

“challenging youth suicide”

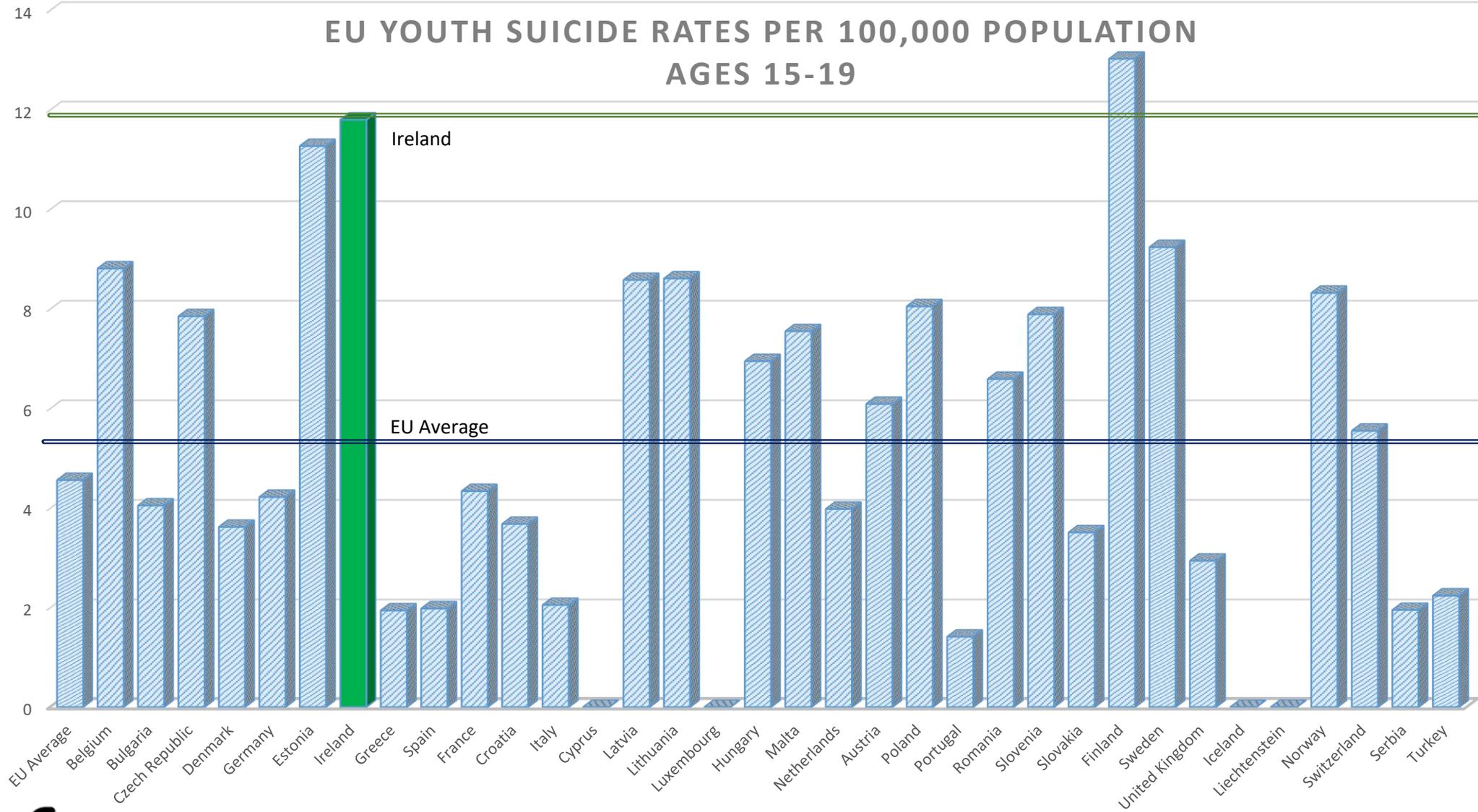
Working together
“saving lives through education”

Working with Schools, Colleges and Youth
Organisations to teach young people about
mental health awareness and prevention.

Youth Suicide – Ireland’s hidden crisis

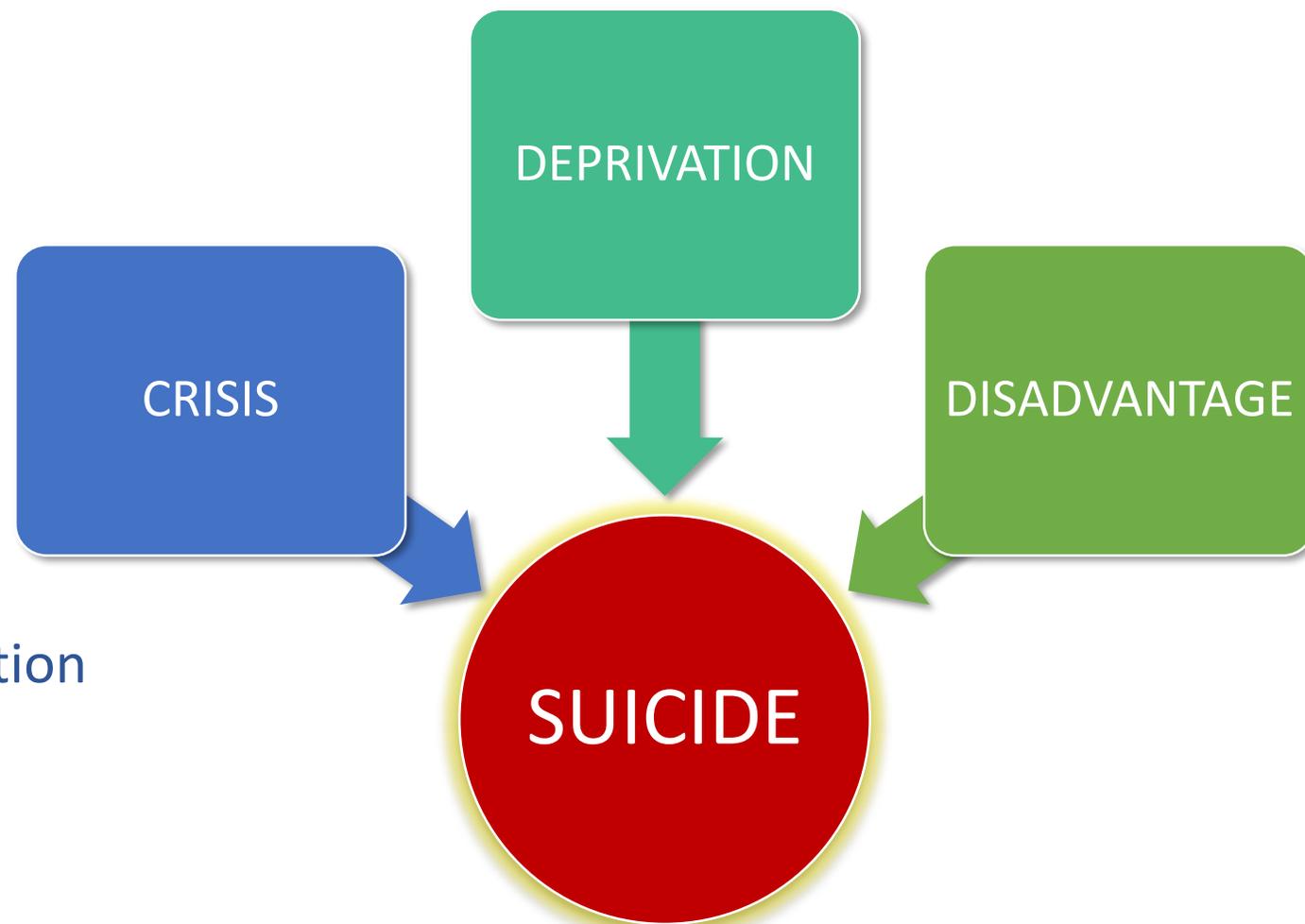
- Young males in Ireland between ages 10-24 are more likely to die by suicide than by any other cause (Based on CSO Statistical Data 2014)
- Suicides in 2014 were registered at 10 per 100,000 of the population, an increase on previous years. (Eurostat Data 2014)
- Males accounted for 80% of all registered suicide deaths in 2014. (CSO Statistical Data 2014)
- Ireland has second highest youth suicide rates in the European Union (Eurostat)

EU YOUTH SUICIDE RATES PER 100,000 POPULATION AGES 15-19



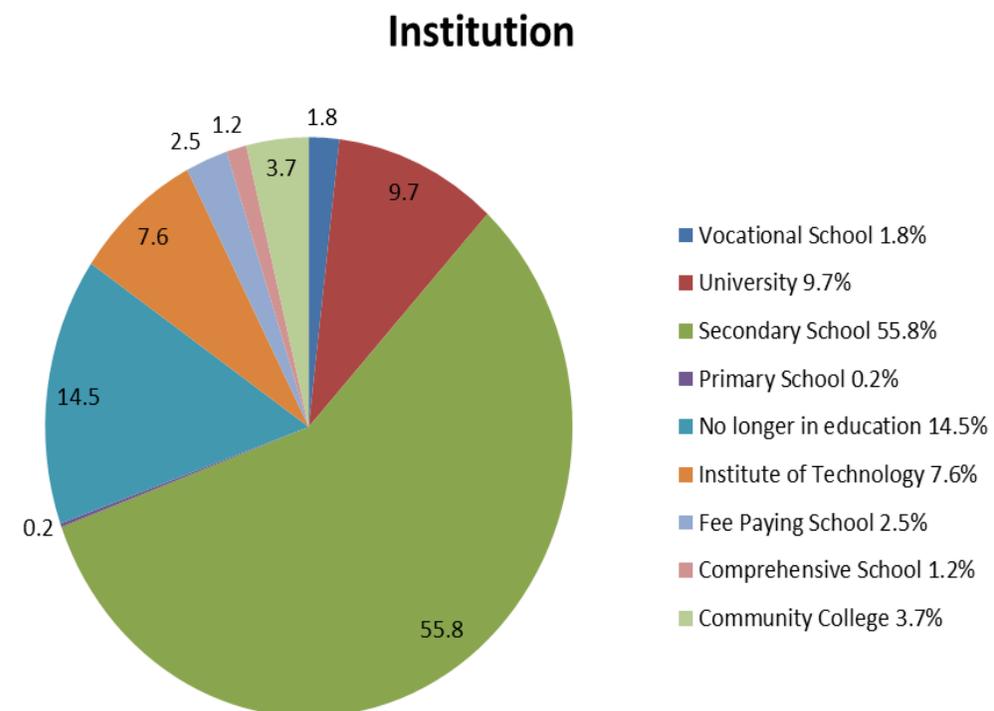
But there are so many other crises

- Homelessness
- Refugees
- Social Welfare
- Womens' Rights
- LGBT Rights
- Equality
- Deprivation
- Social Disadvantage
- Bullying and harassment
- Peer Pressure & Victimisation
- Crime
- Addiction



YSPI Suicide Awareness Survey 2017

- Total sample was 1252 unique Facebook users located in Ireland
- The majority were females in the age range of 13-18 years old.
- Over 82% were in education with around 55% attending secondary school and 14% had finished their education.

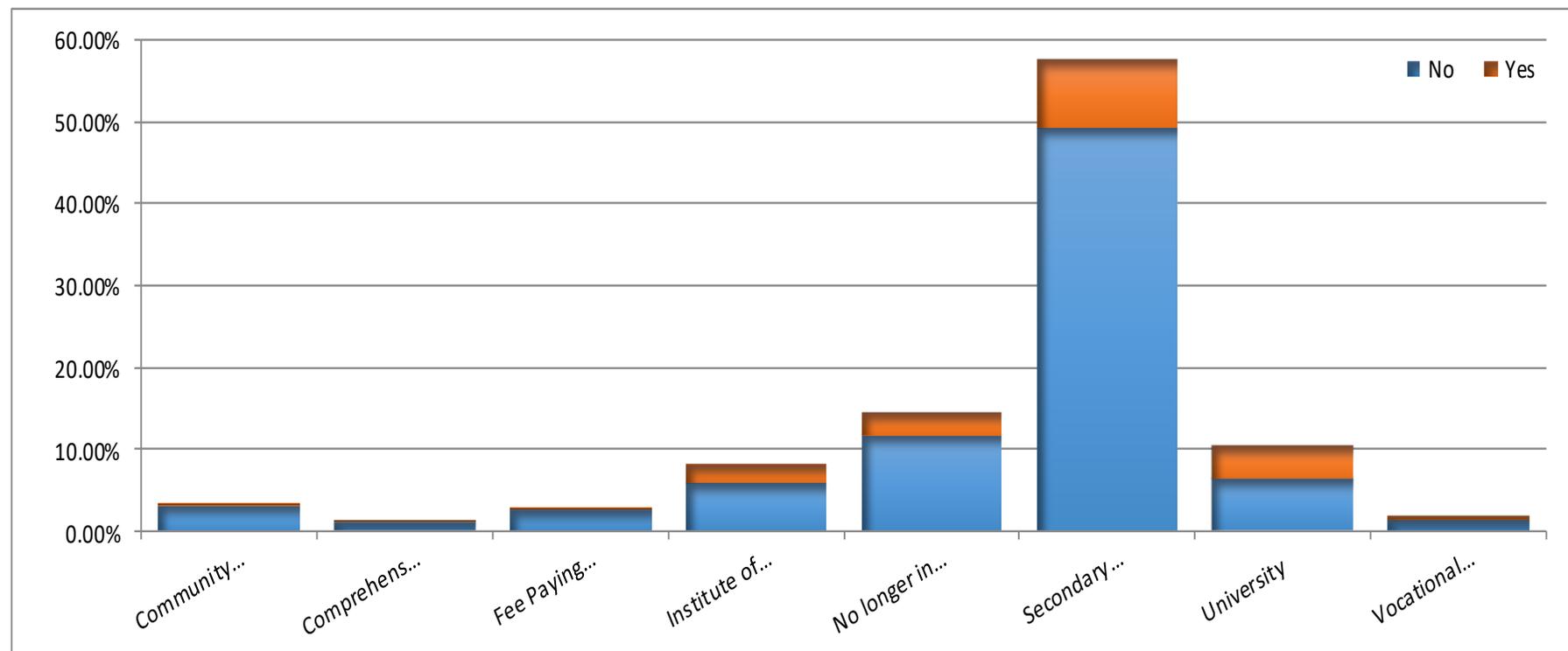


Figures are taken from YSPI Commissioned Statistical Analysis of Facebook Respondents. Data is self-reported and not subject to independent verification. Data should be used for illustrative purposes only.

Suicides in Schools within last 12 months

Question 4 - Has your school or college been affected by suicide in the last 12 months?

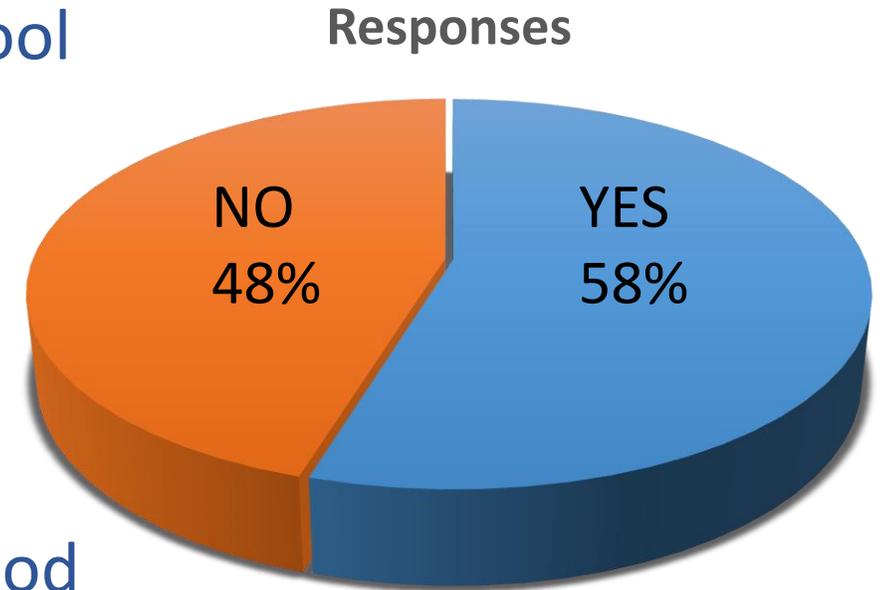
Participants by Attendance (as % of total respondents)



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Supporting the impression of under-reporting

- 726 respondents out of 1252 said their school had been affected by a suicide within the previous 12 months.
- That equates to a death by suicide affecting students in approximately 305 schools.
- The national estimated figures for youth suicides amongst students within same period was around 108.



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Suicide is the
SECOND
leading cause of
death amongst
15-29
year olds



Source: World Health Organisation 2016

Close to
800 000
people die by **suicide**
every year

1 death
every
40
seconds



Source: World Health Organisation 2016

There are
MORE deaths
from **SUICIDE** than from
**war &
homicide**
put together



Source: World Health Organisation 2016

So, Youth Suicide Prevention Ireland?



YSPI Youth
Suicide
Prevention
Ireland

About Youth Suicide Prevention Ireland

- Established in 2007
- Registered Charity 20070670 for 11 years
- Only national charity focussing on youth self-harm and suicide specifically
- Focus on promotion of awareness and prevention of suicide by direct education in schools and colleges
- As of November 2017 89% of funds received by YSPI went into supporting our charitable work. Our administrative overhead is just 11%

€0.11

What does YSPI do?

1. We work to raise awareness of youth suicide in Ireland
2. We work to help prevent suicide through education and outreach and our clients are those most affected
3. We take the suicide prevention message into the classroom so we can directly interact with the affected age groups
4. We offer guidance and support to schools and colleges looking to develop an integrated mental health framework
5. We are lobbying for the establishment of a National Educational Counselling Network all schools can access

Why do we do this work?

- **because teaching young people how to recognise the warning signs of distress in their peer group and what to do about it is vital to suicide prevention and mental health awareness**
- because we can take the message directly to the classroom
- because we see the consequences of suicide to families, friends and communities
- because we are starting to see real progress in reducing youth suicide
- because one more young life lost is one too many

School & College Visit Programme

- In 2018-19 we will again hold around 120 School & College visits
- We average 5 workshops per school visit which is about 300 students per school or around 18,000 young people directly reached.
- We have a waiting list of 98 schools and we try to prioritise schools with urgent issues.
- During the summer we hold around 60 workshops for youth organisations, summer camps, Garda Youth Diversion Projects, Foroige etc.

**18,000 reached
in 2017**

National School Visit Programme

- Classroom presentation by trained facilitators including 24 page A4 booklet for each student
- Teachers' Resources for further class study
- Access to our FreeText Crisis Information text service.
- **NO CHARGE TO SCHOOLS FOR ANY OF THESE SERVICES**

The Four Steps to Help Programme

The Four Steps to Help Programme focuses on providing practical information for youth suicide prevention, four simple steps that will allow any of us to:

- become more aware of our friends, peers and those around us everyday
- recognise the warning signs of suicidal and pre-suicidal behaviours
- ask the right questions at the right time
- know when to seek help for ourselves or others

We all need to know and understand that there is always someone that we can turn to in our life and talk about the issues facing us without fear of rejection if we are prepared to take the first step.

What is much more challenging is being prepared to take that first step for someone else; to face possible rejection or ridicule by being prepared to use the Four Step Programme to potentially save a life.

Step One - Watching

If someone is seriously depressed and thinking of attempting suicide there are often warning signs that family and friends can pick up on. Watching for these signs and acting upon them could save a life.

The main warning sign we look out for is a sudden change in behaviour.

Because students are in each others' company so much they are often the first to become aware of a friend or fellow student who is struggling.

Dangerous Calm

- The “Dangerous Calm” is a recently highlighted mental health phenomenon.
- A student may show sudden changes of behaviour
- The student then reverts back to their normal disposition and behaviours.
- This can mask a life decision by the student that appears to solve all their problems so their behaviour normalises.
- The decision can be to take their own life and can remain dormant unless challenged or diagnosed.

Step Two - Showing

"Active Listening" is simply the offering of friendship by one ordinary human being to another at a time of crisis or loneliness. An Active Listener has no professional status or authority, but is simply a fellow human being who cares. The purpose of Active Listening is not to give advice, instruct, solve problems, or judge. It is to respect the worth and value of another human being through Listening, Accepting, Caring, and Empathising.

LISTEN

Allowing the person with a problem to express and to talk without being judged.

ACCEPT

Allowing the person to stay in neutral and accept feelings as they are.

CARE

Allowing one human being to reach out to another human being with respect.

EMPATHISE

Allowing the listener to hear where the speaker is coming from and allows us to be sensitive to another's feelings or ideas even when we don't agree.

Step Three - Asking

- Talking about suicide will not make it happen
- Talking about suicide reduces the likelihood of suicide
- It's ok to ask direct questions
- It's vital that we don't:
 - Make snap judgements based on what we hear
 - Jump to conclusions
 - Interrupt the flow
- “Have you thought about suicide / hurting yourself?”

Step Four - Helping

- Be supportive to the student – they are trusting you
- Don't offer confidentiality to the student
- If you are not appropriately trained to work with the student get them to the person who can assist them
- Follow child protection policies and reporting requirements
- **DON'T AVOID THE STUDENT IN THE FUTURE!! BE SURE TO ENGAGE**

In an Emergency



If they have **expressed an immediate plan**, or have access to prescription medication or other potentially deadly means, **DO NOT LEAVE THEM ALONE.**



GET HELP immediately from a GP or another medical professional. You can also call the Out of Hours GP service, an ambulance or contact An Garda Síochana



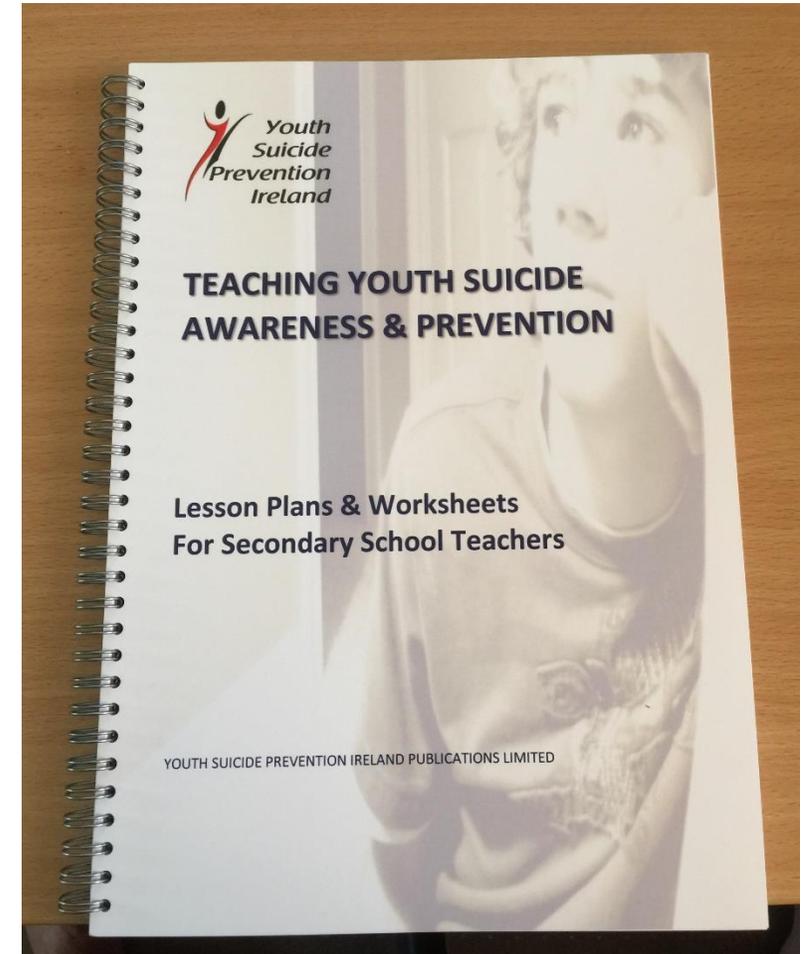
If necessary ask someone with a car to take you and your student to the **nearest hospital, clinic or Accident and Emergency unit**. **Don't drive the student unaccompanied**

Attitude Matters

- Be open to discussing difficult or “taboo” subjects with age-appropriate students
- Don’t be afraid to use the words: suicide, self-harm, cutting etc.
- Don’t be afraid to challenge students
- Be aware of the new challenges facing young people
 - Cyber-bullying
 - Online Blackmail
- Be approachable

Teachers' Resources

- Teaching Youth Suicide Awareness & Prevention
- Seven Lesson Plans
- Worksheets & handouts for each lesson
- Each lesson is integrated into the Four Steps to Help website and class Presentation
- Optional comprehension test



Teachers' Handbook

A new handbook is now available for teachers which looks at:

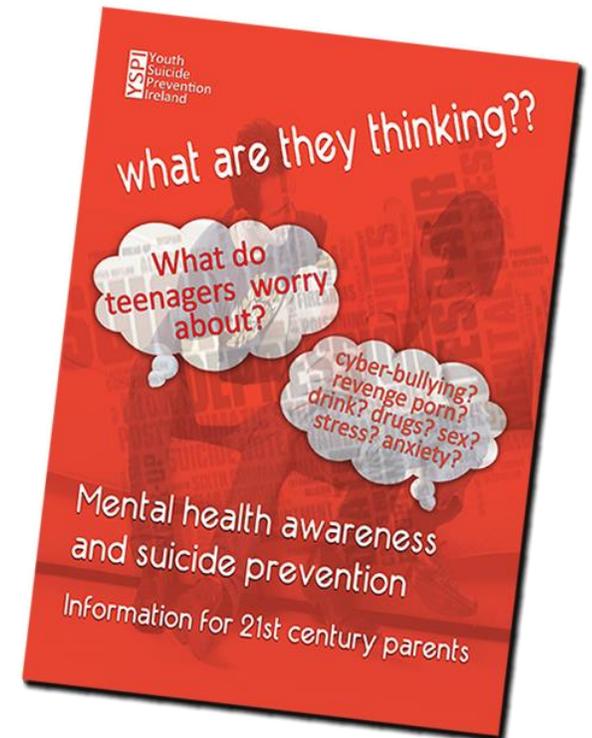
- The role of the teacher in mental health awareness
- Understanding why young people can become suicidal
- The risk factors affecting teenagers
- Active Listening Skills
- Dealing with young people in crisis

Parents' Handbook

A new handbook is now available for Parents which looks at:

- The role of parents in mental health awareness
- Understanding why young people can become suicidal
- The risk factors affecting teenagers
- Active Listening Skills
- Dealing with young people in crisis

For your copy please visit parents.yspi.ie



FreeText Crisis Information Service

YSPI runs a FreeText Information Service which is available 24/7 and provides immediate suicide prevention and crisis information including helplines and websites

FreeText

HELP to 50015

The text is free of charge and you can text 50015 even if you have no credit on your phone.

HELP!



**For FreeText
Crisis Information
Text HELP to 50015**

**This service is free to use
and you can text 50015
even if you have no credit**