

If you are worried about someone urgently, they should call 111 for free confidential advice where you can speak to a GP, nurse or paramedic.

#### Hestia's Recovery Café

966 Garratt Lane  
Tooting  
SW17 0ND  
07794 394 920

#### Sunshine Recovery Café

296a Kingston Road  
Wimbledon  
SW20 8LX  
07908 436 617

Alternatively, they can contact their GP, or their local Improving Access to Psychological Therapies (IAPT) service which provide talking therapies for people experiencing mental health problems.

#### IAPT Services

Croydon	020 3228 4040	<a href="http://www.slam-iapt.nhs.uk/croydon/welcome-to-croydon-iapt">www.slam-iapt.nhs.uk/croydon/welcome-to-croydon-iapt</a>
Kingston	020 3317 7850	<a href="http://www.icope.nhs.uk/kingston">www.icope.nhs.uk/kingston</a>
Merton	020 3513 5888	<a href="http://www.mertonuplift.nhs.uk/psychological-therapies">www.mertonuplift.nhs.uk/psychological-therapies</a>
Richmond	020 8548 5550	<a href="http://www.richmondwellbeingservice.nhs.uk">www.richmondwellbeingservice.nhs.uk</a>
Sutton	080 0032 1411	<a href="http://www.suttonuplift.co.uk">www.suttonuplift.co.uk</a>
Wandsworth	020 3513 6264	<a href="http://www.talkwandsworth.nhs.uk">www.talkwandsworth.nhs.uk</a>

#### Resources and support

There is so much information and support out there which we can use to help someone we are concerned about. Below are some useful resources that should help you in your role of championing suicide prevention.

**Zero Suicide Alliance** Save a life, take the free suicide prevention training - [www.zerosuicidealliance.com](http://www.zerosuicidealliance.com)

**Samaritans** provide a free 24/7 365 days a year anonymous help line - [www.samaritans.org](http://www.samaritans.org)

**Campaign Against Living Miserably (CALM)** is a movement aiming to reduce suicide in males under the age of 45 and have targeted resources for men - [www.thecalmzone.net](http://www.thecalmzone.net)

**Mental Health Helplines** - [www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines](http://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines)

**It Takes Balls to Talk** is a campaign which uses sporting themes to encourage men to open up about how they are feeling - [www.ittakesballstotalk.com](http://www.ittakesballstotalk.com)

**Good Thinking** provides online mental wellbeing support - [www.good-thinking.uk](http://www.good-thinking.uk)

**Mental Health First Aid** training could be introduced in your workplace - [mhfaengland.org](http://mhfaengland.org)

**Papyrus** is a national charity dedicated to preventing suicide in young people - [www.papyrus-uk.org](http://www.papyrus-uk.org)



# Suicide Prevention Toolkit



## The facts on suicide

Suicide is preventable. We can all do something to help a person that is feeling suicidal, whether it be a family member, friend, or stranger. Simply just starting a conversation with someone could save a life.

There were 6,507 suicides in the UK in 2018, and three quarters of these were males, with the highest numbers being amongst men aged 45-49. Unfortunately, the number of young people taking their own lives is also increasing, but as there are existing programmes within South west London aimed at reducing self-harm in children and young people, we chose the focus of this project to be a targeted approach to preventing suicide in middle aged men in South west London.

The impact of one suicide is devastating. It can cause intense feelings of grief on loved ones, communities and workplaces, so we must do all that we can to help prevent suicides.

## What could cause someone to feel suicidal?

The factors that lead someone to taking their own life are complex. It can't be put down to simply one cause, and it is likely that a number of these factors contribute to someone feeling suicidal:

- Gender and age. The highest number of suicides are amongst middle aged men in the UK.
- Mental health problems, particularly depression. However, two thirds of men that take their own life have not been in contact with mental health services.
- Family and relationship problems. The greatest risk is amongst divorced men<sup>2</sup>.
- Drug and alcohol misuse. The risk of suicide is up to eight times bigger when someone is abusing alcohol<sup>2</sup>.
- Unemployment and money problems. Someone that is unemployed is 2-3 times more likely to take their own life than someone in work<sup>2</sup>.
- Societal expectations of men. Men are expected to be 'masculine' and aren't typically encouraged to talk about their feelings. Men can be made to feel ashamed of having mental health issues.
- When someone has lost a loved one to suicide, they are also at higher risk themselves<sup>2</sup>.



## Signs someone may be struggling to cope

Sometimes there are no warning signs that someone is suicidal, and a lot of people still feel ashamed talking about these feelings due to the stigma attached to suicide. However, there are some signs to look out for that could indicate someone is struggling:

- Extreme changes in mood – for example being very happy after being very depressed
- Isolating themselves from social situations
- Change in sleeping and eating habits
- Low energy
- Neglect of personal appearance
- Reckless or risky behaviour
- Increased drug or alcohol use
- Increasing anger or irritability
- Talking about suicide or wanting to die, even if it seems that they are joking
- Giving away possessions
- Saying goodbye to friends and family as if they won't be seeing them again



## How can you help?

- Be aware of the signs when someone may be struggling
- Raise awareness and encourage others to do the free Zero Suicide Alliance training
- Encourage opening up and reducing the stigma around suicide, particularly for men
- Start the conversation if you are worried about someone and ask how they are feeling
- Be aware of services and support you can signpost someone to
- Raise awareness and share information about suicide with those around you
- Encourage your employer to take part in suicide prevention training, for example, having a trained Mental Health First Aider in the workplace.

Remember to always take care of yourself as well and if you are feeling overwhelmed to talk to someone about it.

<sup>1</sup> [www.ons.gov.uk/peoplepopulationandcommunity/birthsdeathsandmarriages/deaths/bulletins/suicidesintheunitedkingdom/2018registrations](https://www.ons.gov.uk/peoplepopulationandcommunity/birthsdeathsandmarriages/deaths/bulletins/suicidesintheunitedkingdom/2018registrations)

<sup>2</sup> [www.samaritans.org/about-samaritans/research-policy/suicide-facts-and-figures/](https://www.samaritans.org/about-samaritans/research-policy/suicide-facts-and-figures/)