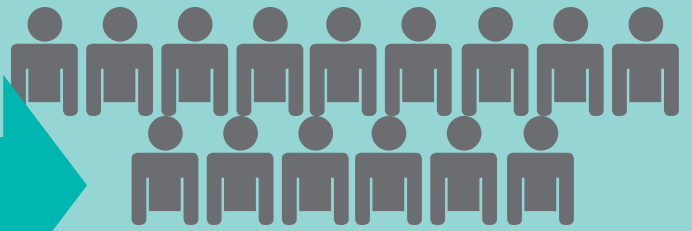
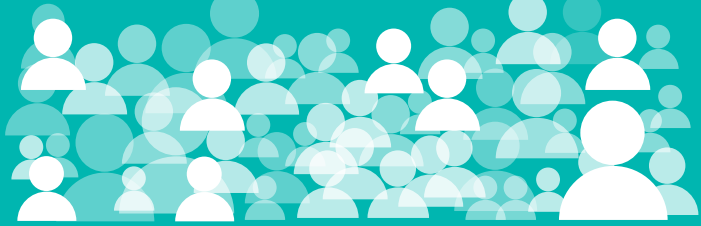


LET'S TALK ABOUT SAVING LIVES

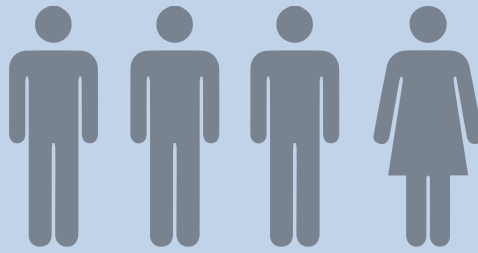
In England and Wales,
over **5600** people died
by suicide in 2019



That's over **15** people
every day



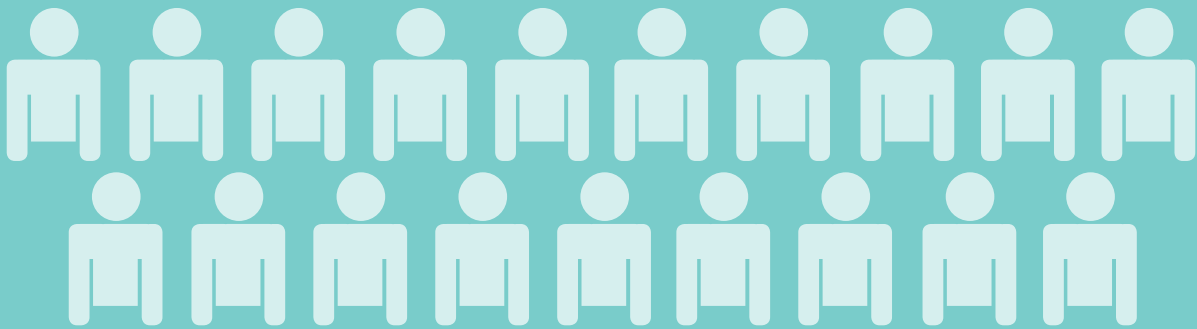
300,000
people leave
their place of
work every year
due to poor
mental health



75% of the people who die
by suicide in England and
Wales are men

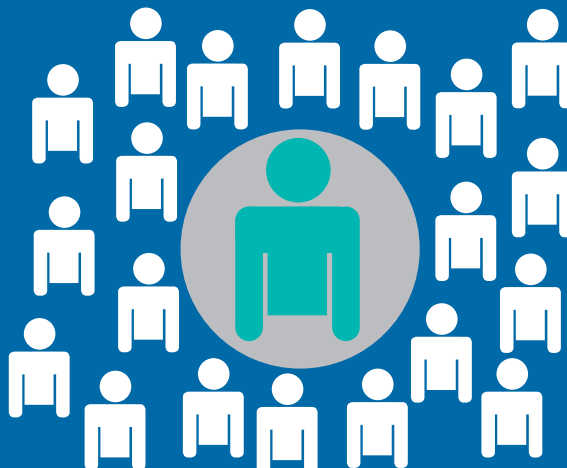
Although numbers
are low, the suicide
rate for females
under 25 has
risen significantly
since 2012, to its
highest level
in 2019

On average **19 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 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)

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



The Zero Suicide Alliance's online training 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 10 to 20 minutes:

www.zerosuicidealliance.com

Sources: www.who.int, *Suicides in England and Wales: 2019 registrations*, ONS 2020, *Public Health England*, based on *Warrington deaths 2017 - 2019*, *Thriving at Work*, 2017