

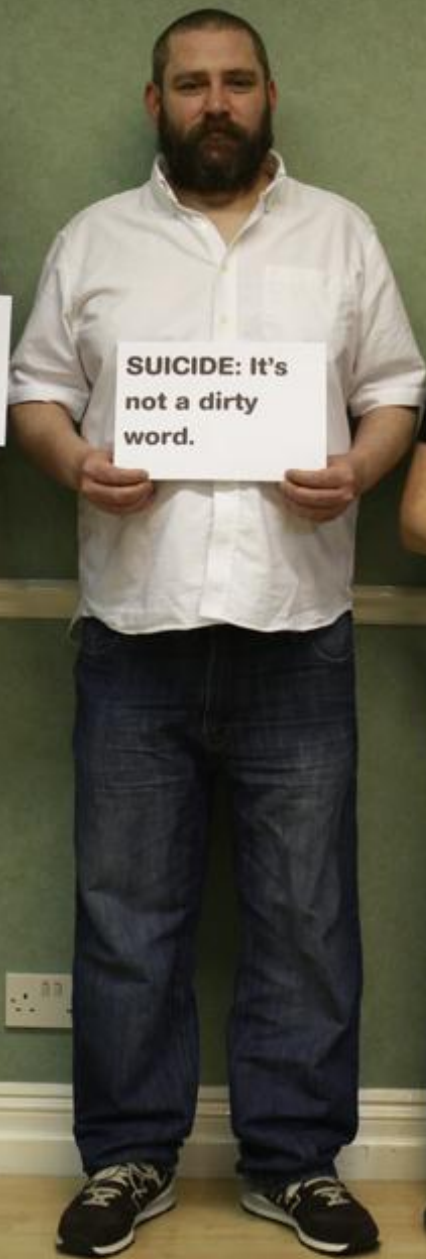


**Together we can make our
communities safer from suicide.**





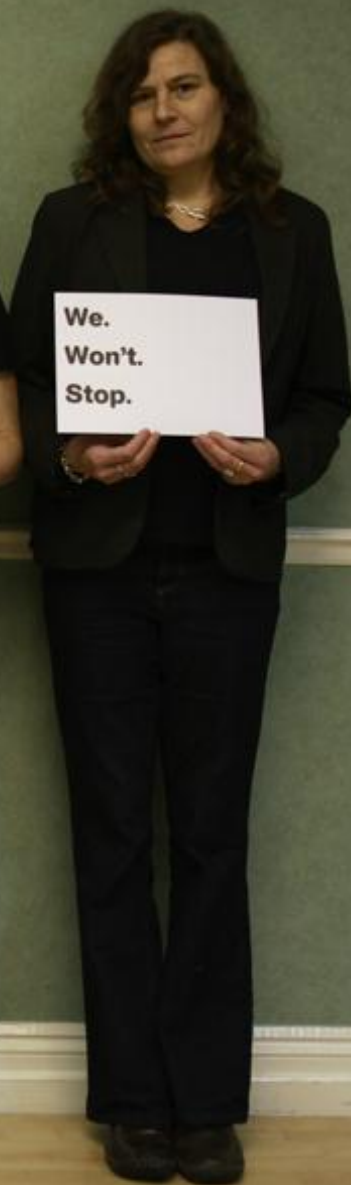
#NOSTIGMA



**SUICIDE: It's
not a dirty
word.**



**Suicide. I'm
not afraid to
say it.**



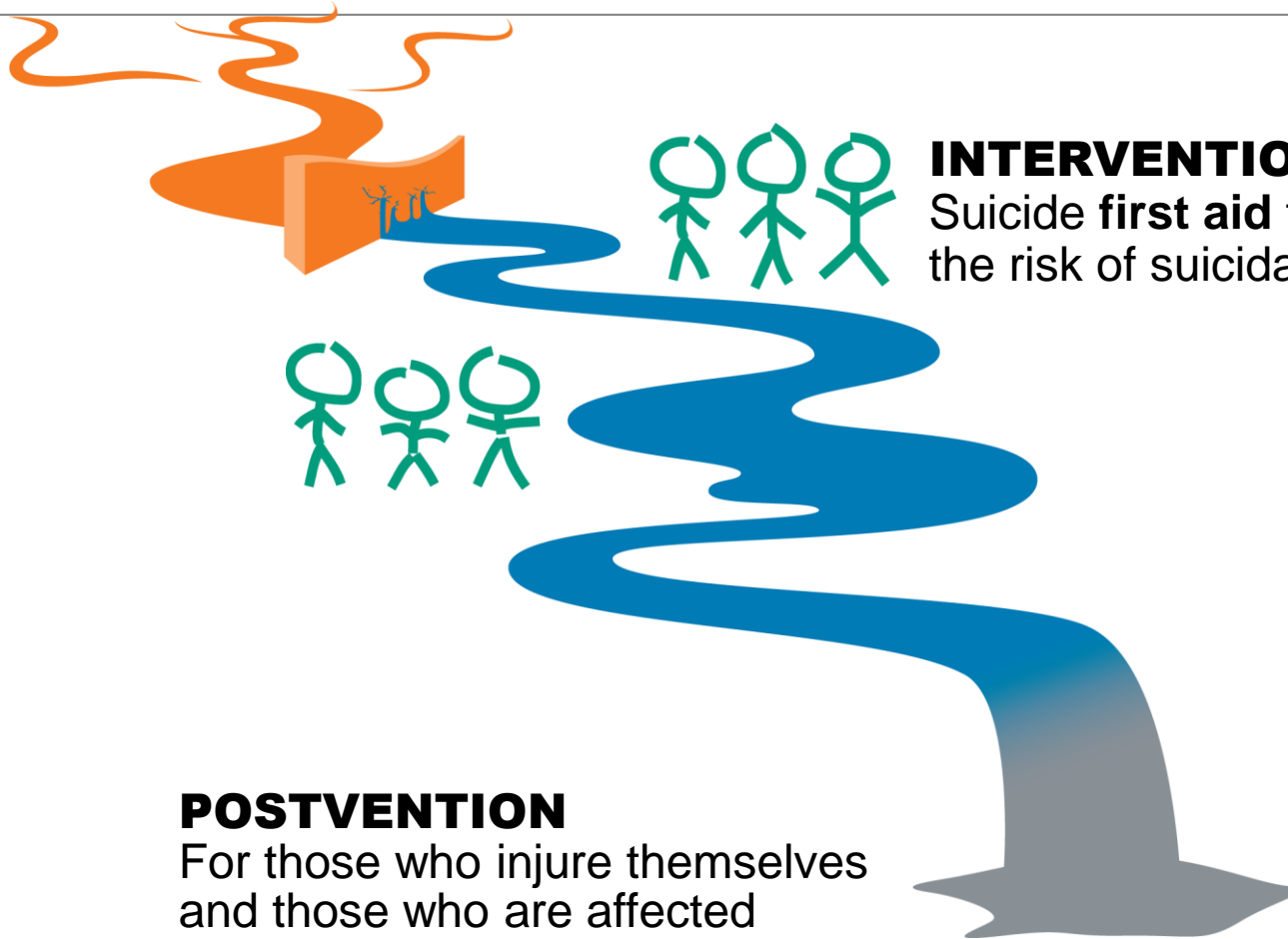
**We.
Won't.
Stop.**

Core beliefs:

- Suicide is a community health problem
- Thoughts of suicide are understandable, complex and personal
- Suicide can be prevented
- Help-seeking is encouraged by open, direct and honest discussions about suicide
- Relationships are the context of suicide intervention
- Cooperation is the essence of intervention.
- Intervention skills are known and can be learned

PREVENTION

World Health Organization
Important but unlikely to prevent all people from having thoughts of suicide



INTERVENTION

Suicide **first aid** to prevent the risk of suicidal behavior

POSTVENTION

For those who injure themselves and those who are affected

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Resources?

- **Protection**
- **Preservation**
- **Promotion**

- **Formal / Informal**
- **24 hr**
- **Longer term**
- **Life long**

Grassroots Suicide Prevention



SUICIDESAFER
BRIGHTON & HOVE

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communities safer from suicide.



10 Milestones

- A leadership committee
- Research-based action plan
- Gatekeeper training (Applied Suicide Intervention Skills Training)
- Accessible suicide intervention services
- Suicide bereavement provision improved



10 Milestones

- Suicide-safer organisations
- Tell Me pledge campaign
- Mental health promotion
- World Suicide Prevention Day
- Fundraising



Leadership Committee



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Research-Based Action Plan



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Gatekeeper Training (ASIST)



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Grassroots courses

SafeTALK: Suicide Alertness for Everyone

A half day workshop teaching suicide alertness skills and signposting

ASIST: Applied Suicide Intervention Skills Training

A two day workshop teaching suicide first-aid skills to prevent the immediate risk of suicide

One in Four:

mental health awareness

An interactive and informative three hour workshop

Recovery: moving towards wellness

A three hour workshop about managing life with mental health problems

US: Understanding and Working with Self Injury

A half day workshop that increases awareness and understanding

Work Well: mental health and employment

A half day workshop focusing on improving mental health at work

safeTALK: Suicide Alertness For Everyone

- **Who is it for?**
- Everyone! safeTALK is suitable for all community members and professionals.
- **What are the course aims?**
- Identify people thinking of suicide.
- Overcome barriers in talking about suicide.
- Identify reasons we may miss, dismiss or avoid suicide.
- Practice using the 4-step model of suicide alertness.
- Connect people at risk of suicide with further appropriate help.
- **What are the training outcomes?**
- As a safeTALK-trained suicide alert helper, you will be better able to:
- Move beyond common tendencies to miss, dismiss or avoid suicide.
- Identify people who have thoughts of suicide.
- Apply the TALK steps (Tell, Ask, Listen and Keep-safe) to connect a person thinking about suicide to a suicide intervention resource.

ASIST: Applied Suicide Intervention Skills Training

- **Who is it for?**
- ASIST is suitable for everyone including community members, mental health professionals, nurses, managers, teachers, counsellors, youth workers, emergency service personnel, prison officers, armed forces and faith leaders.
- No previous mental health or suicide prevention experience is necessary.

- **What are the course aims?**
- To increase the comfort zone of learners.
- Allow safe exploration of attitudes and experiences.
- Consider various myths about suicide.
- Build relationships within teams.
- Address needs of different client groups.
- Provide a shared model of suicide intervention.
- Takeaway resources.

- **What are the training outcomes?**
- As an ASIST-trained first aid intervention caregiver, you will be better able to:
- Identify people having thoughts of suicide.
- Reach an understanding of the reasons for a person's suicidal thoughts and their reasons for wanting to live.
- Review immediate risk and develop a plan to increase safety.

MHFA: Mental Health First Aid

- An MHFA course will teach you to:
- Spot the early signs of a mental health problem
- Feel confident helping someone experiencing a problem
- Provide help on a first aid basis
- Help prevent someone from hurting themselves or others
- Help stop a mental illness from getting worse
- Help someone recover faster
- Guide someone towards the right support
- Reduce the stigma of mental health problems

One in Four: Mental Health Awareness Training

- **Who is it for?**
 - Anyone who needs to better understand mental health in a safe and structured environment.
- **What are the course aims?**
 - To improve understanding of various mental health conditions and issues.
 - To decrease stigma and discrimination around mental health issues.
 - To provide insight into the experience of living with mental illness.
 - To build and reinforce positive attitudes towards people with experience of mental ill-health.
- **What are the training outcomes?**
 - On completing the course, each participant will be able to:
 - Identify myths and misconceptions surrounding mental illness.
 - Understand areas of stigma toward people and their impact.
 - Understand key symptoms associated with mental health diagnoses.
 - Consider a range of treatment responses within the mental health system.
 - Develop insight into the experience of living with mental ill-health.
 - Realise that recovery is possible.

Recovery

- **Who is it for?**
- This workshop is a useful follow-up to One in Four (mental health awareness training) but can also be a stand-alone course.

- **What are the course aims?**
- To provide an introduction to the Recovery approach and its roots.
- To overview the Recovery Star.
- To give an overview of Wellness Recovery Action Plans (WRAP) and some of their practical applications.
- To introduce solution focused tools, which can help us to be more Recovery orientated.

- **What are the training outcomes?**
- On completing the course, each participant will be able to:
- Recognise and implement the values and principles of the Recovery Approach.
- Consider how to embed recovery in their organisation.
- Become familiar with the Recovery Star and its potential uses.
- Understand the value of, and effectively apply WRAPs.
- Develop knowledge of practical, solution-focused tools.

Wellbeing in the Workplace

- **Who is it for?**

- The course is aimed at employers, managers and employees who want to learn how to promote mental wellbeing in the workplace.

- **What are the course aims?**

- To overview mental health and employment and legislation.
- To discuss best practice.
- To explore personal and managerial perspectives on disclosure.
- To consider tools to support mental wellbeing in the workplace.
- To explore responses to someone becoming unwell in a work environment.
- To consider ways of maximising wellbeing in the workplace.
- To overview the Recovery approach and tools to support recovery.
- To plan actions for their own wellbeing and/or workplace.

- **What are the training outcomes?**

- On completing the course, each participant will be able to:
- Be aware of mental health and employment legislation.
- Explore personal and managerial perspectives on disclosure.
- Consider using tools to support mental wellbeing in the workplace.
- Respond effectively to people becoming unwell in the work environment.
- Develop ways of maximising wellbeing in the workplace.
- Start to action-plan for their own and/or workplace wellbeing.

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Understanding Self-Injury Training

- **Who is it for?**
- Anyone involved in supporting someone who self-injures, including health professionals, support workers, housing staff, teachers, youth workers and volunteers.

- **What are the course aims?**
- To explore attitudes and preconceptions toward self-injury.
- To provide insight into the dynamics, meaning and functions of self-injury.
- To understand causes, triggers and cycles of harm.
- To consider helpful responses to people who self-injure.

- **What are the training outcomes?**
- On completing the course, each participant will be able to:
- Extend their understanding of the dynamics underlying self-injury.
- Identify helpful and unhelpful responses to people who self-injure.
- Explore alternative coping strategies.
- Develop insight into personal relationships with self-injury.
- Additionally, each participant will receive a certificate plus an emailed resource pack with further learning materials and information.

Accessible Suicide Intervention Services



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Good Practice Examples Young people

Papyrus – National (Warrington and Birmingham)

If you care share – Durham

Harmless and the Tomorrow Project – Nottingham

Safe – Kent

BHASVIC – Brighton

Right Here – Brighton

James' Place?

Improved Suicide Bereavement Provision



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Suicide Safer Organisations



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The 'Tell Me' Pledge



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I pledge that I will:

- *tell someone if I'm struggling and need help;
- *reach out and tell you if I'm worried about you;
- *listen to you, without judgment, if you need someone to talk to;
- *ask you, directly, if I think you're trying to tell me about suicide;
- *help you get support if you're struggling and/or thinking about suicide.

Mental Health Promotion



One in Four: Mental Health Awareness Training

This is our half-day, highly-regarded myth-busting education and awareness workshop for anyone who needs to learn more about experiences of mental health.

[Find out more about One in Four...](#)



Mental Wellbeing in the Workplace

This is our half-day exercise-based workshop for employees and volunteers who may need to know more about legislative requirements and want to help foster healthier working relationships to build better workplaces.

[Find out more about Mental Wellbeing in the Workplace...](#)



Recovery: Moving Towards Wellness

This is our half-day workshop for care-givers which explores the Recovery Approach and teaches what you need to help construct a client's Wellness Recovery Action Plan (WRAP).

[Find out more about the Recovery course...](#)



Understanding Self-Injury

This is our half-day workshop that explores the dynamics of self-injury and considers some of the issues involved in working with someone who self-injures.

[Find out more about Understanding Self-Injury...](#)

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World Suicide Prevention Day



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Fundraising to Train Community Caregivers



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Innovations



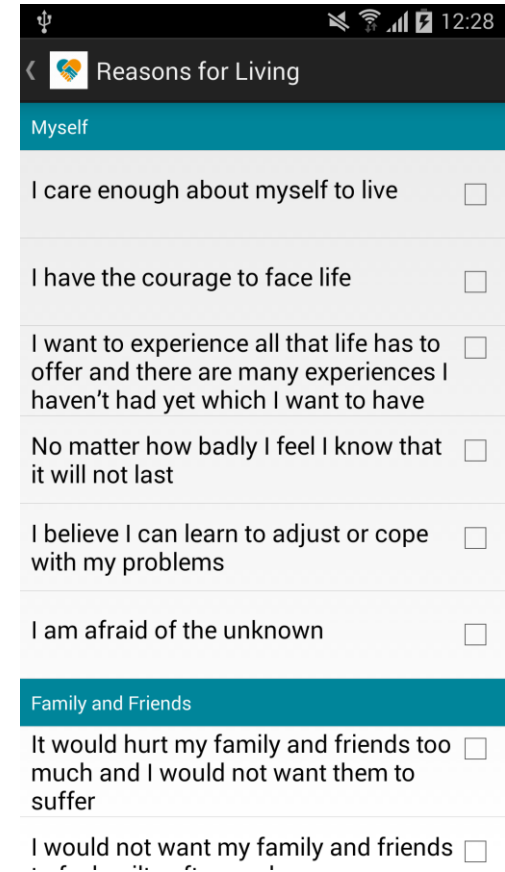
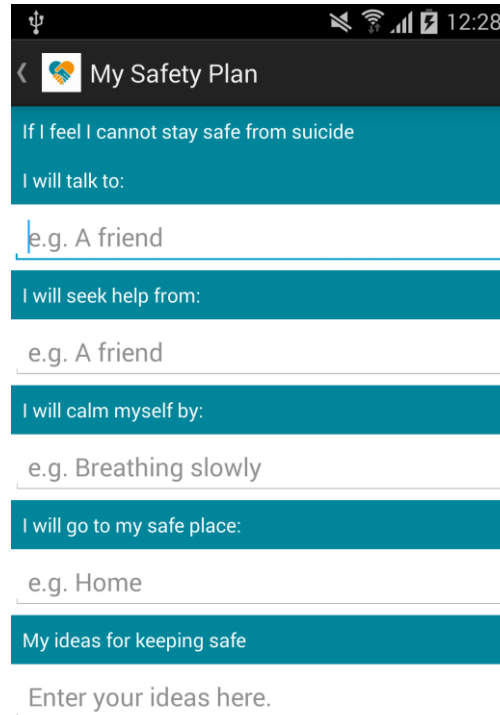
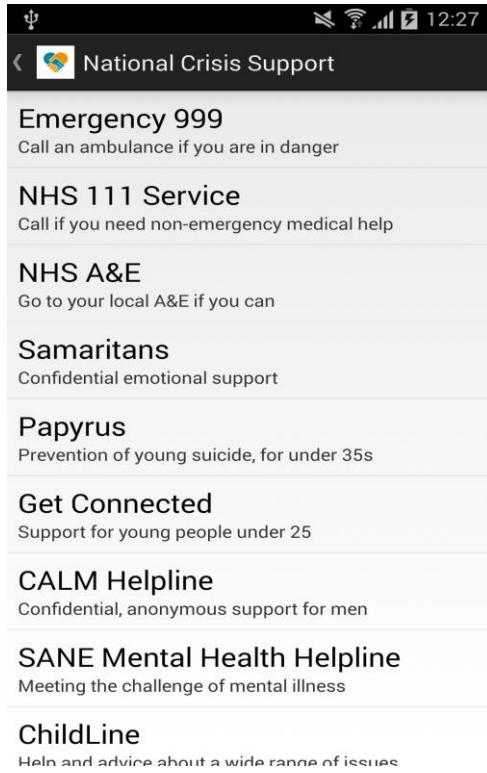
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Stay Alive App

- **Key features include:**
- Free on the App Store and Google Play
- Quick access to national crisis support helplines
- A mini-safety plan that can be filled out by a person considering suicide
- A LifeBox to which the user can upload photos from their phone reminding them of their reasons to stay alive
- Strategies for staying safe from suicide
- How to help a person thinking about suicide
- Suicide myth-busting
- Research-based reasons for living
- Online support services and other helpful apps
- Suicide bereavement resources

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Screenshots



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How YOU can help...

- Take, and share, the 'Tell Me' pledge: bit.ly/TellMepledge



- Be an ambassador for suicide-safer communities and replicate!



- Donate! Every little helps. Text **LIVE 43**
£3/5/10 to **70070**



www.prevent-suicide.org.uk

T: 01273 675764

E: office@prevent-suicide.org.uk

Registered charity number: 1149873

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