



# Suicide Mitigation

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**Working Together: Taking the Zero Suicide Approach in Warwickshire**



The College of  
Emergency  
Medicine



Royal College of  
General Practitioners



Government  
of South Australia

SA Health

pca

PROFESSIONAL CRICKETERS' ASSOCIATION



bacp

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share knowledge change lives

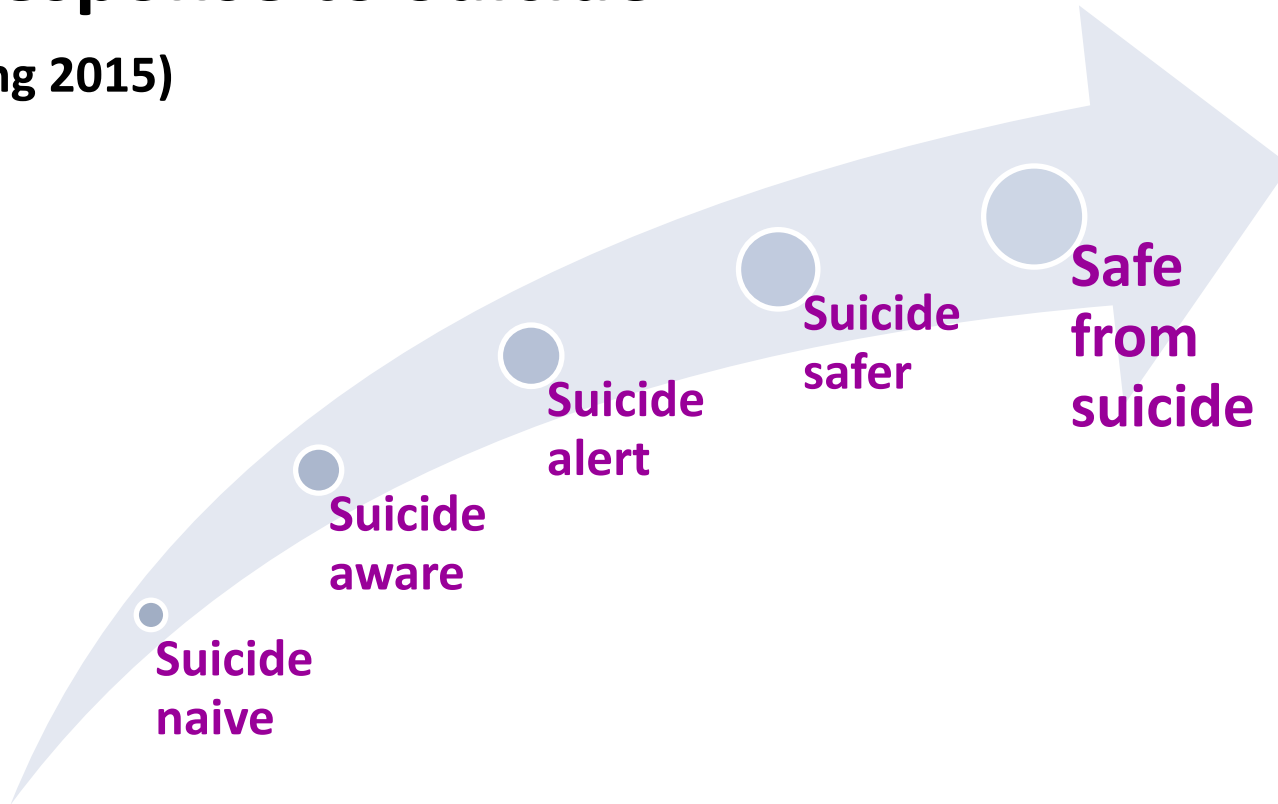
I A S P



CONNECTING  
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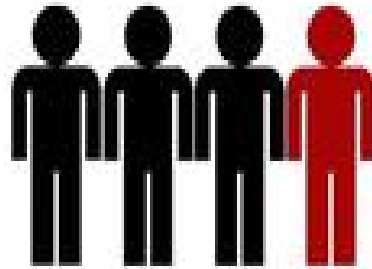
# Organisational Identification and Response to Suicide

(Cole-King 2015)



**“I’ve got one of yours here.”**

**Which one?**



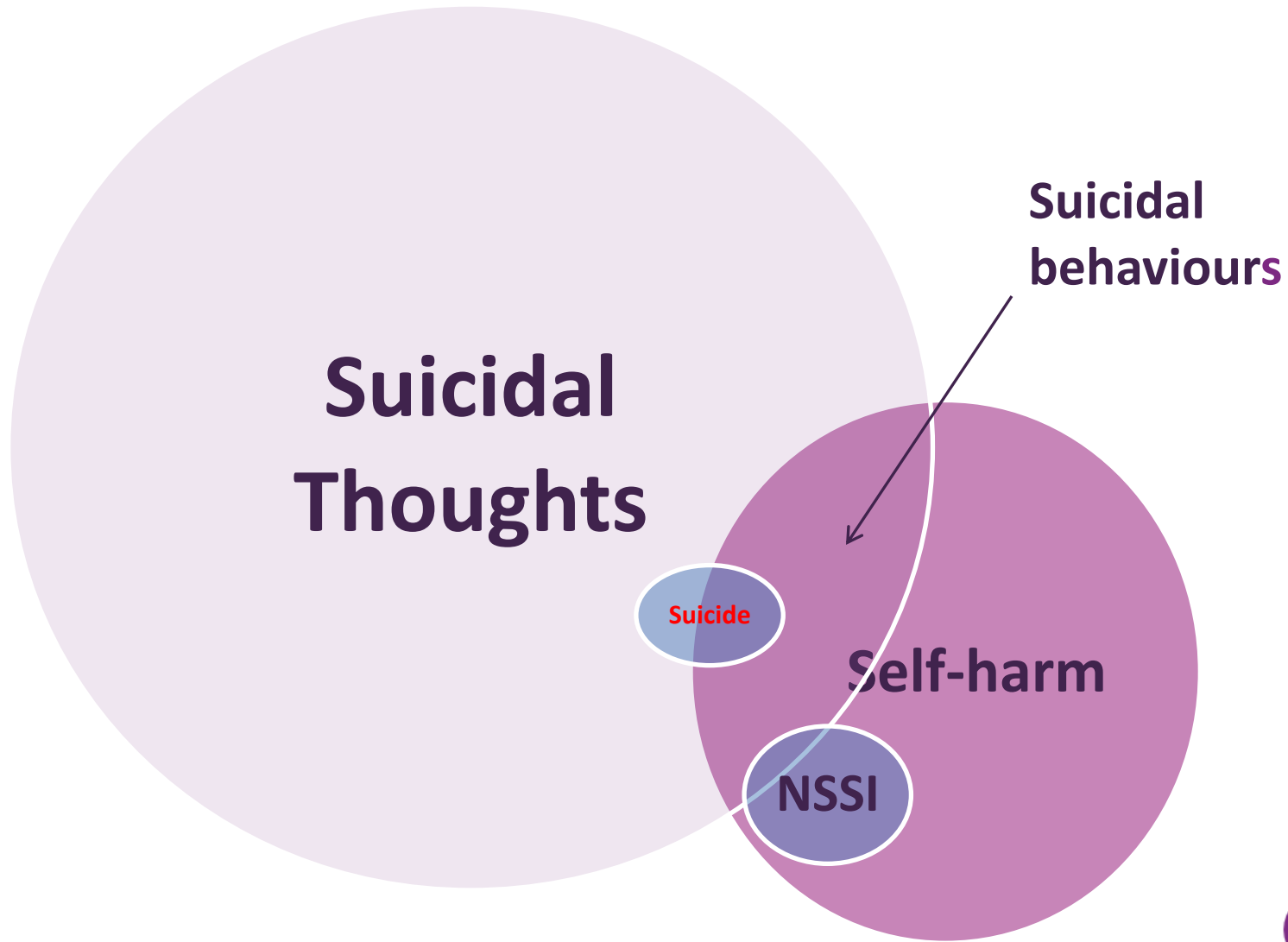
# Identification of 'suicide risk'

People identified as high risk

People identified as low risk



# Relationship self-harm to suicide

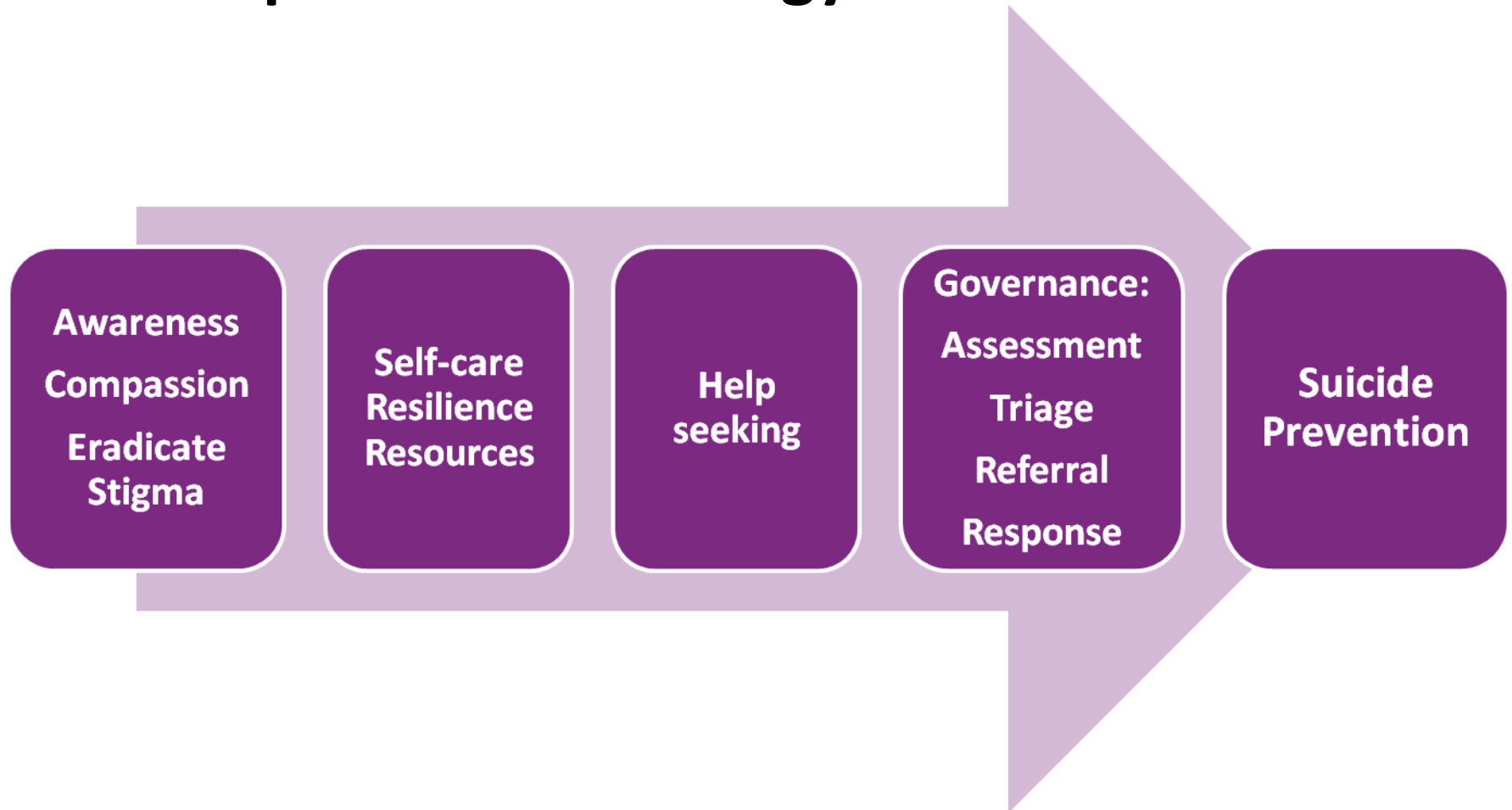


# Breaking down the stigma of suicide



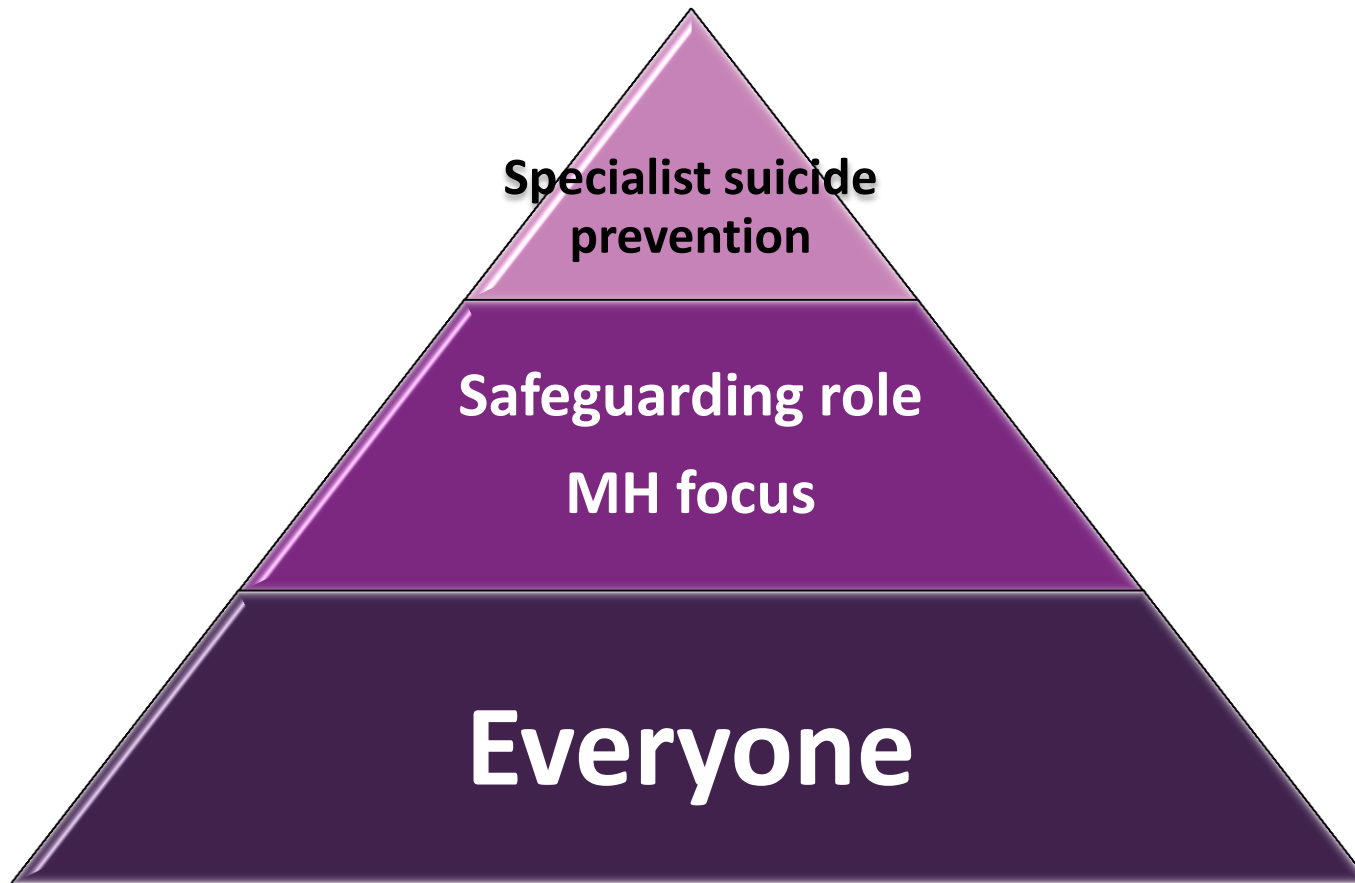
<http://www.connectingwithpeople.org/wspd>

# Suicide prevention strategy

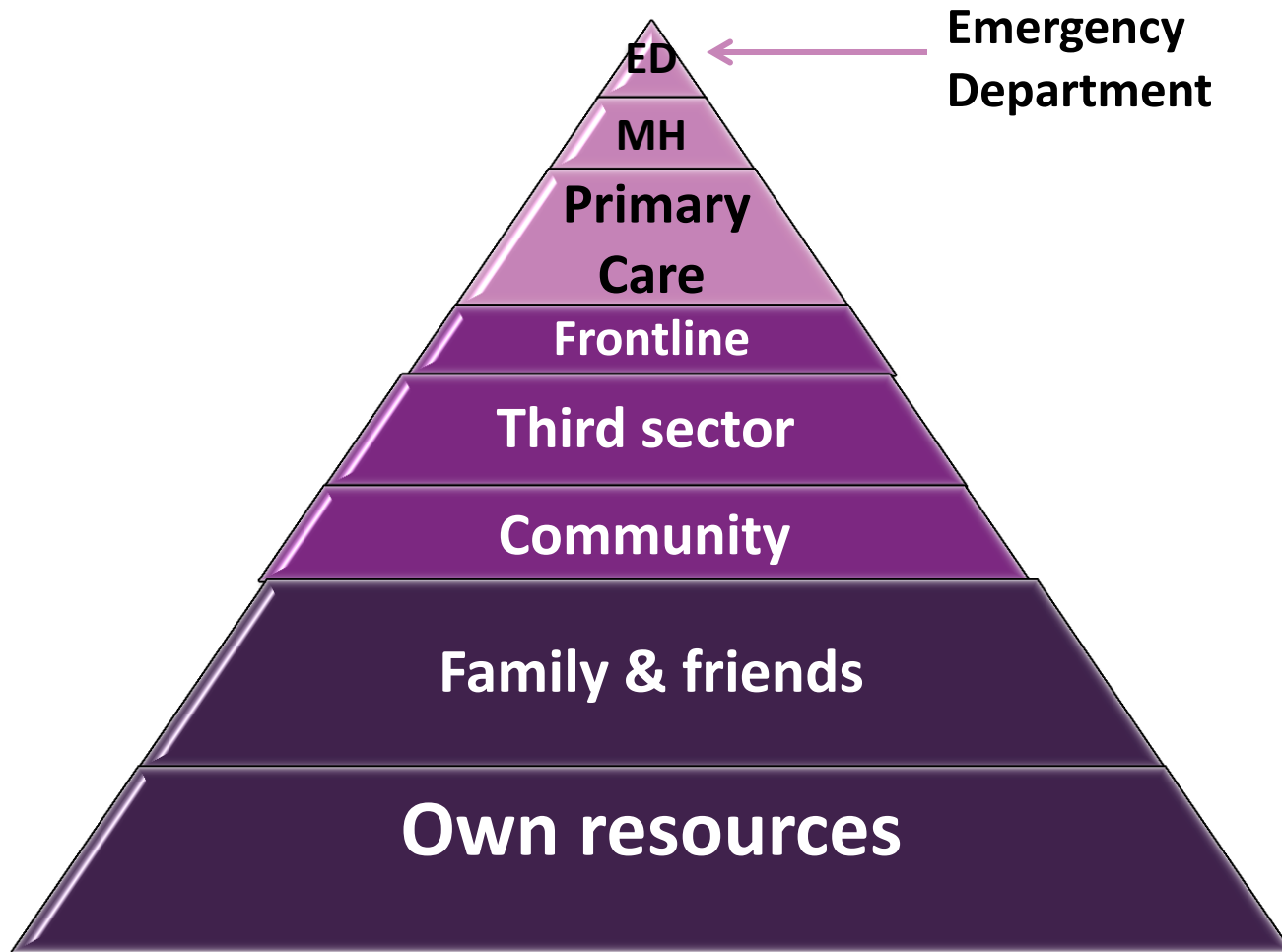




# Suicide & Self-Harm



# Potential areas for intervention



# Self-help leaflets



U Can Cope



Feeling overwhelmed  
and staying safe



Feeling on the edge helping  
you get through it

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

# ***SAMARITANS***

**SOUTHWICK**  
MEDIA CONSULTANCY



[www.connectingwithpeople.org/UcanCope](http://www.connectingwithpeople.org/UcanCope)

## Suicide Prevention - SAFETool

Further Details...

Exact date &amp; time ▼

Tue 01 Mar 2016 ▼

15:22



Changing the consultation date will affect all other data entered. To avoid this, cancel and press the 'Next' button

[Hide Warning](#)

Suicide Prevention - SafeTool

Previous Assessment

Template Information

Arden and Greater East Midlands  
Commissioning Support Unit

## SAFETool Triage &amp; Assessment Application

This is a triage tool helping people accurately record and develop a safety plan


This tool can only be used as a guide and does not replace clinical judgement

This should only be used following training

1. Click the button below to begin

 Launch SafeTool Application

2. Click the button below to Print (or Reprint) the latest Immediate Safety Plan

 Launch PRINT: SafeTool Immediate Safety Plan

## Wellbeing Plan

This document contains information / contacts and can be printed anytime

1. Click the button below to print a Wellbeing Plan

 Launch PRINT: Wellbeing Plan

## Launch PRINT: Wellbeing Plan

Launch the PRINT: Wellbeing protocol

Connecting With People is the trading name of Open Minds Alliance CIC 33 St James's Square, London, SW1Y 4JS.  
Registered in England & Wales No. 7300381

Information

Print

Suspend

Ok

Cancel

☒ Show recordings from other☐ Show empty recordings

# SAFETool Triage Expert Reference Group

- **Professor Ella Arensman** President International Association for Suicide Prevention
- **Jonny Benjamin** Expert by expertise
- **Dr Nadine Dougall** Assoc Prof University of Edinburgh
- **Sheila Hardy** Member of RCGP MH Training Advisory Group
- **Dr Peter Ilves** GP, Big White Wall Ltd and Connecting with People Associate Director
- **Dr Kirsten Lawson** Consultant Liaison Psychiatrist, RCPsych Liaison Faculty Executive
- **Professor Margaret Maxwell** University of Stirling
- **Professor Rory O'Connor** President IASR, University of Glasgow
- **Professor Siobhan O'Neil** University of Ulster
- **Professor Stephen Platt** 2nd Vice Pres International Associate for Suicide Prevention
- **Prof Ellen Townsend** Associate Professor University of Nottingham
- **Keith Waters** Clinical Advisor Suicide Prevention EMHSN
- **Sharron Scotson** Connecting with People Associate Trainer
- **Dr Judy Shakespeare** RCGP Lead on Perinatal mental Health

## Safe Environment

(Removal/mitigation of access to means and ask patient to identify/avoid triggers)

Try to stay with friends while arranging new accommodation

## 2 Activities to distract or calm

(If suicidal Thoughts are getting stronger)

Enjoy running

## 3 Support

(Names and contacts of supportive family and friends)

Sister Test  
Friend Test

## 4 Specific Suicide Prevention Safety Plan

(Names and Contacts of supportive confidants, Voluntary Support Organisations and Professional Support)

Local changing minds team: 01327 708121



**#DearDistressed**  
starting the conversation



The 'Dear Distressed' project invites people with lived experience, who are now in an emotionally-safer place, to write and publish a letter to themselves that would have helped in their darkest moments.

Our objectives are to send clear messages:

- to anyone emotionally struggling that *“suicidal thoughts are a sign to change something in your life, not to end your life. It IS possible to recover, with the right support.”*
- to everyone that *“anyone can find themselves thinking that life isn't worth living and it's essential that we all act compassionately not only to ourselves, but to others around us.”*



## Jonny Benjamin

*Jonny Benjamin is an award-winning mental health campaigner, film producer, public speaker, writer and vlogger.*

*At the age of 20 he was diagnosed with schizoaffective disorder, a combination of schizophrenia and bipolar, and later began making films on YouTube about the condition that have been watched by hundreds of thousands of people.*

*Jonny now speaks publicly about living with mental illness and has written articles and given various interviews on TV, Radio and in print around the world to help educate and break stigma. He has also produced and presented documentaries on BBC Three and Channel 4 on the subjects of mental health and suicide.*

*His 2014 social media campaign with Rethink Mental Illness to #findMike, the man who talked him out of jumping off a bridge when he was suicidal, when viral and led to Jonny becoming a prominent spokesperson on the subject of suicide.*

*He is currently writing the first of 2 books on mental health due to be published by Pan Macmillan at the start of 2018, as well as training for the 2017 London Marathon with Neil Laybourn, the man who stopped Jonny on the bridge, to raise money for Heads Together, a coalition of major mental health charities.*



Dear Jonny,

I don't really know where to start but I'm going to begin by saying:

### ***It's OK.***

It is absolutely OK to feel the way you do. It is human. You feel like you're the only person in the world going through this but believe me there are many. Millions of them in fact.

I know it doesn't make it any easier of course but I want you to know you are truly not alone.

More than that I need you to know this:

### ***It Gets Brighter.***

You can and will overcome this despair. You're so much stronger than you realise.

Right now, you feel like you're past the point of no return. You think that there's no reason to see each day through. You believe the best and only resolution for yourself and those around you is for you to end your life.

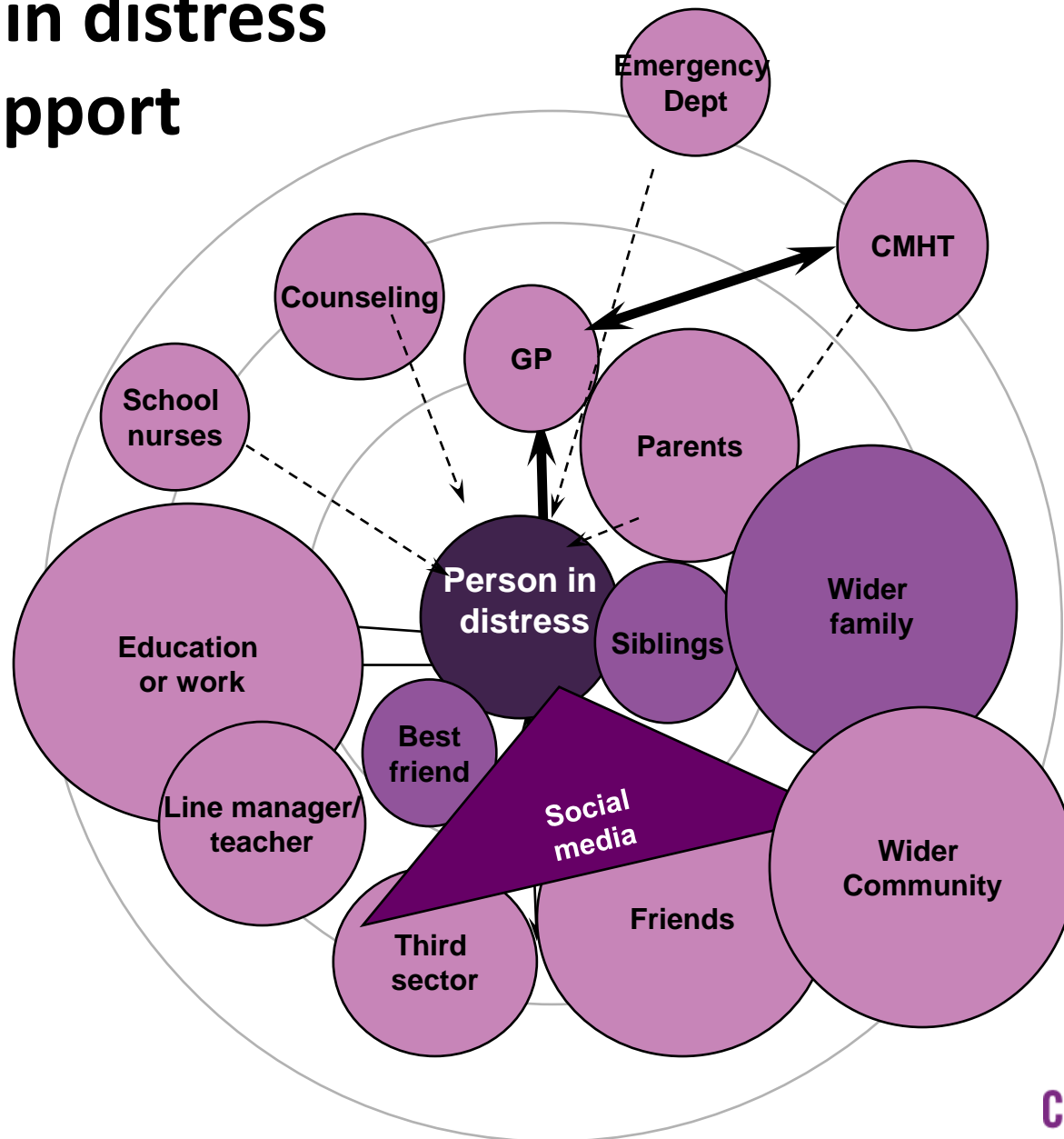
I understand. I do. It's been years of torment inside your mind. You've had enough now.



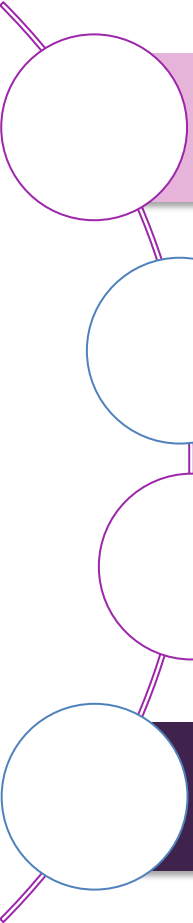
# Person in distress



# Person in distress with support



# Take home messages



Suicide is not an inevitable outcome of suicidal thoughts

*Do not be scared to ask the question ...*

Everyone at risk needs safety plan

We ALL have a role in suicide prevention



## Self harm and suicide Prevention Module

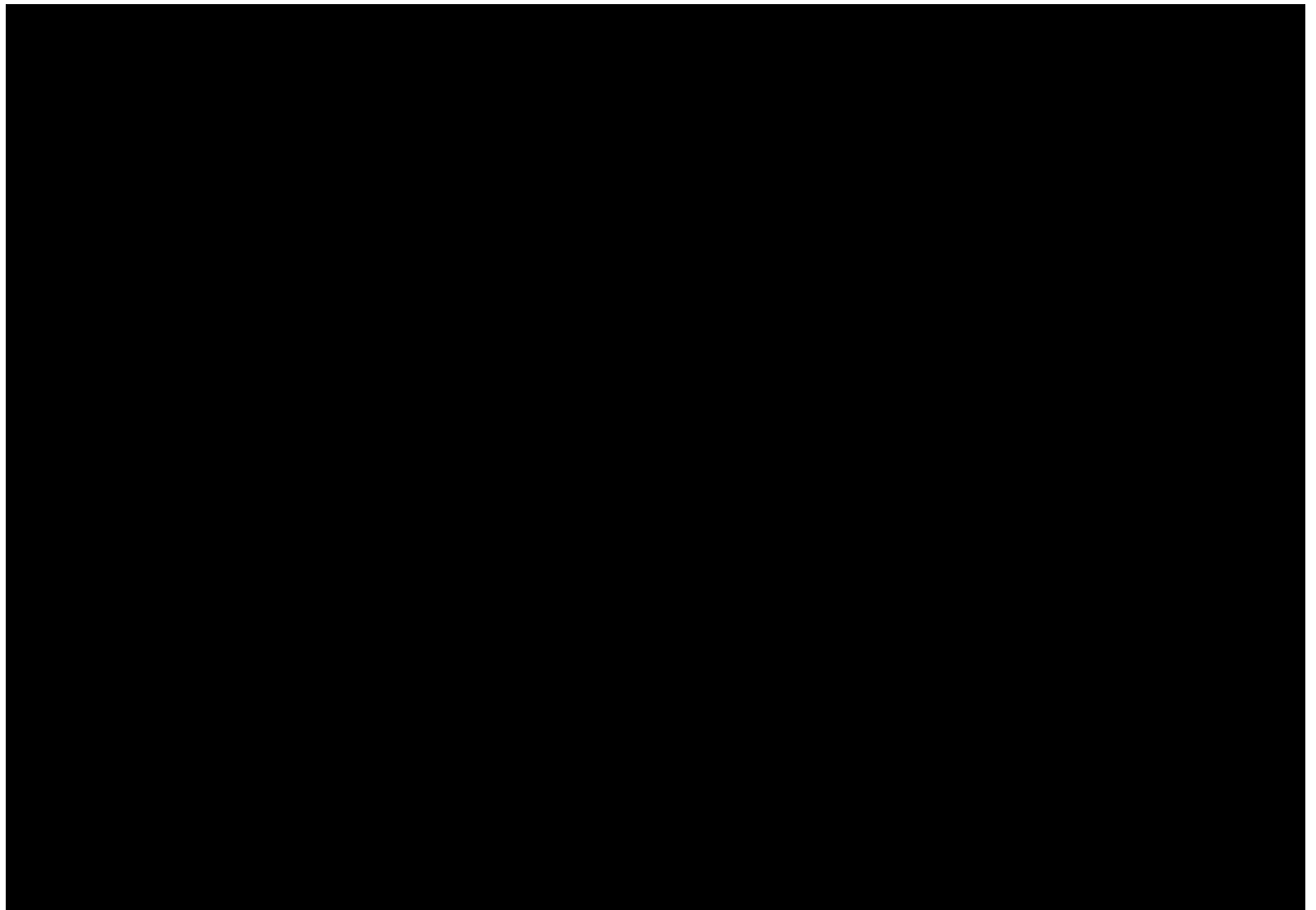
<http://www.thepca.co.uk/7232.html>

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**CwP Film:**  
[www.connectingwithpeople.org/sites/default/files/cwp.avi](http://www.connectingwithpeople.org/sites/default/files/cwp.avi)





**SAFETool screencast:**

[www.connectingwithpeople.org/sites/default/files/SAFETool.mp4](http://www.connectingwithpeople.org/sites/default/files/SAFETool.mp4)