



SUICIDE IS EVERYONES BUSINESS



In these unprecedented times Spectrum People would like to share with you information to help you become a suicide alert helper

In these difficult months ahead more people are needing to self isolate and by doing so it may affect their mental health

This advice is provided by a safeTALK trainer with ASSIST and who is a Mental Health First Aider. This is to help people NOW

To get your **FREE** online training go to www.relias.co.uk/zero-suicide-alliance/form

The aims of this training are to: enable people to identify when someone is presenting with suicidal thoughts/behaviour, to be able to speak out in a supportive manner, and to empower them to signpost the individual to the correct services or support.

Please note there is no substitution for face to face training on safeTALK

Contact us **SPECTRUM PEOPLE** for more information and to book a safeTALK training course following on from the pandemic

Suicide does NOT discriminate it can affect anybody at anytime DO NOT PREJUDGE

Spectrum People - *A part of the Spectrum CIC umbrella of companies.*
T: 07720 899781
E: tina.dransfield@spectrum-cic.nhs.uk

Spectrum People Ltd is a UK registered charity
Registered Office: One Navigation Walk, Hebble Wharf, Wakefield WF1 5RH
Registered Charity No. 1152437
Registered in England and Wales No. 08400970



 WEBSITE

www.spectrumpeople.org.uk

 Facebook:
[@spectrumpeoplewf](https://www.facebook.com/spectrumpeoplewf)

 Instagram:
[@spectrum_people](https://www.instagram.com/spectrum_people)

Spectrum People
Office Hours
 07720899781

 EMAIL
spectrumpeople@spectrum-cic.nhs.uk

Suicide is LIFE or DEATH

Age, religion and status mean nothing to SUICIDE

Practice asking the question
'Are you suicidal?'





SUICIDE IS EVERYONES BUSINESS



Your role is to prevent suicide, you are not there to 'fix' a persons problems, you need to direct them to a safe place/person

Immediate Risk

999

Be alert, notice changes or something out of the ordinary in people you know, or of a stranger who might be upset or walking near a bridge edge

Samaritans

116 123

If you want to help someone with possible thoughts of suicide follow steps 1 – 4

HOPEline UK for under 35's

0800 068 4141

SMS

07786 209 697

1

Let's talk, I am listening - Tell the person you have noticed things, and offer them a chance to chat – sometimes this is all that is needed

The Mix

Under 25's

0808 808 4994

SMS: 85258

2

Listen to them – this is invaluable to that person and it shows you care, don't offer solutions you need to get them safe

SANE

(6pm – 11pm)

0845 767 8000

3

Ask – a person directly 'are you thinking about suicide' anything less direct and you will be 'belittling' their thoughts

KOOTH

Young People

www.kooth.com

Website

4

Signpost – them on to a safe person who can help write a safety plan with them. Do this in consultation with the person with thoughts of suicide - see helplines in the margins

App

Hub of Hope

App

Stay Alive

If a person is not suicidal and just needs someone to talk to, ask them to contact Spectrum People who can 'socially prescribe' remotely. Please pass on our emails and numbers. Thank you

App

Self-harm

CalmHarm

Remember SUICIDE is EVERYONE'S business

Always keep yourself safe first!

