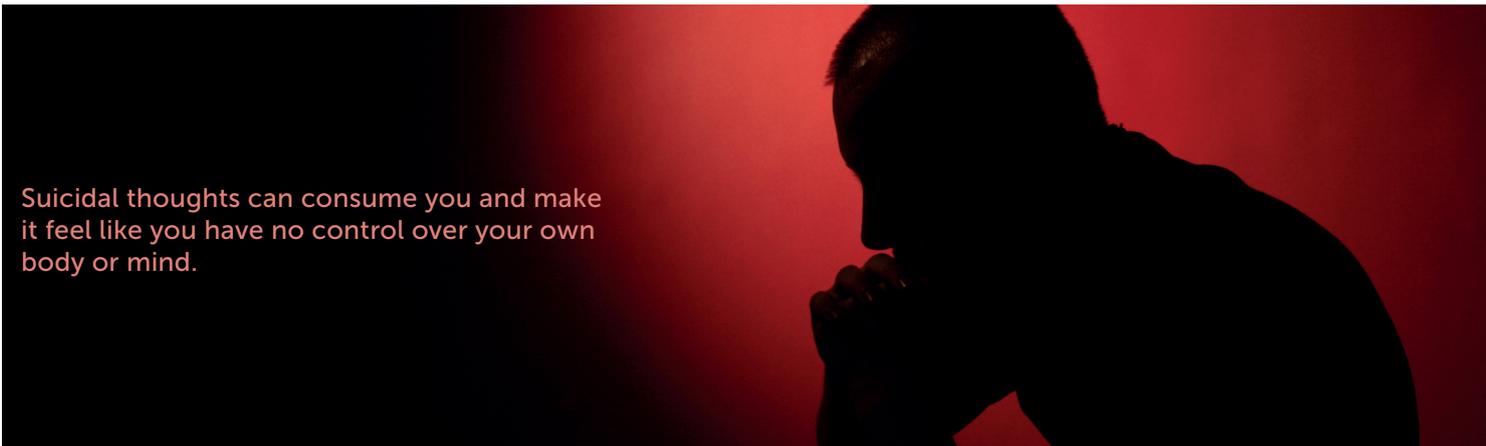


Suicidal Awareness

20% of the UK population have suicidal thoughts during their lifetime. On average, 17 people commit suicide every day, with men accounting for 75% of this tragic number.



Suicidal thoughts can consume you and make it feel like you have no control over your own body or mind.

Struggling to cope with certain difficulties can lead to suicidal thoughts and feelings, these can include, but aren't limited to:

- suffering from mental health problems
- bereavement
- abuse, neglect, bullying or trauma
- money worries or loss of employment
- feeling like a failure

Being unsure why you are having suicidal thoughts can sometimes make you think that there is no solution, however there is support available and if you experience suicidal thoughts or feelings for any reason, it is important that you reach out for help and support.

Support

There are lots of different support options available to you. Whichever choice you decide to make you should also reach out to your GP. Your doctor will be able to help you and put you in contact with support provision in your local area.

- Peer support – Speak to a trusted friend, family member, work colleague or manager about how you are feeling. Being open and honest with your thoughts and feelings will help you to discuss your next steps and may help you to feel better.

- Helplines – Samaritans and Mind both have support telephone lines which you can call and speak to a counsellor in confidence over the phone. These are both available 24 hours of the day and you can find the numbers in the resources section of this leaflet.
- Your EAP line – If your workplace has an employee assistance programme then you can also call this for support. EAP lines are confidential and you will be able to speak to counsellors over the phone.
- Crisis teams – If you need urgent support and you are already in contact with your local mental health services then you can contact your local mental health crisis team. Crisis teams are designed to help people who otherwise may need to go to A&E.

If you are feeling suicidal and you cannot access any of these services then you can also contact the emergency services. The police and ambulance services will also be able to offer emergency support and aid.

It is important that you do not feel you have to keep thoughts of suicide to yourself. Support is available and recovery is likely and possible. You are not alone and help is accessible.

Suicide Prevention Advice

Firstly, remember the three A's:

1. Approach – Approach the person in a neutral, non-judgemental manner. Choose somewhere quiet and private to talk to them.
2. Ask twice – We often say we're OK when we're not. If you ask twice it is much more likely you will get an honest answer. Use phrases like 'are you sure you're OK, its just I've noticed you've looked a little down recently.'
3. Ask directly – If you suspect suicidal thoughts then ask clearly and directly about them. This will not put ideas in anyone's head, but rather if they have had thoughts, they are likely to share them. Use questions like 'have you had suicidal thoughts?'

Secondly, remember CPR:

- Current plan – ask when they plan to kill themselves? Where? And how?
- Prior behaviour – ask if they have felt this way in the past? What helped then?
- Resources – ask if they have the means to complete suicide? And how?

Finally, identify who can help:

- Listen, use open questions and allow them time to speak.
- Don't use threats or guilt.
- Don't leave the person alone and decide on someone to contact who can help – this may be a friend, family member or colleague, a mental health crisis line such as Samaritans or MIND, or phone 999.

What to do if someone has made a suicide attempt at work:

- Keep calm, call 999, explain the situation and ask for an ambulance.
- First Aid may be required. If you are untrained then call for help.
- If drugs or alcohol have been consumed, then try to discourage the individual from ingesting more and keep any packaging – do not induce vomiting.

Resources

- Samaritans phone number: 116 123
- MIND urgent help – www.mind.org.uk/need-urgent-help/?ctaId=/need-urgent-help/
- www.mind.org.uk/information-support/types-of-mental-health-problems/suicidal-feelings/treatment-and-support/#PeerSupport
- www.mind.org.uk/information-support/guides-to-support-and-services/crisis-services/crisis-teams-crhts/
- www.time-to-change.org.uk/about-mental-health/types-problems/suicidal-feelings
- www.samaritans.org/about-samaritans/research-policy/suicide-facts-and-figures/
- www.ons.gov.uk/peoplepopulationandcommunity/birthsdeathsandmarriages/deaths/bulletins/suicidesintheunitedkingdom/2018registrations