Suicide Prevention in Sussex

September 2016

Together we can make our communities safer from suicide.
GSP in Sussex: Strategic involvement

• Brighton & Hove Suicide Prevention Strategy Group
• East Sussex Suicide Prevention Strategy Group
• Conference presentations and workshops
• Steering Group for ‘Place of Calm’ and liaison and support for SOS
• Beachy Head Chaplaincy Team - relationship building, training, changes in practice
• Cross fertilisation between East Sussex, Brighton & Hove, National Suicide Prevention activity, developing relationships, strategy and implementation
GSP Training Delivery in Sussex

Together we can make our communities safer from suicide.
Training Commissions

• B&H Contract
• ESX Contract
• WSX Partnership with CWSM
• Whole courses
• Bespoke / T4T’s
Training packages

• ASIST
• safeTALK
• MHFA
• One in Four
• Understanding and Working with self injury
• Bespoke – suicide intervention
• Presentations and workshops
Projects, Campaigns, Partnerships

• Suicide Safer Communities
• Suicide Prevention Resources (web based, pocket resources, Stay Alive, downloadable)
• "Stay Alive" urban art project
• The “Tell Me!” pledge
• The "Talk To Us" business pledge
• “Alright mate”? Men's suicide prevention
• WSPD
• Local Strategy Group activities
Suicide Safer Brighton & Hove

1. Leadership/Steering Committee
2. Background Summary
3. Suicide Prevention Awareness
4. Mental Health and Wellness Promotion
5. Training
6. Suicide Intervention & Ongoing Clinical/Support Services
   1. Suicide Bereavement
   2. Evaluation Measures
   3. Capacity Building/Sustainability

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#WSPD16 @GrassrootsSP
Suicide Prevention Resources

Pocket resource cards

Pocket Resource Brighton & Hove.pdf
Pocket Resource East Sussex.pdf
Pocket Resource LGBTQ.pdf

Together we can make our communities safer from suicide. #WSPD16 @GrassrootsSP
Stay Alive – Suicide Prevention App

Help and support for people thinking about suicide and for those concerned about them
#StayAlive

Available on the App Store
GET IT ON Google play

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Stay Alive – Suicide Prevention App

- The UK’s first suicide prevention app.
- Content designed and developed by Grassroots, and built by Switchplane.
- It is free to download.
Stay Alive

To find the app, search for ‘Stay Alive Suicide Prevention’ on either the Google Play Store, or the Apple App Store
Stay Alive – Screenshots

My Safety Plan
If I feel I cannot stay safe from suicide
I will talk to:
  e.g. A friend
I will seek help from:
  e.g. A friend
I will calm myself by:
  e.g. Breathing slowly
I will go to my safe place:
  e.g. Home
My ideas for keeping safe
Enter your ideas here.

Reasons for Living
Myself
I care enough about myself to live
I have the courage to face life
I want to experience all that life has to offer and there are many experiences I haven’t had yet which I want to have
No matter how badly I feel I know that it will not last
I believe I can learn to adjust or cope with my problems
I am afraid of the unknown

Family and Friends
It would hurt my family and friends too much and I would not want them to suffer
I would not want my family and friends

Unsuicide
Online suicide help

About.com Depression Forum
Online forum for those coping with depression

Elefriends
Supportive online community where you can be yourself

Big White Wall
A peer support network

HelpGuide.org
Helps you to cope with suicidal thoughts

Childline Online Chat
ChildLine’s chat service for children and young people

Get Connected Online chat
Get Connected’s chat service for young people

Together we can make our communities safer from suicide.
#WSPD16 @GrassrootsSP
#StayAlive

Together we can make our communities safer from suicide.

Stay Alive – Screenshots

<table>
<thead>
<tr>
<th>Find Help Now</th>
<th>Get help from emergency or support services</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stay Alive</td>
<td>Advice and tools to help you stay safe</td>
</tr>
<tr>
<td>Worried About Someone</td>
<td>Identify the signs of suicide and how to help</td>
</tr>
<tr>
<td>Myths About Suicide</td>
<td>Common misunderstandings about suicide</td>
</tr>
<tr>
<td>About Stay Alive</td>
<td>About this app and how to use it</td>
</tr>
</tbody>
</table>

CRISIS RESOURCES

- National Crisis Support – Resources throughout the UK
- Local Crisis Support – Resources for Sussex and Brighton & Hove

OTHER RESOURCES

- Suicide Prevention – UK national suicide prevention resources
- Online Support and Info – Support websites, forums, and information
- Counselling – Talking to someone independent can help
- International – Resources available internationally
- Apps – Resources for your iPhone or iPad
- Suicide Bereavement

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Stay Alive – Successes

• 16,000 downloads to date

• Excellent ratings on both Android and Apple

• Feedback shows lifesaving impact
Stay Alive – Successes
Stay Alive – Research 2016

Evaluating the “Stay Alive” app: a smartphone suicide prevention resource

Author: Daniel Flecknoe, Speciality Registrar in Public Health, Derby Teaching Hospitals NHS Foundation Trust
Stay Alive – Research findings 2016

• 31% said the app helped them stay alive

• 76% said the app helped them help someone else to stay alive

• 59% said they helped someone in a professional capacity
“The app has a section called ‘My LifeBox’ ... This it the next best thing to a friend sitting with me, holding my hand when I am down and out.”

#StayAlive
“Just downloaded and looked through your Stay Alive app which is excellent (I’m a GP). It’s really really good and I’m so impressed.”

#StayAlive
The ‘Tell Me’ Pledge

I pledge that I will:

• Tell someone if I’m struggling and need help;
• Reach out and tell you if I’m worried about you;
• Listen to you, without judgement if you need someone to talk to;
• Ask you, directly, if I think you’re trying to tell me about suicide;
• Help you get support if you’re struggling and/or thinking about suicide.

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Business Pledge

We pledge that we will:

- encourage colleagues to be open and honest when life gets difficult
- talk sensitively to colleagues if we are worried about them
- help them get support if they need it
- encourage colleagues to sign up to the individual 'Tell Me' suicide prevention pledge

Grassroots will email all businesses who sign resources to support the pledge.
Men’s Campaign

• In the UK men are three times more likely than women to end their own lives

• Grassroots and Brighton & Hove District Samaritans joined forces to develop a locally-focused campaign that targets men and raises the profile of mental health, suicide and suicide prevention
Men's Campaign

In the UK men are three times more likely than women to end their own lives, with men of lower socio-economic position in their mid-years being more vulnerable to death by suicide. Samaritans 2012 Report, 'Men, Suicide and Society' made several recommendations as to how local authorities and third sector organisations can take action to reduce suicide in men, including:

• Inform suicide prevention measures with an understanding of men's beliefs, concerns and contexts – in particular of what it is to 'be a man'.
• Develop innovative approaches to working with men that build on the ways men do 'get through' in everyday life.

Your friend might be struggling to #StayAlive but you can help.

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Men's Campaign

76% of UK suicides in 2014 were men. 1 in 40 people think about suicide each year.

For more info visit bit.ly/alrightmate

Samaritans: Freephone 116123
National men’s helpline CALM: 0800 58 58 58

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Men’s Campaign

"Your male friends do care and can hear you."

Together we can make our communities safer from suicide.

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