

# SPOT THE SIGNS & SAVE A LIFE

SPOT THE SIGNS OF SUICIDE RISK AND YOU COULD SAVE A LIFE

## Introductory Session

# Ground Rules

- Confidentiality
- Respect the objectivity of others
- Be open to hearing other points of view
- There is no right or wrong way to react

## Aims of Session

- An introduction – not training
- Know about the Spot the Signs campaign
- Have an idea of suicide rates in Hertfordshire
- Some of the signs of suicide and how to spot them in yourself and others
- Advice of what to do next

# What is Spot the Signs?

- Spot the Signs & Save a Life is a suicide prevention campaign.
- Not a crisis service but an awareness campaign offering training for professionals, signposting and information for the public.
- Funded by Hertfordshire Partnership University NHS Foundation Trust (HPFT) and delivered by Mind in Mid Herts and Herts Mind Network.
- Delivering Hertfordshire County Council's Suicide Prevention Strategy 2017 outlined by Public Health.

# What is Spot the Signs?

## We aim to:

- Increase public awareness of depression and suicide and remove the stigma linked with suicide
- Provide suicide prevention training to GPs, healthcare providers and the voluntary sector in Hertfordshire
- Work with companies to create safer workplaces
- Signpost to mental health services available in Hertfordshire

*‘Our vision is to make Hertfordshire a county where no one ever gets to a point where they feel suicide is their only option.’*

# Statistics Overview

- 6,188 suicides were registered in the UK in 2016.
- Welwyn and Hatfield had the highest in Hertfordshire.
- Hertfordshire has lower rates of suicide than the national and regional levels.
- 75% are unknown to healthcare services but may have accessed other public services: Job Centres, Police, Housing Support.
- Suicide is the biggest cause of death in men aged under 35.
- 1 in 5 people will have thoughts of suicide at some point in their lives

# Suicide Prevention

- Be aware of signs in yourself and your community
- Be alert to signs in your clients or customers.
- Develop a supportive community of openness, assistance and free of judgement.
- Know of the resources and information about support services.

# Myths and Facts

- Myth: Talking about suicide might increase the risk.
- **Fact: Talking about suicide does not increase the risk. Talking can be helpful to the person experiencing these thoughts.**
- Myth: People who attempt suicide are only seeking attention.
- **Fact: Attempting suicide is a serious indication that someone is very distressed. It should be taken seriously.**

# What are the Signs?

- Talking about feeling hopeless and that life is not worth living.
- Saying that friends and family would be better off without them.
- Talking about death and plans to take their own life.
- A sudden and seemingly full recovery after a period of severe depression.
- Looking into methods or the means to end their own life.
- Putting all their affairs in order and seeming to be preparing to die.
- Giving away prized possessions and saying goodbye to loved ones.
- Saying that they can hear voices telling them to end their own life.

# What can I do?

## We must act early

- If you think someone is suicidal it is important to talk to them as soon as possible.
- Getting professional help early can reduce the risk of harm but talking to friends and family can also be very helpful.

# Ask directly about suicide

- Do not be afraid to ask someone directly if they are feeling suicidal. **It will not make their feelings worse or 'give them ideas'.**
- Asking someone directly may also give them a chance to open up about their feelings.
- **Bringing up the subject of suicide and discussing it openly is one of the most helpful things you can do**

# Listen and talk

- **Ask open questions:**
  - What seems to be the difficulty for you?
  - How long has it been a problem?
  - What support do you think you need at the moment?
- Learning that a friend or family member has suicidal thoughts can be frightening and worrying.
- Try to allow them to express their feelings and views. You may not agree with them but listening in a sympathetic and caring way is one of the most helpful things you can do.

## What to do next?

- Try to encourage the person to contact organisations on the next slide who can help to support them.
- Alternatively Samaritans will contact a person in distress if they are requested to do so.
- **If you have serious concerns for the person do not leave them on their own and get urgent professional help from their GP, by calling 999 or taking them to the nearest Accident and Emergency Department.**
- Remember to make sure that you are safe and do not put yourself at risk.

# Helplines

- **Samaritans**

24 Hour Confidential helpline

Tel: 116 123 – Email: [jo@samaritans.org](mailto:jo@samaritans.org)

Web: [www.samaritans.org](http://www.samaritans.org)

- **Papyrus**

Helpline to prevent suicide in young people

Tel: 0800 068 4141 – SMS: 07786 20 9697

Web: [www.papyrus-uk.org](http://www.papyrus-uk.org)

Email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

- **The Local Mental Health Service:**

Hertfordshire Partnership University NHS Foundation Trust – Tel: 0300 777 07 07

- **Mind in Mid Herts**

A local mental health charity, with a positive and holistic approach to promoting mental wellbeing.

Web: [www.mindinmidherts.org.uk](http://www.mindinmidherts.org.uk)

Tel: 01727 865070

- **Herts Mind Network**

A local mental health charity that creates opportunities for individuals to make choices, find their own solutions, build resilience and manage their whole life and wellbeing.

Web: [www.hertsmindnetwork.org](http://www.hertsmindnetwork.org)

Telephone: 02037 273600

# Help from Spot the Signs

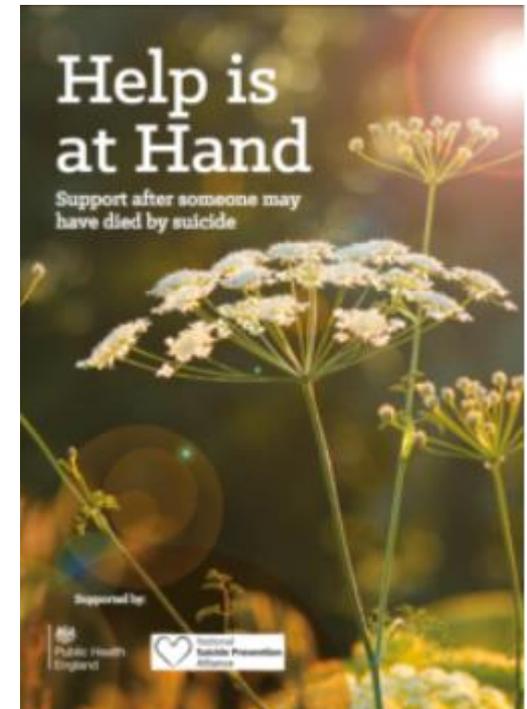
- **Resources:**
  - Leaflets
  - Website
  - Events
  - Services Guide
- **Contacts:**
  - Mind in Mid Herts for courses
  - Single Point of Access for mental health services
  - Samaritans for emergencies

# Zero Suicide Alliance FREE Suicide Prevention Training

- The free, 20 minute course will teach you:
- How to identify when someone may be having suicidal thoughts or behaviour.
- How to talk openly and confidently to a suicidal person about their thoughts and feelings.
- The best process for signposting individuals to services or support networks that can help them.
- You can access the course here: <https://www.relias.co.uk/zero-suicide-alliance/form>

# Support after Suicide

- Help is at Hand Booklet
- Support after someone may have died by suicide
- <http://supportaftersuicide.org.uk/emotional-support/>



# Personal Positive Action Pledge

Take the personal positive action pledge and tell us what you will do in your community to help remove the stigma associated with mental health and suicide.

I pledge that I will:

- Listen without judgement
- Reach out and ask for help if I need it
- Ask directly about suicide if I'm worried about someone
- Contact mental health support services

# Find out more:

**Spot the Signs Website:**

<http://www.hpft.nhs.uk/information-and-resources/spot-the-signs/>

**Twitter:** @SpotSignSuicide #HPFTSpotTheSigns



**Papyrus:** [www.papyrus-uk.org](http://www.papyrus-uk.org)

**National Suicide Prevention Alliance:** <http://www.nspa.org.uk/>

Sign up to our newsletter using the signup form.