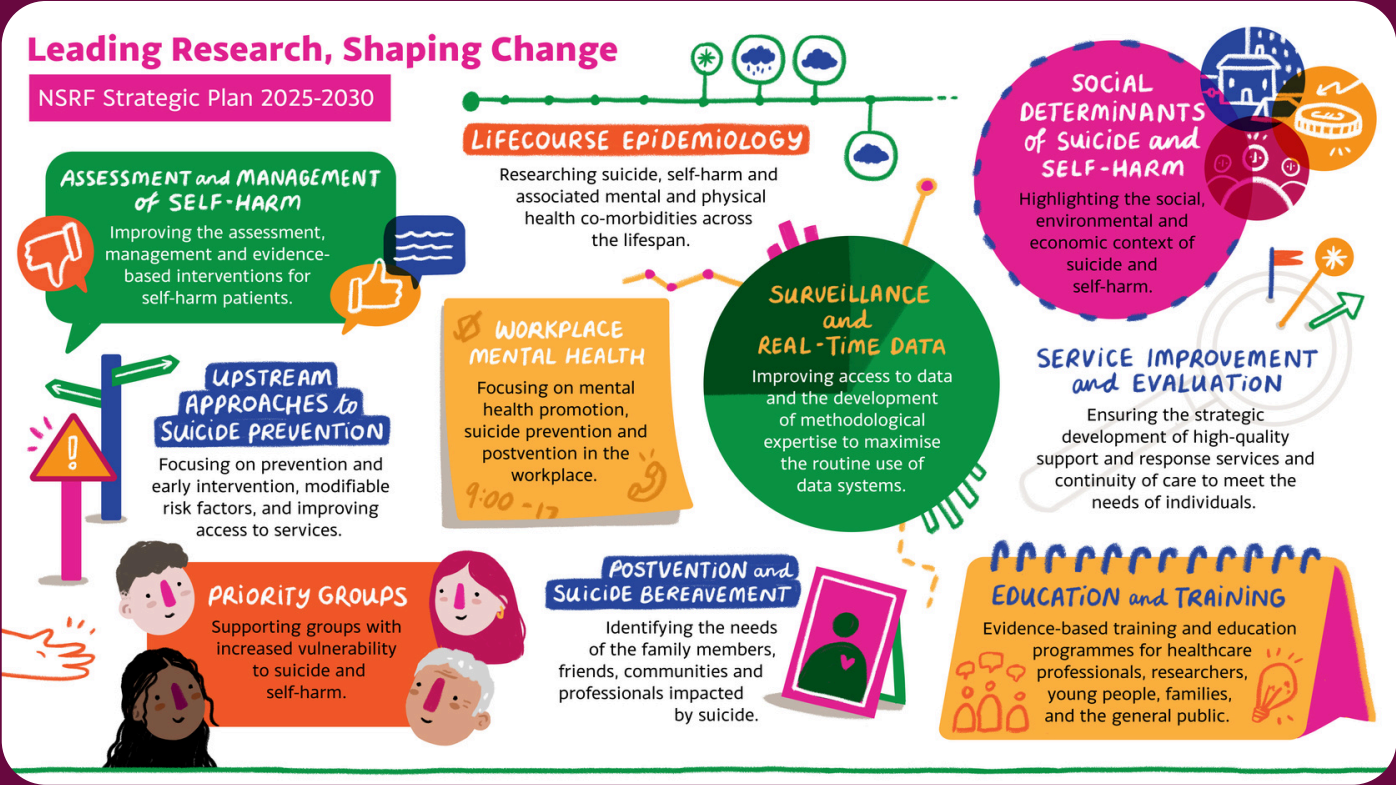
The event showcased examples of the NSRF's research impact and collaboration, both nationally and internationally, presented by Dr Alexandra Fleischmann from the World Health Organization, as well as Dr Paul Corcoran, Head of Research at NSRF, and Senior Postdoctoral Researcher Dr Michelle O'Driscoll. Their insights underscored the critical role of research in informing policy and practice in mental health.

A panel discussion followed, moderated by Professor Philip Dodd, Deputy Chief Medical Officer and Mental Health Policy Specialist at the Department of Health. The panel brought together prominent figures in the field and collaborators: Ms. Fiona Tuomey, CEO of HUGG; Professor Ivan Perry, Emeritus Professor of Public Health at UCC; Dr Siobhán Cusack, Director of Research Strategy and Projects at UCC; and Dr Eric Kelleher, Consultant Liaison Psychiatrist at Cork University Hospital and Mercy University Hospital.

After the formal presentations and an insightful Q&A session, attendees enjoyed a lunch break and a networking event. This event reinforced the importance of collaboration and served as an exciting opportunity to set the stage for the implementation of our new strategic plan.



Thank you to all our contributors and everyone who attended the launch of our new Strategic Plan. **Leading Research, Shaping Change** is underpinned by collaboration, and we are committed to generating evidence which is co-produced by a range of partners and collaborators and with people with lived experience.



We look forward to working with stakeholders from across the suicide prevention sector, both nationally and internationally, over the next six years.



Click
here to view
the **2022** and
2023 'Statistics
At a Glance'
infographics.



[Click here to access the full NSHRI Report.](#)

National Self-Harm Registry Report '22-'23

THE REGISTRY FULFILS A MAJOR OBJECTIVE IN PROVIDING TIMELY DATA ON TRENDS AND GROUPS AT HIGH RISK OF SELF-HARM

The National Self-Harm Registry Ireland (NSHRI) was established in 2000 by the National Suicide Research Foundation, working in collaboration with the School of Public Health, University College Cork. The NSHRI is funded by the Health Service Executive's National Office for Suicide Prevention. It is the world's first national registry of cases of intentional self-harm presenting to hospital emergency departments and is recognised by the World Health Organisation as a template for such surveillance systems.

During the onset and waves of the COVID-19 pandemic and the associated restrictions, the NSHRI was able to provide regular briefings on the impact on hospital-presenting self-harm based on a sub-sample of hospitals where data collection was possible. Now, with near complete national data for 2020-2023, we are better able to review and assess the impact of the pandemic. This report relates to hospital-presenting self-harm in 2022 and 2023.



WMHD Seminar 2024

On Thursday October 10th, the National Suicide Research Foundation hosted our **5th annual World Mental Health Day seminar**, which aims to build capacity in mental health and suicide research.



Thank you to the Higher Education Authority and the HSE National Office for Suicide Prevention for supporting the event and to our keynote speakers, masterclass facilitators, contributors, and attendees.



Professor Alexandra Pitman from University College London's Division of Psychiatry delivered the Dr Michael J Kelleher Memorial Lecture on 'Temporal risk factors for suicide: anticipating and mitigating risk'.

Dr Shane McInerney presented a keynote lecture on 'Findings from a Safety Planning Group Intervention and Updates on the National Clinical Programme for Self-Harm and Suicide Related Ideation'.



Masterclasses included:

- Engaging contributors in Lived Experience Research, facilitated by Dr Aileen Callanan and Dr Grace Cully
- Mental Health Promotion and Suicide Prevention in the Workplace, facilitated by Prof Ella Arensman and Dr Mallorie Leduc
- Interventions for specific subgroups who engage in self-harm, facilitated by Dr Eric Kelleher and Dr Mary Kells

MEET THE SERVICE EVALUATION TEAM

DR DANIEL O'CALLAGHAN, MS ZARA HARNETT, AND DR NOREEN KEARNS

CAN YOU TELL US ABOUT THE SERVICE EVALUATION TEAM AT THE NSRF?

We are an interdisciplinary team bringing expertise from psychology, sociology and social policy backgrounds with the opportunity to also collaborate closely with other members of the NSRF. The specific service evaluation stream was established in 2024 focusing on HSE National Office for Suicide Prevention (NOSP) funded projects, relating to the implementation and evaluation of Connecting for Life. Our work is underpinned by implementation science and knowledge translation lenses, with the aim of learning how best to improve and adapt services and programmes targeted towards improving outcomes for service users. Our work involves engagement with stakeholders in the mental health field including the NOSP in addition to professionals working in public organisations and non-profit sectors, and service users.

WHY IS SERVICE EVALUATION IMPORTANT FOR THE SUICIDE PREVENTION SECTOR?

Service evaluation has a crucial role in ensuring that the services within the suicide prevention sector are appropriate to the needs of the population and are achieving the aims and visions that the service is built upon. The process of evaluation ensures that services can adapt to meet the evolving needs of communities and service users using best practice approaches informed by an evidence-based approach. In undertaking service evaluation within the suicide prevention sector there is an opportunity to learn more about services that exist, what they currently offer, and the strengths and good practices that they employ. Furthermore, there is an opportunity to identify gaps in services and in doing so to view these gaps as avenues for development and growth to ensure that suicide prevention efforts can be effective and expanded. Such efforts align with the NSRF's mission of ensuring that suicide and self-harm prevention approaches are informed by high-quality research and data.



WHAT ATTRACTED YOU TO JOIN THE NSRF?



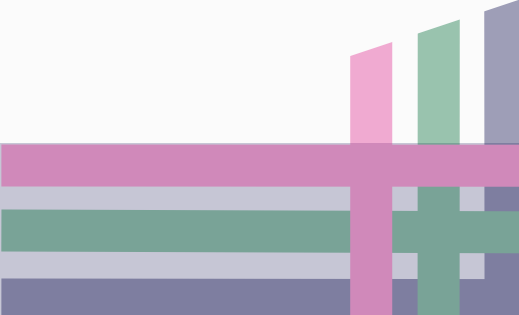
Noreen: Working as a Senior Postdoctoral Researcher in the NSRF is an exciting opportunity to continue my research career in the health and wellbeing evaluation space. The role provides the prospect of collaborating with a multidisciplinary team of researchers in the NSRF, on an extensive range of projects relating to mental health and wellbeing, self-harm and suicide. I am particularly interested in applying the evidence-based findings of our work towards tailoring and improving programme implementation at the service and front-line levels. I am very happy to be part of the NSRF team which values compassion and empathy in its work providing support to organisations and communities working in the mental health, self-harm and suicide prevention fields.



Daniel: I am currently a postdoctoral researcher with the NSRF, where I started in 2024. Throughout my professional career, I have worked on collaborative research projects embedded in community organisations spanning homelessness, suicide prevention, and addiction. My research interests revolve around the social determinants of health, particularly the psychosocial implications of stigma with a focus on trauma, suicide, drug-related deaths, and subsequent implications for service design and delivery. My goal to produce high-impact research for social change aligns with the NSRF's commitment to producing dynamic research grounded by values such as compassion, integrity, and inclusivity. Working within the organisation has been a professionally enriching experience that has reinforced my understanding of multi-agency and collaborative approaches to suicide prevention.



Zara: My love for research began during my undergraduate degree and was further developed during my MSc in Psychological Science at the University of Limerick where I actively engaged in extra-curricular research internships within the Psychology Department. Seeing the impact and important work occurring within the field of suicide and self-harm, I applied to the NSRF with the hope that I could apply my passion for research and the knowledge I have acquired both through my studies and experience to work alongside the wonderful multidisciplinary team at the NSRF. Working as a research officer with the NSRF has further opened my eyes to the power of research and the impact this can have on a national and global level. I feel incredibly grateful to be a part of such an inspiring and supportive team of researchers here at the NSRF.



NSRF Away Day 2025



On Wednesday, March 5th, the NSRF hosted a Team Away Day at Nano Nagle Place in Cork city, where the primary focus was on implementing our new strategy, "Leading Research, Shaping Change." The team took the opportunity to review and discuss our strategic research clusters to ensure alignment with our overarching goals. Staff and collaborators brainstormed how to effectively communicate and disseminate our work to reach a broader audience and enhance our impact.

We were also joined by external speakers Dr Camille Boostrom, Dr Marita Hennessy and Ms Jen Ui Dhubhgain who gave insightful and informative presentations on:

- The Health Research Board's (HRB) mental health research strategy;
- Involving experts by experience: Pregnancy Loss Research Group.



***Thank you to all of the team
for their contributions
and participation.***

TOOLKIT LAUNCH

PREVENTING SUICIDE IN PUBLIC PLACES

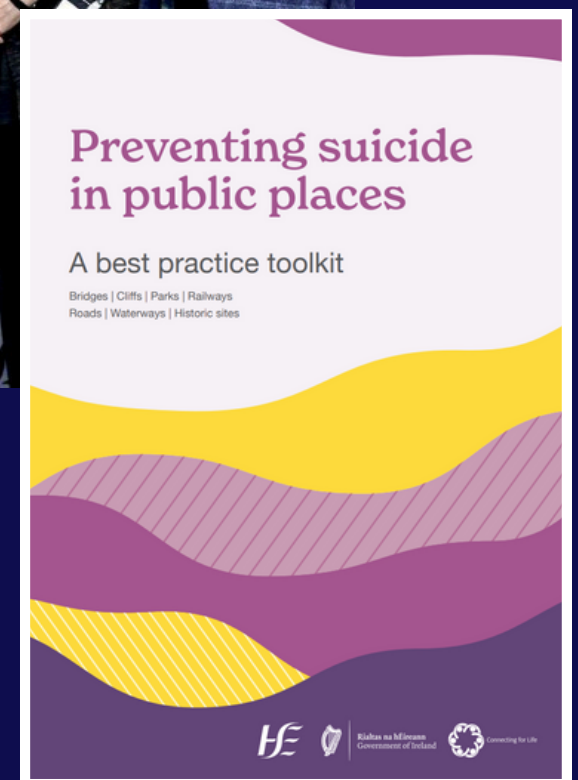
On February 4th, the HSE National Office for Suicide Prevention published a new best practice toolkit – Preventing suicide in public places, focusing on deaths by suicide that occur in public places – at bridges, cliffs, parks, railways, roads, waterways and historic sites. The toolkit is targeted at public bodies, agencies or stakeholders responsible for these types of public places in Ireland. It is also for those involved in related health, public health or suicide prevention/postvention responses, locally and nationally.

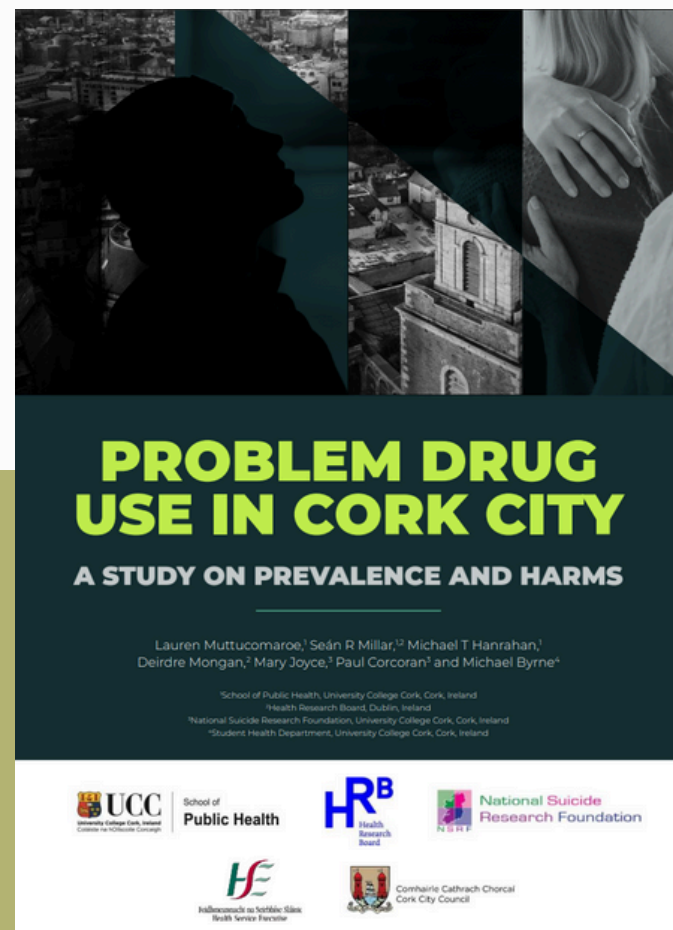
It was developed with the support of a multi-agency Project Advisory Group. The group included expert representatives from responsible agencies nationwide that oversee the public locations addressed in this toolkit, and other stakeholders in suicide prevention, including the NSRF's Niall McTernan. Prof Ella Arensman also provided expert review of the document.

This toolkit therefore provides clear and sequential steps that can support collaborative working to prevent deaths by suicide in public places. These are:

- Forming the correct partnerships from the outset
 - Understanding any data available
 - Deciding actions and interventions
- Implementing actions and interventions

Monitoring and understanding their impact. The toolkit ultimately aims to support the implementation of preventative actions wherever possible and contains a variety of case studies on interventions that have been implemented in public places, nationally and internationally.





NEW REPORT

PROBLEM DRUG USE IN CORK CITY

A study on prevalence and harms

This HSE and Cork County Council-funded project, which was led by Dr Seán Millar and Dr Michael Byrne, examined the scale of problem drug use in Cork city using multiple indicators.

This is the first study of its kind to be undertaken in Ireland, providing a template for how future studies may be conducted in other Irish and European cities using available data sources, and will allow policymakers to evaluate the impact of strategies aimed at reducing drug-related harms in Cork city.

The research, which was undertaken by the School of Public Health, University College Cork, and colleagues in the Health Research Board and National Suicide Research Foundation, estimated that there were 859 problematic opioid users in Cork city in 2022.

Commenting on the report, co-study lead Dr Michael Byrne said “Our study shows that PDU is taking place in Cork city, with a number of associated harms. Though Cork city has a variety of harm reduction services that deal with education, assessment, treatment and post-treatment support, the disconnect between problem drug users and these programmes may benefit from additional services. Ongoing research in this area will be crucial for effective service planning and to allow policymakers to evaluate the impact of strategies aimed at reducing drug-related harms”.

An electronic copy of the report is available from the National Drugs Library at:
<https://www.drugsandalcohol.ie/42736>

“Our study suggests that almost one-third of opioid users in Cork city are unknown to treatment services”

– DR SEÁN MILLAR





MENTBEST

Limerick Alliance Launch

On December 5th the NSRF launched the Limerick Alliance for Mental Health Support, as part of the EU-funded – MENTBEST project, inaugurated by the Deputy Lord Mayor of Limerick City and County, Cllr Dan McSweeney.

This seminar brought together public and private stakeholders, including representatives connected to the 4-level intervention framework and individuals with lived experience, creating a platform for dialogue and collaboration.

The event was warmly received, fostering discussions on expanding the network, enhancing collaboration opportunities, and engaging in specialised training initiatives. Participants explored pathways to join the Limerick Alliance Advisory Group and discussed strategies for involving additional stakeholders to strengthen collective efforts in advancing mental health support across the region.



Learn more
by visiting
the project
website

'BRAIN INNOVATION DAYS' EVENT

NOVEMBER 13TH AND 14TH, 2024 – BRUSSELS, BELGIUM

Seventy researchers and policymakers comprised the audience at the HaDEA- European Brain Council (EBC) 4th Edition of the Brain Innovation Days in Brussels. At the two-day event, which ran from November 13th to 14th, 2024, NSRF Chief Scientist and University College Cork's School of Public Health Professor Ella Arensman joined the panel of experts and presented the PROSPERH project and the WISEWORK-C cluster. This 4th Edition of the Brain Innovation Days' theme was "Navigating the Brain Across a Lifetime". Speakers discussed the need for lifelong learning and cognitive and emotional resilience. Panelists explored school and workplace implications, emphasizing skills development for maintaining brain health.

The event brings together leading experts and stakeholders to explore groundbreaking innovations and advancements in brain and mental health research.

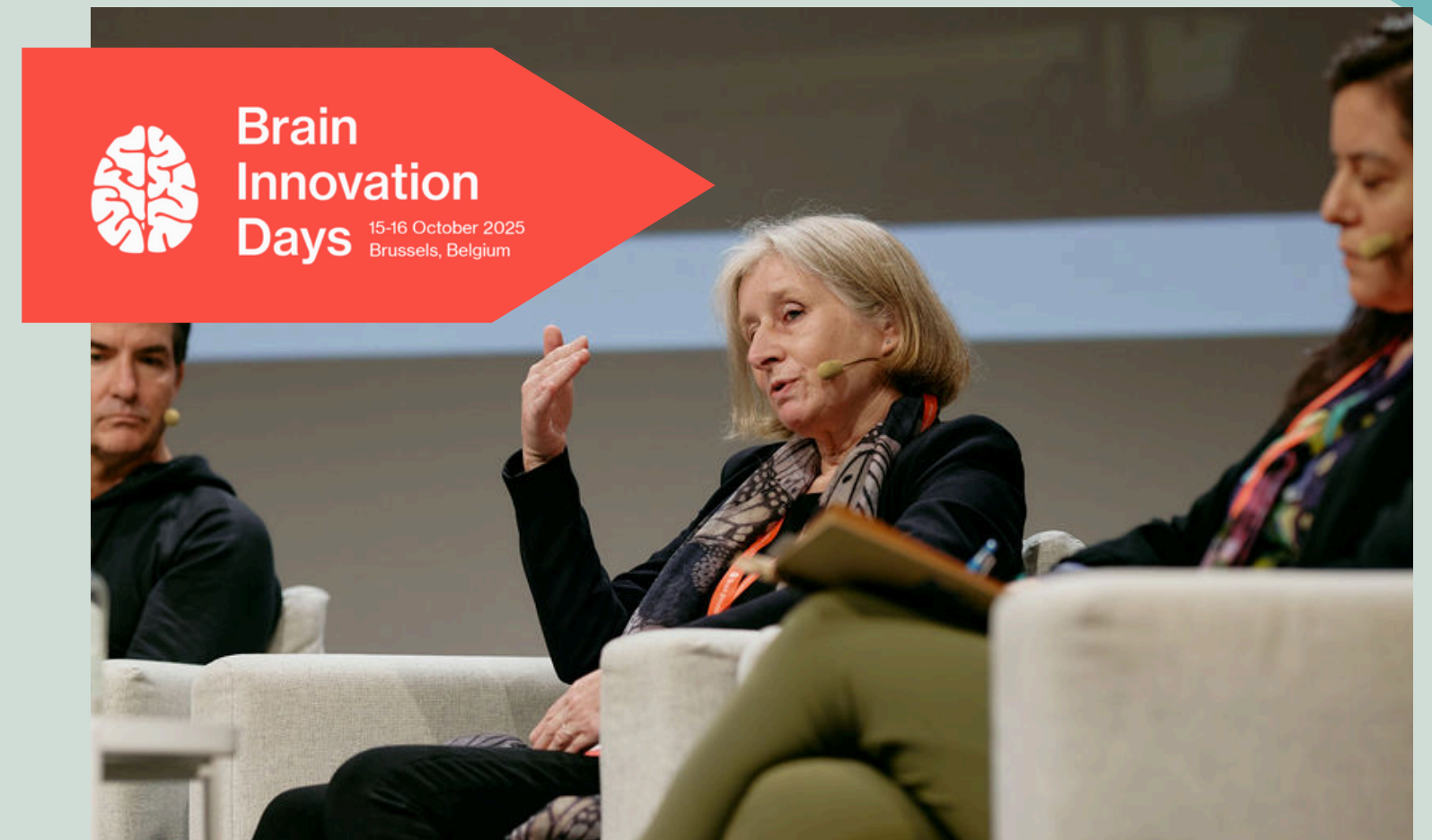


PHOTO CREDIT: BARTH DECOBECQ

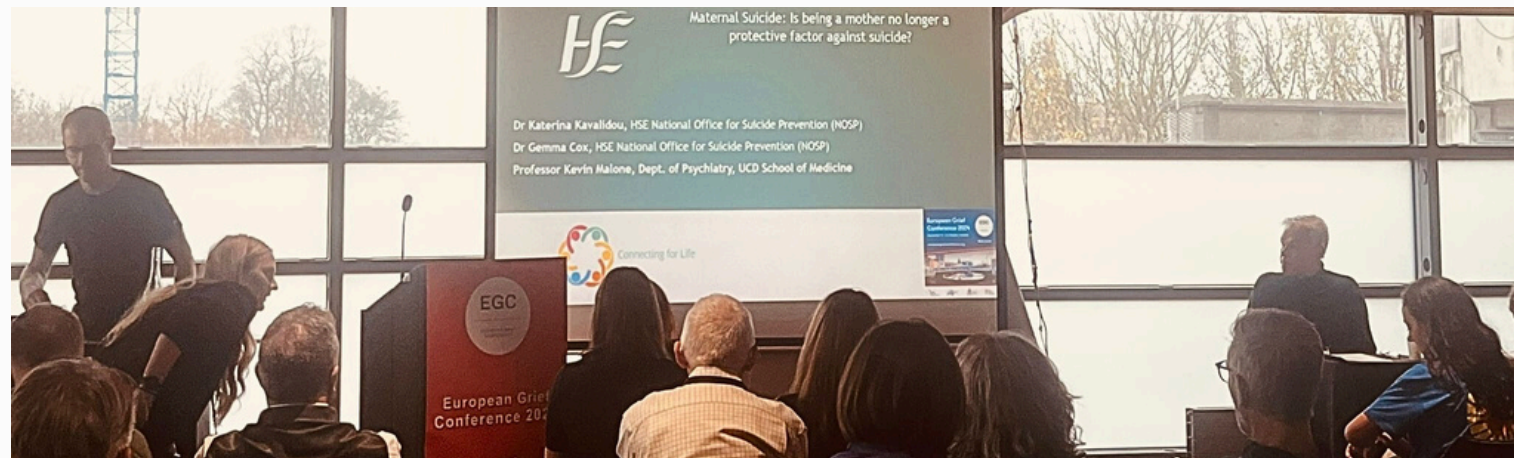


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European Grief Conference, DUBLIN

From November 11th to 13th, the NSRF's Dr Eve Griffin, Dr Grace Cully and Dr Katerina Kavalidou attended the European Grief Conference 2024 in Croke Park, Dublin.



NSRF presentations included:

✓ **Physical and mental health impacts of suicide bereavement: Findings from a national household survey in Ireland.**

Presenter: Dr Grace Cully

✓ **Identifying the needs of young people and their families bereaved by suicide.**

Presenter: Dr Grace Cully

✓ **Maternal Suicide: Is being a mother no longer a protective factor against suicide?**

Presenter: Dr Katerina Kavalidou



You can read some of our recent publications in the area of suicide bereavement below:

► **AfterWords: A survey of people bereaved by suicide in Ireland** - [LINK](#)

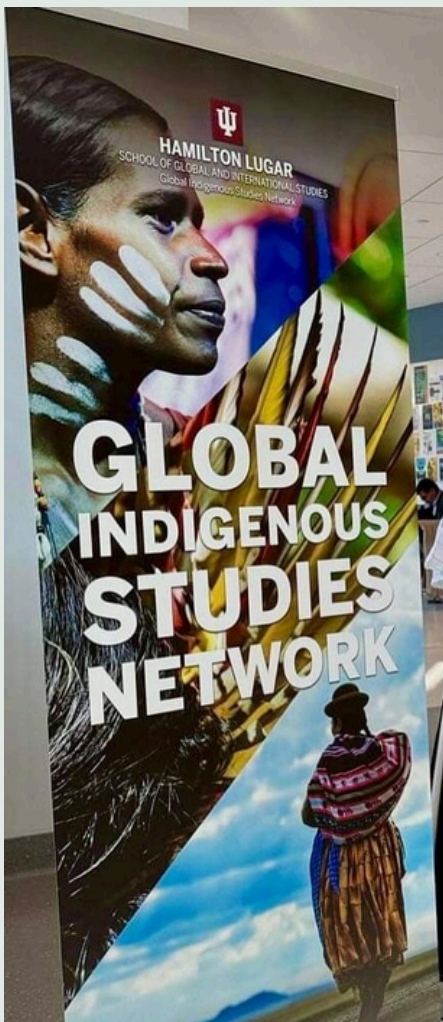
► **Experiences and Outcomes of People Attending Suicide Bereavement Peer Support** - [LINK](#)

► **Exploring posttraumatic growth in individuals bereaved by suicide: A secondary data analysis of a national survey** - [LINK](#)

► **Psychosocial Outcomes of Individuals Attending a Suicide Bereavement Peer Support Group: A Follow-Up Study** - [LINK](#)

► **Perceived Effectiveness of Components of Interventions to Support People Bereaved By Suicide** - [LINK](#)

Global Indigenous Studies from Multiple Perspectives Conference



Dr Katerina Kavalidou and Dr James O'Mahony from the School of Nursing and Midwifery, UCC, presented their Department of Health funded research representing Irish Traveller women's experiences of attending hospital emergency departments (ED) when experiencing suicidal ideation, at the inaugural Global Indigenous Studies from Multiple Perspectives Conference in Indianapolis from November 15th-17th, 2024.

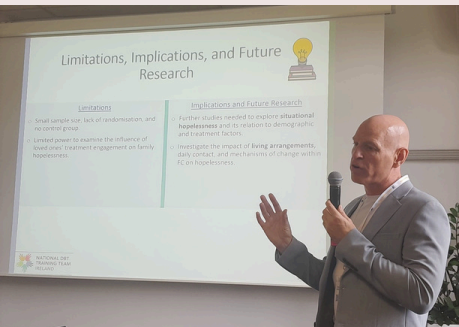
They further presented their findings through an animated video, co-produced with Traveller women.



European Symposium for the Society of Personality Disorders (ESSPD) conference



READ MORE ABOUT THE NATIONAL DIALECTICAL BEHAVIOUR THERAPY (DBT) PROJECT [HERE](#)



NSRF researchers Mary Joyce and Bláthín Power, and Board Member Daniel Flynn, attended the European Symposium for the Society of Personality Disorders (ESSPD) conference in Antwerp, Belgium in late September. HSE DBT Training Team colleague Dr Mary Kells was also in attendance.

- The NSRF delegation presented on the following topics:
- Personal mastery, burnout and related constructs for mental health professionals before participating in Clinician Connections (Bláthín Power).
 - Clinician attitudes towards individuals with emotion and behaviour dysregulation following completion of a DBT modular training programme (Dr Mary Joyce & Bláthín Power).
 - Hopelessness for family members of individuals with borderline personality disorder (Daniel Flynn).

RESTRICT Medication Safety Conference

On December 10th Dr Caroline Daly delivered a presentation at the 1st All-island Medication Safety Conference led by the Irish Medication Safety Network and Transforming Medication Safety Northern Ireland.



Over the next four years, the RESTRICT (REducing intentional overdose: a mixed methods STudy of means RestrICTION interventions) project aims to reduce intentional overdose by evaluating the impact and informing the implementation of means restriction interventions.

Multicentre Study of Self-harm in England conference

On November 27th Dr Mary Joyce attended the Multicentre Study of Self-Harm in England Conference in Nottingham.

An insightful and informative day included presentations on:

- The impact of surveillance systems on practice and policy, including psychosocial assessment and risk management

- Disparities in self-harm, the future of data collection and new directions and integration going forward

Thank you to co-hosts the Centre for Suicide Research at the University of Oxford, Department of Psychiatry and the University of Manchester Self-Harm Project.

We look forward to further collaboration with both centres. Find out more about the world's first national self-harm registry, the National Self-Harm Registry Ireland, here:

<https://lnkd.in/dwSFHiyH>

SAMAGH Simulation Training at UCC's ASSERT

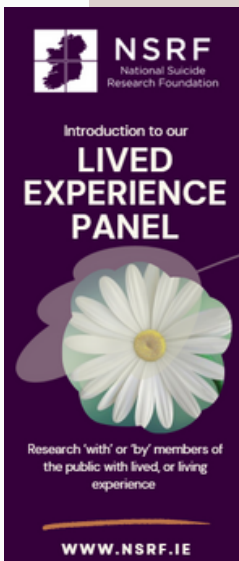


[Click HERE to watch our SAMAGH information video](#)

SAMAGH (Self-Harm Assessment and Management programme for General Hospitals) is an advanced training program designed to improve the assessment, management, and support of high-risk self-harm patients. The program consists of an E-Learning program and a face-to-face simulation training course facilitated by experienced clinicians.

The most recent on-site training sessions took place on 10th and 11th March at UCC's ASSERT Centre. Clinical Nurse Specialists (CNSs) and psychiatrists participated in the simulated learning experience. The training focused on implementing biopsychosocial assessment, enhancing clinical decision-making, peer-learning, and patient care through real-life case scenarios of people who present with self-harm to Irish ED settings.

Pieta Conference



On December 5th Dr Eve Griffin delivered a keynote lecture at the Dublin City University and Pieta conference 'Bringing Light to Darkness'. In the presentation, Eve discussed experiences of collaborative research in suicide prevention and highlighted the incredible work of our NSRF Lived Experience Panel.

Find out more about the panel here: [\(click to view our leaflet\)](#)

ROSP Continuing Professional Development

WORKSHOP FOR HSE RESOURCE OFFICERS FOR SUICIDE PREVENTION

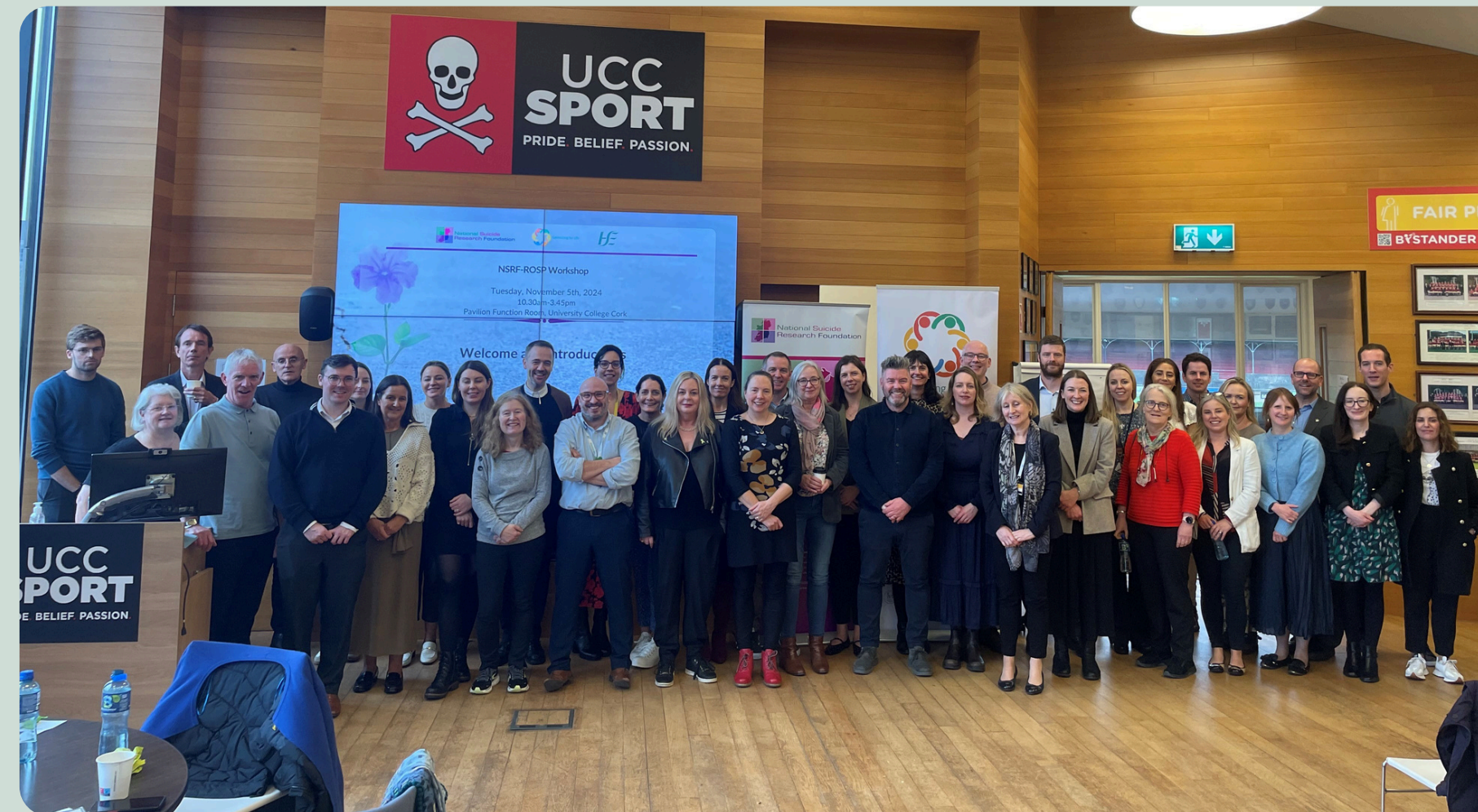
In collaboration with our partners at the HSE National Office for Suicide Prevention, on Tuesday, November 5th 2024, the NSRF hosted a continuing professional development (CPD) workshop for the HSE Resource Officers for Suicide Prevention at University College Cork. The event was attended by Specialist Registrars and Consultants in Public Health Medicine from throughout Ireland.

Thank you to speakers Prof Diarmuid O'Donovan, Dr Greg Martin, Ms Niamh Crudden, Ms Sarah Hearne, Dr Eve Griffin, Dr Caroline Daly, Dr Isabela Troya, Prof Ella Arensman and Dr Grace Cully.

NSRF presentations included:

- ▶ Social determinants of suicide
- ▶ Introduction to The RESTRICT project
- ▶ Trauma, self-harm and suicide
- ▶ Supports for young people bereaved by suicide

The day provided a forum for knowledge exchange and shared learning. It was great to discuss public health approaches to suicide prevention and areas for collaboration.



PERMANENS Consortium Meeting

Universitat Pompeu Fabra, Barcelona, SPAIN

On February 25th 2025, NSRF-UCC team members Prof Ella Arensman, Dr Madhav Bhargav, Mx Sofia Bettella, and the rest of the PERMANENS team convened for an intensive Full Day Meeting in Barcelona. The consortium tackled several key topics that will shape the project's next steps:

- **Refining Predictive Models:** We made progress on how we're defining the models for self-harm prediction.
- **Structure of the CDSS:** We progressed in defining the structure of our Clinical Decision Support System (CDSS), building on findings from different work packages.
- **Evidence-Based Guidelines:** We discussed our review of existing, evidence-based guidelines on self-harm and how they can inform our CDSS moving forward.
- **Perspectives from the Field:** We gathered further valuable insights from both professionals and individuals with lived experience on how self-harm is addressed in emergency departments. Their input is critical in shaping a more effective approach.
- **Next Steps - Small-Scale Testing:** We're gearing up for small-scale testing, marking the next big milestone in our project.



[click to view the project website](#)



WHAT IS PERMANENS?

PERMANENS is an EU-funded project that aims to develop a Clinical Decision Support System (CDSS) to assist clinicians in assessing and managing self-harm patients. This CDSS will provide personalized risk profiles and evidence-based treatment plans based on extensive data and advanced machine learning techniques, ultimately enhancing patient care and reducing suicide mortality. Click [HERE](#) to learn more.

SHOAR

Examining individual & psychosocial determinants of **Self-Harm** & suicidality in **Older Adults**: improving **Risk** assessment & management



[CLICK HERE TO READ THE FINDINGS AND LEARN MORE](#)

In Ireland, there is limited research into self-harm and suicide in older adults. Specifically, the profile of older adults who self-harm is not well known, or what factors affect older people who self-harm.

To gain a better understanding of self-harm in older adults, and to inform policy, patients, clinicians, and the Irish healthcare system, this study examined the factors that lead to older adults hurting themselves.

Funded by the Irish Research Council under a Government of Ireland Postdoctoral Fellowship, SHOAR was a two-year research project led by Dr Isabela Troya which had as an aim to examine individual and psychosocial determinants of self-harm in older adults to improve risk assessment and management of self-harm in later life. Based in the School of Public Health and the National Suicide Research Foundation at University College Cork, SHOAR started in June 2022 and has now officially come to an end. We would like to summarise key findings of this research (see text box on the right), link readers to academic and non-academic outputs of the study and share what we will be doing next (click link in green above).

SHOAR was a multi-method study, using two large national databases (National Self-Harm Registry Ireland from the National Suicide Research Foundation and The Irish Longitudinal Study of Ageing from Trinity College Dublin) combined with primary research (interviewing health practitioners who support older adults).

Three work packages were used to answer three different yet connected research questions:

► *Work Package 1:* What is the extent of the problem? Examining trends in rates of self-harm amongst hospital-presenting older adults in Ireland over a 13-year period.

We answered this research question using one of the few worldwide national self-harm surveillance systems: The National Self-Harm Registry of Ireland.

► *Work Package 2:* Death ideation in a nationally representative sample of older adults. How does death ideation impact healthcare use in older adults?

This research question was answered by using a nationally representative cohort of older adults-TILDA The Irish Longitudinal Study of Ageing.

► *Work Package 3:* How do healthcare practitioners understand self-harm in older adults? Examining their views on self-harm management practices in older adults.

We conducted one-to-one qualitative interviews with healthcare professionals across Ireland who support older adults who self-harm.

Dr Elaine McMahon

HRB Emerging Investigator Award

A huge congratulations to the NSRF and the The School of Public Health UCC's Dr Elaine McMahon on her Health Research Board (HRB) Emerging Investigator Award Scheme grant.

Elaine's project addresses inequalities in self-harm and suicide among children, adolescents and young adults (EQUALISE), and will examine how social determinants including gender, ethnicity, income, housing and education affect suicidal behaviours through inter-linked national studies. It is both a timely and relevant study, which addresses multiple clinical and public mental health priorities for young people in Ireland.

Read more here: <https://lnkd.in/ejMiRP-6>

Elaine has published widely in high-impact journals on a range of mental-health related topics. Access some of Elaine's recent publications here:

- Advancing early detection of suicide? A national study examining socio-demographic factors, antecedent stressors and long-term history of self-harm [LINK](#)
- Editorial: Suicide and self-harm in young people [LINK](#)
- Psychosocial and psychiatric factors preceding death by suicide: A case-control psychological autopsy study involving multiple data sources. Suicide Life Threat Behav. [LINK](#)
- Risk and protective factors for psychotic experiences in adolescence: population-based study [LINK](#)



Haniya Roshan's presentation award

Congratulations to Haniya Roshan on her award for best research presentation at the UCC Medicine and Health Deanery Day on October 11th.

Supervised by the NSRF's Dr Eve Griffin and Dr Selena O Connell, Haniya's secondary analysis of AfterWords, the Irish Suicide Bereavement Survey, examined the impact of suicide on professional groups, including first responders and healthcare professionals.

This work was funded by the Health Research Board (HRB) Summer Scholarship scheme and by the HSE National Office for Suicide Prevention. Read more about our survey here: <https://lnkd.in/eD53YNn7>

HUGG in a Mug Moment Coffee Break



NSRF's Dr Caroline Daly setting up the coffee break fundraiser

On February 24th, our team held a HUGG in a Mug Moment fundraising tea and coffee morning, with donations going to HUGG, a suicide bereavement charity which provides vital support to people navigating the loss of a loved one to suicide. HUGG, led by Fiona Tuomey (CEO), is an organisation supporting adults bereaved by suicide across Ireland through peer support groups. These are groups of up to 12 people bereaved by suicide who meet every fortnight to discuss their bereavement experiences and support each other.

The NSRF and HUGG have been working together since 2020. Our first collaborative project examined the demographics and profile of individuals bereaved by suicide who were attending the HUGG peer-support groups in terms of psychological wellbeing and grief experiences. Read more here ['What we learned about HUGG peer-support groups for people bereaved by suicide'](#).

We also collaborated on Ireland's first large-scale national study of people bereaved by suicide. This study, funded by HSE National Office for Suicide Prevention, aimed to examine and understand the profile and needs of those bereaved by suicide. Over 2,400 people contributed to the survey, highlighting the need for those bereaved by suicide to tell their story and to have their voices heard.

The findings from this survey provide invaluable insight into the experiences of people bereaved and affected by suicide, the impacts on their lives and the supports received following their loss.

The findings also illustrate the specific challenges unique to suicide bereavement and have important implications for support and service provision.

Read the project report here: ['AfterWords: A survey of people bereaved by suicide in Ireland'](#).



Learn more about the HUGG Charity by visiting [their website](#)

UPCOMING



The International Association for Suicide Prevention will be hosting the 33rd IASP World Congress from 10-13 June 2025 at the Messe Wien Exhibition Congress Center in Vienna, Austria.

For over six decades, IASP has remained at the forefront of research, education, and advocacy, working to create a compassionate world, free of suicide. The 33rd edition will bring together researchers, clinicians, policymakers, and advocates from around the globe to share knowledge, exchange best practices, and collaborate on strategies to address this pressing public health issue.

Visit <https://www.iasp.info/vienna2025> for more info.

GET INVOLVED

Minister for Mental Health launches a public consultation on new suicide reduction policy

Minister for Mental Health, Mary Butler T.D., has launched a public consultation to inform the development of Ireland's next suicide reduction policy. The consultation is an opportunity for members of the public, stakeholder groups and organisations to share their experiences, observations and proposals on suicide reduction in Ireland and to express what they would like to see in a new policy. The current suicide reduction strategy, Connecting for Life, is currently being evaluated. The successor policy, which this new consultation process will feed into, will build on the successes of Connecting for Life and will take account of new evidence. The new policy will set out the Government's approach to suicide reduction from 2026 onwards.



The information from the public consultation will be collated and analysed by the National Suicide Research Foundation and a report will be prepared for the Department of Health. The new policy will also be based on learnings from the independent evaluation of the current policy Connecting for Life, lessons from around the world on other successful reduction strategies, and a review of the latest research on effective suicide prevention.

The closing date is Friday 18 April 2025.



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.

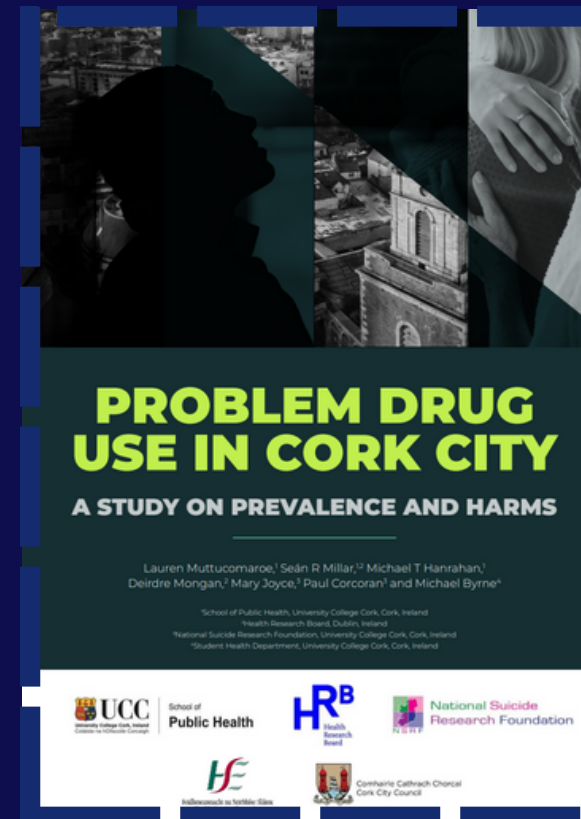
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The National Suicide Research Foundation Annual Report 2023



Suicide and self-harm studies by researchers in Ireland and Northern Ireland during 2015-2023 2025



Problem drug use in Cork City: a study on prevalence and harms. 2025



Wilson et al 2025 National analysis of hospital-presenting suicidal ideation and self-harm among males

Key findings:

- Across 45,729 presentations in Ireland, males more commonly presented with suicidal ideation than females and less often with self-harm
- The majority of males presenting to ED reported no existing linkage with mental health services.
- Emergency clinicians have an opportunity to ensure subsequent linkage to mental health services for males post-crisis, with the aim of prevention of suicides.

Reynolds et al 2025 A qualitative analysis of people who died by suicide and had gambling documented in their coronial file



Key findings :

- Gambling is a normalised activity that can have devastating consequences for individuals, families, and the wider community.
- Gambling was identified in 0.6% of suicide coronial files in Ireland over a six year period between 2015 and 2020 inclusive.
- The numbers in this study are likely an underrepresentation due to a number of reasons.
- Underlying distal and proximal risk factors were also identified in these deaths, such as mental ill-health, and substance use disorders.
- A public health approach to reducing gambling harm should be embedded in a wide range of policies.



Hofmann et al 2024 Perceived Effectiveness of Components of Interventions to Support People Bereaved By Suicide

Key findings provide crucial information for researchers, service providers, and policymakers to enhance the provision of evidence-based support for people bereaved by suicide.



O’Connell et al 2024

Factors affecting implementation of a National Clinical Programme for self-harm in hospital emergency departments: a qualitative study

- Key findings:
- Perceived value of the National Clinical Programme for Self-harm and Suicide-related Ideation and national leadership helped to advance implementation.
 - Ongoing training and education, developing stakeholder interrelationships and evaluation and monitoring have helped address implementation barriers.
 - Continued efforts are needed to support delivery, and foster partnerships to improve the transition to aftercare.

Schnitzspahnet al 2025

Community-Based 4-Level Intervention Targeting Depression and Suicidal Behavior in Europe: Protocol for an Implementation Project



Key findings:

To evaluate the implementation of the 4-level intervention and the iFightDepression tool, data related to the process, output, and outcome were collected between 2022 and 2024. Data processing and analyses started in 2023. Analyses are expected to be completed in 2024. Results are expected to be published in 2025.

This paper informs researchers, practitioners, and stakeholders on how to implement best practices in mental health promotion and evaluate their effectiveness.



Burke et al 2025

Identifying barriers and facilitators to psychosocial care for people living with HIV in Ireland: a mixed methods study

Key findings:

Community-based organisations contribute significantly to the facilitation of psychosocial support for PLWH in Ireland, and greater integration of community services could promote a more holistic, patient-centred approach to meeting the diverse needs of this growing cohort. PLWH benefit from multidisciplinary care teams, and the facilitation of safe and effective peer support should be encouraged to afford opportunities to disclose and receive social support. HIV-related stigma remains a barrier to psychosocial care, highlighting the need for stigma reduction interventions.

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