

CHANGING THE NARRATIVE ON SUICIDE



World Suicide Prevention Day
10 September



Start the conversation

Suicide is a major public health problem with far-reaching social, emotional and economic consequences. It is estimated that there are currently more than 700,000 suicides per year worldwide, and we know that each suicide profoundly affects many more people. Suicide remains a critical global issue, affecting individuals and communities.

Changing the narrative on suicide aims to inspire individuals, communities, organisations, and governments to engage in open and honest discussions about suicide and suicidal behaviour. By initiating these vital conversations, we can break down barriers, raise awareness, and create better cultures of understanding and support.

Local Services



Central and
North West London
NHS Foundation Trust

The Single Point of Access is a Mental Health Crisis Line which offers emotional support and advice to people who require urgent mental health attention, 24 hours a day, 7 days a week, 365 days a year. It is open to children and adults of all ages, including people who haven't previously used mental health services, and to carers and family members who might be concerned about someone.

Call: [0800 0234 650](tel:0800 0234 650) or email cnw-tr.spa@nhs.net

[Stronger Families Hub](#)
01895 556006

[Social Care Direct](#)
01895 556633

If you think an adult or child is in immediate danger, call 999.

For advice and guidance:





WORLD SUICIDE PREVENTION DAY

GLOBAL SUICIDE STATISTICS



An estimated **703,000** people die by suicide worldwide each year.*

Over **one in every 100** deaths (1.3%) in 2019 were the result of suicide.*



The global suicide rate is over **twice as high** among men than women.*

Over half (58%) of all deaths by suicide occur **before the age of 50** years old.*



Suicide occurs across all regions in the world, however, **over three quarters** (77%) of global suicides in 2019 occurred in **low and middle income** countries.*

An individual suffering with depression is **twenty times** more likely to die by suicide than someone without the disorder.**

20x



Suicide remains **illegal** in over **20 countries**, while people who engage in suicidal behaviour may be punished in some countries that follow Sharia law, involving legal penalties that range from a small fine or short prison sentence to life imprisonment.***



See - How to spot suicide warning signs

Say - How to have a conversation with someone you're worried about

Signpost - Where to direct someone for further support

Got Five Minutes?

Click on the image below and you will learn how to approach and help someone who you think may be considering taking their own life.



Got Twenty Minutes?

Click on the image below and learn how to spot suicide warning signs; how to have a conversation with someone you're worried about; and where to signpost to further support.



Lets Get Talking: Conversation Starters

Discussing mental health with young people, can be daunting, especially when it comes to topics like suicidal feelings. However, it's crucial that we break the silence and engage in open conversations. Suicidal feelings don't have to end in suicide. Many young people feel really isolated with their thoughts of suicide and do not feel that they are able to tell anyone.

Evidence shows that talking about suicide does not make it more likely to happen – it reduces the stigma and is often the first step in a person's recovery.

Everyone has a role to play in preventing young suicide. We need to work towards a community where talking about suicide and mental health is no longer taboo and young people feel able to ask for help.



Call 116 123 for free
[Other ways you can get in touch >](#)



"If someone is feeling suicidal, they might be distant or distracted or feel disconnected from the world and their own emotions. They might not respond right away. But asking someone directly if they're having suicidal thoughts can give them permission to tell you how they feel'.

Bereavement Support

For children, families, adults and professionals bereavement by suicide can feel very different to other forms of loss. It is likely that there will be increased feelings of shock, and, whilst different for everyone, the grieving process can be more complex.

There are specialist supports available for those personally affected by the death of a loved one. Support is also available to professionals who may be impacted by the suicide of someone they are working with.

Mind has been commissioned by NWL NHS to provide our Suicide Bereavement Support Service. This can be accessed through a professional or self-referral. Click on the image for more details.



Training Opportunities

Watch a webinar



- LINK - Children and young people's mental health and the relationship between movement and emotional well-being
- Papyrus - Spark Suicide Prevention Awareness, Resources, and Knowledge
- An introduction to CAMHS and Eating Disorders Services
- Safeguarding Adults with Mental Health Needs

[ACCESS HERE](#)

Attend Papyrus SPOT online training: 10th September, 2 - 3:30pm (30 Spaces)



- understand the prevalence and impact of suicide
- explore the language, and the challenges, when talking openly about suicide
- recognise the 'signs' that may indicate someone is having thoughts of suicide
- consider how we can all contribute to a suicide safer community.

[BOOK HERE](#)

Attend Papyrus SPEAK training: 20th November, 9.30am-1pm, Civic Centre (30 Spaces)



- consider the attitudes, myths and stigma that surround suicide
- recognise and explore the 'signs' that may indicate someone is having thoughts of suicide
- encourage an open, safe and sensitive conversation about suicide with a person having thoughts of suicide
- support a safety plan with someone thinking of suicide.

[BOOK HERE](#)

The Safeguarding Partnership commissions a range of safeguarding training relevant to work with children and adults. This training is free to staff in the organisations who jointly fund the Safeguarding Partnership: NHS, Police, and Local Authority. Some courses are chargeable to organisations that do not contribute financially to the partnership, and some courses are free to all.

The courses are for professionals working with children or adults at risk across all local services. This includes, among others, social care, housing, education, policing, probation, health, and voluntary and private sector providers.

You need a Learning Zone account to access our training. If you don't have one, please [create a new account](#)