



**Thursday, 10 September
2020 is World Suicide
Prevention Day
(#WSPD2020).**

We want to let people know about the **#TalkSuicide** campaign, developed by Staffordshire County Council, Stoke-on-Trent City Council, local hospitals and NHS community services, which will launch fully later in the year.

We're working together to help prevent suicide by:

- Making it easier for people to talk about suicide.
- Increasing awareness about the myths, facts and stats around suicide.
- Giving local people easy access to online suicide prevention training for free.
- Empowering individuals, communities, organisations and businesses to show their support and take action to help prevent suicide.

More information is available on the temporary campaign page:

www.staffordshire.gov.uk/TalkSuicide

What's happening at Stafford Borough Council?

One of the Boroughs priorities, through the Community Wellbeing Partnership, is mental health and as part of our preventative agenda we commission ReSolv who go into schools to do sessions around mental health and wellbeing. We also provide information, advice and signposting for mental health and wellbeing on our schools website, which includes self-harm.

In terms of adults, if we have any cases referred to us that involve adults threatening to self-harm or take their own lives, these are referred to the vulnerabilities HUB and then onto mental health.

In terms of training for staff the Borough are already looking to deliver mental health awareness training, which will include reference to suicide. Due to lockdown we are looking at alternative delivery mechanisms for this and are likely to think about e-learning for staff and maybe remote interactive training for managers.

Elected Members have received an awareness session from The Samaritans, who in Stafford play an invaluable role working with some people who may feel suicidal.

Here are some of the headlines:

- **2,000 years of life lost.** Around 2,000 years of life are prematurely lost to suicide across Staffordshire and Stoke-on-Trent each year.
- **Men are more at risk.** The highest suicide rate in Staffordshire and Stoke on Trent is among men in their 40's and 50's.
- **Talking about suicide doesn't it make it happen.**
- **Suicide can be prevented.**
- **Emotional support** and understanding offered to someone who feels like they can't go on can have a hugely positive effect.
- **Suicidal thoughts are more common than you think.**
- **Remember, mentioning suicide to someone who's already thinking about it will not encourage them to go through with it.** Talking and listening can help prevent suicide.
- **Suicide isn't always caused by a big traumatic event.**
- **You can't tell by looking.** Someone who appears happy, successful, strong and together can be struggling immensely.
- **There's no single answer as to why some people choose suicide.** But these factors can increase the risk:
 - Drug and alcohol misuse
 - History of trauma or abuse
 - Unemployment
 - Social isolation
 - Poverty
 - Poor social conditions
 - Imprisonment
 - Violence
 - Family breakdown



Talking about suicide

No-one likes to talk about suicide. And that's why people who are in need of help don't ask. But talking and listening can be life saving.

You may think you don't have the experience to save a life. But the small talk we use every day, can be all it takes to interrupt someone's suicidal thoughts and start them on a journey to recovery. If you see someone you think might need help, trust your instincts and start a conversation.

Talking Tips

The Zero suicide alliance shares great advice about having a conversation. You can download their guide: <https://www.zerosuicidealliance.com/get-involved/zsa-media/zsa-materials/navigate/974/357#ccm-block-document-library-974>

Need help?

- [The Samaritans](#) Call 116 123 to talk, lines open 24 hours a day, or email: jo@samaritans.org for a reply within 24 hours.
- [Shout Crisis Text Line](#) Text "SHOUT" to 85258 or text "YM" if you're under 19.
- [Childline](#). If you're under 19, you can call [0800 1111](tel:08001111) to talk. The number will not appear on your phone bill. [Saneline](#) 0300 304 7000 6pm to 11pm every evening
- [Staffordshire mental health helpline](#) - Call free from landlines and mobile networks on 0808 800 2234, text: 07860 022821 (free), email: Staffordshire.helpline@brighter-futures.org.uk or use their online chat on their website.
- [Staffordshire Mental Health Service](#) – 24/7 urgent NHS mental health service providing telephone support, advice and triage. This service is available to anyone of any age. Call [0300 5555 001](tel:03005555001).
- [North Staffordshire Mind](#) – Call: 01782 262100
- [Burton Mind](#) - 01283 566696 or info@burtonmind.co.uk
- [Changes](#) - Find out more about their online recovery, wellbeing and peer support. Phone: 07983 437747 or email wellbeing.here4u@changes.org.uk.
- [Anxiety UK](#) - Providing support if you have been diagnosed with an anxiety condition. Phone: 03444 775 774 (Monday to Friday, 9.30am to 10pm; Saturday to Sunday, 10am to 8pm).
- [Bipolar UK](#) - A charity helping people living with manic depression or bipolar disorder.
- [CALM](#) - Campaign Against Living Miserably, for men aged 15 to 35. Phone: 0800 58 58 58 (daily, 5pm to midnight).
- [Men's Health Forum](#) - 24/7 stress support for men by text, chat and email.
- [Mental Health Foundation](#) - Provides information and support for anyone with mental health problems or learning disabilities.
- [No Panic](#) - Voluntary charity offering support for sufferers of panic attacks and obsessive compulsive disorder (OCD). Offers a course to help overcome your phobia or OCD. Phone: 0844 967 4848 (daily, 10am to 10pm). Calls cost 5p per minute plus your phone provider's Access Charge
- [OCD Action](#) - Support for people with OCD. Includes information on treatment and online resources. Phone: 0845 390 6232 (Monday to Friday, 9.30am to 5pm). Calls cost 5p per minute plus your phone provider's access charge.
- [OCD UK](#) - A charity run by people with OCD, for people with OCD. Includes facts, news and treatments. Phone: 0333 212 7890 (Monday to Friday, 9am to 5pm).

- [PAPYRUS](#) - Young suicide prevention society. Phone: HOPELINEUK 0800 068 4141 (Monday to Friday, 10am to 10pm, and 2pm to 10pm on weekends and bank holidays).
- [Rethink Mental Illness](#) - Support and advice for people living with mental illness. Phone: 0300 5000 927 (Monday to Friday, 9.30am to 4pm)
- [SANE](#) - Emotional support, information and guidance for people affected by mental illness, their families and carers. SANEline: 0300 304 7000 (daily, 4.30pm to 10.30pm).
- [YoungMinds](#) - Information on child and adolescent mental health. Services for parents and professionals. Phone: Parents' helpline 0808 802 5544 (Monday to Friday, 9.30am to 4pm).