

Additional Information and Support  
and suicide



**Emergency Services**  
999 or 112



**Samaritans Help Line**  
1890 609 090



**Aware Help Line**  
1890 303 302



**Console Suicide Bereavement**  
1800 201 890



**1 Life Suicide Help Line**  
1800 247 1000



**Traveller Counselling Service**  
086 308 1476



**Txt headsup to 50424**



social care agency  
catholic archdiocese of dublin

**Contact us:**

Crosscare Traveller suicide awareness Project

Email any quires on training/information to:

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Or view our website:  
[www.crosscare.ie](http://www.crosscare.ie)



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Office for Suicide Prevention)



social care agency  
catholic archdiocese of dublin

***National Traveller  
Suicide Awareness  
Project (NTSAP)***



**Take the first step  
Contact us**

# National Traveller Suicide Awareness Project

## The National Traveller Suicide Awareness Project

- Established in 2007 to address the issue of suicide within the Traveller Community
- Travellers have a rate of suicide which is six times higher for Traveller men than settled counterparts
- Work to target the problems, issues, and possible solutions
- The issue of Traveller male suicide emerged as a primary issue.

### Mission Statement:

- To deliver a Community development approach to addressing the issue of suicide in the Traveller community
- Acting as a response both to Traveller organizations and suicide related services in terms of raising their awareness on the issue of suicide in the Traveller community
- Promoting the development of initiative to support suicide prevention, intervention and post-vention, in a coordinated manner.

### Aims:

#### Generally to reduce the rate of Traveller suicides by 10% over the next 10 years

- To engage directly with Traveller men
- To increase awareness among Traveller groups around information related to mental health resources and suicide awareness programs
- To create awareness among service providers related to the issues sur-

### Objectives:

- To research and increase knowledge of relevant issues related to Traveller male suicides / Traveller male engagement with current services and awareness of current programs
- To target specific Traveller men's groups nationwide, delivering culturally appropriate information/ training and workshops
- To influence policy development for relevant stakeholders/ community members / groups and national organisations.

### Traveller Men:

- Have a higher rate of completed suicide
- Experience exclusion and discrimination at many levels in society
- Are less likely to engage with services
- Resulting in a lack of knowledge around mental health issues and suicide prevention post-vention and intervention.



### Indication Signs:

- Becoming isolated
- Sudden changes of mood and behavior
- Appearing depressed
- Drug and alcohol misuse
- Talking about suicide
- Making final arrangements
- Engaging in self harm
- Attempting suicide

Note: Some of these warning signs can be associated with everyday behavior. Look at the overall picture for the person you are concerned about.

### Concerns about some one else?

- Don't be afraid to ask about suicide
- If it is suicide be prepared to sit and listen for some time
- Show you care by offering your support
- Important to seek additional professional/expert advice and or help, both yourself and the person at risk
- Insure you have done this by contacting support service  
Immediately.
- There are additional support services on the back of this sheet