

Irish Red Cross Peer Support Network

Some useful information:

- The Irish Red Cross has a dedicated Critical Incident Stress Management (CISM) Team and Peer Support Network of trained volunteers;
- The Irish Red Cross has trained over 60 Peer Supporters / Stress Awareness facilitators nationwide who are available to help volunteers and the community in the times of any incidents or traumatic events. A number of these volunteers have received additional training in loss and grief and also assist suicide intervention training;
- All the volunteers complete a short training awareness course on how to recognise the signs and symptoms of stress in themselves and others and where they can go to seek help. On completion they are issued with a pocket memo card on stress;
- The Irish Red Cross are represented and are part of the European Network on Psychosocial Support (ENPS) which holds annual forums.
- We are also members of the CISM Network Ireland which is comprised of Statutory Principle Response Agencies and Non Statutory Voluntary Bodies which is based in NUI Maynooth. This network is important for the exchange of information and there is a special rate for training courses for Irish Red Cross members.
- As a member of the CISM Network our volunteers are available to respond as part of a joint body of peer supporters to assist at any major incident or events;
- The CISM Coordinator for the Irish Red Cross is Mr. Gerry O' Sullivan (0872736659)
- On this Resource Link you will find some interesting documents relation to CISM and the Peer Support Network. For more information please contact the Red Cross Peer Support dedicated mobile number **087 72575000**.