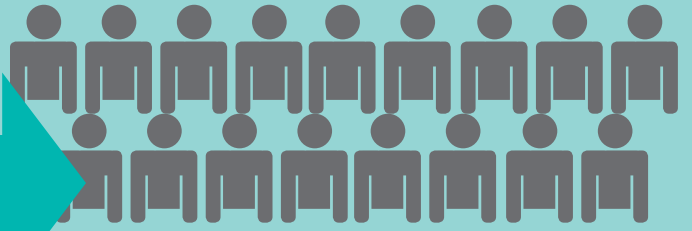


# LET'S TALK ABOUT SAVING LIVES

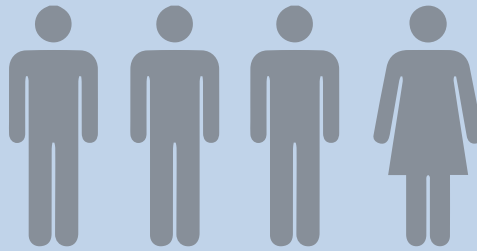
In the UK, over **6000** people died by suicide in 2018



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



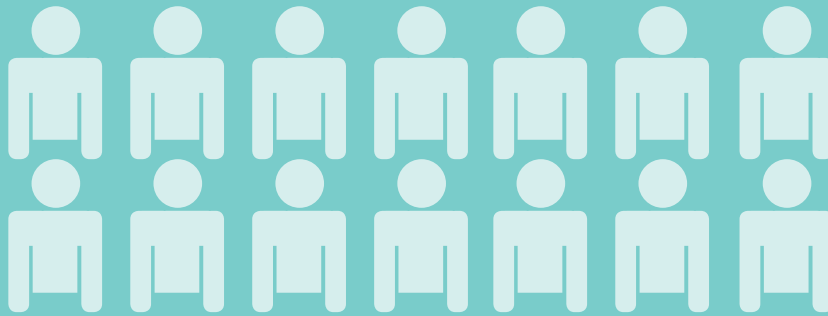
**300,000** people leave their place of work every year due to poor mental health



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

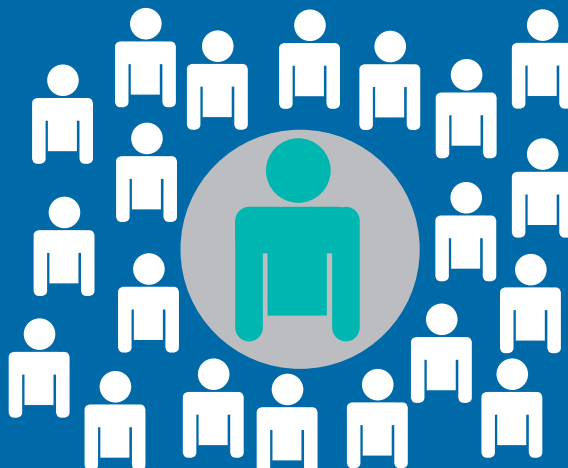
The suicide rate for females under 25, has **risen significantly** since 2012

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 a workmate 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 your workmates, is one of them looking upset, agitated, or acting oddly?

## Say the words:

If you're concerned about a workmate, 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 a workmate 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:**

**Contacting their GP and asking for an emergency appointment**  
(or ringing NHS 111, if the GP surgery is closed)

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

**Ringling the Construction Industry Helpline**  
on **0345 605 1956**  
This service is available 24/7 and is for construction industry workers and their families.

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

**Ringling the Mental Health Crisis Line on 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.**

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.who.int](http://www.who.int), *Suicides in the UK: 2018 registrations*, ONS 2019, *Public Health Analysts, based on Warrington deaths 2016 - 2018*, *Thriving at Work*, 2017