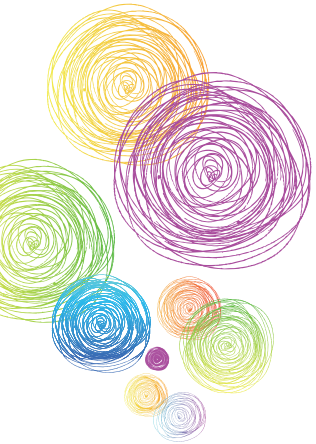




Caroline McGuigan, Suicide or Survive

Caroline is founder and CEO of the support organisation, Suicide or Survive and is also a co-ordinator with No Panic Ireland. She is a qualified psychotherapist (TCD) and a Tutor/Facilitator in NUI, Maynooth. Caroline is a Mental Health Advocate and trained WRAP Facilitator, and is a Member of Amnesty International's Expert by Experience Advisory Group, dealing with Mental Health as a Human Rights Issue.

Caroline has experience of personally attempting suicide and the limited services provided. She spent eight years as a user of the psychiatric services, leaving her with an in-depth knowledge of the medical model, how and why a person is diagnosed and the treatment they may receive in Ireland. She received a Social Entrepreneurs Ireland Level 1 Award in 2006, and a Level 2 Award in 2007. Caroline was part of the very powerful documentary "I See a Darkness", in which she along with her husband John, pieces together her journey towards her suicide attempt and her subsequent recovery. Today, Caroline has two young children.



Ms. June Devaney, Mind Your Mind

June is the founder of the non-profit Mental Health & Suicide Prevention Campaign, Mind Your Mind (MYM), which was set up in response to the rising number of youth suicides in Ireland. MYM aims to raise awareness and build a wider knowledge around mental health, the effects of stigma, and suicide prevention. Mind Your Mind aims to highlight services which are available to people who are experiencing difficulties in their lives and offers information about what is available to those in distress. The MYM team is made up of mostly young people with older community members and professionals joining in regularly for advice or in support of the group.



Dr. Ella Arensman, National Suicide Research Foundation

Dr Ella Arensman is Director of Research at the National Suicide Research Foundation, Ireland and Honorary Senior Lecturer at the Department of Epidemiology and Public Health, University College Cork, Ireland. She is Vice President of the International Association (IASP) for Suicide Prevention and the European Alliance Against Depression (EAAD). She has been involved in research into suicide, deliberate and associated mental health problems over the last 25 years, with a particular emphasis on risk and the protective factors associated with suicide and deliberate self harm, as well as the efficacy of intervention and prevention programmes addressing suicidal behaviour. Dr. Arensman is also involved in training and education and fulfils an advisory role on various national and international boards.

Representative from AWARE, Dublin

Aware is a national organisation providing emotional support and information to individuals who experience depression, their families and friends. Aware also works to create greater public awareness about the nature and consequences of depression, which affects more than 450,000 people in Ireland at any one time.

Services include support groups nationwide and online; loCall Helpline open 365 days a year (1890 303 302); email support service (wecanhelp@aware.ie); Beat the Blues secondary schools education programme and free information service. These services all provide a safe, non-judgemental space where people can talk through their particular concerns and explore options that are available to them. Very often when we are in darkness, we need someone else to shine a light on options that are available and Aware facilitates this.

For more information on Aware's services, including support groups throughout the south east, see www.aware.ie

REGISTRATION

Delegate Rate: €150

includes tea/coffee, lunch & dinner on Saturday

Please direct all queries and registration to:

The Customer Care Desk, Waterford County Council

Civic Offices, Davitt's Quay

Dungarvan

Co Waterford

Tel: (058) 22000

E-mail: customercare@waterfordcoco.ie

Closing date for registration: 5.00pm Thursday, 23 February 2012



Waterford
County Council



Mental Health & Suicide Awareness
"Supports & Developments in
Mental Health Care"

The Park Hotel, Dungarvan, Co. Waterford
24-26 February 2012



Friday, 24 February

Venue: The Déise Suite, The Park Hotel

Chairperson: Mr Frank Curran, Director of Services, Corporate Affairs, Waterford County Council

- 6.30pm Registration
7.00pm **Official Opening**
with Councillor Liam Brazil, Mayor of County Waterford followed by: Mr. Dan Neville, TD
"Suicide in Recessionary Times"
James Mulhall, Social Worker
"Mental Well-Being in relation to the Cognitive Choices we make"
Sr. Gertrude Howley, Regional Chairperson of GROW
"GROW for Healthy Thinking and Living"

Saturday, 25 February

Venue: The Déise Suite, The Park Hotel

Morning Chairperson: Cllr. Liam Brazil, Mayor of County Waterford

- 09.30am Michael Egan, Living Links
"Living Links Providing Outreach Support to the Suicide Bereaved"
10.15am Tea/Coffee Break
10.45am Seán McCarthy, Resource Officer Suicide Prevention, HSE South
"HSE Response to Suicide in the South East"
11.30am Caroline McGuigan, Suicide or Survive
"From There to Here"
12.30pm LUNCH

Afternoon Chairperson: Cllr. John Carey, Waterford County Council

- 2.00pm Ms June Devaney, 'Mind Your Mind' Campaign
"Reforming Youth Mental Health"
3.00pm Dr. Ella Arensman, National Suicide Research Foundation
"Suicide and Deliberate Self Harm in Ireland"
4.00pm Speaker from AWARE, Dublin
"Providing Support through Depression"
8.00pm Conference Dinner
Guest Speaker: **Mr Seán Kelly, MEP**

Sunday, 26 February

Venue: The Déise Suite, The Park Hotel

- 10.30am Overview of Weekend
Cllr. Liam Brazil, Mayor of County Waterford

Guest Speakers

Councillor Liam Brazil, Waterford County Council

Councillor Liam Brazil is Mayor of County Waterford and a native of Kilrossanty. First elected to the Council in 2004, Liam is a member of Waterford County Enterprise Board and is committed to sustainable local job creation. He is involved with a variety of local community and voluntary groups and has a particular interest in mental health issues.



Mr. Dan Neville, TD

Dan Neville was first elected to Dáil Éireann in 1997 to represent the Limerick constituency and re-elected in 2002, 2007 and 2011. He was appointed Fine Gael Spokesperson on Mental Health in 2007 and is a member of the Joint Oireachtas Committee on Health and Children. Deputy Neville is Co-Founder, President and Director of the Irish Association of Suicidology, a member of the International Association for Suicide Prevention and is a member of the Advisory Board of the College of Psychiatry in Ireland. He was on the National Economic and Social Forum and Project Team on Mental Health and Social Inclusion from 2002 to 2007. In May 2008, he was elected as Chairman of the Joint Oireachtas Sub-committee on Suicide Prevention.



James Mulhall

Dip. S.W., C.Q.S.W. (U.C.C.), C.P.E., B.A. (N.U.I.) H. Dip. Career Guidance (U.C.D.) Dip Counselling (I.I.C.P.), M.W.G.I.I., M.I.A.S.W., A.M.I.A.C.P., Counsellor/ Psychotherapist. James worked with people suffering from mental health issues for seven years as part of a Multi-disciplinary Team from Waterford Regional Hospital. James is a Social Worker and a Career Guidance Counsellor and is also Church of Ireland Curate in the Lismore Union of Parishes, as well as being the Safeguarding Trust Child Protection Training Officer for the Cashel, Ossory and Ferns Diocese. James will speak on mental well-being in relation to the cognitive choices we make. 'My way of thinking directly affects how I feel, which directly affects the way I behave'.



Sr. Gertrude Howley, GROW

Sr. Gertrude Howley is the South Eastern Regional Chairperson of the mental health organisation GROW, which helps people who have suffered, or are suffering, from mental health problems. GROW, founded in Australia in 1957 by former mental health sufferers, has a national network of over 130 groups in Ireland and there are currently four groups in the Dungarvan area. Members are helped to recover from all forms of mental breakdown, or indeed, to prevent such happening. Its principal strength is the support members give to each other from their own experience in matters to do with mental health. GROW is grant aided by the Health Service Executive and the Department of Health and Children.



Michael Egan, Living Links

Michael Egan is a retired Garda Sergeant, who spent thirty years in the service. During that time he dealt with numerous tragedies, with suicide being the most difficult to deal with. Following his appointment in 1988 to the teaching staff of the Garda College, Templemore, Co. Tipperary, he developed a training programme on communicating bad news to a family following a death by suicide and on how to provide support to survivors of suicide. The training was delivered to student Gardaí, Sergeants and Inspectors. Following the decriminalisation of suicide in 1993, Michael was appointed to various committees dealing with suicide postvention and intervention. He is a founder member of Living Links and is the current national co-ordinator of the organisation.

Seán McCarthy, HSE South

Seán is a Resource Officer for Suicide Prevention for the HSE South and is based in Waterford City. He works closely with the National Office for Suicide Prevention, whose function it is to oversee the implementation of 'Reach Out' the National Strategy for Action on Suicide Prevention; to co-ordinate suicide prevention efforts around the country and to speak regularly with agencies and individuals interested and active in suicide prevention. As a Resource Officer, Seán co-ordinates a range of training initiatives around suicide prevention and mental health promotion.