



# Suicide Awareness

17<sup>th</sup> July 2019



**BARNSLEY**  
Metropolitan Borough Council



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*Barnsley Clinical Commissioning Group*

# OASIS



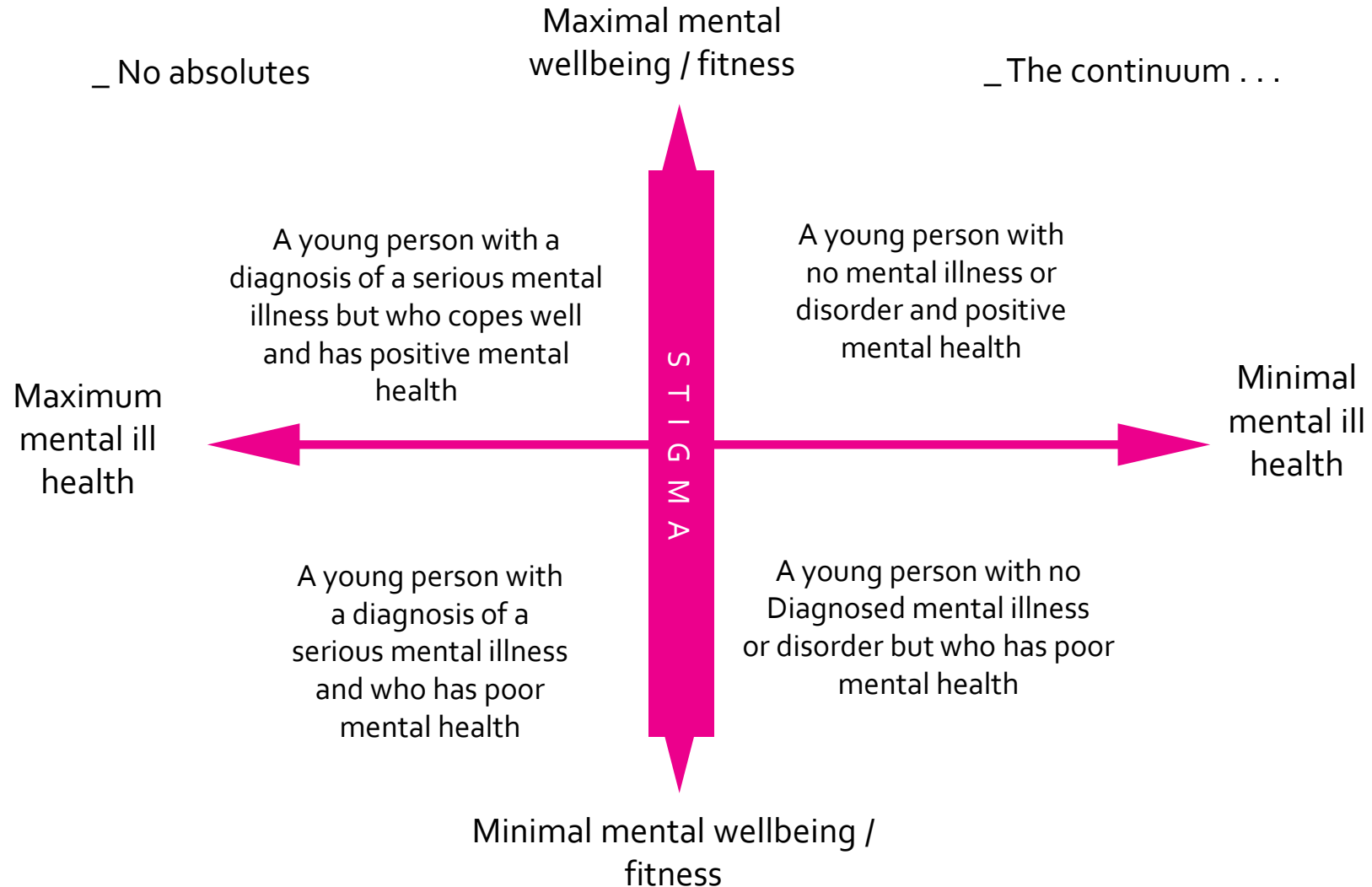
## #NotJustMe

RAISING THE VOICE AND AWARENESS OF  
YOUTH MENTAL HEALTH



- 1. Unite Us: Put in place peer support programmes for young people**  
Young people involved in groups said that by meeting people of a similar age, with similar experiences, their confidence had improved as well as their general wellbeing. It is recommended that peer support models be developed, as well as therapeutic group work activities.
- 2. Left Unsaid: raise awareness of mental health in schools and colleges**  
Focus on mental health education within schools and colleges - including assemblies around mental health, workshops, peer-led sessions and talks from external organisations/ mental health providers, and those with lived experience of mental ill health. Young people want the discussion of mental health to start in primary school.
- 3. Stuck in an 'Ole: improve signposting and information**  
Young people said they would like to see the development of an 'online directory' of services so they could know where to go to for support and what is available to them. They would also like to know more about their rights in relation to mental health and the services available to them.
- 4. Picture This: involve young people in service design and evaluation**  
Young people are the experts in their own experiences and in the services and support they would like to receive and it is recommended that there be opportunities for young people to influence service design at all levels to ensure that services best meet the needs of the young people using them.
- 5. Create a 'r8 Mental Health Friendly Barnsley': put in place training around mental health for professionals, and communities supporting young people**  
Young people we spoke to said they would go to friends, family, youth workers, or school or college for support. It is recommended that there be more training and support in place for these workers so that they can feel confident to support young people around their mental health.
- 6. Keep it Real: support young people to manage stress and pressure**  
A large majority of young people spoke about educational pressures, including exams, and pressure to achieve. Young people also felt wider societal pressures around their identity and their futures. Young people should be supported to develop coping strategies to deal with the pressures they face and to prevent this from having a negative and lasting impact on their mental health.
- 7. Take Time: build relationships with young people**  
Relationships came out as a really important factor in young people feeling comfortable to be able to speak out about their mental health, as well as in how well they engaged with services. Young people said they would instead like to build up a relationship with a worker who could support them consistently over a period of time. They said they wanted to have flexible access to a range of interventions to support their wellbeing, including more informal interventions.
- 8. Knowledge isn't Understanding: give us tools to make it easier for young people to navigate services, and ensure they receive timely, appropriate support**  
We need to ensure that young people are at the centre of services and are able to receive timely and appropriate support. Waiting lists are a huge barrier for young people, and they said they would like to get help early on to prevent their mental health from getting worse before it can get better. Young people said they wanted to have more young person friendly services available to them 24/7 and wanted to see more online support for young people.

# Mental Health Continuum





# Suicide

Suicidal behaviour exists along a continuum from thinking about ending one's life (suicidal ideation), to developing a plan, to non-fatal suicidal behaviour (suicide attempt), to ending one's life (suicide)

*"Suicide is not chosen; it happens when pain exceeds resources for coping with pain."*



# 'Facts' and figures

- In 2017 there were 5,821 suicides registered in the UK, one death every 2 hours
- Males accounted for three-quarters of suicides registered in 2017 (4,382 deaths), which has been the case since the mid-1990s
- Suicide is the leading cause of death among young people aged 20-34 years in the UK and the leading cause of death for men under 50 in the UK
- "Hanging, strangulation and suffocation" was the most common method of suicide in 2013, accounting for 56.1% of male suicides and 40.2% of female suicides
- 33% of young people who take their lives are intoxicated
- Recent statistics show that only 27% of people who died by suicide between 2005 and 2015 had been in contact with mental health services in the year before they died
- 60% of people who are suicidal don't receive treatment

A privacy reminder from YouTube, a Google company

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SIGN IN



Chilypep Suicide Prevention Film 2017

337 views

6 likes, 0 dislikes, SHARE, SAVE, ...

Up next AUTOPLAY

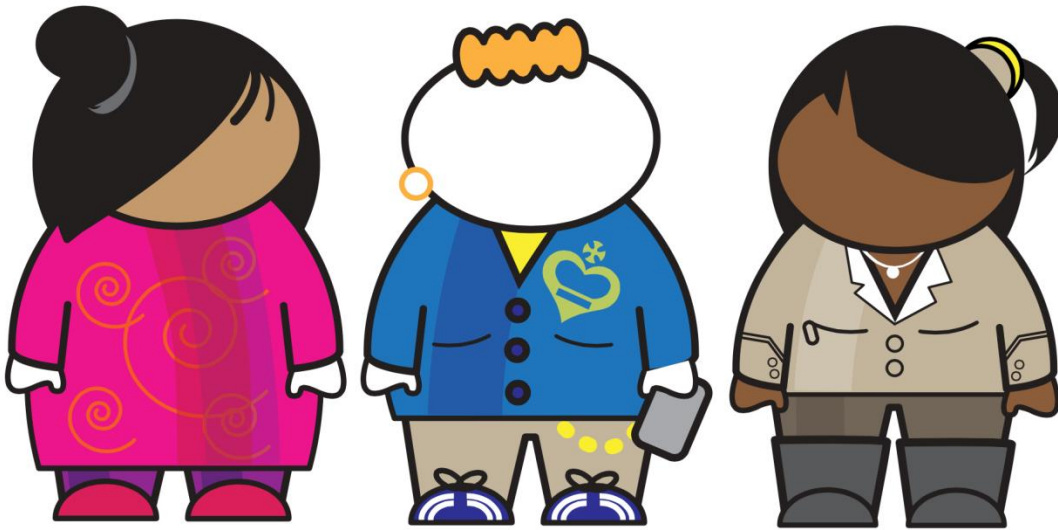
**What It's Like To Lose Someone To Suicide**  
 As/Is  
 4.1M views  
 4:35

**EXIT: The Appeal of Suicide**  
 Living Waters  
 301K views  
 39:21

**"BANANA MAN" the Movie - Ray Comfort [2019 HD]**



# Table discussions



- What support did the young people get and what helped?
- What barriers did they face?
- How do you think this made them feel?
- Anything that stands out from this?

# Who is 'at risk'?

Anyone is at risk but there are some specifically vulnerable groups:

- Young people who are misusing drugs or alcohol
- Looked after children
- Young men.

Other high risk groups identified in 'Preventing suicide in England: A cross-government outcomes strategy to save lives' (Department of Health, 2012) include:

- people in the care of mental health services
- people with a history of self-harm
- people in contact with the criminal justice system
- those who have attempted suicide before



# Warning Signs...

- Expressions of hopelessness or helplessness
- An overwhelming sense of shame or guilt
- A dramatic change in personality or appearance
- Fighting/law breaking or behaving “out of character”
- Changed eating or sleeping habits
- A serious drop in school, college or work performance
- A lack of interest in the future
- Written or spoken notice of intention to end own life
- Giving away possessions or putting affairs in order
- Sudden unexplained “recovery”
- Use of suicide chat rooms / pro-suicide Internet sites
- Talking about suicide (myth: those that talk about suicide don't act on their words)



# Conversation starters..

- How are you? Be prepared for 'fine' or 'good thanks' and follow up with: How are you really?
- You don't seem yourself.
- Is everything okay at home/work/uni?



# What to say

- Ask the direct question. Are you having thoughts about suicide?
- Keep asking open ended questions, encouraging the conversation. How long have you been feeling this way? Have you felt this way before?
- Make sure the person knows you're here for them.
- Non verbal communication!
- Normalise mental health
- Try to offer hope
- Offer reassurance
- Listen. Take time.
- Find out if they've made a plan.



## What not to say

- Don't try to talk them out of suicide by reminding them 'what they've got going for them' or how much it would hurt their friends and family.
- Don't try to fix their problems. Listen with empathy and without judgement.
- Don't dismiss it as 'attention seeking'. Take them seriously and acknowledge the reasons they want to die.



# Think about language

## Use appropriate terminology

- Died by suicide
- Suicided
- Ended his/her life
- Took his/her life
- Attempt to end his/her life

## Avoid stigmatising terminology

- Committed suicide
- Successful suicide
- Failed attempt at suicide
- Unsuccessful suicide



# Be prepared!

- Conversations can take unexpected turns!
- What if they deny there's a problem?
- What if they don't want to talk to you?
- What if they don't want to see a professional?



# Safety Planning

- What are your warning signs (what are the thoughts, feelings behaviours that trigger you?)
- Tell me your reasons to live (what is important, makes life worth living)?
- How can you make your environment safe?
- What can you do by yourself (activities that distract you e.g. walking outside, gardening, taking a shower)?
- How can you connect with other people and places (list people you can spend time with/social places to go)?
- Which friends and family can you talk to?

# If they're 'ok for now'...

- Talk to your friend or loved one about the support they currently have.
- Make sure they're safe. Some options to think about:
  - Stay with them, or get someone they trust to stay with them until they feel safer.
  - Check that they can stay safe until a particular time e.g. "I'll call you at 8am tomorrow to check in".
  - Make sure they don't have access to anything they can hurt themselves with (e.g. pills, sharps) and if they do, get rid of them.

Remember the importance of SELF-CARE!!!!





**OPEN UP  
BARNSELEY**

A guide to emotional wellbeing and mental health services for children and young people in Barnsley



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# Signposting

- Samaritans 24/7 helpline 116 123 or [jo@Samaritans.org](mailto:jo@Samaritans.org)
- Take the young person to nearest A&E or urgent appointment at GP
- Dial 999/112 or 111 if less urgent
- YoungMinds Parents' Helpline 0808 802 5544 or [parents@youngminds.org.uk](mailto:parents@youngminds.org.uk)
- POPYRUS (prevention of young suicide UK) Call HOPELineUK 0800 068 41 41, [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org) or text: 07786 209697
- CALM Helpline 0800 58 58 58 or text: 07537 404717



# Thank you!

Email: [info@chilypep.org.uk](mailto:info@chilypep.org.uk)

Tel: 0114 234 8846



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