



**Building Resilience at a Community Level**  
**Action Area 1**

- Implementation of a training and development needs assessment through already existing integrated community based structures.
- Designation of one person within each community based organisation within Waterford city to complete "ASSIST" training.
- Development & dissemination of a step by step guide - building on ASSIST CPR model - for community organisations within Waterford city.
- Development & implementation of a training for trainers programme in mental health awareness for community organisations within Waterford city.
- Development of a post-vention support programme for community based organisations within Waterford city.

**Developing Crisis Intervention Services**  
**Action Area 2**

- Build upon existing service provision to put in place a 24hr helpline supported by on call system
- Provision of full-time mental health expertise to all GP practices within Waterford city.
- Provision of low threshold mental health day facilities.
- Design, development and implementation of agreed protocols for complex presentations.
- Particular attention to be focused upon the absence of crisis intervention services for young people.

**Services and Supports for Survivors**  
**Action Area 3**

- Dealing with Critical Factors**  
 Provision of dedicated professional resources for in-hospital and critical post-discharge interventions.  
 Identification and Support Programme for significant person (family member, partner or friend) who will provide post-discharge support and liaise with professionals.
- Measures to Reduce Risk and Enhance Protective Factors**  
 Development and delivery of a series of co-ordinated risk reduction and protective programmes based upon already existing models of best practice.

**Enhancing Supports for Individuals, Families and Communities**  
**Action Area 4**

- Reaffirm and monitor compliance with media guidelines for the reporting of incidents of suicide and self-harm.
- Liaise with local church and religious leaders to develop and implement a programme of supports for clergy.
- Liaise with the Department of Education and Science in the formulation of an SPHE module in bereavement and grief.
- Value, through policy and priority and resourcing, voluntary bereavement and support services for survivors and families.
- Enhancement of services, particularly targeted at vulnerable groups such as the elderly, travellers, ethnic minorities and the LGBT community.