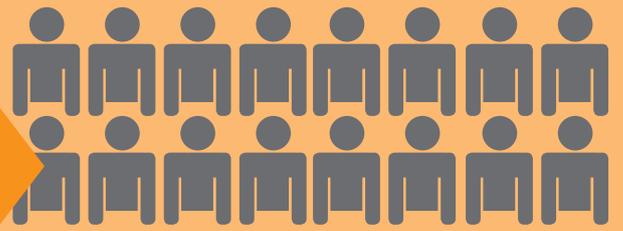


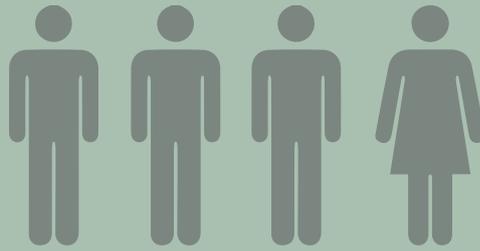
LET'S TALK ABOUT **SAVING LIVES**

In the UK, almost **6000** people died by suicide in 2016



That's **16** people **every day**

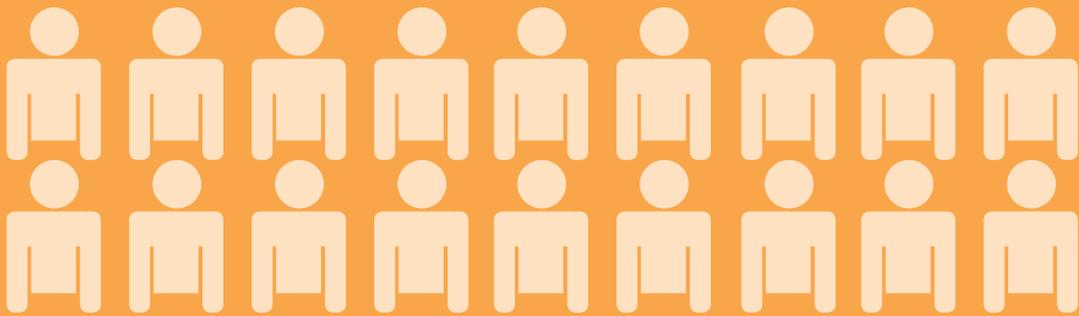
Suicide is the leading cause of death in men under 50, in the UK



Men are **3 times** more likely to take their own lives than women

The suicide rate for women in their early 20s in the UK, is the highest it's been for **20 years**

On average **18 people** die by suicide each year in **Warrington**



Each death by suicide affects at least another

20 people



The cost of each suicide in the UK is **£1.67 million**

SUICIDE IS PREVENTABLE

When a person's feeling suicidal, simple things can make all the difference, such as someone asking how they are and taking the time to listen.

You could make that difference and help save lives. Here's how:

See the problem:

Notice the people around you, for example is someone looking upset, agitated, or acting oddly?

Say the words:

If you're concerned about someone, then talk to them, listen without judging and ask if they're OK.

Signpost to support

Let them know where they can get support, if they need it.

If you're concerned someone might be thinking about suicide, it's important to ask them directly.

Asking someone if they feel suicidal will not put the thought into their head, or make it more likely to happen.

For tips on how to start the conversation and ideas for questions to ask, visit www.samaritans.org or www.papyrus-uk.org

If someone can't cope and is feeling suicidal, some options for support are:

Contacting their GP and asking for an emergency appointment

(or ringing NHS 111, if the GP surgery is closed)

Ringing Warrington Assessment Team

on **01925 666647**, this service is available 24/7

The Assessment Team is for adults (aged 18 and over) with moderate to severe symptoms of mental health problems.

Ringing CAMHS Assessment & Response Team on **01925 579405**

9.00am-9.00pm
7 days a week,
if the person is under 18

Ringing Samaritans

on **116 123**, this service is available 24/7

Ringing 999 or going to A&E if there's immediate risk to life

You can find details of mental health support services on www.happyoksad.org.uk Warrington's mental health awareness website.



The online training "Let's Talk" could help you feel more confident to:

- approach someone you're concerned about
- ask about suicide • signpost people to support

The training is free and only takes 20 minutes: www.zerosuicidealliance.com

You could also learn more on WBC's taught Basic Suicide Prevention session.

Details are on the "Front Line Workers" page of www.happyoksad.org.uk

Sources: Suicides in the UK: 2016 registrations, ONS 2017, www.zerosuicidealliance.com, Public Health Analysts, based on Warrington deaths between 2014 and 2016, Platt S et al 2006 ii