



Pavee Point
Travellers Centre

Primary Health Care for Travellers Project
Pavee Point Travellers Centre
46 North Great Charles Street, Dublin 1

phone: 01 878 0255 fax: 01 874 2626

email: info@pavee.ie web: www.paveepoint.ie



Traveller Health Unit in the Eastern Region

Local Health Office Dublin West,
Unit 11, Cherry Orchard Hospital,
Ballyfermot, Dublin 10

Traveller Suicide Awareness Project

phone: 086 172 9168



Cross Care, Clonliffe College
Dublin 3, Ireland

phone: 01 836 0011 fax: 01 836 7166

email: info@crosscare.ie

HELP AVAILABLE

IMMEDIATE HELP

Samaritans 24 hour helpline

1850 60 90 90

Contact any of the following
or advise them to go to:

Emergency Services, if there is an immediate risk:

999 or 112

A & E - *Emergency Department of Hospital*

Your GP or Family Doctor

The Local Priest

Aware Helpline

1890 303 302

Teen Ireland

1800 833 634

HSE Helpline

1850 241 850

Suicide Prevention Helpline

1800 742 745

National Office for Suicide Prevention

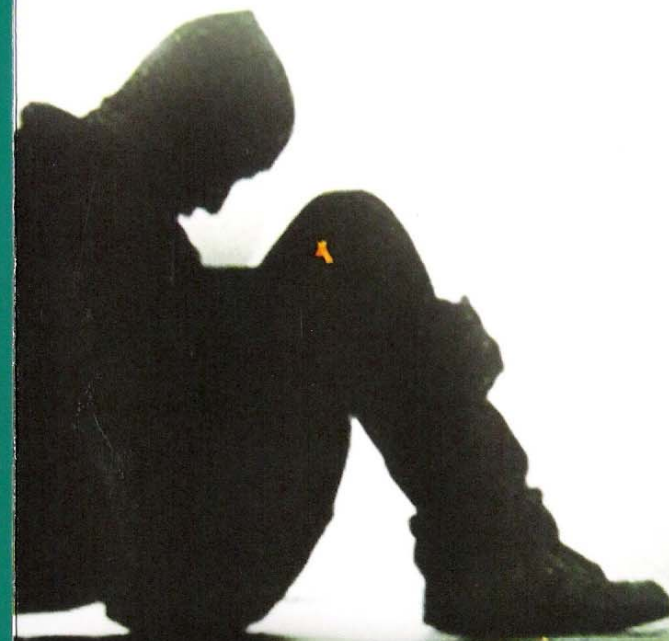
01 635 2139

Traveller Counselling Services

086 308 1476

Suicide Prevention

INFORMATION FOR TRAVELLERS



WHAT IS SUICIDE?

Suicide is taking your own life.
It can be STOPPED, if we know
when a person is suicidal.

Key Facts on Traveller Suicide in Ireland

- Suicide is a big cause of death in young Travellers
- 4 out of 6 Travellers who died by suicide were under 30 years of age
- 7 out of 10 Traveller suicides were first attempts between 2000 and 2006.
- Suicide in Traveller men is three times higher than Traveller women
- There is no one thing that causes suicide, it can be many things.
- Anyone can become suicidal

Source: *Suicide among the Irish Traveller Community 2000-2006*, Mary Rose Walker.

Most people who feel suicidal don't want to die, they just want to end their pain.



Feeling Suicidal - What to look for:

- Not mixing with other people
- Depression
- Not looking after yourself – eating, cleaning, washing yourself
- Giving away something that is important to them (like keepsakes)
- Mood changes
- Turning to drink and drugs
- Dangerous behaviour – not caring that there is a TOMORROW
- Saying things like:
 - “I wish to God, I was dead”
 - “I am sick of life.”
 - “I am sick of this place.”
 - “I want to die.”
 - “There is nothing in this world for me to live for”
- Talking about Suicide
- Trying to harm yourself
- Trying to kill yourself
- Losing someone close either in the family or among friends

You may not have all the above signs present at the one time but the more of these signs you see, the higher the risk. Sometimes you don't have to have any signs at all to feel suicidal.

Risk Factors

- History of death or suicide in the family
- Items available at home, which could be used for taking your life – medication, knives etc

What can you do?

STOP AND LISTEN

Ask:

- “Do you feel like taking your own life?”
- “Do you think I can help you ?”
- “What’s bothering you?”
- “It must be bad and painful for you but you don’t have to go through this alone.”
- “Is there someone you would like to talk to.”

Tell:

- “Don’t feel that you are helpless, I know people who can do something to help you.”
- “There are people here for you/ to help you.”
- “Tell me about how you are feeling.”

