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

Together we can make our communities safer from suicide.
Resources?

- Protection
- Preservation
- Promotion
- Formal / Informal
- 24 hr
- Longer term
- Life long

Together we can make our communities safer from suicide.
Grassroots Suicide Prevention

Together we can make our 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

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10 Milestones

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

Together we can make our communities safer from suicide.
Leadership Committee

Together we can make our communities safer from suicide.
Research-Based Action Plan

What’s the plan?
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

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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.
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.

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Accessible Suicide Intervention Services
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?

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Improved Suicide Bereavement Provision

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Suicide Safer Organisations

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The ‘Tell Me’ Pledge
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...

Together we can make our communities safer from suicide.
World Suicide Prevention Day

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Fundraising to Train Community Caregivers

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Innovations

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GRASSROOTS
SUICIDE PREVENTION
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
Screenshots

**Emergency 999**  
Call an ambulance if you are in danger

**NHS 111 Service**  
Call if you need non-emergency medical help

**NHS A&E**  
Go to your local A&E if you can

**Samaritans**  
Confidential emotional support

**Papyrus**  
Prevention of young suicide, for under 35s

**Get Connected**  
Support for young people under 25

**CALM Helpline**  
Confidential, anonymous support for men

**SANE Mental Health Helpline**  
Meeting the challenge of mental illness

**ChildLine**  
Help and advice about a wide range of issues

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**My Safety Plan**

If I feel I cannot stay safe from suicide

I will talk to:

e.g. A friend

I will seek help from:

e.g. A friend

I will calm myself by:

e.g. Breathing slowly

I will go to my safe place:

e.g. Home

My ideas for keeping safe

Enter your ideas here.

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**Reasons for Living**

Myself

I care enough about myself to live

I have the courage to face life

I want to experience all that life has to offer and there are many experiences I haven’t had yet which I want to have

No matter how badly I feel I know that it will not last

I believe I can learn to adjust or cope with my problems

I am afraid of the unknown

Family and Friends

It would hurt my family and friends too much and I would not want them to suffer

I would not want my family and friends

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Together we can make our communities safer from suicide.
How YOU can help…

• Take, and share, the ‘Tell Me’ pledge: [bit.ly/TellMepledge](bit.ly/TellMepledge)

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

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

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