

Let's Talk about... Suicide Prevention

Free 20 Minute Online Suicide Prevention Training



Each year in the UK, around 6,000 people are recorded as taking their own life with many more making attempts or having suicidal thoughts and this is increasing.

Each life lost to suicide represents a person in tremendous emotional pain. Suicide also has a devastating impact on family, friends, colleagues and others who are left bereft and often never know what triggered the suicide.



This training aims to enable people to:

- Identify when someone is presenting with suicidal thoughts/behaviour
- Be able to speak out in a supportive manner,
- Empower them to signpost the individual to the correct services or support

This course may have a personal impact on you so you may want to undertake it away from the office environment. You may also wish to have someone supportive nearby.

Take the **Free Zero Suicide Alliance Online Suicide Prevention Training** by clicking **here** or visit: <https://www.zerosuicidealliance.com/>



Walsall Council

Support and resources

Support is available if you or someone is having suicidal thoughts or you or someone you know is affected by suicide:

C.A.L.M: National helpline for men to talk about any issues they are feeling, which exists to prevent male suicide in the UK - **0800 58 58 58**.

Papyrus is a dedicated service for young people up to the age of 35 who are worried about how they are feeling or anyone concerned about a young person. **0800 068 41 41** text **07786 209697** or email <https://papyrus-uk.org/>

Rethink Advice and Information Service Opening hours are 9:30am to 4pm Monday to Friday. Outside of these hours, please use the contact form below. **0300 500 927**.

Samaritans Samaritans offer emotional support 24 hours a day. **116 123 (free to call)**.

SANEline provide mental health information and support between 4.30pm – 10.30pm daily. **0300 304 7000** SANEline.

Help is at Hand - This guide has been designed to help you to choose when and what sections are most appropriate for you. It is not intended as something you need to read through from cover to cover.

Walsall Bereavement Support Service offers bereavement support to bereaved residents of all ages from the Walsall borough. Offers a monthly support group for those bereaved by suicide on first Wednesday of every month.

Kaleidoscope Plus Group offers bereavement support on 4th Monday of the month at Walsall College for those bereaved by suicide.

Suicide Bereavement Support Partnership (SBSP) is the UK's national hub for organisations and individuals working across the UK to support people who have been bereaved or affected by suicide.

Survivors of Bereavement by Suicide is a self-help organisation which exists to meet the needs and break the isolation of those bereaved by the suicide of a close.

