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## TRIGGER WARNING



- Suicide is an emotive subject.
- Take a break if you need to.
- Contact the trainer if you need support.
- Think about another person who you could go to for support.



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## OUTCOMES

- Background understanding of suicide as a public health issue.
- The continuum of suicide.
- Warning signs.
- A tool to help keep a person safe.

## LANGUAGE

Outdated language can be hurtful and add to stigma.

Helpful language can de-stigmatise suicide and open up conversation.

## BACKGROUND UNDERSTANDING

In 2023 there were 7,055 reported suicides in the UK.

In the same year there were 1,645 deaths from Road Traffic Collisions in the UK.

More men die by suicide than women.

Suicide is the leading cause of death for under 35's.

## BACKGROUND UNDERSTANDING

Drugs or Alcohol are present in over 90% of suicide deaths and attempts.

Between 80% and 90% of people attempting suicide have a diagnosable mental health condition.

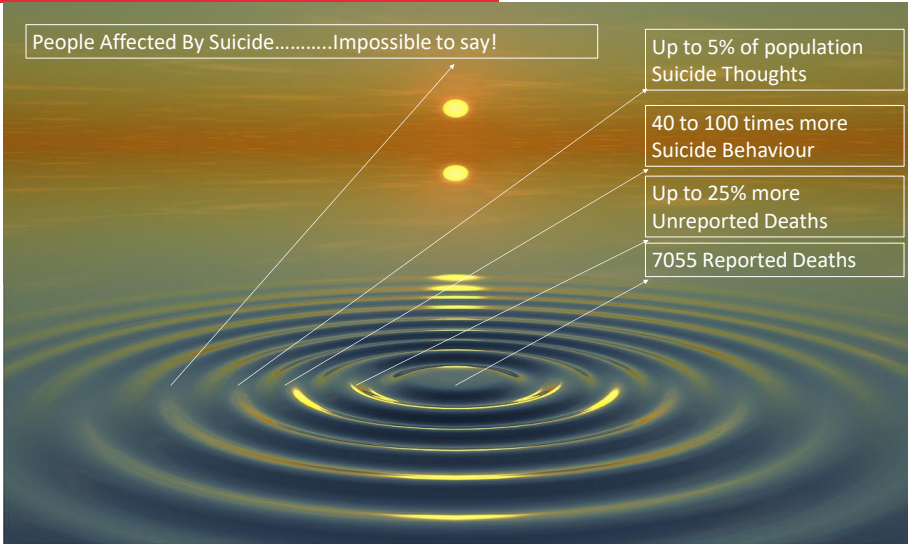
But less than a third have seen a Mental Health professional in the year before their death.

CORNWALL STATISTICS

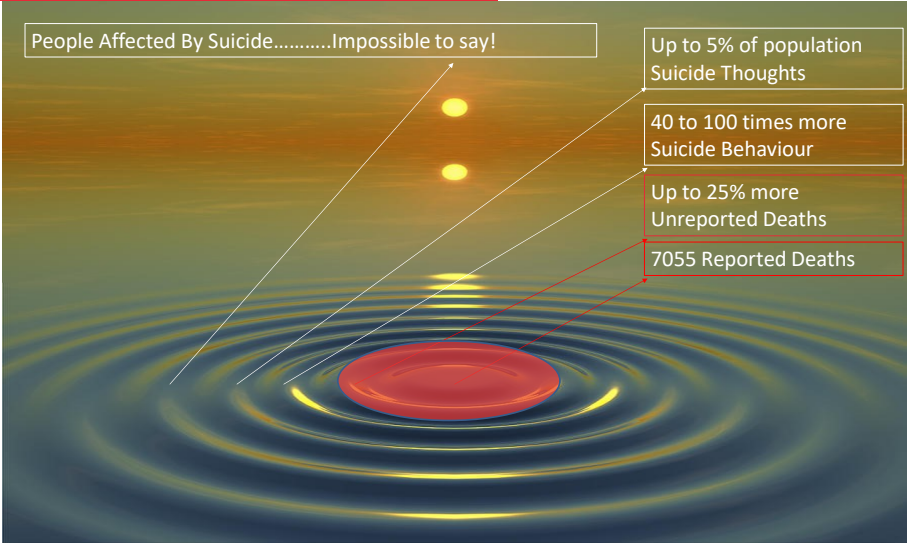
In Cornwall more than 1 person per week dies by suicide, over 70 per year.

The 2020-22 three-year rolling national average was 10.5 deaths per 100,000, the rate for Cornwall was 15.6 (higher than national average).

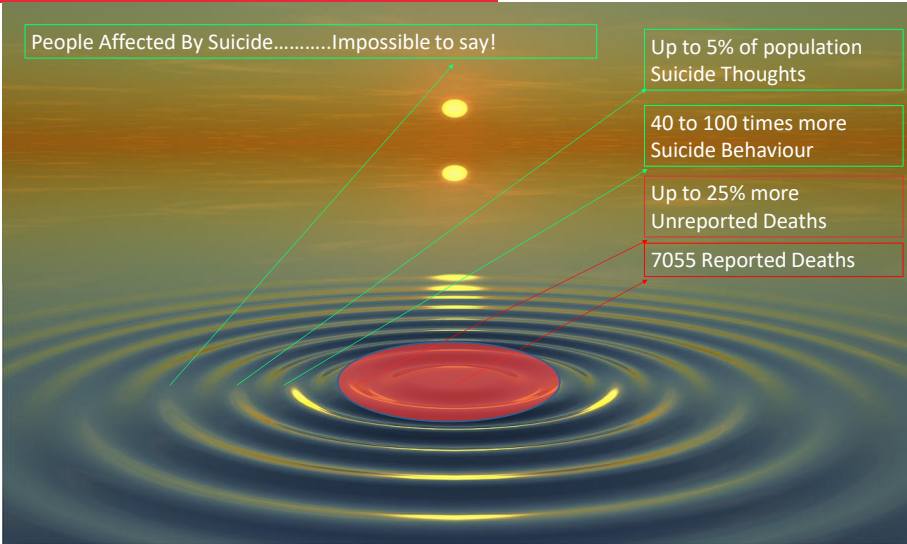
THE RIPPLE EFFECT



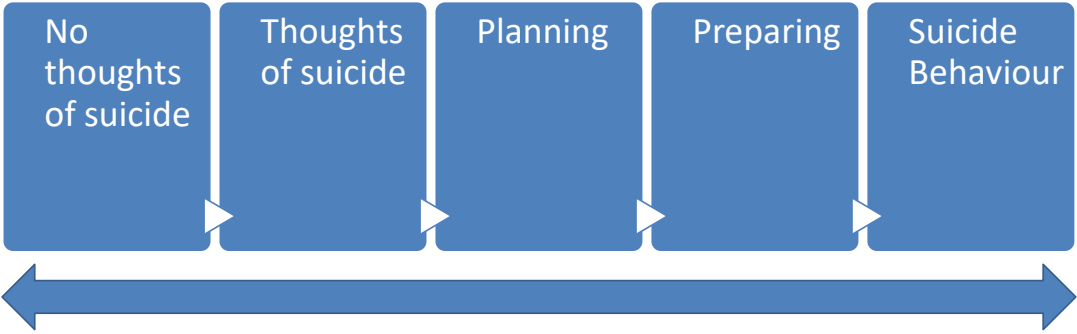
THE RIPPLE EFFECT



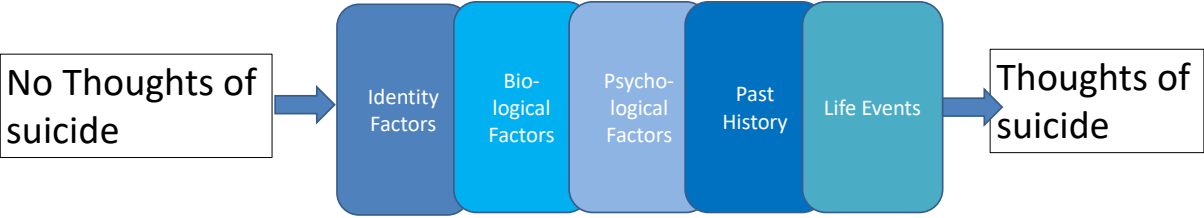
THE RIPPLE EFFECT



SUICIDE CONTINUUM



SUICIDE CONTINUUM



## WARNING SIGNS

### Feelings –

Worthless, Hopeless,  
 Sad or depressed,  
 Angry or anxious,  
 Numb or indifferent,  
 Elated or at peace.



## WARNING SIGNS

### Words –

I don't want to be here, I  
 can't take it anymore,  
 No-one cares, Soon my  
 problems will be over,  
 Everyone will be better  
 off without me.



## WARNING SIGNS

### Actions –

Withdrawal, aggression, increased alcohol/drug use, putting 'affairs in order', low (or no) self-care, risk-taking behaviour e.g. self-harm, change in sexual behaviour, picking fights, driving erratically.



## WARNING SIGNS

### Events –

Any loss e.g., bereavement, redundancy, divorce, eviction, Bullying or abuse, Domestic violence, Illness or injury, Perceived public humiliation.







Healthy  
Cornwall

# WARNING SIGNS

Worthless,  
hopeless, sad  
or depressed.

Bereavement,  
redundancy,  
divorce, eviction,  
bullying.



I don't want to be here,  
I can't take it anymore,  
better off without me.

Withdrawal,  
aggression,  
increased  
alcohol/drug use,  
risk-taking,  
self-harm.

[www.healthycornwall.org.uk](http://www.healthycornwall.org.uk)



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# INTERVENTION

## Ask about suicide

"Sometimes when people...they are thinking about suicide, are you thinking about suicide?"

## Use CPR to help save a life

- C – Current Plan.
- P – Prior Behaviour.
- R – Resources.

[www.healthycornwall.org.uk](http://www.healthycornwall.org.uk)



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## INTERVENTION

- Express empathy, tell them that you care and want to help.
- Tell them that suicide thoughts are common, and help is available.
- Listen to them and investigate resources to help.
- Never agree to keep a plan for suicide a secret.

### **Immediate safety concerns:**

- How can I keep the person safe? Address immediate risk.
- Don't put yourself in danger.
- Alcohol or drugs? Encourage them to reduce or stop.
- Don't leave them alone.
- If the person becomes aggressive, call for assistance.



## EMERGENCY HELP

- Call local Mental Health Crisis Team, dial 999/112 or take person to Accident & Emergency.
- Take person to GP.
- Help create a support plan (e.g. safety contacts etc.).
- Identify and use supports that have helped in the past.
- Call a crisis support service like Samaritans or Papyrus.





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# SIGNPOSTING



There is a wealth of information and guidance available at **www.cornwall.gov.uk/mentalhealth** including Wellbeing Guides and interactive Safety Plans.



Call the Cornwall and Isles of Scilly 24/7 NHS mental health response line on **0800 038 5300**.

[www.healthycornwall.org.uk](http://www.healthycornwall.org.uk)



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# SIGNPOSTING

Call **116 123** to talk to Samaritans, or email **jo@samaritans.org** for a reply within 24 hours.

Text **SHOUT** to **85258** free on all major networks, for anyone in crisis anytime, anywhere.



[www.healthycornwall.org.uk](http://www.healthycornwall.org.uk)



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# ORANGE BUTTON SCHEME



## What is your role?

**It is:**

- To be approachable and not run from the word suicide
- To be a connector, a first point to start a conversation
- To be a non-judgmental, caring and understanding listener
- To give signposting support and information
- Somebody to ask directly about suicide.

**It is not:**

- Counselling or therapy
- Long term support
- Mandatory for you to wear
- A replacement for NHS mental health or emergency services
- A designated safe space
- A mental health referral service (contact GP or self-refer).

**Remember the skills from your training**



**I'm suicide aware and ready to listen**  
Ask me where to find information and support



# FURTHER TRAINING



**2 DAYS - CLASSROOM ONLY  
REALISTIC SIMULATIONS  
PRACTISE OPPORTUNITIES**

**SUITED TO PEOPLE MORE LIKELY TO  
SUPPORT A PERSON WITH THOUGHTS  
OF SUICIDE**

**GLOBALLY RECOGNISED**



FURTHER TRAINING

Information Classification: CONTROLLED



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1 DAY - ONLINE OR CLASSROOM  
UK PRODUCED CONTENT  
TRAUMA INFORMED APPROACH

HALF DAY "LITE"  
AWARENESS

SUITED TO PEOPLE LIKELY TO  
SUPPORT A PERSON WITH THOUGHTS  
OF SUICIDE OR THOSE WHO JUST  
WANT TO FEEL PREPARED

CYP AND YOUNG ADULT  
COURSES

