

Trafford Workforce Suicide Prevention Guidance

In Trafford, 15 people die by suicide each year, on average. Every suicide is a tragic loss to life. This guidance aims to help people in Trafford know how to react to a person with suicidal thoughts. This includes how to respond and support the person, point out help available and record the conversation. Please get to know this guidance before you might need to use it. For more advice and suicide prevention online training, go to <https://shininglightsonsuicide.org.uk/>

- Anyone can talk to someone about suicidal intent, it does not need to be a health professional. It requires only compassion and empathy.
- By asking someone about suicide, it makes it okay for them to share their thoughts.
- Asking about suicide does not make acting on it more likely.
- Often people expressing thoughts of dying do not want to die, they want their stress and pain to go away.
- You have a duty of care to share information with other parties, if you think that the person is at risk of harm to themselves or others.

Here are some signs and situations people commonly mention when discussing suicide. It is important to remember that these lists do not cover all possible signs and should not be used as a checklist to make decisions. The important thing is to be curious and to find out more.

Risk Factors

- Loss / bereavement
- Suicide / attempted suicide of a friend or family member
- Relationship / family issues
- Housing issues
- Financial or problems at work
- Bullying, abuse or neglect
- Loneliness / isolation
- Long term physical illness or pain
- History of poor mental health or previous suicide attempts

Spot the signs

- Restlessness / agitation
- Tearful
- Tired / lacking energy
- Not talking to friends / family and withdrawing from their usual activities
- Using alcohol or drugs
- Not coping with everyday things
- Sleeping or eating more or less than usual
- Risky behaviours
- Not looking after their physical appearance

Listening tips

Sometimes all people need is to feel heard, to feel better.

- Focus on the person, give eye contact where possible.
- Don't rush them, be patient.
- Say it back and check you have understood.
- You don't need to fill every silence, don't interrupt.
- You don't always need to offer a solution.

Remember the alert model

- Ask if you think that person is thinking about suicide.
- Listen for a plan.
- Encourage them to talk.
- Right now, how can you help them stay safe?
- Talk to someone yourself afterwards and report any concerns.

What to do

Questions to ask

- Have you ever felt like you don't want to wake up in the morning?
- Do you feel like it's not worth carrying on?
- Have you ever felt so low you have considered ending your life?

If the answer is yes

(If you are on the phone, try to get their location, contact details and name of GP surgery at the start of the call).

- Have you thought about how to go about it?

Further questions, if the answer is yes

- Have you prepared things to do this?
- Do you have access now to those things you have mentioned?
- What would help keep you safe right now?

Safety planning questions

- Are you in touch with family and friends that you can talk to about this?
- Who else knows how you are feeling? Do you know what support is available to you?
- Have you had any support from any other services on this?
- What might help to calm or distract you at this moment?

In an emergency

If you are working for an organisation, always follow any established safeguarding protocols.

If someone is in immediate danger and there is a threat to life or physical injury, call 999. In a mental health emergency call 111, option 2.

If possible, stay with the person until help arrives. Contact their GP where appropriate.

Key support options

GMMH mental health crisis line 0800 953 0285 (24 hours /7 days) for people concerned for themselves or a loved one.

Blue Sci Out of Hours Service, Old Trafford, 5.30pm to 12.30am (call 07933 882743 first)

Samaritans listening service, call 116 123 (24 hours /7 days) for people concerned for themselves or someone else.

Trafford Directory

To find out about services in Trafford to help with money issues, relationship and family problems, housing, bullying, abuse and neglect, loneliness and wellbeing, and other matters, visit www.trafforddirectory.co.uk

Things that help people keep well

- Developing personal resilience skills and ability to cope.
- Following a healthy lifestyle such as drinking water, eating well, sleeping enough, getting regular exercise, drinking less alcohol and giving up smoking.
- Getting involved with nature and being out in green space.
- Connecting with family and friends.
- Taking part in community activities.
- Being in good quality education, employment, volunteering.
- Feeling financially secure.
- Having suitable housing.

Workplace resources

MIND Wellness Action Plans help identify what keeps us well at work and how to look after ourselves. <https://www.mind.org.uk/media/1bahso3x/mind-wellness-action-plan-workplace.pdf>

Maximus is a DWP funded scheme that offers nine months of free, individual support, advice and guidance, if you are in paid employment. <https://atw.maximusuk.co.uk/>

Greater Manchester Resilience Hub supports all health and care staff working in GM who have experienced a critical incident or traumatic events in work. They provide consultation, one-to-one and group support for individuals, teams and managers. <https://www.penninecare.nhs.uk/gmrh>

Papyrus Debrief (24/7) offers suicide prevention advice support those on the frontline working with children and young adults. Call 0800 068 4141, text 88247 or <mailto:pat@papyrus-uk.org>