

# The NSRF *News/letter*

May 2026



### NEWS & UPDATES

- Latest Publications
- Ongoing Research
- Upcoming Events
- Outreach

### HIGHLIGHTS

- NSHRI Annual Report 2024
- 7<sup>th</sup> Annual World Mental Health Day Seminar
- 5<sup>th</sup> Early and Mid-Career Suicide and Self-Harm Researcher Workshop



# The NSRF **Newsletter**

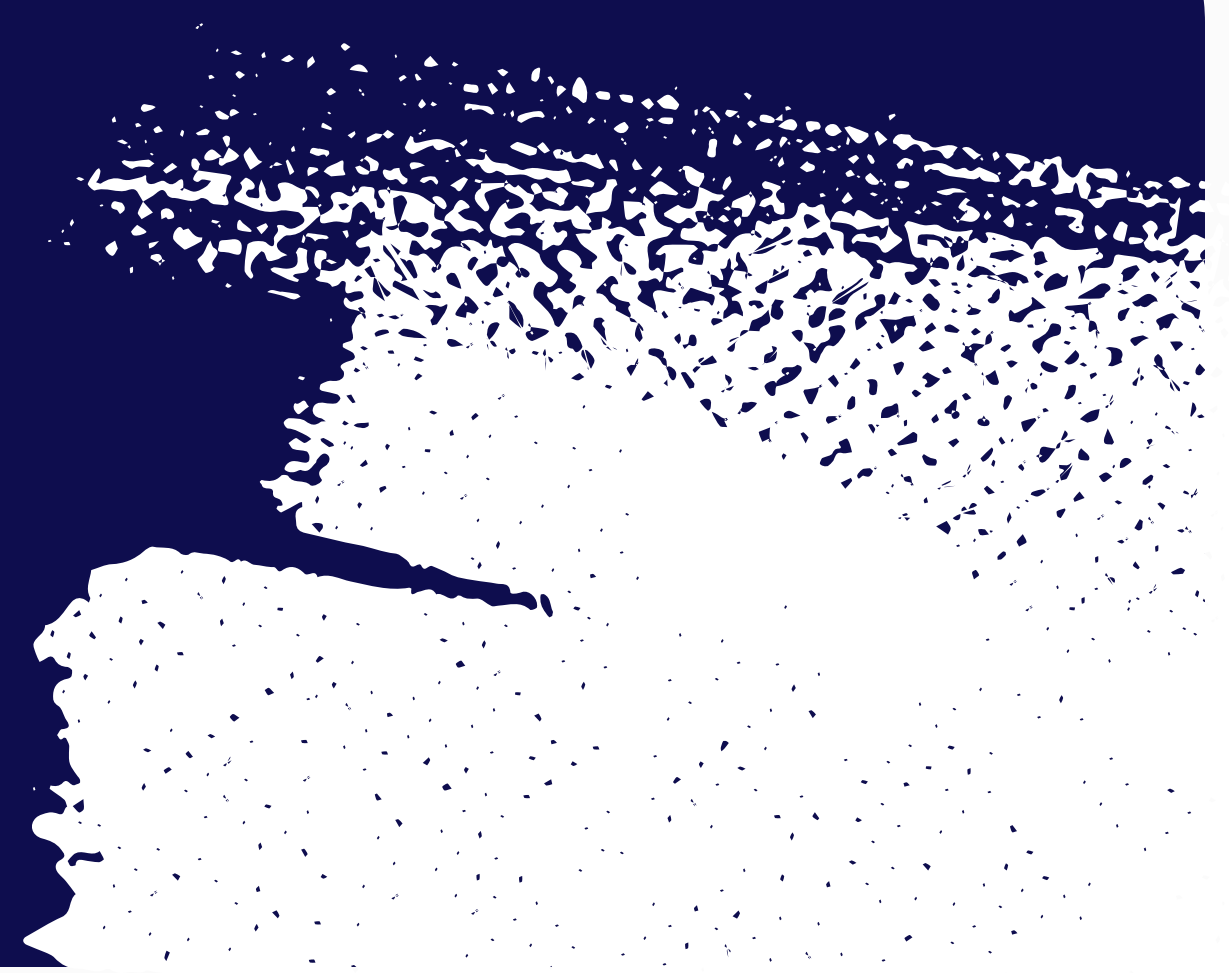
Welcome to the fourth edition of the NSRF Newsletter.

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 October 2025 – April 2026.

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](mailto:sbettella@ucc.ie) ).



# 7<sup>th</sup> Annual World Mental Health Day Seminar

On Friday October 10th the NSRF hosted our 7th Annual World Mental Health Day Seminar in Nano Nagle Place, Cork city.

The 2025 theme was "Access to services: Mental Health in Emergencies". Thank you to all attendees, the HSE National Office for Suicide Prevention and The School of Public Health UCC for supporting the event, our keynote speakers Prof Shekhar Saxena and Prof Barbara Dooley, and masterclass presenters for the insightful and engaging presentations. List of presentations and workshops available on next page.



Each year, the Dr Michael J Kelleher Memorial Lecture reminds us that suicide remains a major public health priority and of the need for high-quality research and data to inform policy, practice and perspectives on suicide prevention.

# Topics covered during the 7<sup>th</sup> Annual World Mental Health Day Seminar:

- **The 2024 Lancet Commission on Youth Mental Health: Global Priorities and Directions** – Prof Barbara Dooley
- **Suicide Prevention in Changing Environments** – Prof Shekhar Saxena
- **Developing Ireland's new suicide reduction strategy** – Ms Sarah Woods
- **Masterclass One: Implementing psychological interventions for suicidality in community mental health settings** – Dr Eoin Galavan, Dr Padraig Collins & Ms Grace Phillips
- **Masterclass Two: The social determinants of suicide** – Ms Kerrie Gallagher, Dr Eve Griffin, Dr Elaine McMahon, Dr Isabela Troya
- **Masterclass Three: Training and Education: Responding to Suicide and Depression within the Community** – Dr Michelle O'Driscoll, Ms Ailish O'Neill, Dr Darragh O'Shea



# 55<sup>th</sup> Annual National Suicide Prevention Conference, France

Prof Ella Arensman presented a keynote lecture on 'Do National Suicide Prevention Strategies Work?' at the 55th Annual National Suicide Prevention Conference in France.



The presentation covered:

- Recent trends in suicide and self-harm
- The Status of National Suicide Prevention Strategies at Global Level
- Impact of National Suicide Prevention Strategies
- Evaluation of National Suicide Prevention Strategies: Barriers and Facilitators
- Priorities for Suicide Prevention in Changing Environments

Read Ella's slides [here](#).

## Mental Health Reform Webinar: Real-time Suicide Data

Dr Paul Corcoran, Head of Research at the NSRF, contributed to a panel discussion at a webinar hosted by Mental Health Reform, discussing the value of real-time data for suicide prevention.

For those who missed it, the recording is available [here](#).

COALITION CONVERSATIONS | FREE WEBINAR

### suicide reporting

Join this important conversation where we explore how classification impacts data, policy, and prevention efforts.

This session is essential for anyone working in mental health, research, or advocacy who wants to understand how suicide reporting shapes the national picture.

**Fiona Tuomey**  
CEO  
HUGO

**Paul Corcoran**  
Head of Research  
National Suicide  
Research Foundation

**Sarah Stack**  
Communications &  
Policy Officer  
Samaritans

Mental Health Reform

WEBINAR

### The Social Determinants of Suicide: Launch of a New IASP Special Interest Group

This webinar is a unique chance to connect with a community of researchers, practitioners, and advocates committed to understanding and addressing the broader social factors influencing suicide risk.

**Dr Eve Griffin**  
National Suicide  
Research Foundation  
Ireland

**Dr Lay San Too**  
University of Melbourne  
Australia

**Associate Professor  
Angela Rintoul**  
University of Melbourne  
Australia

**Professor  
Jane Pirkis**  
University of Melbourne  
Australia

WEDNESDAY  
26 NOVEMBER  
19:00 AEDT  
(UTC+11)

REGISTER NOW

IASP

## IASP Special Interest Group on the Social Determinants of Suicide

The International Association for Suicide Prevention launched a Special Interest Group on the Social Determinants of Suicide, co-chaired by Dr Eve Griffin, Dr Lay San Too, and Dr Angela Rintoul.

This session provided an opportunity to:

- Share insights from new and emerging research on the social and commercial determinants of suicide.
- Engage in discussions about priority areas for research and suicide prevention initiatives.

# Prepare Support Prevent Programme: Supporting the National Rollout of Suicide Prevention Education

The Prepare Support Prevent suicide prevention module for undergraduate health and social care students was delivered to 27 third-year Munster Technological University Kerry Social Care students in October 2025 and a further 27 fourth-year Social Care students in March 2026, embedded in their subject 'Understanding the Social Care Sector 2'.

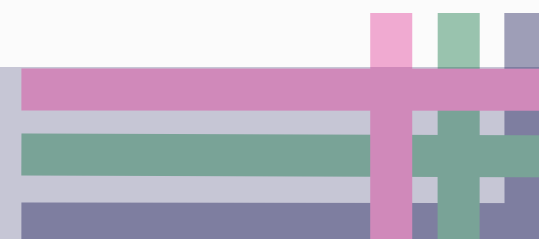
It was delivered by Laura O'Halloran and Marguerita O'Neill, both lecturers in the Dept. of Applied Social Studies, with support from Donagh Hennebry, local Resource Officer for Suicide Prevention.

Laura and Marguerita were two of 16 healthcare educators to complete the Train the Trainer (TTT) programme for this module in May 2025, co-ordinated by Michelle O'Driscoll and Kerrie Gallagher of the NSRF and funded by SATLE and the HSE National Office for Suicide Prevention.

We're delighted to see the module's progression in national rollout, with a special word of thanks to the TTT steering committee members for their support.



*Many thanks to Aisling Sharkey, Head of Department, and Dr Dr Mary Galvin, Faculty Dean, for championing the embedding of this important module within the curriculum.*



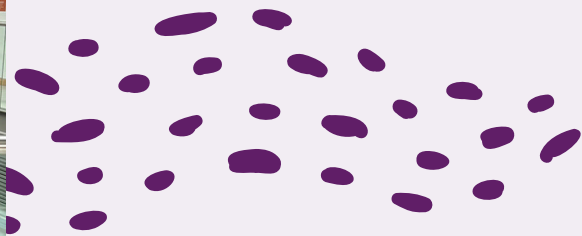
# NSRF Meeting with the Psychosis Research Centre Co-Ordinator

The NSRF were delighted to host Dr Conor Gavin, newly appointed Psychosis Research Centre Co-Ordinator at St John of God Group.

We discussed a wide range of topics including the formation of the NSRF, our strategic plan 2025-2030, interdisciplinary collaboration, the establishment of the NSRF's Lived Experience Panel, knowledge translation, and impacting policy and practice.



We look forward to collaborating in the future!



# RCSI Panel on Living, Suicide Resistance, and Grief

Dr Eve Griffin joined a panel discussion on Living, Suicide Resistance and Grief at the Royal College of Surgeons in Ireland (RCSI). The panel brought together researchers, clinicians, artists, and advocates to discuss how compassion, creativity, and community can support those affected by suicide and complex loss.

Together, speakers explored a sensitive topic with compassion, honesty, and a shared commitment to creating real change for individuals and communities across Ireland.



# NSRF People and Culture Working Group

The newly established NSRF People and Culture Working Group held their first meeting. Focused on staff wellbeing, investing in team cohesion, and professional and personal growth for all staff, the group will be sharing a survey shortly to gather mentoring needs and insight on how best to promote wellbeing across the organisation.



# 5<sup>th</sup> Early and Mid-Career Suicide and Self-Harm Researcher Workshop

On Wednesday November 12th the NSRF hosted the 5th Early and Mid-Career Suicide and Self-Harm Researcher Workshop in collaboration with HSE National Office for Suicide Prevention and The School of Public Health UCC.

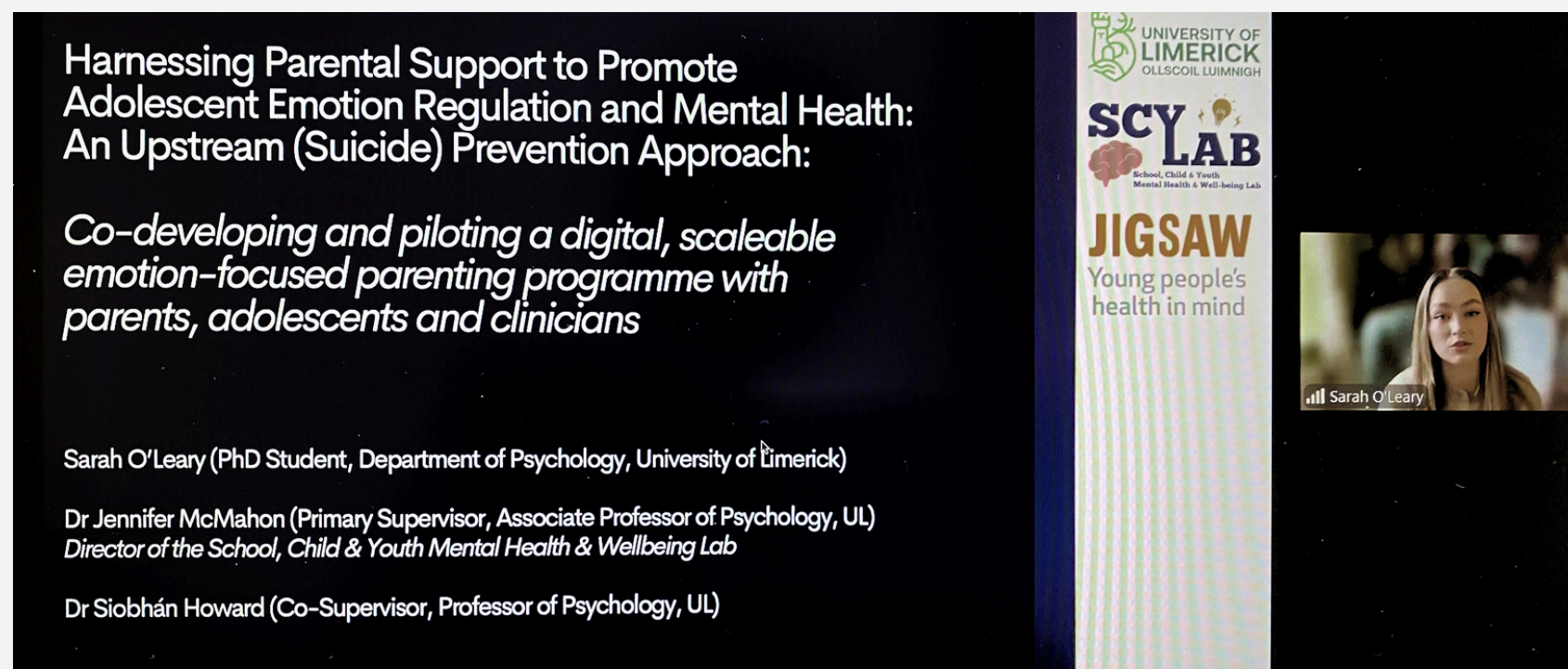
A huge thank you to keynote speaker Dr Ruth Melia for a very engaging and relevant presentation on 'The Integration of AI in Suicide Research'.

We would also like to thank Sarah O'Leary, Eamonn Byrne, Shelly Chakraborty, Miranda Kilwein, Niamh Murray, Ashweeja Gowda, Kerrie Gallagher and Christopher Shum for sharing their emerging research in the field of suicide prevention.

Congratulations to Sarah O'Leary on her research bursary award for her presentation on Harnessing Parental Support to Promote Adolescent Emotion Regulation and Mental Health: An Upstream Prevention Approach.

The overarching aim of Connecting Suicide and Self-Harm Researchers on the island of Ireland (C-SSHRI) is to create a collaborative, supportive and sustainable 'community of influence' within suicide and self-harm research and policy.

To join the C-SSHRI network please e-mail: [csshri@ucc.ie](mailto:csshri@ucc.ie)



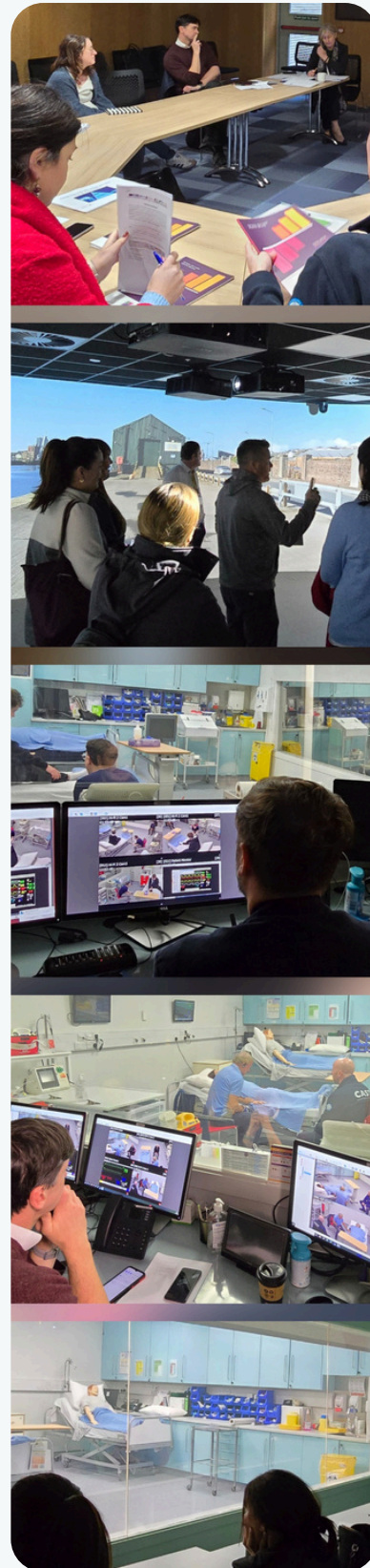
# Latest SAMAGH Training

The NSRF and The School of Public Health UCC organised and delivered another Self-Harm Assessment and Management Programme for General Hospitals in Ireland (SAMAGH) training for Emergency Department (ED) mental health professionals in November 2025.

The trainings were organised with the support of the ASSERT Centre, University College Cork, a world-class simulation facility for healthcare education, research and training.

The sessions were highly engaging and well received by the ED staff such as Clinical Nurse Specialists (CNS). The sessions were tailored to enhance participants' skills to assess and support people presenting to EDs with suicide and self-harm behaviours.

If you're interested in future training opportunities or would like to learn more, feel free to get in touch with us at: [K.Mulcahy@ucc.ie](mailto:K.Mulcahy@ucc.ie)



# Strengthening Suicide Prevent Skills: EAAD Level 1 Training in Limerick

As part of the ongoing implementation of the EAAD's 4-level community-based intervention model in Limerick, on 28<sup>th</sup> November 2025, the Limerick Alliance for Mental Health Support organised a Level 1 training workshop for healthcare workers and mental health professionals, aimed at strengthening knowledge and skills to identifying signs and symptoms, assessment and supporting people living with depression and suicidal behaviour.

More than 20 participants from public services and voluntary community-based organisations attended the event, engaging in evidence-informed learning, discussion, and skills building. These training are accredited by both the Psychological Society of Ireland and the Irish Association for Counselling and Psychotherapy, ensuring professional standards.

If you are interested to be part of any future trainings or want to organise a training specifically for your organisation, please get in touch with us at: [Darragh.OShea@ucc.ie](mailto:Darragh.OShea@ucc.ie) or [almaskhan@ucc.ie](mailto:almaskhan@ucc.ie)



# NSHRI Annual Report 2024



The report was first launched via a webinar on December 4th.

In December 2025, the National Self-Harm Registry Ireland operated by the National Suicide Research Foundation and funded by HSE National Office for Suicide Prevention published its NSHRI Annual Report 2024 (available here), which reports on self-harm presentations to hospital Emergency Departments in the Republic of Ireland.

In 2024, there were 12,621 self-harm presentations by 9,436 persons. These represent lower rates than in 2023, which were themselves lower than 2022's rates. Against this general decline, the picture was more mixed for children and young people. The rate for 15–19-year-old females is still by far the highest in the country (though much lower than its 2021 peak), and the rates for 10–14-year-old children (especially girls) remain at the elevated level they have been at since 2021.

Following on from the Annual Report, the Registry has also published 2024's six Health Region Reports on the NSRF website here.

The 2024 Annual Report follows on from the 2022–23 Annual Report published in April 2025, making three years of data published in 2025. With this, the Registry is now returning to regular reporting timeframes, with the 2025 Annual Report expected in the third quarter of this year.

[Read the report in full HERE](#)

[Watch the summary video HERE](#)

# CO-PRIME: New All-Island Mental Health Research Network to Transform Collaboration, Inclusion and Real-World Impact

The NSRF in collaboration with Maynooth University and the University of Galway launched CO-PRIME, the first-ever All-Island Collaborative Research Network in Mental Health, funded by the Health Research Board (HRB) and the Department of Health - Ireland.

This landmark 5-year initiative aims to reshape how mental health research is conducted and used across the island of Ireland by bringing together people with lived experience, researchers, clinicians, policymakers, and community-based organisations in a single, coordinated effort.

CO-PRIME (COproducing and Promoting Research and Innovation in Mental hEalth) is led by Prof Sinead McGilloway in collaboration with co-leads Dr Eve Griffin and Prof Brian McGuire. Together, this cross-institutional leadership team is part of a large consortium of almost 70 partners which brings deep and broad expertise and a shared commitment to advancing mental health research to make a tangible difference in people's lives.



At its heart, CO-PRIME is designed to benefit everyone, including individuals and families affected by mental health difficulties, health and social care services, researchers, community organisations, and the wider public.

Along with CO-PRIME co-leads Prof Sinead McGilloway and Prof Brian McGuire, in March Dr Eve Griffin represented the CO-PRIME Mental Health Research Network at a workshop held in Health Research Board (HRB). The workshop brought together all Collaborative Research Networks funded in Ireland to discuss the scope and activities of the Networks, in addition to opportunities for knowledge sharing and future collaborations.

The CO-PRIME network was also presented at the launch of the new HSE Digital Mental Health Strategy in February.



NSRF CEO Dr Eve Griffin states  
***"Our ambition is to shape a collective vision for mental health research that is aligned with national and international priorities, in particular Sharing the Vision and the new National Mental Health Research Strategy. Together, our Network will create a community to influence and foster collaborative approaches to ensure that mental health policy is evidence-based and will improve mental health outcomes for everyone"***

# NSRF Annual Team Away Day, Cork City

On Wednesday, February 25th, the NSRF hosted our annual Team Away Day in Cork Opera House, where the primary focus was on the implementation of our strategy, "Leading Research, Shaping Change."

We were joined by Dr Irene Kavanagh and Ben Williamson from University College Cork who provided insight on the responsible use of AI in Research including different forms of AI ; key EU legislation ; benefits and limitations of AI in research; and how to apply best practice guidelines.

Our second external speaker was Dr Aleisha Clarke who shared insights on key themes and priorities within Department of Health - Ireland's cross government mental health promotion plan - Pathways to Wellbeing.

Aleisha and the NSRF Team brainstormed to identify areas of alignment between Pathways to Wellbeing and NSRF research priorities and to develop a list of high impact areas of collaboration. Thank you to all of the speakers and the wider team for their contributions and participation.



# MentBest's Public Awareness Bus Campaign in Limerick

As part of its continued efforts to promote public awareness and reduce the stigma surrounding mental health, the Limerick Alliance for Mental Health Support has launched its second bus awareness campaign with the message: "Depression can affect anyone, but it can be treated."



This initiative is being implemented under the Level 2 public awareness campaign activities of the EU Horizon Europe MentBest Project, which follows the European Alliance Against Depression's 4-level community intervention model aimed at improving mental health wellbeing, reducing depression and suicidal behaviours and subsequently encouraging help-seeking by strengthening community support systems.

The bus campaign ran during March 2026, with promotional messages displayed on buses operating along strategic routes and high-visibility locations across Limerick city. The timing of the campaign was carefully chosen to coincide with the St Patrick's long weekend, when increased travel and public gatherings provide an important opportunity to reach a wider audience and engage the community in conversations about mental health.



## WHOCC Global Forum LYON, FRANCE

In April Dr Eve Griffin and Prof Ella Arensman attended the first World Health Organisation global forum of collaborating centres in Lyon, France.

The conference provided insight on how we might better leverage the expertise in centres to address cross-cutting public health issues. There is much opportunity to learn from colleagues working in a diverse range of NCDs, from youth wellbeing and migrant health to epilepsy and rare tropical diseases.

The event also provided an opportunity to meet colleagues from the other Irish collaborating centres.



# NSRF Briefing: Social Media, Youth, and Suicide Prevention

In the context of recent debate considering the introduction of more stringent age restriction laws in relation to social media use, the NSRF published a briefing to:

- Summarise research evidence of the relationship between social media, suicide and self-harm.
- Identify research gaps in this area.
- Provide recommendations for research, policy and measures to ensure safety of young people in terms of social media.

Key research recommendations to address existing gaps and priority actions, include:

1. Conceptualisation of social media and its use.
2. Mechanisms of impact of social media use.
3. Appropriate research designs.
4. Inclusion of diverse youth subgroups.
5. Evaluation of harm-reduction strategies and restrictions on use of social media.
6. Complementary approaches to address social media use.
7. Co-production of research with children and adolescents.

## Social media use and age limits for children and adolescents

Research priority areas for suicide prevention

Date: 26th March 2026

### Background

Online safety is one of the key priority areas identified in Ireland's National Strategy to Reduce Suicide 2015-2024, *Connecting for Life*<sup>(1)</sup>, and was a predominant theme in a public consultation undertaken for Ireland's next suicide reduction strategy<sup>(2,3)</sup>. A recent report from the Online Health Taskforce also addressed concerns regarding the health and rights of children and young people online, focusing on the benefits and risks from online technology use in this age group<sup>(4)</sup>. Improving online safety in relation to suicide and self-harm risk, particularly for young people, is essential. A recent report from more than 100 schools across Ireland found that only 1% of 12-15-year-olds and 11% of 8-12-year-olds do not use any form of social media, despite many platforms setting a minimum age for use of 13 years<sup>(5)</sup>. The EU Digital Services Act includes guidelines on the protection of minors, with a stipulation that platforms modify recommended systems to lower the risk of children encountering harmful content<sup>(6)</sup>. In the context of recent debate considering the introduction of more stringent age restriction laws in relation to social media use, the purpose of this briefing is to:

1. Summarise research evidence of the relationship between social media, suicide and self-harm;
2. Identify research gaps in this area;
3. Provide recommendations for research, policy and measures to ensure safety of young people in terms of social media.

### The relationship between social media and suicide and self-harm

It is important to note that research to-date has not definitively established causal effects of harm from the use of social media in childhood and adolescence<sup>(7,8)</sup>. However, there is a substantial and



[CLICK HERE TO ACCESS THE FULL BRIEFING](#)

## Annual Joint Data Registration Officers Meeting with the Northern Ireland Self-Harm Registry

In March, the Registry met with its counterpart in Northern Ireland. The two registries meet every year to ensure that their criteria for self-harm align in all details and to share best practice. An extended session in this meeting was on how soon after a self-harm act a hospital presentation can be made before it should no longer be included as a case of hospital-presenting self-harm, and what factors can influence this decision. This session, led by Prof. Ella Arensman and Dr. Paul Corcoran, culminated in detailed written guidance for Data Registration Officers in both registries.



# Irish Prison Service's Self-Harm Assessment and Data Analysis (SADA)

**REPORTS NOW MADE AVAILABLE**

The 2022-2023 and 2024 reports from the Irish Prison Service's Self-Harm Assessment and Data Analysis (SADA) Project are now available to download.

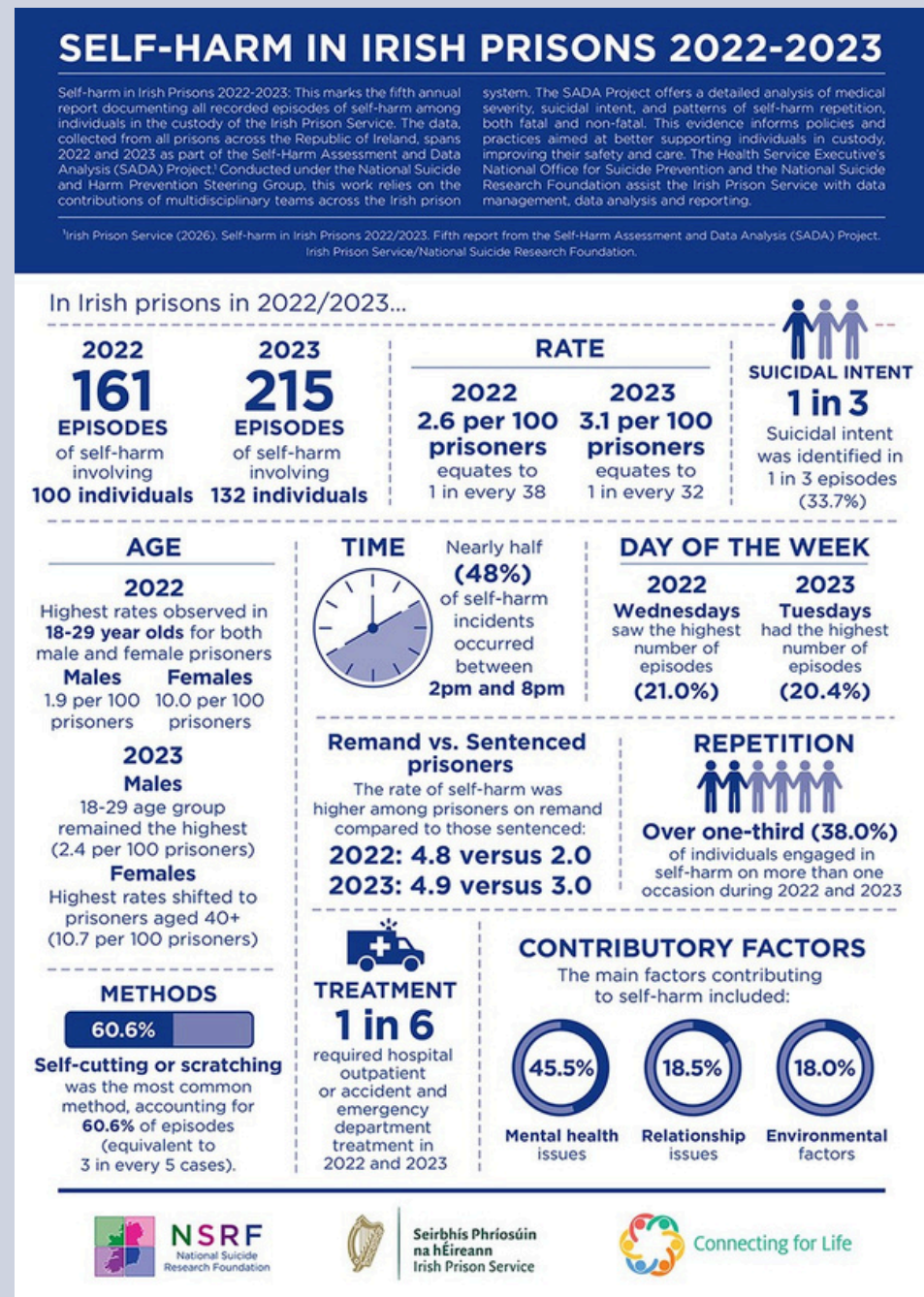
The findings highlight the complex and multifaceted nature of self-harm in Irish prisons, underscoring the need for coordinated, evidence-based responses.

While progress has been made in recognising and addressing self-harm, gaps remain in assessment, continuity of care, and targeted interventions for high-risk groups.

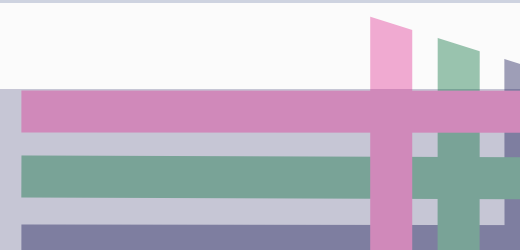
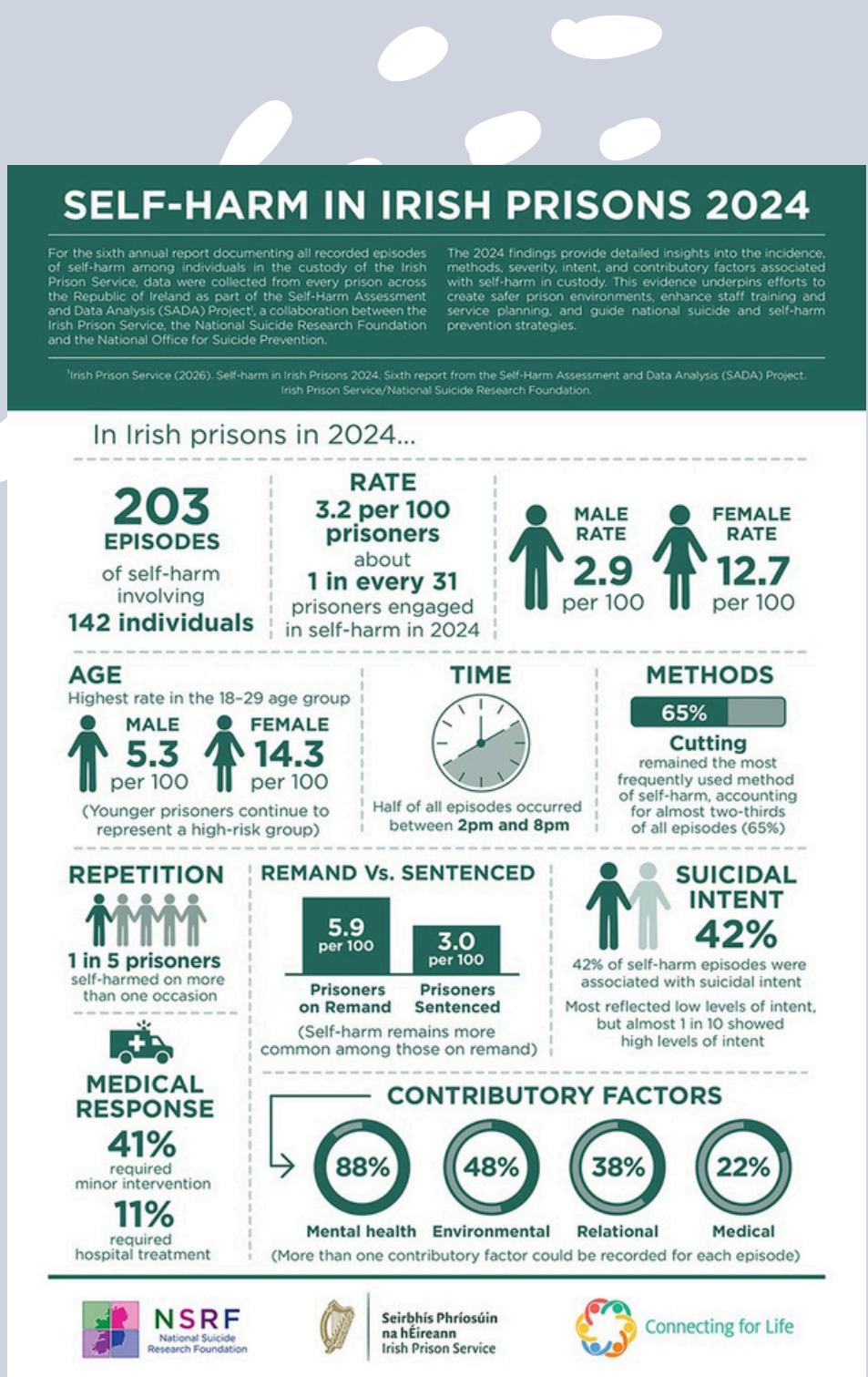
To strengthen prevention and support efforts, a series of priority recommendations are proposed:

- Focus on enhancing the integration of mental health and addiction care, improving pathways between prison and community services, ensuring robust assessment at committal, and delivering sustained, tailored support for individuals who repeatedly self-harm.
- Together, these measures aim to reduce self-harm incidence, improve prisoner wellbeing, and ensure that responses are both consistent and compassionate across the prison system.

The ongoing surveillance of self-harm and suicide in Irish prisons is supported by the Irish Prison Service and the HSE National Office for Suicide Prevention as part of Connecting for Life.



Read the reports in full here:  
[• 2022-2023 SADA Report](#)  
[• 2024 SADA Report](#)



# Research Meetings

## November

Thank you so much to Martin Ryan and Donagh Hennebry, HSE National Office for Suicide Prevention Resource Officers for Suicide Prevention in Cork and Kerry, for presenting on 'Using Observatory data for immediate suicide prevention' at the NSRF's monthly team research meeting in November.

The valuable observations and experiences shared, showcasing how data and research can inform suicide prevention at a community level, was very inspiring for all team members.

The evaluation of the implementation and scalability of the Suicide Observatory in Cork and Kerry can be accessed [here](#).



## February

Thank you to Niamh Dooley for presenting findings on self-harm and suicide attempt among adolescents in Ireland from the Planet Youth school-based surveys (2018-2023) at the NSRF's monthly team research meeting in February.

It was a valuable opportunity to discuss future research and opportunities for collaboration. It is important to identify community based self-harm in addition to hospital presenting self-harm, as recorded by the National Self-Harm Registry Ireland, in order to identify trends, facilitate help-seeking and to prevent repeat self-harm and suicide.

You can read a recent paper [here](#).

## March

Thank you to Spence Whittaker from the University of Strathclyde for presenting findings from his research on Posttraumatic Growth Following Suicide Bereavement at the NSRF's monthly team research in March.

It was an important opportunity to discuss the broader postvention space, projects we are working on, and opportunities for collaboration. Findings provide invaluable insight into the experiences of people bereaved and affected by suicide to enhance services for people in Ireland and Scotland.

You can read our 2022 collaboration with HUGG, AfterWords: A survey of people bereaved by suicide in Ireland, [here](#).



# AWARDS

## Dr Katerina Kavalidou

Congratulations to the NSRF's Dr Katerina Kavalidou and co-authors Michael Wilson, Dr Sadhbh Byrne, Dr Krista Fisher and Dr Zac Seidler on their award at the HSE Open Access Research Awards.

Using data from the National Clinical Programme for Self-harm and Suicide-related Ideation the research analysed hospital-presenting suicidal ideation and self-harm among males.

### Key findings:

- Males more commonly presented with suicidal ideation than females (56% v. 44%) and less often with self-harm (42% v. 58%).
- A 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

To read the paper in full, click [here](#).



## Grace Phillips

Congratulations to Grace Phillips on receiving a 2025 Government of Ireland Postgraduate Scholarship for her project "**Postpartum post-traumatic stress disorder: a mixed methods study**". This research is a collaboration between the NSRF and the National Perinatal Epidemiology Centre (NPEC).

This highly competitive award recognises the excellence and potential of Grace's research, which addresses an important area of maternal and public health.



Early career researchers receive  
€4.3m in prestigious  
Research Ireland funding



# UPCOMING



**SAVE THE DATE**

## 8<sup>th</sup> World Mental Health Day Seminar 2026

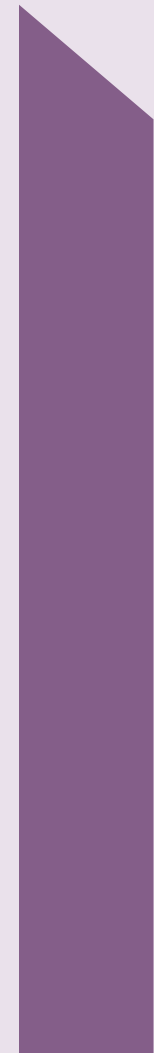
October 9<sup>th</sup>, Cork City (venue TBC)

 **NSRF**  
National Suicide Research Foundation

 **C-SSHRI**

 **Connecting for Life**

The banner features a light green background with a white bottom section. On the right side, there are several overlapping semi-circles and circles in dark blue, green, and orange. The text is in a clean, sans-serif font.



# VACANCIES

Are you interested in joining the diverse and multidisciplinary team at the National Suicide Research Foundation?

We are inviting applications for five exciting opportunities:

- A Chairperson to provide leadership to the Board, ensure strong governance, and work closely with the Chief Executive Officer to uphold the organisation's vision, mission, and values ([click here for more info](#))
- A Director to support Board-level oversight of Funding, Marketing and Communications ([click here for more info](#))
- Three dedicated and enthusiastic students to join our research team for six weeks on a Summer Research Internship between July–August 2026.

*Social media use and suicide prevention – (1 role)*

*Chronic pain and risk of self-harm and suicide (2 roles)*

Find out more by visiting: <https://www.nsrp.ie/vacancies/>

# PUBLICATIONS

In addition to the research outputs and analyses shared throughout the newsletter, in this section, you will find a showcase of the most recent papers and reports published by the NSRF team.

We are proud to contribute to ongoing discussions in our field with our publications, which are catalogued and routinely updated in our website's repository.

The following pages highlight a selection of key publications that have been released since our previous edition.



For a full list of our publications, the NSRF website catalogues

- Our [Reports](#)
- Our [Journal Articles](#)

Selection of the reports already covered throughout the newsletter.

## Cully et al 2026 Cost of acute hospital treatment and initial aftercare for hospital-presenting self-harm in Ireland: national registry study



### Key findings:

- Significant costs associated with repeat attendances and hospital admission provide evidence for investment in emergency department services providing comprehensive care for those presenting with self-harm such as the National Clinical Programme for Self-Harm and Suicide-related ideation, as well as in community-based mental health services such as the SCAN service in primary care.

## Arensman et al 2026 The European Alliance Against Depression approach: an evidence-based program to reduce depression and suicidal behaviour



### Key findings:

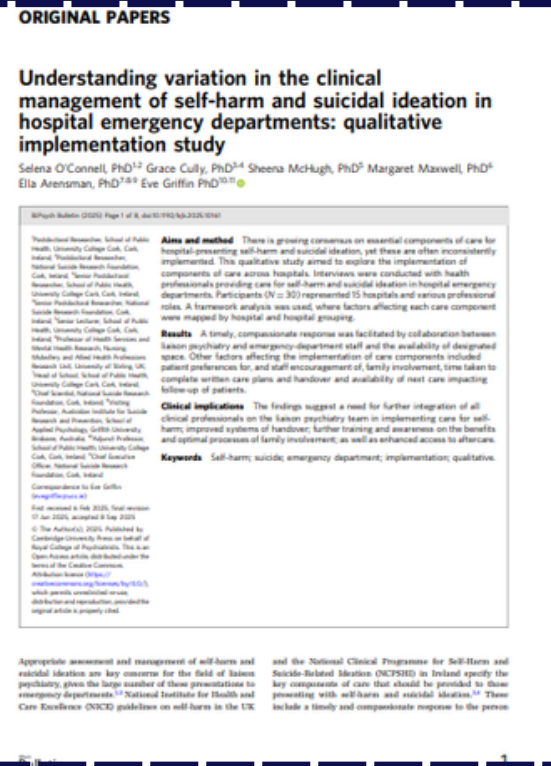
- The 4-Level Intervention developed by the European Alliance Against Depression (EAAD) provides a sustainable model for community-based mental health care that can be effectively adapted to various contexts, including current and future public health emergencies.
- Tackling both depression and suicidal behaviour by intervening simultaneously at four levels (primary care providers, the public, community facilitators and people affected) creates incremental effects. For example, public awareness campaigns reduce stigma, making it easier for doctors to diagnose depression.
- The EAAD Community-Based 4-Level Intervention has been adopted by more than 150 regions in Europe and beyond. It has found to be easily adaptable to different cultures and health care systems. A systematic review has singled out this program as the best community-based suicide preventive approach.

## Wiggin et al 2025 Age of onset of self-harm in children and adolescents: a scoping review



### Key findings:

- The results of this review suggest that, consistent with prior reviews, the average age of self-harm onset falls between 12 and 14 years.
- Many adolescents who attend hospital do not present to services for prior self-harm, possibly reflecting the delay seen in help-seeking for mental distress more generally. This could be mapped onto the iceberg model of suicide and self-harm which proposes that suicide is the most rare and visible outcome, self-harm that presents to hospital is more common, and self-harm that occurs in the community is the most common but remains largely hidden.
- A clear understanding of age of onset of self-harm is necessary to inform clinically relevant research and the timely targeting of developmentally prevention and early intervention strategies.



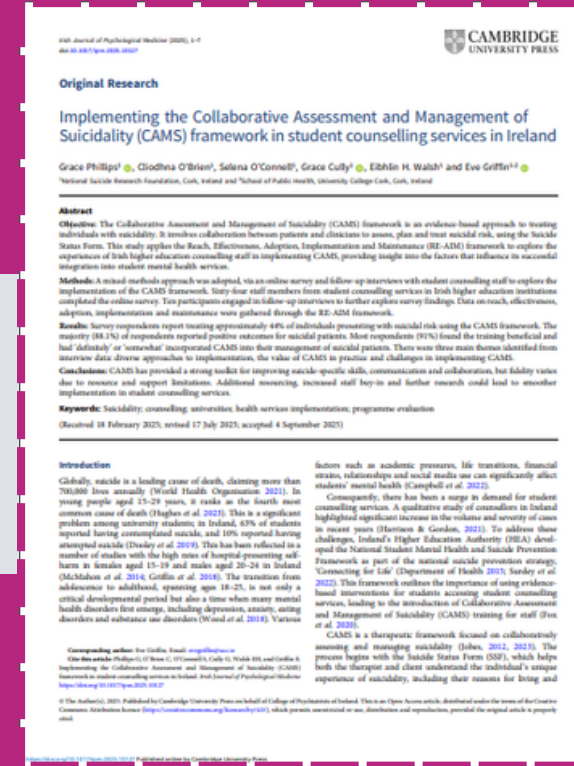
# O'Connell et al 2025 Understanding variation in the clinical management of self-harm and suicidal ideation in hospital emergency departments: qualitative implementation study

- Key findings:
- A timely, compassionate response by the National Clinical Programme for Self-harm and Suicide-Related Ideation was facilitated by collaboration between liaison psychiatry and emergency-department staff including the availability of designated space.
  - Other factors affecting the implementation of care components included patient preferences for, and staff encouragement of, family involvement, time taken to complete written care plans and handover and availability of next care impacting follow-up of patients.

# O'Callaghan et al 2026 Key Dimensions of Culturally Competent Mental Health Care for Roma and Traveller Populations: A Rapid Review



- Key findings:
- This rapid review identifies key considerations for culturally competent mental health care and provides evidence-informed directions to guide service development.
  - Across the literature, three core themes were identified:
    - Cultural awareness
    - Collaborative health partnerships
    - Social determinants
  - The thematic synthesis of the empirical evidence reinforces the value of lived experience input into all stages of service design from conceptualisation to delivery and identifies several critical factors for creating cultural competence in mental health services, including trust building, promoting health literacy through inclusive education, and social participation in research and practice.



# Phillips et al 2025 Implementing the Collaborative Assessment and Management of Suicidality (CAMS) framework in student counselling services in Ireland

- Key findings:
- The majority (88.1%) of respondents reported positive outcomes for suicidal patients.
  - Most respondents (91%) found the training beneficial and had 'definitely' or 'somewhat' incorporated CAMS into their management of suicidal patients.
  - There were three main themes identified from interview data with student counselling staff: diverse approaches to implementation, the value of CAMS in practice and challenges in implementing CAMS.

# contacts and media



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

[infoNSRF@ucc.ie](mailto:infoNSRF@ucc.ie)

+353 (0)21 4205551

NSRF Ireland on 

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