

Lead Liaison

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Alternative Liaison

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Support Team

Name	Number
Sean McGeough (Vice Chairperson)	Number available to support team and executive committee
Hilary White (Children's Officer)	Number available to support team and executive committee
Mark McCartan	Number available to support team and executive committee
Ana Marie Magorrian	Number available to support team and executive committee

Media Liaison

Name	Number
Philip Loughran (PRO)	Number available to support team and wider exec

Useful GAA Contacts

Contact	Name	Details
County Health & Wellbeing Chair	Gary Doherty	07776082092
		<u>chair.hwc.down@gaa.ie</u>
County Chairperson	John Devaney	077 9313 0417
		<u>chairperson.down@gaa.ie</u>
County PRO	Paula Magee	pro.down@gaa.ie
Community & Health		00353-1- 865 8600
Department Croke Park		<pre>community.health@gaa.ie</pre>



Roles

Chairperson

- Joint liaison persons to liaise with Club Incident Response Team.
- To be key contact with family.

Club Secretary

- Delegate key responsibilities as related to incident.
- Review situation as it develops.
- Coordinate special Senior Committee Meeting.
- Liaise with GAA County Provincial and National Organisations if appropriate.
- Liaise with Club chaplain.

Health and Wellbeing Officer

- To liaise with GAA County, Provincial and National health and Wellbeing Officers.
- To signpost persons involved to relevant agencies.
- Community/support agency contact.
- To assist with debriefing meeting for club members.

Vice Chairperson

- To liaise with managers, mentors and coaches.
- To communicate update to managers, mentors and coaches.
- To be proactive in the organisation of response events i.e. clubrooms available for club members to meet.
- To prepare practical arrangements i.e. clubrooms set out with seating if required.

Children's Officer

- To liaise with parents.
- To organise clubrooms for refreshments if required and to create appropriate environment in clubrooms.
- To contact relevant agencies to provide support and guidance.

PRO

- To coordinate response to media.
- To ensure that the club response is accurate and consistent.
- To oversee communication to club members.
- To prepare press release.
- To respond to media presence at club.
- To monitor social media



RESPONDING TO A CRITICAL INCIDENT¹

A critical incident – something that overwhelms our natural ability to respond – may visit your club at any time. It is important to note that no two incidents are identical. The nature of the incident (whether it took place on GAA grounds, for example, or happened during official club/county activity) will determine the degree of involvement of your club/county in managing the response.

It is possible that our club/county may be one of several entities playing a part in responding to a critical incident, as the diagram below indicates. The diagram also highlights the importance of having the affected family or families at the centre of all plans/decisions.



¹ <u>https://www.gaa.ie/api/pdfs/image/upload/qa82fmzyh8lniqnkhpve.pdf</u>



Examples of Critical incidents may include:

- Death or serious injury on or off the playing field
- Exposure to the aftermath of a road traffic collision eg; the accident scene, the victim(s)
- Personal loss or injury, real or threatened to a child or adult
- Being violently threatened
- Close encounter with death
- Suicide of a club member. This tragic situation can cause extreme distress and confusion for everyone involved. Guidelines developed by professional services highlighting the most appropriate responses are available.
- A situation with excessive media interest.
- A natural disaster or act of God.
- Other incidents not covered above but which are associated with unusually strong emotional reactions.

When our club is involved in a critical incident the following communication pathway should be followed. Any critical incident should be recorded and reported even if the club have the capacity and/or capability to manage the situation



EFFECTIVE COMMUNICATION IS ONE OF THE KEY PRINCIPLES WHEN RESPONDING TO A CRITICAL INCIDENT



Overall Plan

What	Who	When
Call a Meeting and review GAA	Club Executive / Critical Incident	24-48 Hours after
Critical Incident Resources to guide	Response Team	the incident
actions	•	
Report Incident	• County Health and Wellbeing Committee	24-48 Hours after
	 County Board 	the incident
	 Community and Health Dept (Croke Park) 	
Nominate a person to liaise with	• Someone in club known to the bereaved	24-48 Hours after
those directly impacted	family / those directly impacted	the incident
Nominate other roles as necessary,	Decided by club executive or Critical	24-48 hours after
eg: Media Contact	Incident Response Team	the incident
Check in on those directly	Person designated by club	From time club is
impacted, e.g. gather a bereaved		informed of incident
squad in clubhouse for chat		
Keep a log of all events and club	 Club Executive & Coaches of impacted 	24-72 hours after
actions	squad(s)	the incident
	• Connect with GAA support network for	
	guidance	
Reflect and Review	Club Critical Incident	1-3 months after
	Response Team	the incident

TEAM GATHERING

- If a squad or squads have been impacted by a sudden death or death by suspected suicide, many clubs have found it beneficial to bring the group together in the clubhouse in the 24-48 hours after the incident.
- This offers the squad, mentors, and executive an opportunity to connect, reflect on what has happened, agree next steps, support each other and identify any additional support available.
- If the situation involves a loss of life such a gathering also helps people share in their grief and fill some of the vacuum before the funeral. The use of a clubhouse offers a safe and familiar setting, away from alcohol, where emotions can be expressed freely without judgement.
- It is normal for people impacted by a critical incident to experience a broad range of emotional reactions (see information sheet on Normal Responses to Abnormal Incidents here: <u>https://www.gaa.ie/my-gaa/community-and-health/community-personal-</u> <u>development/cirp-training</u>). Should anyone struggle to come to terms with the trauma they may have experienced, their GP should be their first port of call.



WHAT SUPPORTS ARE RECOMMENDED?

- In the immediate aftermath of a traumatic event the emotional and psychological support provided by those closest to us is the most effective i.e. one's family, club, community, coaches, friends, and peers. Providing professional counselling is not recommended in the immediate aftermath of a critical incident but may be appropriate at a later stage to support the recovery for anyone struggling to readjust.
- If you receive requests to provide professional counselling support for any club member(s) we suggest you connect with your County Health & Wellbeing Committee or the Community & Health department in Croke Park to assist you in determining appropriate next steps (via <u>community.health@gaa.ie</u>)
- A club can also signpost individuals to their GP, the medical professional best placed to identify suitable additional supports, which may include counselling.
- Each community/county will have agencies/community groups that may be called upon for support during or after critical incidents. Liaise with outside agencies or services if required.
- Details of supports available across the North can be found here: <u>https://www.publichealth.hscni.net/publications/help-hand-support-after-someone-may-have-died-suicide-northern-ireland</u>
- See Appendix 2: Local & National Support Groups

KEEP AN EYE OUT FOR VULNERABLE PEOPLE

Some people are more vulnerable than others. Watch out for those who are demonstrating difficulty moving on in the weeks following the critical incident. Signs may include:

- Withdrawal
- loss of interest in sport/college/work
- expressing a sense of hopelessness

If you are concerned about anyone, please check in with them. Ask how they are feeling and if they would like some professional support. If they would, link them with their GP (speak first with their parent/guardian if they are a juvenile) or some of the support services highlighted above.

MEDIA MANAGEMENT

A high-profile critical incident, especially one involving the loss of life, can bring intense media interest on any family and club involved. Club officers and members are under no obligation to speak to the media. Never feel pressured to do so. If you feel it is appropriate here are some helpful tips:

- Get approval from the club executive if speaking on behalf of the club and not in a personal capacity.
- To ensure consistency of message only one club representative should deal with media enquiries (e.g. club chair/secretary/PRO).
- A club can issue a statement on its website/social media and then direct all media inquiries to it (saving the need to engage repeatedly with media enquiries).
- Don't do anything in a hurry regardless of any deadline the journalist is working to set a time and date that works for you/the club, not them.
- If conducting a live interview, ask journalists what questions they want to ask you in advance so you can prepare. Make sure they stick to those questions.
- A prepared response is helpful as this avoids someone saying something they wished they hadn't

- Remember that a journalist is entitled to report anything you say, so don't mistake them for counsellors or friends.
- Journalists may ask for photographs of the bereaved. You may wish to provide these, but remember that you are under no obligation to do so. If you do, ensure that you have the family's permission to do so.
- Media should not be permitted on club property without the prior approval of the executive. This applies to television, radio, print media and photographers.

Dealing with the media can bring additional, unwanted stress during an already difficult time. Feel free to reach out to either your county PRO or Croke Park's Communications department for support and assistance (all media queries can be directed to these if you wish).

SOCIAL MEDIA ANNOUNCEMENTS

- Ensure that the family's wishes are respected at all times. In cases of loss of life, clubs should refrain from posting details on social media until an official death notice has been released (e.g. on RIP.ie). This helps ensure that all relatives (those living abroad etc.) are informed first.
- Once a death notice is released, clubs may share this along with their condolences across their social media channels
- While clubs may share a photo of the deceased in conjunction with the above notification, it is not recommended to change club social media Profile Photos and Cover Photos to that of the deceased (as you then need to make the difficult decision when to remove that photo and if a precedent is set will this have to be done for all club members who die subsequently?)
- Care needs to be taken when reporting on suspected suicide as research shows that certain types of media depictions, such as explicitly describing a method, sensational and excessive reporting, can lead to imitational suicidal behaviour among vulnerable people.
- If the death is a suspected suicide, the club may share details of the general supports that are available to club and community members (e.g. Samaritan's helpline 116-123) without commenting/speculating on the cause of the death.

NORMAL CLUB ROUTINE

- It is advised that clubs and counties maintain as many scheduled activities as practical in the aftermath of any critical incident, including a sudden death/suspected suicide
- Should postponements be unavoidable it is recommended that normal routine is restored as soon as possible, including training and match schedules
- While motivation and morale may be understandably low among those most closely impacted, training and matches provide a reassuring structure and routine as well as access to trusted support networks during uncertain times. Before returning to formal training or competitive matches an informal kick or puck-about can provide an opportunity to release some of the physical and emotional tension and stress brought on by a critical incident, while easing players back onto the field of play

ADDITIONAL CONSIDERATIONS

HONOURING THE DECEASED

Should a club member die by suspected suicide it is natural to mourn that loss and a common reaction is the desire to honour and remember their life. However, it is important to note that activities that amplify



or glorify suicide may have a harmful impact on other vulnerable people in the club/community. There is a balance to strike between honouring a lost loved one (which must always take into consideration the family's wishes) while ensuring that it is done sensitively.

GUARDS OF HONOUR

A guard of honour may be requested by a family or may form part of the club's plans. If juveniles are to participate, they must be supported by adults, potentially with a parent/guardian standing with them or members of an adult team alternately placed between them.

Participating in any guard of honour should always be optional and at the discretion of an individual or parent/guardian.

MEMORIALS

Memorials can provide a means of remembering a lost loved one and support the grieving process. However, when someone has died of a suspected suicide they may also bring potential risks. In a sporting context, the production of gear or jerseys commemorating the deceased or the creation of a memorial tournament is not recommended. Consider a legacy of supporting access to mental health training (such as safeTALK) for members or supporting a local mental health charity instead. Further information on memorials can be found at: <u>https://www.publichealth.hscni.net/publications/advice-communities-groupsand-schools-public-memorials-following-sudden-death</u>

For further information see <u>https://www.gaa.ie/my-gaa/community-and-health/community-personal-development/cirp-training</u>

LOOK AFTER YOURSELF

Finally, be mindful of your own wellbeing – managing a critical incident (particularly one relating to suicide) is not easy or part of your volunteer role description. Also, it is challenging in difficult times to be the one that people in the community and club are turning to for guidance and direction. This is particularly true as club officers and mentors are likely to also be personally impacted by any incident that visits a club. It takes energy to support and guide the club during a critical incident so it is important that you:

- Take time for yourself
- Acknowledge your feelings
- Be gentle with yourself
- Allow yourself to grieve
- Accept that you won't have all the answers and know that it's ok to communicate that
- Take advantage of the supports available.

For further information on the GAA's Critical Incident Resources: <u>https://www.gaa.ie/my-gaa/community-and-health/community-personal-development/cirp-training</u>



Key Point - Remember that the role of the club is primarily to act as a sign-posting service to the supports that are available. Boundaries should be appreciated and getting the balance between what a voluntary entity can offer as opposed to what professionals can is important. Do not take on too much.



Appendix 1: Good practice tips²

The following is a summary of some good practice tips to follow:

- Always consult with those affected to see what level of support they want from the club, if any.
- A General Practitioner (GP) should be recommended as the first point of contact if an individual needs help.
- Ensure the response is consistent throughout the process.
- Keep a log of events with times and details of actions and decisions taken. This could be important for any subsequent inquiry which could range from an internal club/local authority review to a formal inquiry/legal inquiry.
- Be familiar with all the appropriate local services and agencies that are available and ensure that the contact numbers are checked and updated every year. This is really an invaluable exercise. Go to www.yourmentalhealth.ie or www.mindingyourhead.info for a one stop directory of recognised national & local services. Ask the questions regarding support services what can they deliver? And when can they deliver? Do they respond at weekends?
- Only keep open clear lines of communications which will cut out any rumours or miscommunications.
- Be mindful of any relevant procedures in both jurisdictions (ROI/NI).
- To ensure consistency of message, only one person should deal with any media inquiries. (See MEDIA MANAGEMENT and SOCIAL MEDIA ANNOUNCEMENTS for guidelines on dealing with the media).
- If there is a club or county match scheduled always check in with those involved to see how they would like the club to manage fulfilling the fixture. Be careful about using the term counselling in the aftermath. People understand it to mean different things so it can be misleading.
- Cases of suicide bring with them a particular set of challenges and very specific recommendations as to how to respond appropriately. Fortunately, there are also skilled services available both statutory and voluntary to guide units through such tragic situations.

² <u>https://ulster.gaa.ie/wp-content/uploads/2017/03/GAA-Critical-Incident-Response-PlanTemplate.pdf</u>



Appendix 2: Local & National Support Groups

The directory at <u>https://www.mindingyourhead.info/services</u> lists services that offer advice/support on a range of issues that can have an impact on your mental health such as: alcohol, bereavement, disability, drugs, eating disorders, gambling, housing, illness, mental health, money worries, relationships, self-harm, sexuality, stress, suicide, depression and abuse.

For convenience, here are some local services:

Samaritans - Official helpline of the GAA and available 24-7 in Northern Ireland.Tel 08457 90 90 90 www.samaritans.ie jo@samaritans.orgLifelinewww.samaritans.ie jo@samaritans.orgLifeline0808 808 8000 www.lifelinehelpline.infoChildlineTel: 0800 1111 www.childline.org.ukNSPCC Helpline (24 Hour)Tel: 0800 800 5000PIPS Suicide Prevention BelfastTel: 028 9080 5850 www.pipscharity.comWomen's Aid, BelfastTel: 028 9066 6049 https://belfastwomensaid.org.uk/get-helpDomestic & Sexual Abuse Helpline 24/7Tel 08088021414 https://www.dsahelpline.orgCruse Bereavement Care0808 808 1677	GP out of hours services (South and East Belfast)	Tel: 028 9079 6220
Lifeline 0808 808 8000 www.lifelinehelpline.info Childline Tel: 0800 1111 www.childline.org.uk NSPCC Helpline (24 Hour) Tel: 0800 800 5000 PIPS Suicide Prevention Belfast Tel: 028 9080 5850 www.pipscharity.com Women's Aid, Belfast Tel: 028 9066 6049 https://belfastwomensaid.org.uk/get-help https://belfastwomensaid.org.uk/get-help	Samaritans - Official helpline of the GAA and	Tel 08457 90 90 90
Lifeline 0808 808 8000 www.lifelinehelpline.info Childline Tel: 0800 1111 www.childline.org.uk NSPCC Helpline (24 Hour) Tel: 0800 800 5000 PIPS Suicide Prevention Belfast Tel: 028 9080 5850 www.pipscharity.com Women's Aid, Belfast Tel: 028 9066 6049 https://belfastwomensaid.org.uk/get-help Tel: 028 9066 6049 https://belfastwomensaid.org.uk/get-help Tel: 08088021414 https://www.dsahelpline.org	available 24-7 in Northern Ireland.	www.samaritans.ie
www.lifelinehelpline.infoChildlineTel: 0800 1111 www.childline.org.ukNSPCC Helpline (24 Hour)Tel: 0800 800 5000PIPS Suicide Prevention BelfastTel: 028 9080 5850 www.pipscharity.comWomen's Aid, BelfastTel: 028 9066 6049 https://belfastwomensaid.org.uk/get-helpDomestic & Sexual Abuse Helpline 24/7Tel 08088021414 https://www.dsahelpline.org		jo@samaritans.org
ChildlineTel: 0800 1111www.childline.org.ukNSPCC Helpline (24 Hour)Tel: 0800 800 5000PIPS Suicide Prevention BelfastTel: 028 9080 5850www.pipscharity.comwww.pipscharity.comWomen's Aid, BelfastTel: 028 9066 6049https://belfastwomensaid.org.uk/get-helpDomestic & Sexual Abuse Helpline 24/7Tel 08088021414https://www.dsahelpline.org	Lifeline	0808 808 8000
www.childline.org.ukNSPCC Helpline (24 Hour)Tel: 0800 800 5000PIPS Suicide Prevention BelfastTel: 028 9080 5850www.pipscharity.comwww.pipscharity.comWomen's Aid, BelfastTel: 028 9066 6049https://belfastwomensaid.org.uk/get-helpDomestic & Sexual Abuse Helpline 24/7Tel 08088021414https://www.dsahelpline.org		www.lifelinehelpline.info
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PIPS Suicide Prevention Belfast Tel: 028 9080 5850 www.pipscharity.com Women's Aid, Belfast Tel: 028 9066 6049 https://belfastwomensaid.org.uk/get-help Domestic & Sexual Abuse Helpline 24/7 Tel 08088021414 https://www.dsahelpline.org		www.childline.org.uk
www.pipscharity.comWomen's Aid, BelfastTel: 028 9066 6049 https://belfastwomensaid.org.uk/get-helpDomestic & Sexual Abuse Helpline 24/7Tel 08088021414 https://www.dsahelpline.org	NSPCC Helpline (24 Hour)	Tel: 0800 800 5000
Women's Aid, Belfast Tel: 028 9066 6049 https://belfastwomensaid.org.uk/get-help Domestic & Sexual Abuse Helpline 24/7 Tel 08088021414 https://www.dsahelpline.org	PIPS Suicide Prevention Belfast	Tel: 028 9080 5850
https://belfastwomensaid.org.uk/get-help Domestic & Sexual Abuse Helpline 24/7 Tel 08088021414 https://www.dsahelpline.org		www.pipscharity.com
Domestic & Sexual Abuse Helpline 24/7 Tel 08088021414 https://www.dsahelpline.org	Women's Aid, Belfast	Tel: 028 9066 6049
https://www.dsahelpline.org		https://belfastwomensaid.org.uk/get-help
	Domestic & Sexual Abuse Helpline 24/7	Tel 08088021414
Cruse Bereavement Care 0808 808 1677		https://www.dsahelpline.org
	Cruse Bereavement Care	0808 808 1677
www.cruse.org.uk/get-support		www.cruse.org.uk/get-support
www.cruse.org.uk/get-support/supporting-		www.cruse.org.uk/get-support/supporting-
children-and-young-people		children-and-young-people



Appendix 3: Sample support letter for members³

Support Service for Carryduff GAC members

We are all in shock from the untimely death of ______.

To lose a loved one like, a dear friend and team mate, is one of the most difficult life experiences you will have to face.

When the death is sudden and tragic, ______ family and friends must cope with the sadness of their loss plus all their additional heightened feelings like confusion, questioning of self, anger and coming to terms with his death.

Should you wish to speak to someone in confidence about how you feel or if you need help or guidance to come to terms with ______ death, please call:

Samaritans, official helpline of the GAA and available 24-7, on their free-phone number 08457 90 90 90 in Northern Ireland. Or Lifeline is a Northern Ireland crisis response helpline service operating 24 hours a day, seven days a week. If you or someone you know is in distress or despair, call Lifeline on 0808 808 8000.

The above is a confidential service available to you and we encourage you to avail of it and call, if you need to talk to someone.

Equally, should you know of any of your friends or colleagues, who are struggling to come to terms with ______ death please encourage them to call also, or talk to a loved one about their feelings.

We also ask you to keep an eye out for each other, not to be shy or embarrassed about asking for help and to talk to and support each other during what is a very difficult time for us all.

If there is anything we can do to help and support you please let us know. We will get through this tragic time together.

_____, Chairperson, on behalf of the Club Committee.

Phone: (insert your number here if you feel it is appropriate for any additional enquiries

³ https://ulster.gaa.ie/wp-content/uploads/2017/03/GAA-Critical-Incident-Response-PlanTemplate.pdf



Appendix 4: Sample Press Releases/Letters⁴

This can be used as a template by the club to be emailed, faxed or given to the media. It may help to decrease the number of media calls and callers to the club.

In some instances, it is not appropriate to provide names or information that might identify individuals.

This announcement will need to be changed based upon confidentiality issues, the wishes of the affected family and the nature of the incident.

Template:

My name is (Name) and I am the (Role within the club) of (Name) club. We learned this morning of the death of (Name). This is a terrible tragedy for family, our club and our community. We are deeply saddened by these events. Our sympathy and thoughts are with (Name) family and friends.

(Name of person) was a member of (Name) club and will be greatly missed by all who knew him. We have been in contact with his/her parents and they have requested that we all understand their need for privacy at this difficult time.

Offers of support have been pouring in and are greatly appreciated. Our club have implemented our Critical Incident Response Plan.

The club has been open to members, to support them and to offer them advice and guidance. We would ask you to respect our privacy at this time.

Thank you.

Chairperson

⁴ <u>https://ulster.gaa.ie/wp-content/uploads/2017/03/GAA-Critical-Incident-Response-PlanTemplate.pdf</u>



Appendix 5: Good practice guidelines following the death by suicide of a club member⁵

The death by suicide of a member of a club can have a deep impact on club members, in particular on teammates and coaches.

How a club responds to a death by suicide depends on a number of factors including:

- How well known the person who died was to club members;
- How the club has dealt with past tragedies;
- The leadership shown by key club members; and
- Media coverage of the event.

What to do after a suicide:

Do's

Acknowledge the death

Acknowledge that a club member has died. Respect that some families may choose not to describe the death as a suicide.

Acknowledge a wide range of feelings

Acknowledge that individuals will experience a wide range of feelings and emotions as a result of the death.

- Be gentle with each other we all grieve in different ways
- The grieving process takes months and years not days and weeks
- Don't blame yourself or anyone else for the death

Try to get the balance right

Try to get the balance right between continuing to do normal activities (for example, following the funeral, go ahead with scheduled matches), but also make allowances that motivation and morale may be low among the team.

Try not underestimate young people's natural ability to cope with difficult situations.

Keep an eye out for vulnerable people

Watch out for those who are not doing well or may be at greatest risk, for example:

- Brother and sisters of the deceased person who are also club members;
- Close friends;
- Teammates; and
- Others who may be experiencing difficult life situations at the time.

Anyone who may be particularly vulnerable at this particular time may need extra support.

⁵ https://ulster.gaa.ie/wp-content/uploads/2017/03/GAA-Critical-Incident-Response-PlanTemplate.pdf



Having access to local support services contact details is important. You can usually call on these organisations for advice.

For more information on local support available in ROI you can contact your Regional Suicide Resource Officer or in Northern Ireland the local Mental and Emotional Wellbeing and Suicide Prevention contacts. (Please see R–8 and R-9 for contact details)

Anticipate sensitive dates on the calendar

Anticipate birthdays, holidays, anniversary dates and other celebratory events where the person's absence from the team will be most felt. Accept there will be times, such as these, when members of the club may benefit from extra support.

Don'ts

Don't focus only on the positive

Do not remember the person who died by only talking about the positive things about them. While it is important to celebrate their sporting achievements and other personal qualities, it is also crucial to talk about the loss. Openly acknowledge and discuss the pain, and heartache, as well as any difficulties the person might have been experiencing, for example mental health issues, but with any discussions also encourage individuals to seek help if they feel the need to talk to someone.

Be careful how you pay respects

Do not do things in memory of the person like:

- Commemorative matches;
- Number on shirts; or
- Naming a trophy.

Critical Incident Response Plan

A Guard of Honour may be organised for other deaths. However, remember that a death by suicide differs from other deaths. Avoid any activities that glamorise or glorify suicide. The challenge is to grieve, remember and honour the deceased without unintentionally glorifying their death.

Do not over-indulge

Around the time of the funeral and immediately afterwards it is important to ask members and friends to try not to overindulge in alcohol, caffeine or other substances. They may make people more vulnerable at this time.

Helpful short and medium to long-term responses

After a death by suicide, clubs have found the following short-term and medium to long-term responses helpful.

Short-term

Right after a suicide those affected often look for the following:

Information

Clubs have found it helpful to identify what supports are available locally to provide advice, support and care at this time. As a result, many communities have developed local support cards outlining services available in the area. In Northern Ireland 'Z Cards' are available for each Health and Social Care Trust area, providing information on local support services.



Support

The first gathering of the team after the funeral, for example, the first night back at training, may be a difficult time for everyone. Coaches have found it helpful to break the team up into small groups and allow some time to talk about their deceased team member.

Coaches or team leaders may wish to prepare for this by thinking through the types of issues that they think will be raised and how best to create a safe place to discuss these matters. Coaches or team leaders should seek the help of local support services if they feel necessary. Some coaches may not feel comfortable in preparing for such a gathering.

The following topics are usually addressed:

- How to support people who are grieving at this time;
- Looking after yourself during this traumatic time; and
- What to look out for, say and do if you are worried about someone else.

Medium to long-term

The medium to long-term develop policies and procedures on suicide prevention as well as other broader areas such as drug and alcohol use. For example, the GAA has developed an Alcohol and Substance Abuse (ASAP) programme which aims to prevent alcohol and drug problems taking hold in clubs.

Policies

Clubs should develop policies and procedures on suicide prevention as well as other broader areas such as drug and alcohol use. For example, the GAA has developed an Alcohol and Substance Abuse (ASAP) programme which aims to prevent alcohol and drug problems talking hold in clubs.

Training

Clubs find it helpful to offer training and skills development to coaches and team leaders. It may be useful to initially look at some form of resilience programmes/training that will help coaches/members. There is also the opportunity to look at putting in place suicide awareness training in the longer term.

Other situations to note

Discovery of a suicide on club grounds

The following steps should be taken with the discovery of a suicide on sports grounds:

- Give or ask for first aid if there is any possibility the individual may be saved or resuscitated.
- Contact the emergency services immediately
- Leave the scene untouched.
- Avoid disturbing any evidence.
- Keep onlookers away.
- Write down the names of all the staff and team members who witnessed the event or discovered the suicide.
- Tell the closest relative the Gardaí/PSNI usually do this.

Suicide notes on clubhouse

Once you become aware of the existence of a suicide note, for example, a paper note or a suicide message written on a club house wall, leave it untouched and immediately tell the Gardaí/PSNI. After the personal and legal needs of family and Gardaí/PSNI are met, the club has to decide when and how best to remove



the note. For example, one club hired a graffiti artist to work with supporters and young people to replace the note with a positive image, along with contact numbers for support services for young people.

Death by suicide of famous sports people

Deaths by suicide of high-profile or famous people can impact on members. Responsible media coverage will help to reduce this risk. Clubs should be aware of the impact an international or national sports star's death by suicide can have, especially on young people who viewed them as a role model. Extra care and supports may be needed at this time.

Brendan Sloan Cathaoirleach / Chairperson

Date: 14/06/23

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Sandra Hughes Rúnaí / Secretary

Date: 14/06/23