

Suicide Prevention - When We Listen, We Can Save Lives.

Suicide can affect anybody, and its effects are devastating and wide-reaching. Losing a loved one to suicide is traumatic grief at it's worse and the journey through grief is a long one, marred with stigma, shame, and thoughts of 'could I have done something to have changed the outcome'. For some, living with suicidal thoughts or having inner turmoil and pain or feeling trapped can lead to a situation where taking your own life becomes an option; it is a desperate place to be because it feels there is no way out.

The new five-year cross government strategy is keen to make **Suicide Prevention Everyone's business**. This is important because three quarters of those who take their own life are not in contact with Mental Health Services and when the family have *that knock on the door* it is a shock and totally unexpected.

It is for this reason that we as health professionals working in Suffolk and Northeast Essex are both vigilant and equipped, looking out for those that are struggling and equipped to know how to respond, what to say, and where to refer people to.

It may feel hard to ask someone directly if they are thinking of taking their own life but enabling the other person to share it and talk about it may be the thing that makes the difference in that person staying alive.

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Suffolk User Forum have produced a 3 minute [LISTEN - For Suicide Prevention - YouTube](#) video that uses the initials L-I-S-T-E-N as an easy to remember structure of how to respond if you are concerned about someone who is distressed or is suicidal.

The better equipped we are, the more confident we will feel to make a difference.

- There is a free online module that will help you feel better equipped.
[20 minute suicide awareness training \(zerosuicidealliance.com\)](https://www.zerosuicidealliance.com)
- Or there is NHS England training at <https://www.minded.org.uk/Component/Details/653238> (or search for Minded.org.uk suicide prevention)
You can use your HEE log in to access these modules.
- For those on the front line there is Suicide First Aid Training that can be provided locally by [My Life – Mental Health Charity \(mylifeorg.uk\)](https://www.mylifeorg.uk)

This investment in your time could save a life.

Here are some PDF's that are Useful Resources.

- <http://www.rethink.org/advice-and-information/carers-hub/suicidal-thoughts-how-to-support-someone>
- www.mind.org.uk/media-a/6144/supporting-someone-who-feels-suicidal-2020.pdf
- <https://www.stayalive.app/>

Accessing Support

If you, a colleague, or a patient need to access support then here are some options that may help:

- If anyone is in imminent danger, then phone 999.
- NHS 111 option 2 is a helpline for people of all ages who need urgent mental health support. The helpline is available all day, every day.
- Steam House Café's offer open access mental health support in your High Street in Ipswich and Bury St Edmunds.
- Wellbeing Suffolk - Free online courses covering low mood, stress, and resiliency. Work out why you feel as you do, how to tackle problems, build confidence, get going again, feel happier, stay calm, tackle upsetting thinking and more. The courses are free for individuals using them in their own lives. This website is for people living in the Suffolk area, [Mental Health Essex - NHS Talking Therapy Services - Therapy For You](#) offers the same in North East Essex.
- Calm - Calm's mission is to make the world happier and healthier and is the number one app for sleep, meditation and relaxation. They have many helpful ways to help you reduce your stress and anxiety levels. To view more about Calm, visit their website at www.calm.com.
- SHOUT 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It is a place to go if you're struggling to cope and you need immediate help. Text 85258.
- Living Life to the Full for Adults. In just eight sessions this free online course can help you make a difference to your life. With associated downloadable worksheets, learn how to sort out your feelings when you feel low, worried, or hopeless and learn skills that tackle problems in your life. For more information visit their website at [Living Life to the Full - Suffolk Ordinary Lives](#)
- Support for NHS Staff -a range of support offers to suit a range of different needs. More information can be found at www.people.nhs.uk/help

If you have been impacted by a suicide, there is a Bereaved by Suicide Service in Suffolk and Northeast Essex that can support anyone from the age of 4 upwards. To get in touch call 01473 322683 or email SNEE.bereavedbysuicide@victimsupport.org.uk. There is also a local charity that runs support groups for people who have been bereaved by suicide. Details can be found here [Hope after Suicide Loss](#)