

**Together we
can prevent
suicide**



Suicide
It's ok to talk about it

www.nottinghamshire.gov.uk/suicide

Together we can prevent suicide



Suicide
It's ok to
talk about it

Self-care and Support

Talking about suicide can be challenging

**Keep
yourself
safe**

**Step away
from your
screen or
leave if you
need to**

**Be mindful
about what
gets shared**

Nottingham/shire Crisis Line 0808 196 3779

SHOUT – text NOTTS to 85258

Together we can prevent suicide

Mental Health Crisis Line
0808 196 3779
SHOUT – text NOTTS to
85258

Agenda

- Introduction – My Story
- What we know about Suicide
- My Story from Rory
- Messages of Hope
- Safety Planning
- Organisational Signposting
- Other Offerings
- Further Support

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Introduction – My Story

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What we know about Suicide

Steph Knowles

Public Health and Commissioning Manager

Nottinghamshire County Council

Steph.Knowles@nottscc.gov.uk

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Language

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Suicide

The act of taking one's own life, with varying suicidal intent. Use “died by suicide” as a way of describing the death

Suicidality

The term suicidality embraces all aspects of suicidal processes including suicide, non-fatal suicidal behaviour and suicidal ideation. Avoid referring to failed or unsuccessful suicides.

Self-harm

Self-harm is when somebody intentionally harms or injures their body. It is often a way of coping and/or expressing overwhelming emotional distress. Use people first language e.g. people who self-harm

[Why Language Matters](#)

Together we can prevent suicide

The logo features two speech bubbles, one above the other, with three dots inside each. Below the speech bubbles, the word "Suicide" is written in a bold, black, sans-serif font. Underneath "Suicide", the phrase "It's ok to talk about it" is written in a smaller, black, sans-serif font.

Suicide
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What we know about suicide locally

2021:

England and Wales: suicide rate of 10.4 per 100,000 population (**15,447** people)

Nottinghamshire: 10.3 per 100,000 population (**226** people)

Nottingham: 11.2 per 100,000 population (**94** people)

(From Fingertips UK public health data collection)

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Risk factors

- Certain groups more at risk
- Financial difficulties
- Domestic abuse
- Gambling
- Alcohol/substance misuse
- Relationship breakdown
- Isolation
- Employment status
- Bereavement (especially by suicide)
- Physical health
- Homelessness
- Mental ill health
- [NCISH | Annual report 2022](#)
- [Suicide in Children & Young People](#)

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Recognising the signs

- Defeat
- Hopelessness
- Feeling trapped
- Burdensomeness
- Thwarted belongingness
- Isolation
- History/risk factor

If in doubt always ask

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Talking about suicide

**It is always better to ask;
it doesn't increase the risk
of suicide**

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- [It's safe to talk about suicide leaflet](#)
- [It's okay to talk about self-harm leaflet](#)
- [FREE 20 minute suicide awareness training](#)
- **What support is needed?**
- **If its already a crisis get immediate help**

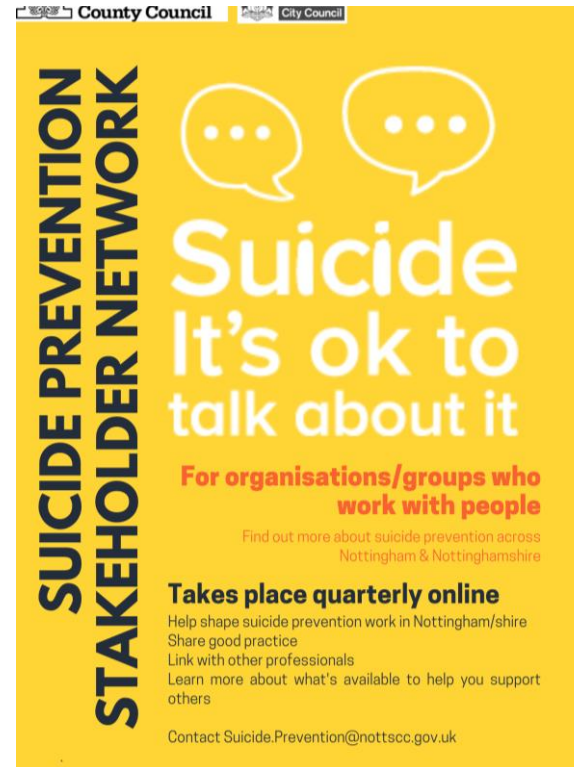
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Local suicide prevention work

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- Led by Nottingham City and Nottinghamshire County Council Public Health Teams and local strategic partners
- Suicide Prevention Strategy and action plan
- Suicide Prevention Stakeholder Network
- Local training offer delivered through Harmless
- Local suicide prevention brand and communications
- Targeted support projects
- Suicide bereavement support

Suicide.prevention@nottscg.gov.uk



County Council City Council

**SUICIDE PREVENTION
STAKEHOLDER NETWORK**

Two speech bubble icons

**Suicide
It's ok to
talk about it**

**For organisations/groups who
work with people**

Find out more about suicide prevention across
Nottingham & Nottinghamshire

Takes place quarterly online

Help shape suicide prevention work in Nottingham/shire
Share good practice
Link with other professionals
Learn more about what's available to help you support
others

Contact Suicide.Prevention@nottscg.gov.uk



**FREE
TRAINING**

IMPROVE SKILLS AND
CONFIDENCE IN:

- SUICIDE PREVENTION & INTERVENTION
- SELF-HARM AWARENESS
- MENTAL HEALTH AWARENESS
- SUICIDE BEREAVEMENT

DELIVERED BY



STARTING FROM JAN 2023
For staff/volunteers working with
people at risk in Nottingham &
Nottinghamshire

Full details of courses and who
is eligible to attend on website

Register Now

Book via : harmless.eventbrite.co.uk



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My Story from Rory

Rory Green

Founder of Enlighten the Shadows

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Stories of Hope

www.nottinghamshire.gov.uk/suicide

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Safety Planning

Rachel Lees

Trustwide lead for Suicide Prevention

Nottinghamshire Healthcare NHS Foundation Trust

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Safety planning

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“Many people will have thoughts of suicide - but thinking about suicide does not make it inevitable that you are going to take your own life.

A safety plan helps prevent us turning these thoughts into actions.”

- Every Life Matters

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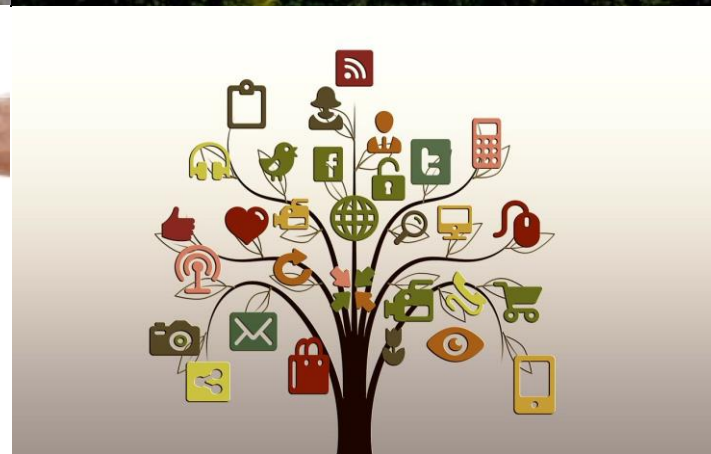


Safety planning

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<https://www.stayingsafe.net/>

Staying Safe
from suicidal thoughts

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My Safety Plan

▼ Introduction

Each of the sections below can be filled in with the details of your Safety Plan. Once completed, you can save the plan or produce a PDF version that can be downloaded and/or printed. Please note: all the information you enter remains on your device and is NOT transmitted to any online server.

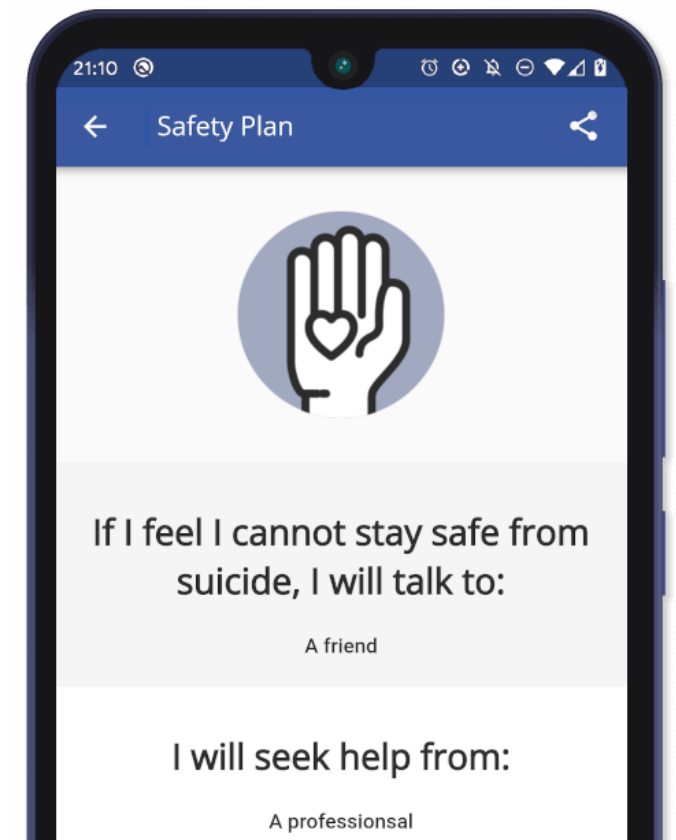
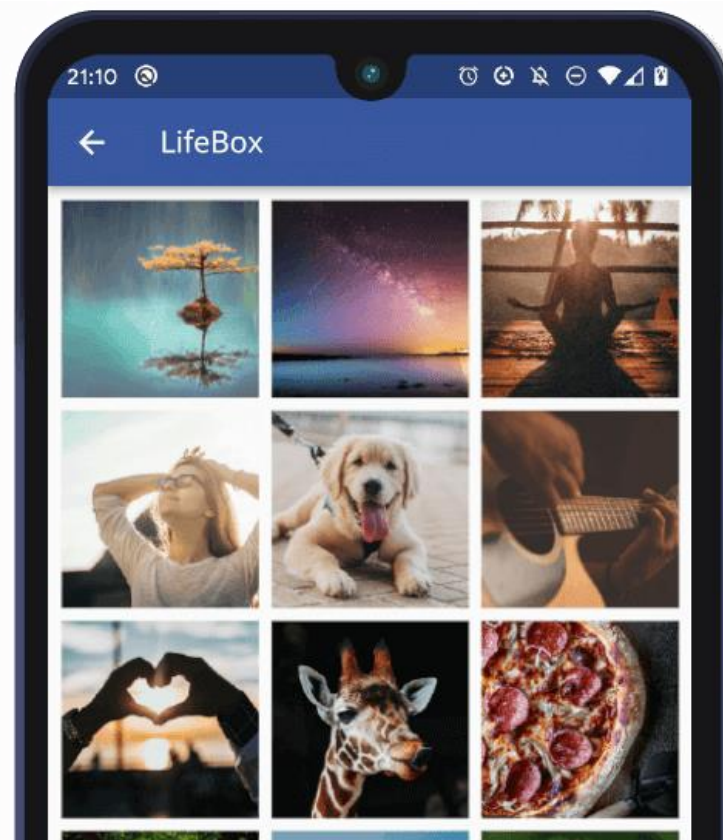
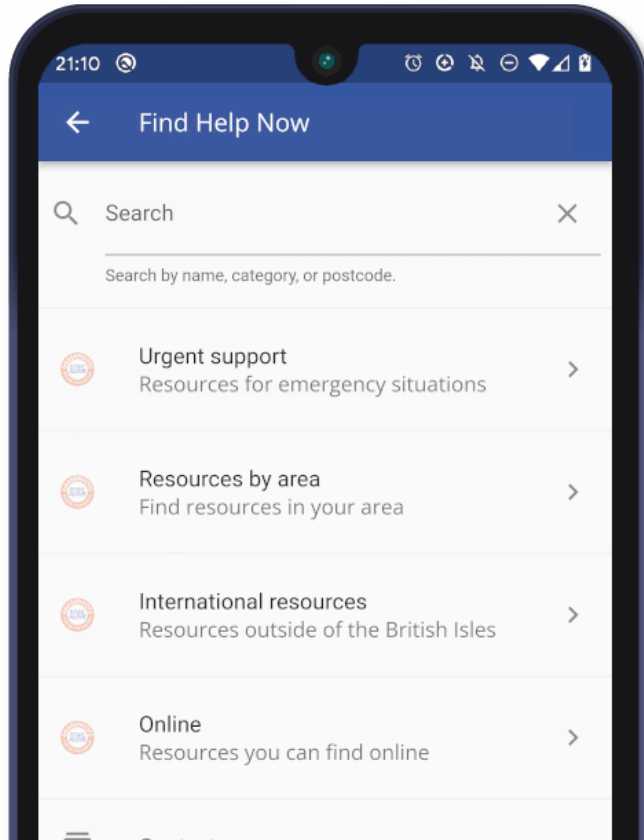
- ▶ Getting through right now
- ▶ Making your situation safer
- ▶ Things to lift or calm your mood
- ▶ Things to distract you
- ▶ People to support you
- ▶ List who you can talk to if you are distressed or thinking about self-harm or suicide
- ▶ Emergency professional support

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<https://www.stayalive.app/>

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<https://www.wellbeingandcoping.net/>

Building your wellbeing and helping you cope

If you or someone you know is struggling with this very challenging situation we are all in, please keep reading for ways to feel a bit calmer and ideas to help you cope.

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About this website

[View](#)



How are you feeling right now?

[View](#)



Ideas to help you cope and build your wellbeing using the 30-3-30 approach

[View](#)



How to create a Wellbeing Plan and other advice and information

[View](#)

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Safety Planning Resources

Staying safe

<https://stayingsafe.net/ST/>

Link to a printable pdf of the staying safe plan: <https://stayingsafe.net/assets/pdfs/BlankSafetyPlan.pdf>

From the same site a video of Jonny Benjamin developing a safety plan with Dr. Alys Cole-King: https://stayingsafe.net/making_plan_with_jb

Samaritans

Link to safety plan guidance and template: <https://www.samaritans.org/how-we-can-help/if-youre-worried-about-someone-else/supporting-someone-suicidal-thoughts/creating-safety-plan/>

Papyrus (Young Adults)

<https://www.papyrus-uk.org/suicide-safety-plan/>

Get self help.co.uk

<https://www.getselfhelp.co.uk/docs/SafetyPlan.pdf>

Harmless

<https://yoursafetycomesfirst.co.uk/>

MHAutism

<http://mhautism.coventry.ac.uk/wp-content/uploads/2017/02/MHAutism-Safety-Plan-.pdf>

Stay Live app

This application is free and can be downloaded from smartphones or through a tablet app store

<https://www.stayalive.app/>

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Organisational Signposting

Amy Gouldstone

Wellbeing Lead

Sherwood Forest Hospitals NHS Foundation Trust

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Organisation	Webpage	Contact
Sherwood Forest Hospitals	SFH Wellbeing and Welfare Sfh-tr.wellbeing@nhs.net	VIVUP 0330 380 0658
Nottinghamshire Healthcare NHS Foundation Trust	Staff Support at Nottinghamshire Healthcare	VIVUP 0330 380 0658
Nottingham University Hospitals	Staff Wellbeing NUH	Health Assured 0800 783 2808
Nottingham and Nottinghamshire ICB	ICB Occupational health and Employee Assistance Programme	Health Assured 0800 028 0199
Nottingham CityCare	Vclub by Health Hero	VClub 0800 3 58 48 58
Nottinghamshire County Council	Employee well-being Nottinghamshire County Council	Health Assured 0800 028 0199
Nottingham City Council	www.pamassist.co.uk	PAM Assist 0800 882 4102

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Other Support Offerings

Steph Knowles

Public Health and Commissioning Manager

Nottinghamshire County Council

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Training

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Zero Suicide Alliance [20 minute suicide awareness training \(zerosuicidealliance.com\)](https://zerosuicidealliance.com)

Harmless [Harmless Let's Talk Training Events | Eventbrite](https://www.eventbrite.com/search?search=Harmless+Let's+Talk+Training+Events)

Be U Notts Training and Consultation: [Training - Be U Support | Free Mental Health Service for Children and Young People](https://www.beunotts.org.uk/training)

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Facilitating access to support

- “If I provide a list of available support, shall we look at it together?”

- “You can read it in your own time, and we can review in a couple of days”

- “Shall we look through this website and see whether anything looks helpful for you at the moment?”

- “Is there anything I can do to help you to make that phone call?”



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Support Services

- Samaritans 116 123 www.samaritans.org (24/7)
- Nottingham Crisis Sanctuaries - www.nottinghamshirecrisis-sanctuaries.tv or telephone 0115 844 1846 (6pm-11pm)
- Harmless - - Referral line 0115 880 0280, or info@harmless.org.uk
- The Tomorrow Project - Referral line 0115 880 0280, or crisis@tomorrowproject.org.uk
- NHS Talking Therapies – [Nottinghamshire Talking Therapies \(notts-talk.co.uk\)](http://Nottinghamshire Talking Therapies (notts-talk.co.uk))
- Your employee assistance programmes

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Bereavement by suicide

- The Tomorrow Project - Available Mon-Fri 9.00-17.00.
- 07594 008 356 | 01158 800 280 | Bereavement@tomorrowproject.org.uk
- SoBS (Survivors of Bereavement by Suicide) – supportline, peer support groups, online forum – www.sobs.org | 0300 111 5065
- CRUSE bereavement support – www.cruse.org.uk
- The National Bereavement Service www.thenbs.org | 0800 024 6121 | email info@thenbs.org
- Grief Encounters www.switchboard.org.uk/projects/grief-encounters/
- The Compassionate Friends www.tcf.org.uk



What might help

People who have been bereaved say that the following things can help:

- **Expressing your feelings and thoughts:** finding ways to let out your feelings and having people around who can listen to you and accept you.
- **Making opportunities to remember:** this may mean talking about the person, looking at pictures, and videos of them, going to places that remind you of them, creating a box with physical memories (tickets, cards, pictures etc.), writing a journal or blog about them, or continuing to do activities you did together.
- **Developing 'rituals':** having a way of marking their life, for example by visiting a special place, by creating a lasting memorial or by a simple act such as lighting a candle at the same time each week.
- **Participating in activities:** continuing to do things you have previously enjoyed, such as sports, social events or music.
- **Putting your feelings on paper:** you may not feel ready to talk to anyone, but writing down your thoughts and feelings may help you.
- **Looking after yourself:** eating well and getting sufficient sleep.
- **Spending time outside:** getting out of the house for a change of scene, connecting with nature or doing exercise.
- **Meeting, speaking with or reading the words of other people who have been bereaved:** see details of the range of support organisations in section 6.
- **Developing an 'emotional first aid kit':** collecting together some things that can help when you are feeling sad or mad or bad (a music play list, your favourite chocolate, a ball to kick or pillow to punch).

Help is at Hand

Support after someone may have died by suicide



Help is at Hand

A resource for people bereaved through suicide or other unexplained death, and for those helping them.

[Help is at hand 2015 - support after someone may have died by suicide - Health Publications](#)

Other useful resources

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NottAlone – information and support options for children and young people (including links to Be U Notts mental health support service to children and young people) - [Local mental health advice and help for young people in Nottingham and Nottinghamshire. | NottAlone](#)

Nottinghamshire County Council suicide prevention website – www.Nottinghamshire.gov.uk/suicide - includes information on other services available & the local training offer

AskLion – Nottingham City directory [ASKLiON | Ask Lion - Nottingham City Directory](#)

Notts Help Yourself – Nottinghamshire County directory - [Notts Help Yourself](#)

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Further Services

Amy Gouldstone

People Wellbeing Lead

Sherwood Forest Hospitals NHS Foundation Trust

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Money and Debt Support

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[Free and impartial help with money,
backed by the government |
MoneyHelper](#)

[Debt Advice Locator | Syndication |
MoneyHelper](#)

Money
 **Helper**



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Gambling

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[TalkBanStop – GamCare](#)

[East Midlands Gambling Harms Service- Refer Yourself](#)



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Drug and Alcohol

Find support with Drug Addiction near you:

[Find support near you | FRANK](#)
(talktofrank.com)

Find Alcohol Addiction support services near you [Alcohol addiction support services - NHS \(www.nhs.uk\)](#)

FRANK

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**Change
Grow
Live**

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Relationship Help

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[Talking Therapies for Couples](#)

[Click Relationships: Learn how to make yours work better, create a free account – share questions and stories with the community, try fun and helpful activities](#)



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Domestic Abuse

National Domestic Abuse Helpline
0808 2000 247

Mental Health Crisis Line
0808 196 3779
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WORRIED ABOUT A COLLEAGUE OR A FRIEND'S RELATIONSHIP?

TRUST YOUR INSTINCTS AND GET CONFIDENTIAL ADVICE

FOR WOMEN – CALL 0808 800 0340
24-HOUR DOMESTIC ABUSE HELPLINE
RUN BY JUNO WOMEN'S AID

FOR MEN – CALL 0800 9956 999
DOMESTIC ABUSE HELPLINE RUN BY
EQUATION

EQUATION.ORG.UK



3 women die by suicide every week feeling it is the only way out

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Slides from Today

Slides from today will be available here very soon:

[Suicide Prevention and Support](#)

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Questions

[Suicide Prevention and Support - Sherwood Forest
Hospitals \(sfh-tr.nhs.uk\)](https://www.sfh-tr.nhs.uk)

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