



ACTING FOR THE **FUTURE**

A model of Best Practice for using drama workshops and professional theatre performances to promote **POSITIVE MENTAL HEALTH** and to raise awareness of issues surrounding **suicide and suicide prevention.**

ACTING FOR THE FUTURE



Information Leaflet on Positive Mental Health and Suicide Prevention

A GUIDE TO SOME COMMON MYTHS AND FACTS ABOUT SUICIDE:

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“Those who talk about suicide are the least likely to attempt it” *Myth*

Those who talk about their suicidal thoughts do attempt suicide. Experience shows that many people who take their own lives will have told others about it in the weeks before their death.

.....
“If someone is going to kill themselves, there are things you can do that may prevent it from happening” *Fact*

If you can offer help and emotional support to people who have suicidal thoughts then you can reduce their risk of suicide.

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“Suicidal people are fully intent on dying” *Myth*

Many suicidal people are undecided about living or dying. Many callers to the Samaritans do not want to die but they talk of not wanting to go on living as things are.

.....
“If someone has a history of making ‘cries for help’ then they won’t really do it for real” *Myth*

Those who have attempted suicide are 100 times more likely than the general population to die by suicide eventually. On average four out of ten people who die by suicide will have attempted suicide earlier.

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“Talking about suicide does not encourage it” *Fact*

Some people worry that talking about suicide could lead society to think suicide is ‘okay’ and a reasonable thing to do. Allowing a person to talk through their worst fears and feelings may provide them with a lifeline that makes all the difference between choosing life and choosing to

die. Responsible discussion will also educate society about suicide without giving extra encouragement to vulnerable people to attempt suicide.

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“Only mentally ill/clinically depressed people make serious attempts at suicide” *Myth*

Although the majority of people who die by suicide are judged to have had some sort of psychiatric illness (whether diagnosed or not), a proportion of people who take their own lives do not suffer from any mental illness.

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“Once a person is suicidal, they are suicidal forever” *Myth*

Individuals who wish to kill themselves may feel this way for only a limited period of time. Emotional support can help people come through a suicidal crisis. Talking and listening can make the difference between choosing to live and deciding to end pain by dying.

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“Suicide can be a blessed relief not just for the individual but for those that surround him or her” *Myth*

It is not helpful to view suicide as honourable or courageous. For those left behind, the loss of a loved one – particularly in such tragic circumstances – is the start of a nightmare, not the end. It leaves profound feelings of loss, grief and guilt in its wake. The above information has been taken from a publication developed by the Irish Association of Suicidology in conjunction with the Samaritans.

TAKING ACTION

Believe it. Take it seriously if someone you know is talking about suicidal feelings. Check it out. You may want to check with another person to see if they share your opinion. You could ask the person directly if they are feeling suicidal. Suicidal people are often relieved to find someone willing to talk.

Be Calm. Don’t panic. It will only increase anxiety and may reduce your ability to act appropriately.

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Listen. Take the time to listen without judgment. Don’t make false promises that things will improve immediately.

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Do not say something like: “That’s so stupid. How could anyone be so silly as to want to kill themselves?”

.....
Do say something like: “Tell me more about your feelings so I can help you.”

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Do not leave the person alone.

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Get help. Seek professional help. Remember that there are sources of help and information. You do not have to handle a crisis situation by yourself.

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Do not promise confidentiality. Never make and keep a promise of confidentiality about an individual’s suicidal intentions. An admission of suicidal thoughts is one secret that should not be kept. You could suggest that you both talk to someone neutral together. An organisation like the Samaritans would be a good choice.

.....
Be willing to give help sooner rather than later. Suicide prevention is not a last minute activity. All textbooks on depression or mental ill health say that it should be treated as soon as possible. If you feel that someone is not coping, help should be offered before the situation becomes a crisis.

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Don’t be afraid to tell a responsible adult. If someone you know is suicidal, it is not ‘ratting’ to tell a responsible adult. It could save someone’s life.

.....
If you would like to speak to someone in confidence, please see attached list of helpline telephone numbers and support organisations.

LIST OF SUPPORT SERVICES

The following is a list of support services in Ireland. It is not intended as a comprehensive list of voluntary support services. Local health boards can provide a more detailed guide to local support services.

AWARE DEFEAT DEPRESSION

Providing support to those whose lives are affected by depression.

- » Address: 72 Lower Leeson Street, Dublin 2
- » Phone: +353 (0) 1 661 7211 / Helpline: Lo-call 1890 303 302
- » Web: www.aware.ie
- » Email: info@aware.ie

SAMARITANS

Provides befriending and confidential emotional support 24 hours a day, 365 days a year to those passing through personal crisis.

- » Address: Irish Regional Office, 112 Marlborough Street, Dublin 1
- » Phone: Help line 116123
- » Web: www.samaritans.org
- » Email: jo@samaritans.org

CONSOLE – BEREAVED BY SUICIDE FOUNDATION

Console assists people who have lost a relative or friend to suicide and who would like the comfort and understanding of others who have experienced a similar loss.

- » Address: Console House, 4 Whitethorn Grove, Celbridge. Co. Kildare
- » Web: www.console.ie
- » Bereaved by Suicide Foundation
- » Helpline: 24 hours 1800 247247

BARNARDOS

Committed to the best interest of children and young people in Ireland, promoting and respecting their rights.

- » Address: National Office, Christchurch Square, Dublin 8
- » Phone: Call save 1850 222 300
- » Web: www.barnardos.ie
- » Email: info@barnardos.ie

BARNARDOS CHILDREN'S BEREAVEMENT SERVICE

Providing a counselling service for children who have lost someone close to them – like a parent or sibling – through death.

- » Phone: Helpline: 01 473 2110, Mon-Thurs 10am-12noon
- » Email: bereavement@barnardos.ie

BODYWHYS

Providing help, support, and understanding for people affected by

eating disorders. Bodywhys operates two types of support groups around Ireland: one for people with eating disorders and another for families and friends. Details of time and venues available from website and helpline.

- » Phone: Lo Call: 1890 200 444
- » Office: + 353 (0) 1 283 4963
- » Web: www.bodywhys.ie
- » Email: info@bodywhys.ie

MENTAL HEALTH IRELAND

Mental Health Ireland aims to promote positive mental health and to actively support persons with a mental illness, their families and carers by identifying their needs and advocating their rights.

- » Address: Mensana House, 6 Adelaide Street, Dun Laoghaire, Co Dublin
- » Phone: 01 284 1166
- » Web: www.mentalhealthireland.ie
- » Email: info@mentalhealthireland.ie

COMBAT POVERTY AGENCY

» Address: Department of Social Protection, Gandon House, Amiens Street, Dublin 1

- » Phone: + 353 (0) 1 7043968
- » Web: www.combatpoverty.ie
- » Email: social.inclusion@welfare.ie

NYCI

The National Youth Council of Ireland (NYCI) is the representative body of Irish youth organisations.

- » Address: 3 Montague Street, Dublin 2, Ireland.
- » Phone: +353 (0) 1 478 4122
- » Web: www.youth.ie
- » Email: info@nyci.ie

CARI FOUNDATION

The CARI Foundation is a registered charity founded in 1989. Our primary aim is to provide a professional, child-centred therapy and counselling service to children, families, and groups who have been affected by child sexual abuse.

- » Phone: Helpline 1890 924 567
- » Web: www.cari.ie
- » Email: helpline@cari.ie

THE DUBLIN RAPE CRISIS CENTRE

The Dublin Rape Crisis Centre offers a free, confidential listening and support service for women and men who have



been raped and/or sexually abused at any time in their lives, or for anyone who wants to talk about the effects of sexual violence.

- » Address: 70 Lower Leeson Street, Dublin 2
- » Phone: 01 661 4911 / Freephone: 1800 77 88 88
- » Web: www.drcc.ie
- » Email: rcc@indigo.ie

ONE FAMILY

- » Address: 2 Lower Pembroke Street, Dublin 2
- » Phone: +353 (0) 1 662 9212 / Helpline Lo-call: 1890 662 212
- » Web: www.onefamily.ie
- » Email: info@onefamily.ie

LESBIAN AND GAY RESOURCE GROUP

- » Address: The Other Place, 8 South Main Street, Cork
- » Phone: + 353 (0) 21 427 8470
- » National LGBT Helpline: 1890 929 539 (7 days a week), Thursday 8-10pm
- » Email: info@theotherplacecork.com

NATIONAL LESBIAN AND GAY FEDERATION

- » Address: c/o GCN, The Skylab, 2 Exchange Street Upper, Dublin 2
- » Phone: + 353 (0) 1 675 5025
- » Email: info@nxf.ie

ALCOHOLICS ANONYMOUS

General Service Office:

- » Address: Unit 2, Block C, Santry Business Park, Swords Road, Dublin 9
- » Phone: +353 (0) 1 842 0700
- » Web: www.alcoholicsanonymous.ie
- » Email: gso@alcoholicsanonymous.ie

GAMBLERS ANONYMOUS

- » Address: c/o Teach Mhuire, 39 Lr Gardiner St, Dublin 1
- » Phone: +353 (0) 1 872 1133
- » Email: info@gamblersanonymous.ie

NARCOTICS ANONYMOUS

- » Address: 29 Bride Street, Dublin 8
- » Phone: +353 (0) 1 672 8000
- » Web: www.na-ireland.org
- » Email: info@na-ireland.org

DOCHAS – BEREAVEMENT SUPPORT AFTER SUICIDE

- » Address: Roselawn Health Centre, Blanchardstown, Dublin 15
- » Phone: +353 (0) 1 820 0915
- » Web: www.dochasd15.ie
- » Email: info@dochasd15.ie

NORTHSIDE COUNSELLING CENTRE

- » Address: Coolock Development Centre, Bunratty Drive, Bonnybrook, Dublin 17
- » Phone: +353 (0) 1 848 4789
- » Email: nclsl@eircom.net

PASTORAL CARE

- » Address: Tallaght Hospital, Belgard Road, Dublin 24
- » Phone: +353 (0) 1 414 2482
- » Email: john.kelly@amnch.ie

SPIRITAN ASYLUM SERVICES INITIATIVE – SPIRASI

SPIRASI works in partnership with others in welcoming refuge seekers, whatever their background, and to work with them, including survivors of torture, and the host community in the promotion of self-reliance and integration by providing a range of supports and services.

- » Address: 213 North Circular Road, Phibsboro, Dublin 7
- » Phone: +353 (0) 1 838 9664
- » Web: www.spirasi.ie
- » Email: info@spirasi.ie

RAINBOWS IRELAND

Rainbows Ireland aims to help children who have been bereaved through parental death, parental separation, or parental divorce, to work through the grieving process, which follows any significant loss.

- » Address: National Office, Loreto Centre, Crumlin Road, Dublin 12
- » Phone: +353 (0) 1 473 4175
- » Email: ask@rainbowsireland.com

IRISH ASSOCIATION OF SUICIDOLGY

The Irish Association of Suicidology is a forum for all individuals and voluntary groups involved in any aspect of suicidology and works for the exchange of knowledge gained from differing perspectives and experiences.

- » Address: PO Box 11634, Ballsbridge, Dublin 4
- » Phone: +353 (0) 1 667 4900
- » Web: www.ias.ie
- » Email: info@ias.ie

NATIONAL SUICIDE RESEARCH FOUNDATION

- » Address: 4.28 Western Gateway

- Building, University College Cork, Cork
- » Phone: +353 (0) 21 420 5551
- » Email: info@nsrf.ie

TURNING THE TIDE OF SUICIDE

The 3Ts (Turning the Tide of Suicide) is a charity organisation, founded to raise awareness and funding to lower the suicide rates in Ireland through dedicated research, educational support and intervention in the problem of suicide in Ireland.

- » Address: 3 Arkle Road, Sandyford, Dublin 18
- » Phone: +353 (1) 213 9905
- » Web: 3ts@alburn.com

SPHE SUPPORT SERVICE

Social, Personal and Health Education support service – post primary.

- » Address: PDST Health and Wellbeing, Co Wexford Education Centre, Milehouse Road, Enniscorthy, Co Wexford
- » Phone: +353 (053) 92 39105
- » Web: www.sphe.ie
- » Email: healthandwellbeing@pdst.ie

IRISH CENTRE FOR THE PREVENTION OF SUICIDE AND SELF-HARM

- » Address: 6 Main Street Upper, Lucan, Co Dublin
- » Phone: +353 (0) 1 628 2111
- » Web: www.pieta.ie

OXFORD CENTRE FOR SUICIDE RESEARCH

- » Web: cebmh.warne.ox.ac.uk/csr
- » Email: csr@psych.ox.ac.uk

LIVING WORKS

Living works is a Canadian charity

which trains helpers in suicide intervention.

- » Web: www.livingworks.net
- » Email: info@livingworks.net

PIETA HOUSE TALLAGHT

Mount La Salle, Ballyfermot Road, Dublin 10

- » Phone: 01 620 0020
- » Centre Manager: Steve Thomas
- » Opening Hours: Monday to Friday: 9am to 9pm, Saturday: 10am to 2pm

PIETA HOUSE CORK

Highfield Lawn, Model Farm Road, Bishopstown, Cork

- » Phone: 021 434 1400
- » Centre Manager: Sophie O'Callaghan
- » Opening Hours: Monday and Wednesday: 9am to 8pm, Tuesday, Thursday and Friday: 9am to 6pm, Saturday: 10am to 2pm.

PIETA HOUSE FINGLAS Doesn't exist anymore.

PIETA HOUSE KERRY

28 Moyderwell, Tralee, Co. Kerry, V92 ADP1

- » Phone: 066 716 3660
- » Centre Manager: Nora Conway
- » Opening Hours: Monday and Thursday: 9am to 8pm, Tuesday, Wednesday and Friday: 9am to 5pm, Saturday: 10am to 2pm.

PIETA HOUSE LUCAN

Lucan Road, Lucan, Co Dublin

- » Phone: 01 601 0000
- » Centre Manager: Avril Mansouri

- » Opening Hours: Monday to Friday: 9am to 9pm, Saturday and Sunday: 10am to 2pm

PIETA HOUSE MIDWEST

Ardaulin, Mungret, Co Limerick

- » Phone: 061 484 444
- » Centre Manager: Marian Long
- » Opening Hours: Monday, Wednesday & Friday: 9am to 5pm, Tuesday and Thursday: 9am to 8pm, Saturday: 10am to 2pm

PIETA HOUSE ROSCREA

The Glebe, Ballyhall, Roscrea, Co Tipperary

- » Phone: 0505 22568
- » Centre Manager: Deirdre McCarthy
- » Opening Hours: Monday and Thursday: 2pm to 7pm, Tuesday, Wednesday and Friday: 9am to 2pm

PIETA HOUSE WEST (NEW)

Bishop Street, Tuam, Galway, H54 PR24

- » Phone: 093-25586
- » Centre Manager: Marie Moran
- » Opening Hours: Monday, Tuesday, Thursday and Friday: 9am to 5pm, Wednesday: 9am to 8pm, Saturday: 10am to 2pm

PIETA HOUSE NORTH DUBLIN (NEW)

Unit 3, The Turnpike, Santry Cross, Ballymun, Dublin 11, D11 N880

- » Phone: 01-8831000
- » Centre Manager: Linda Murray
- » Opening Hours: Monday to Thursday: 10am to 6pm, Friday: 10am to 5pm, Saturday: 10am to 2pm

ACTING FOR THE FUTURE

PANEL OF ADVISORS

Acting for the Future is implemented in association with the Irish Association of Suicidology and the Samaritans. The Panel of Advisors is as follows: Dr John Connolly (Irish Association of Suicidology), Dr Ella Arensman (Researcher, National Suicide Research Foundation), Ms Eileen Foley (Samaritans), Karen Ward (Holistic Psychotherapist). For Smashing Times Theatre Company: Mary Moynihan and Freda Manweiler.



SMASHINGTIMES

THEATRE COMPANY ■ THEATRE FOR CHANGE

PERFORMANCE ■ TRAINING ■ PARTICIPATION

Smashing Times Theatre Company Ltd, Coleraine House, Coleraine Street, Dublin 7

Tel: +353 (0)1 865 6613 Email: info@smashingtimes.ie Web: www.smashingtimes.ie Facebook www.facebook.com/smashingtimescompany