






I am very early for the next District Councillor Report but I have some annual leave booked so thought it best to get this done so it's organised. So here goes:

As many of you know over the duration of the pandemic suicide has increased insignificantly, along with incidences of mental health issues on the rise. This is devastating to families, friends, neighbours, work colleagues and staff who have to deal with the aftermath of such situations. With this in mind I wanted to bring to your attention some helpful advice, literature and contact details that have been recently compiled for suicide prevention by the Lincolnshire Suicide Prevention Pathway and Service Directory.

Lincolnshire Suicide Prevention Pathway & Service Directory

To help staff who come into contact with someone they think is at risk of suicide

 01 INITIAL CONTACT <i>You meet someone who presents a risk of suicide</i>	The best thing you can do is talk to them to find out their plans, intentions and means - then signpost to the relevant support
 02 WHAT TO DO	Go to page 2 for a guide on what to do. This will help you understand the role you can have in supporting someone at risk.
 03 WHERE TO SIGNPOST	Go to page 3 for a service directory. Making someone aware of the range of different support available can offer a lot of hope and offer specialist support they may need in time of crisis.
 TRAINING	Click here for a free, 20 minute, online 'Zero Suicide Alliance Training' which will help you feel more confident to support those at risk
 FEEDBACK	Leave your feedback here - tell us what you think and how you've used the pathway to support someone in crisis - so we can improve this resource!

Developed by the Lincolnshire Suicide Prevention Steering Group - March 2022

02 WHAT TO DO

- **Just listen, don't judge** - Just listening is one of the most helpful things you can do. Avoid the temptation to try and change the subject or to list all of the 'positives' in the person's life. Just listen and try and see things from their point of view.
- **Ask directly about suicide** - enables them to take stock and can diffuse a situation.
- If you think it is appropriate (eg if they mention family members or friends during conversation) **encourage them to talk openly with someone close to them about their feelings.**
- **Try and stay calm and supportive.**
- **Ask if they have a plan for how they want to hurt themselves.**
- **Be mindful of your own wellbeing** and talk to someone you trust about how it has made you feel.



If the person has a specific plan and the means to carry out that plan and take their own life then they need urgent help - please refer to 'URGENT HELP' in the Service Directory.



If you think they are not in immediate danger, but could still benefit from some support for low mood, anxiety or depression then talk to them about the following support available:

- For emotional support there are a range of national helplines available;
- There are also a number of local support groups and activities which may help;
- If you think they can benefit from support with other issues like debt, addictions.

URGENT	If someone is in immediate danger or has harmed themselves, call 999 and ask for an ambulance or take them to A&E. If you need help fast but don't think it is a 999 emergency, call 111 or make an urgent appointment with a GP.
CRISIS SUPPORT	If they need immediate mental health support, encourage them to ring: <ul style="list-style-type: none"> • Samaritans 116 123, open 24/7 • LPFT Single Point of Access: advice line for routine and urgent referrals and enquiries 0303 123 4000, open 24/7
LINCOLNSHIRE MENTAL HEALTH SUPPORT	<ul style="list-style-type: none"> • Mental Health Helpline 0800 001 4331. A safe place to talk, open 24/7 • Here4You Mental health and emotional wellbeing advice line for young people, parents and carers, call 0800 234 6342, open 24/7 • Steps2Change service talking therapies: anyone over the age of 16 can self-refer via the LPFT website, call 0303 123 4000, or talk to your GP for a referral
OTHER MENTAL HEALTH HELPLINES	<ul style="list-style-type: none"> • SANeline 07984967708 (6pm - 11pm) • CALM - Campaign against living miserably 0800 58 58 58 (5pm - 12pm) • SOS Silence of Suicide 0300 1020 505 (4pm - 12pm) • MIND 0300 123 3393 (Mon - Fri 9am - 6pm) • NWCH Counselling Hub 01522 253809 (Mon - Fri 10am - 6pm, Sat 10am - 4pm) • Tomorrow Project www.tomorrowproject.org.uk • Shout Crisis Text Line Text "SHOUT" to 85258 • Lincoln Trauma Centre 07812661348/07443634793 (Mon - Fri 9am - 6pm)
LINCOLNSHIRE SUPPORT GROUPS AND ACTIVITIES	Connecting with other people can make a big impact to someone who suffers from mental ill health, suicidal thoughts and distress: <ul style="list-style-type: none"> • visit www.lincsshine.co.uk AND www.lincolnshire.connecttosupport.org to search for support groups
BEREAVEMENT	Grieving when someone dies by suicide can be incredibly difficult and support is available: <p>Survivors of Bereavement by Suicide (SoBS)- national helpline 0300 111 5065 (9am - 9pm 7 days a week)</p> <p>Help is at Hand NHS booklet for those bereaved by suicide. Search "Help is at Hand"</p>
HELP WITH OTHER ISSUES	For help or advice on some of the issues people might be struggling with (such as money, health, family breakdown, loneliness, housing, care, legal, work issues and more) visit www.lincolnshire.connecttosupport.org
TOOLS	Stay Alive App - Free App with a range of suicide prevention support tools

Kind regards

Amelia.