

Barnet Wellbeing Service, together with Public Health presents

ZERO SUICIDE ALLIANCE

Lunch and Learn



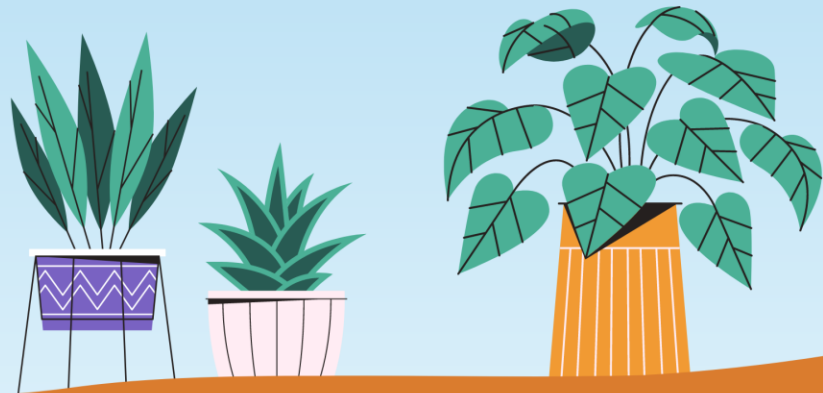
WORKING TOGETHER TO PREVENT SUICIDE IN BARNET

#ZEROSUICIDELDN



PLEASE REMEMBER THE FOLLOWING

While waiting for others to come in, here are some reminders to keep in mind.



01

If you feel affected by today's online event, please use the chat function in zoom to message Fehintola Kolawole support.

02

An online support room will be available throughout the event and for a short time after, where a wellbeing practitioner will be available to talk to you. Please message Fehintola Kolawole to access it.

03

Mute your mic. You may use the "raise hand" button if you have questions.

#ZEROSUICIDELDN

JOIN THE CONVERSATION ONLINE

Tweet us throughout the event and after to let us know your thoughts.



#ZEROSUICIDELDN

#ZSABARNET

TWITTER HANDLES

@CommUNITYBarnet

@Zer0Suicide

@BarnetCouncil

@NCL_ICS

@Barnetwellbeing

We'll be including our guest speakers
Twitter handles throughout the webinar,

AIMS OF THE EVENT

01

To provide a better understanding of suicidal behaviours.

02

To equip you with the skills and confidence to have potentially lifesaving conversations.

03

To break the stigma surrounding suicide and encourage people to have open conversations about their mental health.

04

To raise awareness of suicide prevention and support services to enable signposting.

#ZSABARNET

AGENDA

11.30

Chair – Councillor Alison Moore, Mayor of Barnet and Julie Pal Community Barnet Opening

11.35

Seher Kayikci – LBB Public Health Suicide Prevention in Barnet

11.40

Dorrie O'Brien - The Listening Place The Listening Place – Service for people having suicidal thoughts

11.50

Naomi Pendleton - Rethink Mental Illness North Central London Support After Suicide Service

12.00

Zero Suicide Alliance Training session

12.30

Workshop discussion

12.50

Tim Hoyle – LBB Public Health Mindfulness activity

13.00

Julie Pal - Community Barnet - Closing

#ZSABARNET

WELCOME

Councillor Alison Moore

The Worshipful the Mayor of Barnet
Chair of Barnet's Health and Wellbeing Board

#ZSABARNET

CHAIRS

Seher Kayikci

Senior Public Health Strategist
London Borough of Barnet

Julie Pal

CEO
CommUNITY Barnet

#ZSABARNET

SUICIDE PREVENTION IN BARNET

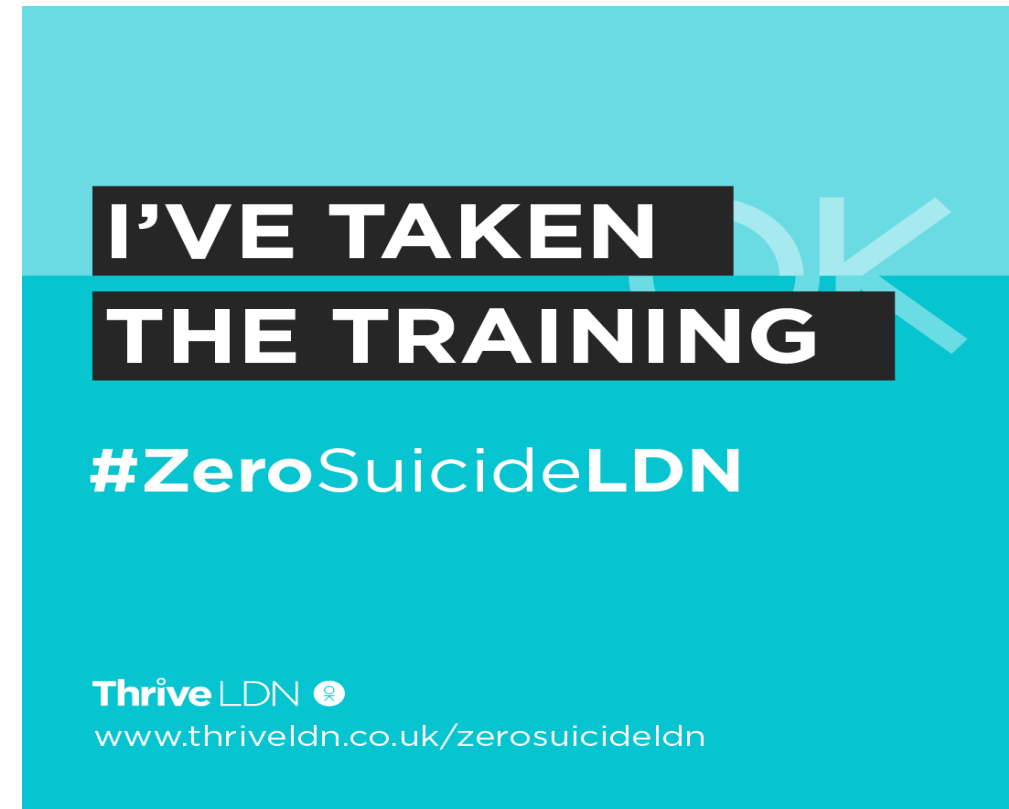
Seher Kayikci

Senior Public Health Strategist
London Borough of Barnet

Barnet Suicide Prevention Strategy and Partnership



Seher Kayikci
Senior Public Health Strategist
24 November 2022



Suicide rates in Barnet

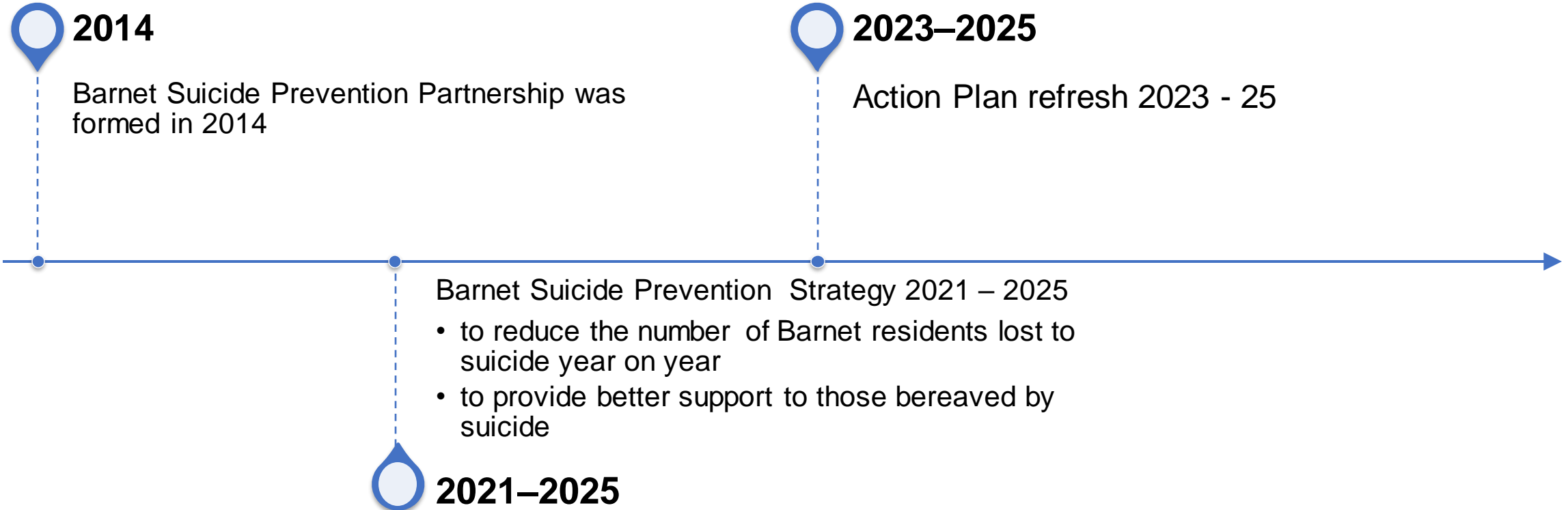
Suicide rates have been going down in Barnet since 2015

Barnet rate is the 2nd lowest in London (jointly with Enfield)

Harrow has the lowest (5.0) while Camden has the highest rate in London 12.7.

The average number of total suicides per year for Barnet residents is around 20 during the 3-year period 2018-20.

Barnet Suicide Prevention Strategy and Partnership



Suicide Prevention Framework

Theme	Foundation for action		Prevention of suicide and self-harm				Postvention	
Area for action	Insights from data, research, and people with lived experience	Leadership and collaboration	Awareness	Interventions *	Services & Support	Wider determinants of mental health and wellbeing	Bereavement support	Community Response
Cross-cutting concerns	<ol style="list-style-type: none"> Each area should address high-risk groups Each area should consider the need for tailored approaches for specific groups Each area should mitigate the impact of high-risk distressing life events 							

In this strategy, **interventions are actions which delay or disrupt suicidal thoughts or actions; for example, reducing access to means, increasing the opportunity or and providing opportunities for help seeking.*

Achievements:

Built strong co-ownership of the strategy - many organisations identified suicide prevention lead or a Champion

Collaboration with residents who are bereaved or affected by suicide or with lived experience.

Progress has been made on the agreed actions across all 8 areas of the strategy

The Children and Young People's actions were strengthened and agreed by the Health and Wellbeing Board.

A significant amount of work with schools in raising awareness of suicide and self-harm and mechanisms for signposting to relevant services has taken place.

Mental Health and Suicide Prevention Training

Safe Talk

HALF DAY IN-PERSON



Who is it for?

Anyone who may come across people who are suffering from mental ill health or suicidal thoughts.

Know what to do if someone is suicidal by following the easy to remember TALK steps – Tell, Ask, Listen and Keep safe. These practical steps offer immediate help to someone having thoughts of suicide and help you to both connect with more specialised support.

17 November 2022 9am-12.30pm. Barnet Council office, Colindale. [For full details and registration click here.](#)

7 February 2023 9am-12.30pm. Location TBC (east of the borough). [For full details and registration click here.](#)

Suicide First Aid

FULL DAY ONLINE



Who is it for?

Anyone who regularly comes across people with suicidal thoughts and wants practical guidance.

Participants learn and practice the skills needed to identify someone who may be thinking about suicide, and to competently intervene to help create a safe plan, as a first aid approach. You can gain accreditation from this course.

7 November 2022 9am-5pm. [For full details and registration click here.](#)

16 February 2023 9am-5pm. [For full details and registration click here.](#)

Mental Health First Aid (MHFA)

2 FULL DAYS ONLINE



Who is it for?

Everyone! People whose occupations mean they interact daily with the public, such as first responders, librarians, and other helping professions, have found this course very valuable.

13 & 14 October 9am-4.30pm. [For full details and registration click here.](#)

16 & 17 February 9am-4.30pm. [For full details and registration click here.](#)

GRASSROOTS
preventing suicide together



www.bdld.org.uk

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Mental Health First Aid (MHFA) refresher course

HALF DAY ONLINE



Who is it for?

Mental Health First Aiders who completed the course over 3 years ago and want to keep their skills up to date.

25th November 9am-1pm. [For full details and registration click here.](#)

20 February 9am-1pm. [For full details and registration click here.](#)

Youth Mental Health First Aid & Suicide Prevention



Who is it for?

This training is offered to all schools in Barnet as part of the Resilient Schools Programme. Every school must have at least one person trained in youth MHFA and Suicide Prevention.

For more information and to register for both Youth MHFA and Suicide Prevention, please email orla.purdon@barnet.gov.uk

Zero Suicide Alliance training

E-LEARNING



Who is it for?

Everyone – it helps you to feel more comfortable and prepared when having conversations around suicide

To access the training [click here.](#)

The suicide prevention training provider also holds open public sessions for Safe Talk and Suicide First Aid. If you are unable to attend one of the dates we have organised above, you can sign up to a public session and invoice Barnet Public Health team. [Register here](#) and email invoice to amelia.stanley@barnet.gov.uk.

GRASSROOTS
preventing suicide together



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Making Every Contact Count

PREVENTING ADULT SUICIDE

Please see separate MECC factsheet for preventing suicide in children and young people

FACTS AND FIGURES

58

deaths by Suicide in Barnet 2018-2020



Men are **3-4 x** more likely to die by suicide than women

Women are **3 x** more likely to have suicidal thoughts than men



13

people die from suicide in England every day

For every person who dies by suicide at least **135** people may be affected



ADVICE

- Preventing suicide is everyone's business.
- Almost everyone thinking about suicide does not want to stop living; they simply don't want to live with the pain they experience any longer.
- Suicide is extremely complex and most of the time there is no single event or factor that leads someone to take their own life.
- Talking about suicide and suicidal thoughts is often stigmatised and conversations around suicide can feel uncomfortable. Asking someone directly about their suicidal thoughts and feeling will often lower their anxiety and can save lives.
- Most people feel suicidal for only a brief period in their lives. With proper assistance and support they will probably never be suicidal again.
- People bereaved by suicide have an increased risk of suicide. Referring people to suicide bereavement support services is one of the key strategies in suicide prevention.
- When talking to someone who may be having suicidal thoughts or bereaved by suicide, be careful when using words like commit suicide, successful suicide, completed suicide and use more open language like died by suicide, taken his/her/their own life or ended his/her/their life.
- Suicide is not an offence and should not be worded as such. Listening and reassuring people who may be thinking about suicide is important. Do not shame people thinking about suicide.
- Eight out of 10 people who take their own lives give definite warning signs of their suicidal intentions. They are:
 - Expressing to intent to hurt or kill themselves, or talking or writing about dying or suicide on social media use
 - Looking for ways to kill oneself e.g. looking for pills or weapons
 - Hopelessness, no reason for living, no purpose in life and withdrawing from friends and family
 - Feelings of rage, anger or a desire to seek revenge or acting recklessly or engaging in risky activities
 - Increase drug or alcohol use
 - Feeling trapped, like there's no way out
 - Anxiety, agitation, inability to sleep or sleeping all the time
 - Dramatic changes in the mood (sudden improvement in mood followed by depression)
 - Putting affairs in order, saying goodbye
 - Sudden unexplained recovery

Last updated:
30.11.2021



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PREVENTING ADULT SUICIDE

LOCAL SERVICES AND ONLINE SUPPORT

Service	Type	Description	Details
Sanctuary (Crisis café)	<ul style="list-style-type: none"> Phone Email 	<p>Sanctuary Barnet (Crisis Café) works with anyone over the age of 18. They provide access to immediate emotional support to anyone experiencing distress.</p> <p>The helpline is open 4.30-10.30pm on weekdays and 12-6pm on weekends.</p>	<p>Phone: 020 8343 5704</p> <p>Email: SanctuaryBarnet@mindeb.org.uk</p> <p>Website: https://www.mindeb.org.uk/service-s-for-individuals/barnet/wellbeing/sanctuary/</p>
Listening Place	<ul style="list-style-type: none"> Face-to-face Online Phone 	The Listening Place offers a warm and welcoming environment; somewhere that individuals who are experiencing suicidal thoughts or who have self harmed can talk openly about their feelings without being judged or being given advice.	<p>Phone: 020 3906 7676</p> <p>Website: https://www.listeningplace.org.uk/i-need-help/</p>
NCL Support After Suicide	<ul style="list-style-type: none"> Phone Email Face-to-face 	Support for people bereaved by suicide who live, work or study in the London Boroughs of Camden, Islington, Barnet, Enfield, and Haringey.	<p>Phone: 07483 368 700</p> <p>Email: supportaftersuicide@rethink.org</p> <p>Website: www.rethink.org/aboutus/what-we-do/our-services-and-groups/ncl-support-after-suicide/</p>
Barnet Wellbeing Service	<ul style="list-style-type: none"> Online Face-to-face Phone 	The Barnet Wellbeing Service is a one-stop shop for all mental health and wellbeing needs. They will refer or signpost you onto a wide range of services and activities. It is delivered through a variety of wellbeing and mental health providers across Barnet.	<p>Website: www.barnetwellbeing.org.uk</p> <p>Email: info@barnetwellbeing.org.uk</p> <p>Phone: 03333 449 088</p>

Last updated:
30.11.2021



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Work across North Central London

- **North Central London
Support After Suicide Service**
- **The Listening Place**
- **Brandon Centre**



Suicide Prevention Campaign

Aim: To prevent poor mental health and suicidality amongst working-age men

Objectives:

- Increase help seeking behaviour amongst men
- Encourage men to talk about their mental health and support others
- Increase awareness and utilisation of Stay Alive app, Andy's Man Club and Zero Suicide Alliance training



Conclusions

- **Confident that our campaign has made an impact on:**
 - **increasing help seeking behaviour amongst men**
 - **breaking down stigma about talking about mental health**
 - **enabling men to talk to other men in their lives e.g., family, friends, or colleagues**
 - **the awareness of the target group on local resources and the services available**
- **Improved understanding about the target group and how to engage with this group.**

Impact on death by suicide

Lives Lost to Suicide in Men, Barnet vs London, April 2021 to April 2022



- Too soon to understand reduction in coroner recordings of death by suicide due to the time taken to complete an inquest
- During November 2021 - January 2022, there were no recordings of suspected suicides within the Real-Time Surveillance System (RTSS)
- London recordings were relatively steady with increase in January 2022.
- Our campaign saved some lives which might have otherwise lost to suicide.

Next Steps

- Continue to work with partners and experts in the field to refresh the Strategy Action Plan 2023 – 25 focusing on high risk groups
- Campaign:
 - Launch the Stay Alive promotion as part of the Council's Cost of Living programme
 - Engagement with less well-off men through construction is underway
 - Engagement with Jewish and Eastern European residents are in planning
 - Continue to evaluate the campaign results in collaboration with Middlesex University
- Work across North Central London to maximise the impact of local suicide prevention programme in a larger scale.

Thank you

Any questions please get in touch with Seher.Kayikci@barnet.gov.uk

GUEST SPEAKER

Dorrie O'Brien

Listening Place



the
listening
place

Face-to-face support for those who feel life is no longer worth living



Context:

- ▶ Over 6500 completed suicides in UK every year
- ▶ Average 18 a day
- ▶ Highest cause of death amongst men under 50
- ▶ Highest cause of death amongst all adults under 35

The Background:

- ▶ Significant gap in existing support
- ▶ Suicidal 'revolving door'
- ▶ Opened July 2016

About TLP:

- ▶ Free face-to-face by appointment
- ▶ Sustained support
- ▶ Continuity of volunteer
- ▶ Regular appointments
- ▶ Initial assesment
- ▶ Quarterly reviews
- ▶ Recruited & trained over 1200 volunteers
- ▶ Support from MH professionals

About TLP:

- ▶ Open 7 days a week
- ▶ Over 150 appointments a day
- ▶ Over 17,000 referrals since launch just over 6 years ago
- ▶ 500 - 600 new referrals every month
- ▶ 71% from NHS
- ▶ 32 London boroughs and home counties

Referrals:

- ▶ 71% from NHS:

Mental health triage services, eg: SPA's

IAPT services i.e. Talking Therapies

Emergency Departments of hospitals

GPs and others eg CMHT

- ▶ 23% from other charities, universities, police, social services, housing associations, BTP

- ▶ 6% self referrals

Criteria for referral:

- ▶ Are suicidal: from mild suicide ideation to recent attempt – (early intervention to crisis)
- ▶ Can access our premises for f-2-f support
- ▶ 18 yrs or over
- ▶ Not intoxicated at the time of appointment
- ▶ Reach the threshold of the Mental Capacity Act

On receipt of referral:

- ▶ Refer via our website
- ▶ We attempt to telephone within 24 hours
- ▶ We go on trying to make contact for 7 days
- ▶ We offer assessment appointment within 7 days
- ▶ If appropriate we offer on-going support straight away for 3 months, after which a review

Why It Works

- ▶ Allowing visitors to talk openly about suicide
- ▶ Active listening
- ▶ Non-directional and non-judgemental
- ▶ Totally confidential

Considering confidentiality:

- ▶ Sometimes controversial policy
- ▶ Unique in our approach
- ▶ Confidentiality above safeguarding

Barriers to seeking help:

▶ Confidentiality

- Children getting taken into care
- Going on work record/ affecting job prospects
- Being locked up

▶ Stigma

Evaluation Results:

- ▶ After 3 and 6 months' support, there is a highly significant reduction in suicidality and distress and a highly significant increase in feeling supported (research about to be published)
- ▶ Intervention at moments of crisis can help prevent people from taking their own life

Visitor quotes

'Thank you all very much for the help and insight you have given me. I thought I had no one in the world to listen to me and understand me. I thought my suicidal feelings were so unbearable I constantly wanted to take my own life. You all made it bearable and helped me manage my life and plan for the future. Especially the warm welcome and cup of tea.'

'I feel The Listening Place is an exceptional and extraordinary space for me (and I think others). Suicide is a very isolating, non-belonging place. It is destructive and chaos. Here, I feel I have something and somewhere to be. Here I do not feel like I am a nuisance, or wrong or worthless. My volunteer is kind, compassionate, professional. I have been met with respect and dignity. This is a very special place and I am very grateful.'

GUEST SPEAKER

Naomi Pendelton

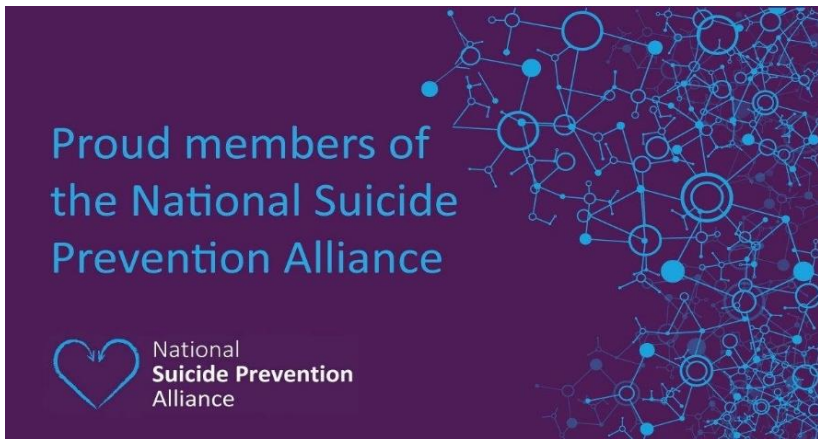
NCL Support After Suicide Service,
Rethink Mental Illness





Support After Suicide Service

Funded by North Central London Council's





NCL Support After Suicide Service

A new **free and confidential** service providing support to people who are bereaved by suicide who live, work or study in the 5 North Central London Boroughs of **Camden, Islington, Barnet, Enfield and Haringey**.

We also provide support to people from **outside of the boroughs** but who are bereaved by a suicide that occurred within the boroughs.

The service has no upper or lower age range and supports all **adults**, however where **children and young people** are involved, we will ensure relevant children and young people's services are also in place.

We are a team of 5 part time Suicide Bereavement Workers, 5 part time Peer Support Group Facilitators, Volunteer Counsellors and 1 full time Service Manager.



NCL Support After Suicide Service

Our core opening hours are **Monday - Friday 9am - 5pm**. We also provide support **up to 8pm**, so that people can access us at a time that suits them best.

We know that people bereaved by suicide need support at the time that is right for them – **we support people at any stage of bereavement**, including immediately after their loss or in the longer term when they feel ready to access support.

We support **those immediately affected by suicide** e.g. families and friends but also to those who have been exposed to suicide e.g. neighbours, schools, colleges, social groups, and healthcare professionals.

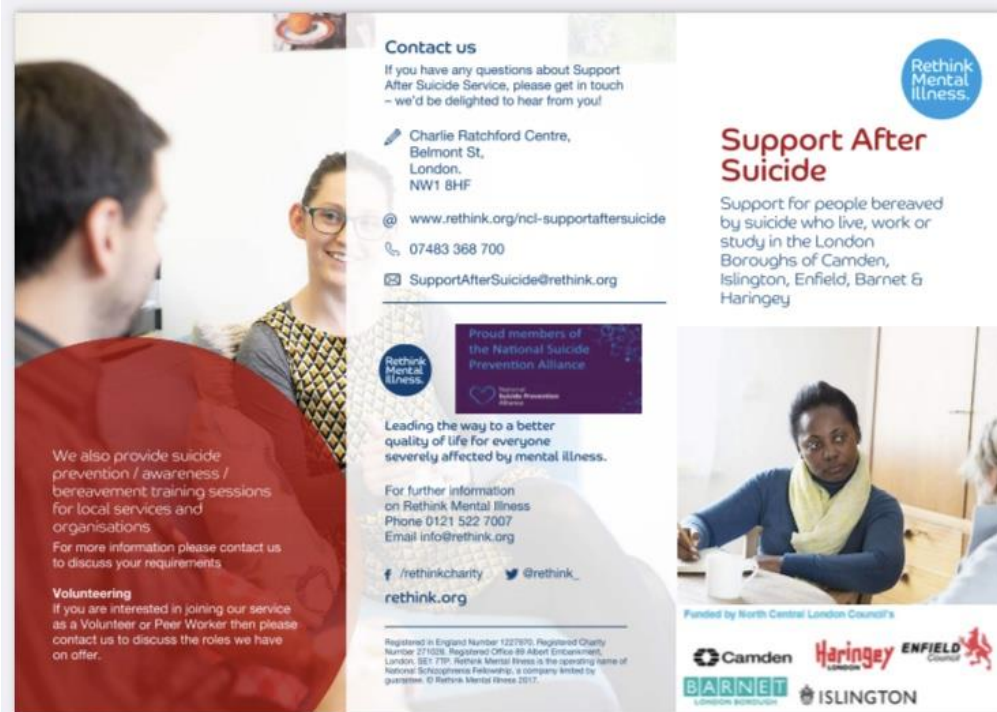
Our service delivers a **blended approach** of remote support during the pandemic using risk assessment and management processes to enable some face to face support to be delivered moving forward.



Our leaflet is designed to give full information about the service, how to access it and how to get involved

Feedback of the leaflet has been obtained from people with lived experience of bereavement by suicide.

www.rethink.org



Contact us
If you have any questions about Support After Suicide Service, please get in touch - we'd be delighted to hear from you!

Charlie Ratchford Centre,
Belmont St,
London,
NW1 8HF

@ www.rethink.org/ncl-supportaftersuicide
07483 368 700
SupportAfterSuicide@rethink.org

Support After Suicide
Support for people bereaved by suicide who live, work or study in the London Boroughs of Camden, Islington, Enfield, Barnet & Haringey

Proud members of the National Suicide Prevention Alliance

Leading the way to a better quality of life for everyone severely affected by mental illness.

For further information on Rethink Mental Illness
Phone 0121 522 7007
Email info@rethink.org

/rethinkcharity @rethink_rethink.org

Registered in England Number 1227976. Registered Charity Number 271038. Registered Office 89 Abbot Embankment, London, SE1 7TP. Rethink Mental Illness is the operating name of National Schizophrenia Fellowship, a company limited by guarantee. © Rethink Mental Illness 2017.

Funded by North Central London Council's

Camden Haringey ENFIELD BARNET ISLINGTON



What we do
Support for people bereaved by suicide in the 5 London Boroughs - Camden, Islington, Barnet, Enfield & Haringey

121 Support
121 support from a Suicide Bereavement Worker for 6 personalised weekly support sessions followed by 6 fortnightly sessions with the option to extend support if needed.

After your 121 sessions end, we provide monthly check-in sessions for 6 months & we provide support on the anniversary of your bereavement.

The 121 support will provide

- Person centred, emotional support to talk about the bereavement, discuss coping strategies & find ways of dealing with your loss
- Signposting & referral to other services
- Practical support including help to navigate processes e.g. police, funeral arrangements, inquests & support to talk to your employer.
- Advocacy to help you have your voice heard & speak out

"It changed my life - I can't find the words to explain what it meant to me to have experienced this support. I feel it saved me from my darkest days ever."

Bereavement Peer Support Groups
A closed support group with a maximum of 6 participants. The group is facilitated by a Suicide Bereavement Worker & a volunteer with lived experience of bereavement by suicide.

The group will last for 12 weekly sessions, lasting 1-1.5-hours & is held in each of the boroughs on a quarterly basis.

The groups provide

- A safe/supportive space to discuss & explore without judgment - bereavement by suicide, trauma, loss and grief on yourself, your family & networks.
- Share stories & experiences in a safe environment.
- Gain peer support - build connections with others
- Break down the myths & stigma associated with suicide & bereavement by suicide

"After attending group meetings, I was coping with life better each day because of all the support & understanding"

We know that people bereaved by suicide need support at the time that is right for them - we support people at any stage of bereavement, including immediately after your loss or in the longer term when you feel ready to access support



Referral Form

Support After Suicide Service Referral Form

We recognise that this form asks for quite a lot of information which helps us to understand your needs and ensure that we are the right service for you. If you need any help completing this form – please get in contact with us on 07483 368700 or supportaftersuicide@rethink.org and we can complete this form with you during a phone call or you can ask someone else to complete this on your behalf

Contact Details

Title: Name: D.O.B:

Referrers name & service name

Please can you identify below whether you have any information or communication support needs relating to a disability, impairment or sensory loss. If you tick any of the boxes below – we will contact you to discuss, how we can best communicate with you

Learning Physical Sensory Mental Health

Address:

Town: Main Telephone No:

County: 2nd Telephone No:

Post Code:

E-Mail: @

Emergency Contact Details: Name:

Telephone No:

Demographic Information

Ethnicity: Sexual Orientation:

Religion: Gender:

Marital Status: Which Borough do you live in:

Bereavement Information

Relationship to the person you have lost

Length of time since bereavement

Anniversary of bereavement – We ask this so we can offer you support at this difficult time

We support people who are bereaved by suicide who live, work or study in Camden, Islington, Enfield, Haringey and Barnet and we support people who live outside of the boroughs but are bereaved by a suicide which occurred within these 5 boroughs. If you do not live in one of the 5 boroughs – did your bereavement occur within the boroughs? Yes No

Please return this form to supportaftersuicide@rethink.org or by post to Charlie Babcock Centre, Belmont Road London NW1 8HF SAS Referral Sept 2020

Support After Suicide Service Referral Form

What sort of support do you feel you need?

121 Support Group Based Support 121- and Group Based Support

The majority of support will be provided Monday – Friday 9am-5pm – however we can provide support up to 8pm in the evening for people who work or study during the day. Do you need support to be delivered between 5pm-8pm? Yes No

Do you have responsibility for any children and young people? Yes No

If you answered Yes – please tell us about their age, if they live with you and any concerns you have for them at present?

Please Give a Brief Description of your current situation, How are you feeling / coping? What difficulties are you experiencing? What sort of support do you feel would help you?

Do you have any concerns about your own safety or feel at risk from anyone? Do you have any concerns for anyone else's safety, if yes please tell us about this below

Other Support Services

Name of your GP Practice

Please give details of any other support services you receive e.g. counselling, mental health support etc

Preferred Method of Contact

How would you like us to make initial contact with you?

Phone, Post, Text, Email.

Signed: Referral Date:

Please return this form to supportaftersuicide@rethink.org or by post to Charlie Babcock Centre, Belmont Road London NW1 8HF SAS Referral Sept 2020

Lived Experience Feedback so far...

I found the carers assessment signposted to 'very helpful'.

'Speaking to the service helps me become stronger and to understand that many of the painful feelings I have are normal.'

'Thanks again, I really feel very fortunate that something like this exists in Camden - please know I am very grateful.'

Having reviewed the leaflet, poster, website and referral form, I can honestly say that your organisation seems to have covered all bases when it comes to what someone who has been bereaved by suicide may need. There is plenty of useful information on the website which I really liked.

'I feel more in touch with my anger but not as angry, the sessions help me because I jump around, you bring me back and hold me in place, which feels very safe.'



Talking about suicide

- Suicide and mental health is still widely **stigmatised** and people continue to struggle to use the word 'suicide'
- Using the word suicide will not make someone more likely to end their lives, nor think about ending their lives, or 'encourage' them to do so; **direct language is encouraged**
- When talking about suicide try to **avoid** the word 'commit': this refers to an historic time frame when suicide was a crime before it was legalised in the U.K. in 1961 and therefore has negative connotations. Try and use phrases such as 'ended their life' or 'died by suicide'
- Losing someone to suicide is one of the most **difficult and lonely** experiences someone can have



Talking about suicide

- Individuals bereaved by suicide often report that **friends & family avoid them**
- **Anyone can be impacted by suicide**: differently affected does not mean less affected
- Not everyone is **comfortable talking** about their experiences with suicide. You may just want someone to be present and listen
- Communicating your wishes and **setting boundaries** around conversations with friends, family, colleagues:
'Thank you for asking, but I don't feel ready to talk about this just yet'
Is OK to convey



Common emotions

Anger

Confusion

Disbelief

Shock

Guilt

Shame

Fear

Presentations



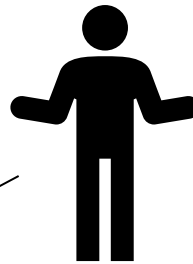
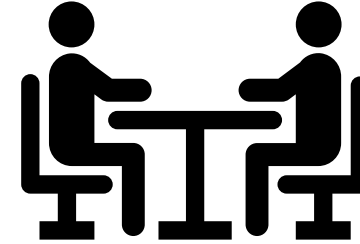
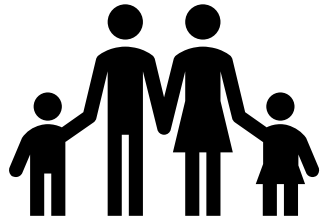
Self care

What might help (from individuals bereaved by suicide)

1. **Find ways to positively express your feelings and thoughts:** explore ways to express your inner dialogue; art, walking, cooking
2. **Support Networks:** identify the support networks around you
3. **Participating in Activities:** continue to enjoy activities such as sport, social events, or music
4. **Putting feelings on paper:** if you're not ready to talk; write, draw or compose how you feel or want to convey to the person you have lost
5. **Self Care:** eating and sleeping well are very important
6. **Develop an 'emotional first aid kit':** collate helpful tools to access for when moods may demise; this maybe a music playlist, a favourite food, a favourite book
7. **Spend time with nature:** enjoy walks, gardening, outdoor exercise



Identifying your support network





Help and support

Crisis support:

GP

Samaritans: **116 123**

www.Samaritans.org

NHS: **111**

A&E: **999**

Suicide Bereavement

Support:

NCL Support after suicide (**us!**)

SOBS: **0300 111 5065**

www.uk-sobs.org.uk

Cruse Bereavement Care:

www.cruse.org.uk

& your Employee Assistance Programme (EAP)

ZERO SUICIDE ALLIANCE

Training Session



If you feel affected by the following training session, please use the chat function in zoom to message Fehintola Kolawole for support.

ZERO SUICIDE ALLIANCE

Breakout Room



If you feel affected by
the following activity, please
use the chat function in
zoom to message Fehintola
Kolawole for
support.

WORKSHOP DISCUSSION

Breakout Room



Are you able to recognise the signs of suicidality?



What would help you to speak about suicide with others?



How confident do you feel in approaching or engaging a person in crisis?



Are you now aware of resources available, including crisis support and helplines?



MINDFULNESS ACTIVITY

Tim Hoyle

Public Health London Borough of Barnet

Thank you for joining us today!

ZERO SUICIDE ALLIANCE

Lunch and Learn



WORKING TOGETHER TO PREVENT SUICIDE IN BARNET

#ZEROSUICIDELDN



IF YOU NEED SUPPORT

If you or someone you know is thinking about suicide or in crisis, help and support is available:

The logo for Samaritans, featuring the word "SAMARITANS" in white capital letters on a green rectangular background.

SAMARITANS

Phone a Helpline

Samaritans – for everyone
Call 116 123

The logo for Shout, featuring the word "shout" in a bold, lowercase, sans-serif font. The letter "o" is stylized with two dots above it. Below the word is the tagline "for support in a crisis" in a smaller, red, lowercase font.

shout
for support in a crisis

Message a Text Line

Shout Crisis Text Line
Text "SHOUT" to 85258



#StayAlive

Download an App

<https://bit.ly/StayAliveGPApp>
<https://apple.co/3yLPmEs>



Barnet Wellbeing Services

Find Local Services

Shout Crisis Text Line
Text "SHOUT" to 85258