

SUICIDE AWARENESS AND PREVENTION TOOLKIT



**Carers
Support**
West Sussex



3	Introduction
4	Information
6	Support within West Sussex
9	National Support
16	Apps
17	Residential Support
18	Support Group
19	Self Help
22	Notes



This toolkit may help you if you are dealing with suicidal thoughts, feelings, or intentions. It has ideas you can try to help you. It explains how you can stay safe, and how you can get support. This information is for adults in England who are experiencing suicidal thoughts. **It's also for their loved ones, carers and anyone who has been affected.**

In September 2023, the Department of Health and Social Care published 'Suicide Prevention in England: 5-year Cross-Sector Strategy.' This policy paper includes measures to reduce the suicide rate over the next five years, provide personalised care for people who have self-harmed and improve support for people bereaved by suicide. CSWS Internal Safeguarding Board has highlighted the increasing levels of concern around suicidal thoughts and/or potential suicidal behaviours that have arisen during conversations with Carers, whilst supporting them with their caring role.

Carers experience many of the same risk factors for suicide as the general population (e.g., depression, lack of social support, dysfunctional coping strategies), but there are also risk factors that are unique to the caring role. These include:

- Feeling trapped in the role (i.e., having no options for passing the care onto an institution or another family member; having no choice but to keep caring)
- Being dissatisfied with the caring role (i.e., being unhappy with the type of care, the amount of care, or the fact that they are caring at all)
- Being in conflict with family or health & social care professionals (over the care provision or the support/ treatments being offered to the person being cared for)
- Some carers also experience thoughts of homicide (i.e., killing the person who whom they care)
- Every carer needs to be asked about thoughts of suicide (& homicide), not just those who meet the criteria for depression
- Carers who are contemplating suicide need to be listened to, believed, and offered appropriate support for both them and the person for whom they care.

You can talk about how you're feeling with someone you trust.

Also, you can call an emotional support helpline like the Samaritans on 116 123.

You can contact your local NHS urgent mental health helpline to get urgent support.

You might also be able to get support from your GP, an NHS crisis team, or an NHS community mental health team.

You can try to do activities you enjoy, which take your mind off what you're thinking.

If you feel you might harm yourself or try to take your own life you can:

- Call emergency services on 999, or
- Go to Accident and Emergency (A&E).



Samaritans

Worthing Branch, 2 Lennox Road, Worthing BN11 1DA

Horsham and Crawley, 21 Denne Road, Horsham RH12 1JE

Bognor Regis, Chichester and District, 13 Argyle Road, Bognor Regis PO21 1DY

West Sussex Mind

Offers range of information and advice and can signpost you to the best training or support groups locally.

Call their Help Point on

Phone: 0300 303 5652 Monday to Friday 10am -4pm

Email: helppoint@westsussexmind.org

Website: www.westsussexmind.org



Preventing suicide in Sussex – Together We Can Stop It

Website: www.preventingsuicideinsussex.org/

West Sussex Safeguarding Children Partnership

Website: www.westsussexscp.org.uk/

Website: www.westsussexscp.org.uk/professionals/childrens-mental-health/children-and-young-people-who-self-harm-are-at-risk-of-suicide

Grassroots Suicide Prevention

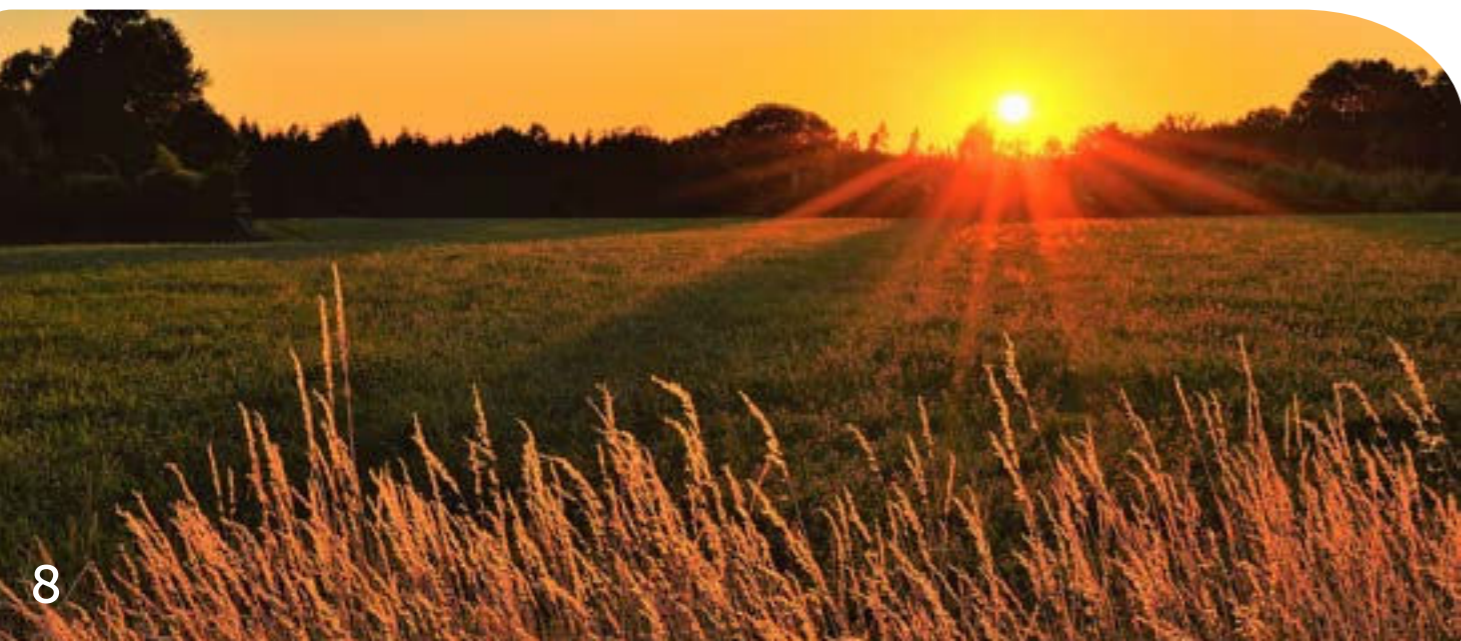
Around 73% of people who die by suicide have not been in contact with mental health services in the year before their deaths. We know that people at risk are right here in our community. Real Talk was designed for and by those people to help us all talk more openly and honestly about one of the world's most taboo subjects. Talking about suicide is one of the best ways to prevent it.

Website: www.prevent-suicide.org.uk

Discovery College Sussex (support for age 12-20)

A range of FREE courses in different venues, in-person and online. Courses are fun, informal, often creative and aimed at supporting you to learn more about how to find emotional wellbeing and deal with mental health challenges. Discovery College is unique because all the courses are co-produced by young people with lived experience of mental health challenges, subject specialists and mental health practitioners. DC aims to be a safe space where everyone is accepted as they are without judgement. We are interested in who you are and who you would like to be.

Website: <https://www.sussexdiscoverycollege.org.uk/home>



Samaritans

You can talk about how you're feeling with someone you trust. Also, you can call an emotional support helpline like the Samaritans on 116 123.

Website: www.samaritans.org

MIND

Explains how to support someone who feels suicidal, giving practical suggestions for what you can do and where you can go for support.

Website: www.mind.org.uk

Rethink

National charity which improves the lives of people severely affected by mental health illness. You can access telephone support, face to face support, signpost to group support. They also have a library of fact sheet and special support for suicide awareness and help.

Website: www.rethink.org/help-in-your-area/services/community-support/survivors-of-suicide-sos-brighton-hove/useful-resources-and-documents

Website: <https://www.rethink.org>

Zero Suicide Alliance

The Zero Suicide Alliance is a collaboration of NHS trusts, businesses and individuals committed to suicide prevention. The Zero Suicide Alliance are distributing this free online training as part of their mission to improve support for people who might be contemplating suicide. It's available to everyone and is accessible without any kind of registration or login, so can very easily be distributed and promoted within your workplace to help create a more supportive, confident culture.

Website: <https://www.zerosuicidealliance.com/>

ASSISTline

National helpline offering supportive listening service to anyone throughout the UK with thoughts of suicide or thoughts of self-harm. They are open 24/7 for those aged 18 or over.

Phone: 0800 689 5652

Website: www.spuk.org.uk/national-suicide-prevention-helpline-uk



Shout

A charity that provides text support if you're experiencing a personal crisis and are unable to cope.

Text: text shout to 85258

Text (young people): text YM to 85258

PAPYRUS (support for under age of 35)

Charity that offers emotional support to people under 35 who are suicidal. They can also support people who are concerned about someone under 35 who might be suicidal.

Phone: 0800 068 41 41

Text: 07786 209697

Email: pat@papyrus-uk.org

Website: www.papyrus-uk.org



The Mix (support for under age of 25)

If you're under 25 and need help but don't know where to turn, call the Mix for free. They'll explore your situation with you and find organisations that may be able to help you further.

Phone: 0808 808 4994

Crisis support: text THEMIX to 85258

or visit www.themix.org.uk/get-support/speak-to-our-team/crisis-messenger

E-mail: www.themix.org.uk/get-support/speak-to-our-team/email-us

Telephone Counselling: www.themix.org.uk/get-support/speak-to-our-team/the-mix-counselling-service

Webchat: 1 to 1 chat service: www.themix.org.uk/get-support/speak-to-our-team

Website: www.themix.org.uk

C.A.L.M. (Campaign Against Living Miserably)

CALM is leading a movement against suicide. They offer accredited confidential, anonymous and free support, information and signposting. They provide this to people anywhere in the UK through their helpline and webchat service.

Phone: 0800 58 58 58

Webchat: www.thecalmzone.net/help/webchat

Website: www.thecalmzone.net

Sane

Work with anyone affected by mental illness, including families, friends and carers. They provide a helpline and a free text-based support service called Textcare. And an online supportive forum community where anyone can share their experiences of mental health.

Phone: 0300 304 7000

Textcare: www.sane.org.uk/what_we_do/support/textcare

Support Forum: www.sane.org.uk/what_we_do/support/supportforum

Website: www.sane.org.uk

SupportLine

Support line offers confidential emotional support by telephone, email and post.

Phone: 01708 765200

Address: SupportLine, PO Box 2860, Romford, Essex RM7 1JA

E-mail: info@supportline.org.uk

Website: www.supportline.org.uk

Switchboard (Emotional support lines for LGBT+ people)

Switchboard gives practical and emotional support for people in the LGBT+ community.

Phone: 0300 330 0630

E-mail: chris@switchboard.lgbt

Webchat: through the website

Website: www.switchboard.lgbt



NAPAC

(Emotional support lines for people who've experienced childhood abuse)

Support adult survivors of childhood abuse.

Phone: 0808 801 0331

Address: NAPAC, CAN Mezzanine, 7-14 Great Dover St, London, SE1 4YR

Website: www.napac.org.uk

E-mail: through the website: <https://napac.org.uk/contact>

Combat Stress (Emotional support lines for ex-service personnel)

Charity that offers support to ex-service personnel who are experiencing problems with their mental health. And their families.

Phone for veterans and their families: 0800 138 1619

Phone for serving personnel & their families: 0800 323 4444

Helpline text: 07537 404719

Address: Tyrwhitt House, Oaklawn Road, Surrey, KT22 0BX

Email: helpline@combatstress.org.uk

Website: www.combatstress.org.uk

Stay Alive

The Stay Alive app is a suicide prevention resource for the UK. It has useful information and tools to help you stay safe in crisis. You can use it if you are having thoughts of suicide. Or if you are concerned about someone else who may be considering suicide.

Website: <https://prevent-suicide.org.uk/find-help-now/stay-alive-app> 17

Headspace

Headspace is designed to help you to manage your mental health. You can access the app for free, you will have access to basic packages. You will have to pay a subscription to access more content.

E-mail: help@headspace.com

Website: www.headspace.com

Smiling Mind

Free meditation app.

Website: www.smilingmind.com.au/smiling-mind-app

**Maytree**

Maytree is a national registered charity based in London. They provide a unique residential service for people in suicidal crisis so they can talk about their suicidal thoughts and behaviour. They offer a free 4-night, 5-day, one-off stay to adults over the age of 18 from across the UK. Their aim is to provide a safe, confidential, non-medical environment for their guests

Telephone: 020 7263 7070

Address: 72 Moray Road, Finsbury Park, London, N4 3LG

Email: maytree@maytree.org.uk

Website: www.maytree.org.uk

In person groups

- Rethink Mental Illness: www.rethink.org/about-us/oursupportgroups
- Local Minds: www.mind.org.uk/about-us/local-minds]
- Andy's Man Club (for men): <https://andysmanclub.co.uk>
- Men's Sheds Association (for men): <https://menssheds.org.uk>

There are also online support services:

- Clic: <https://clic-uk.org/>
- Side by Side: <https://sidebyside.mind.org.uk/>
- 7 Cups: www.7cups.com
- Sane: www.sane.org.uk/what_we_do/support/supportforum
- Togetherall: <https://togetherall.com/>
- My Black Dog: www.myblackdog.co

**Some things you can do to help your self**

When someone else or you are feeling suicidal, it can feel overwhelming. It may feel like you have no other option than to act on these feelings.

That there's nothing that will make the thoughts or feelings go away.

Or that it's the only way the pain will stop.

Your feelings of pain are very real. But it's important to know they can pass.

Don't make a decision today

You don't need to act on your thoughts right now.

Talk to other people

It could be helpful for you to talk to someone about how you're feeling. There are different people who can help. You could speak to friends, family or your GP.

Be around other people

You may find it too difficult to speak to anyone at the moment. That's ok. Being around people can help to keep you safe, even if they don't know how you're feeling.

Be aware of your triggers

Triggers are things which might make you feel worse. Triggers are different for different people. You may find that certain music, photos or films make you feel worse. Try to stay away from these.

Take care with drugs and alcohol

Alcohol affects the parts of your brain that controls judgement, concentration, behaviour and emotions. If you're feeling low, drinking alcohol might bring on suicidal thoughts or make them worse.

Drugs affect the way you think and feel.

Go to a safe place

You can go to a place where you feel safe. Below is a list of places you could try. Your bedroom; Friend or family member's house; Mental health centre; Crisis centre; Religious or spiritual centre; Library; Peer support group.

Ground yourself

When you are feeling suicidal, it can be helpful to do some exercises to calm your nervous system. Especially if you are feeling panicked, worried, or overwhelmed by your thoughts and feelings.

**Try to reframe your thinking**

You can make a list of all the positive things about yourself and your life. It might be hard to think of these things right now, but it might help.

Think about your strengths and positive things other people have said about you. Write down one thing you felt good about, something good you did, or something good someone did for you.

You can also explore mindfulness and breathing exercise as well as some other physical activities or a group/club activities.

The fact sheets for in depth support can be found following this links to Rethink website:

- Suicidal thoughts - How to cope
- Booklets and Factsheets
- How to support someone who has been bereaved and affected by suicide

SEE SPEAK SIGNPOST

