

# LET'S TALK ABOUT SAVING LIVES

In the UK, over **6000** people died by suicide in 2018



That's over **17** people every day

The impact of stigma and discrimination on people can be devastating



**75%** of the people who die by suicide in the UK are men

The suicide rate for females under 25, has **risen significantly** since 2012

On average **14 people** die by suicide each year in Warrington



For each person who dies by suicide, more than

**20 others**

may have attempted suicide



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](http://www.samaritans.org) or [www.papyrus-uk.org](http://www.papyrus-uk.org)

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



### Ringing the Mental Health Crisis Line

**0800 051 1508**

This is for people in a mental health crisis, who live in Warrington, Halton, Knowsley and St Helens. It's open to people of all ages and is available 24/7.

**Family or friends of someone in crisis, can also ring for advice.**



### Ringing Samaritans

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



### Ringing PAPYRUS

**0800 068 41 41**

9.00am -10.00pm weekdays, 2.00pm-10.00pm weekends & bank holidays

**This service is for young people (under 35) who are having thoughts of suicide. It's also for anyone worried that a young person may be at risk of suicide.**



### Ringing CALM (for men)

**0800 58 58 58**

5.00pm to midnight, 7 days a week.

### Ringing 999

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



You can find details of local and national mental health support services on [www.happyoksad.org.uk](http://www.happyoksad.org.uk)



**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](http://www.zerosuicidealliance.com)**

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

*Details are on [www.happyoksad.org.uk](http://www.happyoksad.org.uk)*

Sources: [www.time-to-change.org.uk](http://www.time-to-change.org.uk), [www.who.int](http://www.who.int), *Suicides in the UK: 2018 registrations*, ONS 2019, *Public Health Analysts*, based on Warrington deaths 2016 - 2018