Suicide Prevention in Our Communities

December 2017

Together we can make our communities safer from suicide.
Who are Grassroots?

Together we can make our communities safer from suicide.
Why do we exist?

‘In planning a Suicide-Safer Community, people recognize that safety from suicide rests on our ability to ask and talk about suicide openly, that conversations about suicide are encouraged and will be met with compassionate, non-judgmental and informed response’
Core beliefs:

- Suicide is a community health problem.

- Thoughts of suicide are understandable, complex and personal.

- Suicide can be prevented.

- Help-seeking is encouraged by open, direct and honest discussions about suicide.
What do we do?

- Training
- Awareness raising
- Campaigning
- Digital innovation
- Community projects
- Resources and signposting
Training

LivingWorks

MHFA England

ASIST
safeTALK

suicideTALK

Together we can make our communities safer from suicide.
It starts with you..

• [https://youtu.be/ 9Yk9jvjVeg](https://youtu.be/9Yk9jvjVeg)
Brighton and Hove

Together we can make our communities safer from suicide.
Tower Hamlets

Together we can make our communities safer from suicide.
6 month follow up

“The one element of the course that has helped the most in my work is that of simply asking someone is they are considering suicide.

Before the course, asking that question felt too much of a personal invasion, impolite even. However, I now realise it is the one question you really must ask. And, if someone actually is feeling suicidal, it’s the one question they want you to ask.”

- ASIST Participant

“[Helped someone] very soon after training, hadn't expected to ever use the training. Picked up quickly how the person was feeling. I was direct in my questions which resulted in honest answers.

- ASIST Participant

Together we can make our communities safer from suicide.
Campaigning and Awareness raising

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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.

#WSPD16 @GrassrootsSP

Your friend might be struggling to #StayAlive but you can help.
Digital innovation: Stay Alive App

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

Together we can make our communities safer from suicide.
Community engagement projects: B&H

Together we can make our communities safer from suicide.
The word suicide is a hard one to swallow, saying "are you thinking about suicide" is not something most of us want to ask someone. What we learnt is that you should look and listen to people, pick up on how they speak or words they use in conversation. Our aim here at Holy Cow is to try and bring awareness about a Taboo subject. And not to just let people know that our staff are now aware of the things/signs to look for. But to bring a community together, so that more people out there will not be afraid to ask someone if they are having suicidal thoughts.
TALK

Tell
Ask
Listen
KeepSafe

Together we can make our communities safer from suicide.
It starts with you

Take a minute, change a life.

Together we can make our communities safer from suicide.
Kintsukuroi: More beautiful having been broken

https://www.youtube.com/watch?v=wG2MUeVixao
Supporting communities to prevent suicide, one life at a time.
www.prevent-suicide.org.uk

T: 01273 675764
E: office@prevent-suicide.org.uk

Registered charity number: 1149873

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