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CPSL Mind

[www.stopsuicidepledge.org](http://www.stopsuicidepledge.org)

**SUICIDE.**

*We need to talk about it.*

1

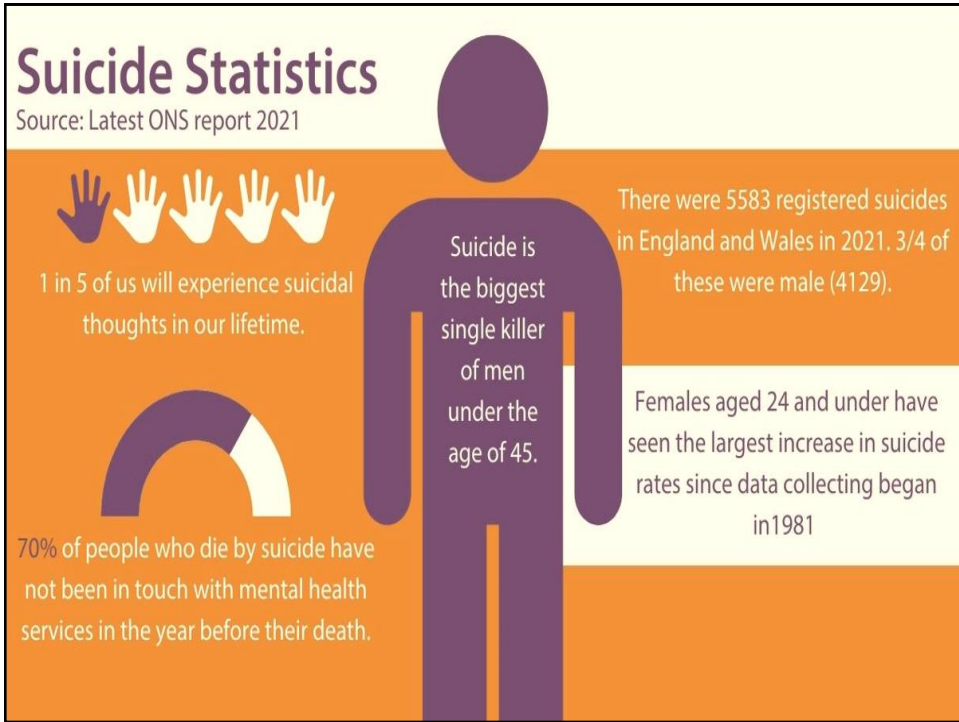
**Campaign Objectives**

*To reduce the suicide rates in Cambridgeshire and Peterborough*

We will:

- tackle the stigma around suicide
- raise awareness of suicide warning signs
- encourage direct and open discussions around suicide and
- train non mental health professionals in the Suicide Intervention Skills necessary to keep people safe

2



3



4



5



6



7

## Invitations

A statement referring to suicidal thoughts is inviting you to ask

“What’s the point?”

“I don’t want to be here anymore”

“People would be better off without me”

An invite give you permission to **ASK!**

8

## Asking about suicide

### ASK DIRECTLY

I can see things are really tough for you at the moment/I can see the amount of distress you're experiencing...

Are you feeling suicidal?

Are you thinking of taking your life?

9

## Lived Experience



10

# Safety Planning

Staying Safe  
from suicidal thoughts

Home Safety\_Plan Survey Resources Contact About [Need Help Right Now?](#)

## My Safety Plan

- ▶ Introduction
- ▶ 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

[Download PDF](#) [Save](#)

[www.stayingsafe.net](http://www.stayingsafe.net)

11

# Looking after yourself

**STOP**  
suicide  
Save a life. Choose to live.

Learn

Take notice

Be active

Connect

Give

12



13

## Next steps

Answer one question - What will you do differently as a result of this session?

Tell someone about the training and talk to anyone you're worried about

Further training – 3 hour Stop Suicide Workshop

Sign the STOP Suicide Pledge and encourage others to do the same:

[www.stopsuicidepledge.org](http://www.stopsuicidepledge.org)

14

## Local services

### **CPSL Mind**

- Wellbeing services and peer support groups
- [www.cpslmind.org.uk](http://www.cpslmind.org.uk)

### • **HAY Cambridgeshire and Peterborough**

- Websites that bring together everything in local communities that boost wellbeing.
- [www.haypeterborough.co.uk](http://www.haypeterborough.co.uk) / [www.haycambridge.co.uk](http://www.haycambridge.co.uk)

### • **Keep Your Head**

- A website that brings together information on mental health and wellbeing across Cambridgeshire and Peterborough.
- [www.keep-your-head.com](http://www.keep-your-head.com)

16

## National helplines

### **Samaritans** – 116 123.

- Telephone support. Can email.
- 24/7, 365 days/year.

### **Shout** – Text SHOUT to 85258.

- Text mental health support.
- 24/7, 365 days/year

### **Papyrus** – 0800 068 4141. Text: 07860 039967. Can email.

- Suicide prevention advice for young people.
- 9am-midnight 365 days/year.

### **CALM** – 0800 58 58 58. Can also contact via webchat.

- Mental health and suicide prevention support for men.
- 5pm-midnight, 365 days/year.

17



## Crisis support

- Stayingsafe.net
- Referral by a GP or self-referral to NHS Talking Therapies
- **In an emergency, phone 999 or go to A&E.**

### **Cambridgeshire and Peterborough**

- Lifeline mental health helpline – 0808 808 2121. 11am-11pm.
- In a crisis, call the First Response Service – NHS 111 - and select the mental health option.

### **South Lincolnshire**

- Lincolnshire single point of access for routine or urgent mental health enquiries: 0800 001 4331 . Open 24/7, 365 days/year. [lft.nhs.uk/contact-us/need-help-now](http://lft.nhs.uk/contact-us/need-help-now).