



Suicide prevention; spotting the signs in yourself and others

In the UK, men are three times as likely to die by suicide than women. In the Republic of Ireland, the rate is four times higher among men than women. And while there has been a reduction in the number of people completing suicide over the last ten years, the numbers of suicide related deaths are still worryingly high.

This is why 10th September 2022 marks World Suicide Prevention Day. This awareness day aims to start the conversation about suicide and to show that recovery is, indeed, possible.

Even if suicide isn't something we have come across personally, it's ever so important to be able to spot the signs and know what to do if we do come across someone struggling or indeed if we struggle to cope ourselves.

Spotting the signs in yourself, and knowing when to seek help



If you are feeling low or struggling to cope right now, then know you are not alone.

Often when people are going through a tough time, they will experience negative thoughts about themselves and feel they have no-one to turn to. But this is far from true – there is always support available.

Everyone feels low at some point in their lives and if you're struggling to cope it may be difficult to see beyond your current situation. Talking about how you're feeling can help put things into perspective and help you to feel more positive about the future.

- Males and females aged 45 to 49 years had the highest age-specific suicide rate.
- In 2020, there were 5,224 suicides registered in England and Wales. Around 3/4 of registered suicide deaths in 2020 were for men.
- For the fifth consecutive year, London has had the lowest suicide rate of any region of England.
- The highest rate in 2020 for suicide was in the Northeast of England.

Support available

Samaritans www.samaritans.org Telephone: 116 123 (24 hours a day, 7 days a week) Address: Chris, Freepost RSRB-KKBY-CYJK, PO Box 9090, Stirling, FK8 2SA Email: jo@samaritans.org (response time – 24 hours) Shout www.giveusashout.org Text SHOUT to 85258 for a free and confidential text support service

Mental Health Foundation www.mentalhealth.org.uk

MIND www.mind.org.uk

NHS 111 www.111.nhs.uk

Cruse Bereavement Care www.cruse.org.uk

Papyrus Prevention of young suicide (under 35yrs) Call: 0800 068 41 41 Text: 07860 039967 Email: pat@papyrus-uk.org

NHS Drug Addiction www.nhs.uk/live-well/healthy-body/drugaddiction-getting-help

Alcoholics Anonymous www.alcoholics-anonymous.org.uk

CALM www.thecalmzone.net Telephone: 0800 58 58 58 (5pm-midnight, 365 days a year) Webchat: through the website (5pm-midnight, 365 days a year)

National Suicide Prevention Alliance www.nspa.org.uk

Stay Alive App and Website www.prevent-suicide.org.uk

The Listening Place: Face-to face support for those experiencing suicidal thoughts (<https://listeningplace.org.uk>).

Suicide Prevention UK: <https://www.spuk.org.uk>

Survivors of Bereavement by Suicide: local support groups for anyone bereaved or affected by suicide. 0300 111 5065 (uk-sobs.org)

Grassroots Suicide Prevention (<https://prevent-suicide.org.uk/>) – consists of downloadable resources, safety plans.