

Suicide Prevention, Useful Resources

Free training

“Let’s Talk” – online training session

This is a free, online suicide prevention training session, which is open to everyone. It covers the key issues, offers practical guidance and takes about 20 minutes. To access the “Let’s Talk” training visit:
www.zerosuicidealliance.com.

As this training session is national, it doesn’t cover Warrington’s mental health support services, but you can find details of how to access local support services on Warrington’s mental health awareness site:
www.happyoksad.org.uk.

Basic Suicide Prevention – taught training session

This free, half-day, classroom-based, training session is offered by Warrington’s Public Health Team. The training is open to front line workers and volunteers in Warrington, and is more in-depth than the 20 minute online session. For more details visit: www.warrington.gov.uk/phtraining

Key suicide prevention charities

CALM (Campaign Against Living Miserably)

Helpline 0800 58 58 58
Website www.thecalmzone.net

CALM is UK charity which supports men who are down, or in crisis. CALM’s free confidential helpline and webchat are open 7 days a week, 5.00pm to midnight.

PAPYRUS

HOPELine UK 0800 068 41 41
(Mon-Fri 10.00am-10.00pm, Weekends and Bank Hols 2.00pm-10.00pm)
Text 07786 209697
Email pat@papyrus-uk.org
Website www.papyrus-uk.org

PAPYRUS is for young people who are having thoughts of suicide and anyone who is worried about a young person who may be at risk of suicide. The telephone helpline offers support, practical advice and information. You don’t have to give your name, or any personal details. All calls are confidential, but if an advisor is concerned about your safety then PAPYRUS may contact emergency services to ensure you don’t come to harm.

Samaritans

Helpline 116 123 (free)
Email jo@samaritans.org
Website www.samaritans.org

Samaritans offers a safe place for you to talk, at any time, day or night, about whatever is getting to you. You don't have to be suicidal to get in touch with Samaritans. You can call, email, write, or visit Samaritans face-to-face.

Websites and resources offering support or information to people who feel suicidal

Big White Wall www.bigwhitewall.com

Big White Wall enables people to support and help each other by sharing what's troubling them. The online services include: a peer support network; guided support programmes for help with issues like anxiety, depression and sleep problems; an opportunity for creative self-expression; and Live Therapy. Clinically trained "wall guides" ensure the safety and anonymity of all members. Big White Wall is available 24/7 and is free to UK military service personnel, veterans and their families.

Staying Safe if You're Not Sure life's Worth Living

www.connectingwithpeople.org/stayingsafe

These webpages are for anyone who's feeling suicidal. The information has been written by health professionals; people who've had tough times themselves; and people who've supported friends and family. The pages outline practical things people can do to stay safe if they feel suicidal. The site also includes details of support services; and gives suggestions of what people could do if they don't feel ready to talk about their feelings.

The site has three booklets developed in partnership with the Royal College of Psychiatrists.

- **Feeling on the edge: helping you through it:** for people at A&E, due to self-harm or suicidal thoughts
- **Feeling overwhelmed: helping you stay safe:** for anyone who's struggling to cope
- **U Can Cope:** to help young people develop the ability to cope

These resources can be downloaded free, as PDF files, from: www.connectingwithpeople.org/help

Living Life to the Full "Little CBT Books"

One of the booklets "I feel so bad I can't go on", focuses on managing suicidal feelings. The booklet is based on cognitive behavioural therapy (CBT) and aims to guide the reader through rational thought processes to a more positive mood and a healthier outlook on life. Hard copies of the booklet can be bought for £2.50 from the online Living Life shop at <http://shop.llttf.com>. The booklet is also available as an eBook.

Mind

Infoline 0300 123 3393
Text 86463
Email info@mind.org.uk
Website www.mind.org.uk

The website of Mind, the national mental health charity, has information on a wide range of issues including:

- Suicidal feelings
- Supporting someone who feels suicidal

To find this information, go to the “Information and Support” heading, and click the “A-Z mental health” heading”. The information is in the “S” section. You can download the information free, as PDF booklets, or you can buy hard copies from the online shop.

The NHS website www.nhs.uk

This site has information about suicide and support available on the “conditions” pages. You can find it by putting the word “suicide” into the search box. The information covers tips for coping, getting help and what to do if you’re worried about someone else.

Rethink Mental Illness

Helpline 0300 5000 927 9.30am to 4.00pm Monday to Friday
Website www.rethink.org

Rethink is a national mental health charity, its site has information on suicide and suicide prevention. This information can be found through the search tool. The information covers:

- Suicide - coping with loss
- Suicidal thoughts
- Prisoners - suicidal thoughts
- Suicidal thoughts - how to support someone

Suicide Bereavement, Services and Resources

Amparo: support following suicide

Tel 0330 088 9255
Email amparo.service@listening-ear.co.uk
Website www.listening-ear.co.uk (look under the “what we do” heading for Amparo)

The Amparo service aims to ensure that people bereaved, or affected by suicide are connected into existing local support services quickly. The service operates in Warrington and across most of Cheshire and Merseyside. People can refer themselves into the Amparo service, or can be referred in by a professional. Self-referral forms and referral forms for professionals can be downloaded from the website above.

Support After Suicide

<http://supportaftersuicide.org.uk>

Support After Suicide is a partnership of organisations which provides bereavement support across the UK. The website offers information and support to people who have been bereaved, or affected by suicide. The site covers emotional support, practical support, supporting someone else, what to say to someone who's bereaved and support guides.

Cruse Bereavement Care

Helpline 0808 808 1677
Website www.cruse.org.uk

This charity supports people affected by bereavement. The services offered include information, advice, education and training. The free, confidential helpline, is staffed by trained volunteers.

“Help is at Hand”

This information booklet was produced by and for people who've been bereaved by suicide. The booklet covers a range of areas including bereavement, what you may be feeling, how friends and colleagues can help, the inquest, investigations and supporting someone who has been bereaved. A small, folded Help is at Hand information card is also available free.

You can order free hard copies of the Help is at Hand booklet by ringing 0300 123 1002 and giving the reference “2901502 /Help is at Hand”. Alternatively you can download the booklet from the “support guides” page on the website <http://supportaftersuicide.org.uk>

Hope Again

Free Helpline 0808 808 1677
Email hopeagain@cruse.org.uk
Website www.hopeagain.org.uk

Hope Again is Cruse Bereavement Care's youth website. Young people who have been bereaved can access support by phone, email or through the website's peer support pages.

Survivors of Bereavement by Suicide (SOBS)

Helpline 0300 111 5065 (9.00am-9.00pm Monday to Friday)
Email sobs.support@hotmail.com
Website <https://uksobs.org/>

This national self-help organisation offers confidential support to adults (i.e. people over 18) bereaved by suicide. Support is provided by volunteers through the helpline, by email and through local groups.

Warrington Bereavement Support

Tel 01925 631516 (answering service only)
Email contactus@wbsupport.org.uk
Website www.wbsupport.org.uk

This local charity offers bereaved people the opportunity to talk to trained volunteers about their loss. Volunteers visit people in their own homes to offer support through the grieving process.

Volunteers can offer an individual around an hour's support a week, for up to 10 weeks. A bereavement support volunteer is available for a chat, every Saturday, between 10.30am and 12.00pm at the coffee bar in The Holy Trinity Church, Sankey Street, Warrington, WA1 1XG.

Winston's Wish

Telephone 01242 515 157 (general enquiries)

Free Helpline 08088 020 021 (Monday – Friday 9.00am to 5.00pm)

Email info@winstonswish.org

Website www.winstonswish.org.uk

The charity Winston's Wish provides practical support and guidance to bereaved children, young people and their families. The site has a page on “death by suicide” and talking to children about death, feelings and thoughts. The booklet “Beyond the Rough Rock, Supporting a Child who has been Bereaved through Suicide” can be bought from the site.

Help2MakeSense is an online tool, for young people, which can be accessed from Winston's Wish's site. On these pages young people who've received support from the charity, share their experiences of loss and coping, through video and podcasts.

Further information about local mental health support services

Happy? OK? Sad?

For more information about mental wellbeing and mental health support services in Warrington visit Warrington's mental health awareness site www.happyoksad.org.uk