

SUICIDE PREVENTION

FEEDBACK FROM THE BIG CONVERSATION



SUICIDE PREVENTION EVENT

When: 10th September 2018

Where: Sheffield Town Hall

Organised by: Lord Mayor Magid Magid, Sheffield Flourish, Rainbow Heron and Chilypep (with support from SToRMS and Sheffield City Council)

Signups: 100



WHAT WE DID

The event opened with short speeches from Jo Eckersley (Sheffield Flourish), Lord Mayor Magid Magid, Councillor Jackie Drayton, and Dave Luck (Sheffield City Council).

Charly Calpin of Rainbow Heron then led us in an activity writing our 'lollipop moments' (explained below).

After this, we divided into tables, with everyone being able to choose a table that interested them: city, institution, community, friends and family, or individuals. We asked people to write down new ideas, and suggestions for things already happening which we should share.

The afternoon ended with an excellent video from Chilypep. Meanwhile, attendees were invited to make pledges.

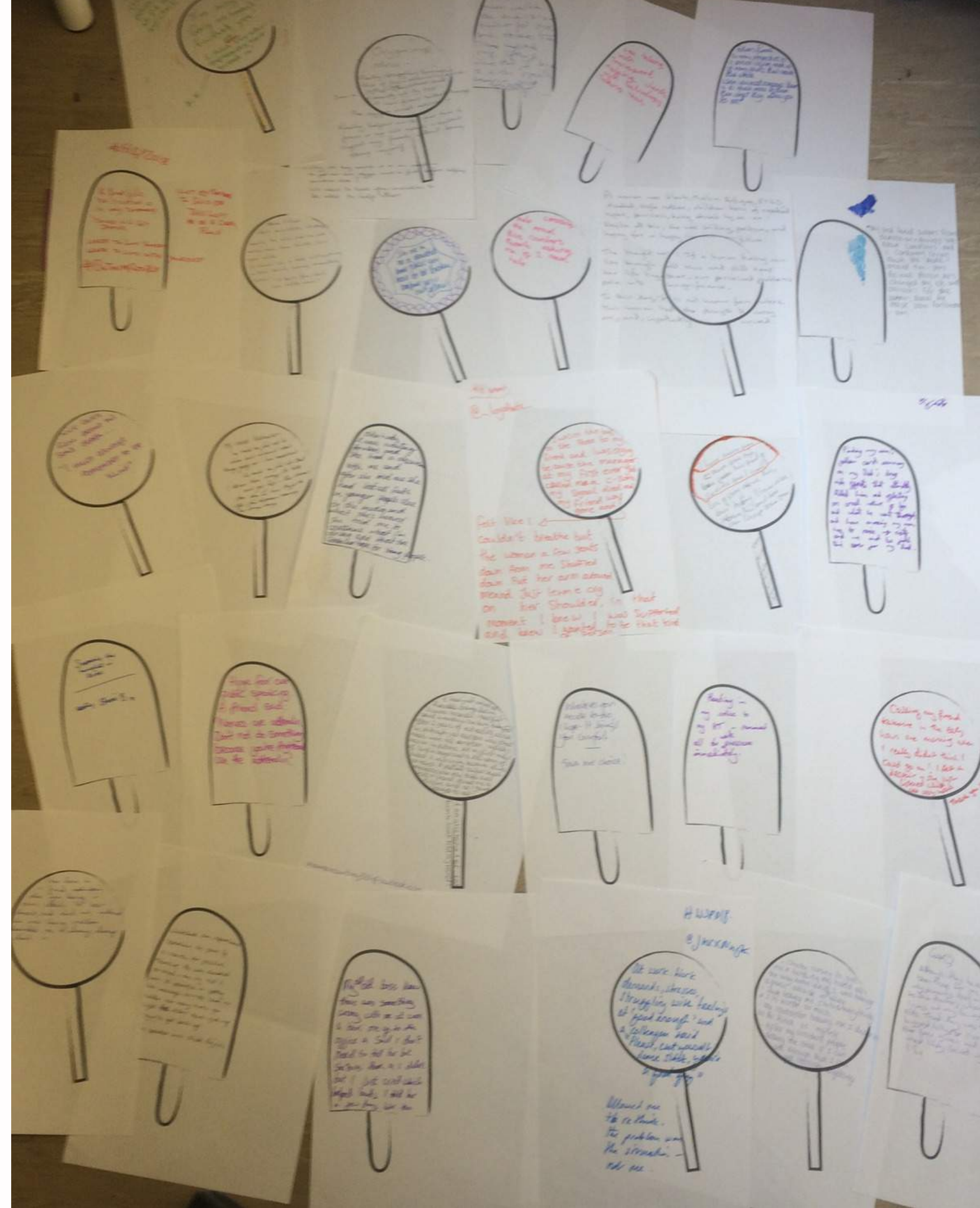


THE CONTEXT

- 2017 UK suicide stats released this month – 5821 recorded suicides – a reduction from 6,122 in 2016.
- The male rate is the lowest since 1981 but men still account for 3 in 4 suicides.
- Suicide is the biggest killer of men aged under 50
- Sheffield averages around 50 suicides per year (159 between 2013 – 2015)
- Suicide is under-reported.
- In Sheffield we have a partnership and a plan, which you can read here:
<http://www.sheffieldccg.nhs.uk/Your-Health/preventing-suicide.htm>
- See the risk factors, to the right.

LOLLIPOP MOMENTS

Charly from Rainbow Heron led an activity where we came up with our 'Lollipop moments', inspired by a TED Talk by Drew Dudley on everyday leadership. Drew's talk tells the story of how he inspired a student to stay at university while he was handing out lollipops - a moment he didn't even remember. Charly invited us to think of our lollipop moments: both moments where we might have helped others, or where others have inspired us. We collected in the lollipops at the end, and it confirmed our suspicions - we have so many powerful, inspiring, everyday leaders in this city. It was a great way to start the session, and a reminder that each and every one of us can make positive difference to other people's lives. We'll feature our favourites at the end.



Community

We had a think about what we are doing, and what we can do as a community. For example this might be through local support groups, community centres, social groups or churches etc.

Social prescribing

Consider accessibility/communication needs

Linking/sharing info between groups and projects

Increasing awareness of SMHG and other databases

More MH first aid training

Info reaching those who need it

Self management and recovery training for MH

Bereavement support within the community

Making sure we know about all services in the city

Challenging embedded cultural attitudes e.g. 'what it means to be a man'

Schools talk about suicide

Meeting needs of different communities

City

We had a think about what we are doing, and what we can do as a city. This involved more strategic thinking, considering how we can bring institutions and people together to prevent suicide.

Events for social isolation, e.g. monthly free cinema

Better visibility for invisible illnesses

Hub to identify shared issues

Technology and apps including webchat

Bring together community groups and organise MH first aid

Promote that we are all responsible and here for each other

MH followups after physical health diagnosis

Review and overhaul crisis team interactions with suicidal people

Early intervention crisis house for under 18s

24/7 safe spaces

Stigma busting campaigning

Involving public in commissioning

Institutions

We had a think about what we are doing, and what we can do within institutions. Institutions are things like universities, schools, organisations and workplaces

Strategic leadership groups with strong leadership/organisational culture

Institutions working more closely with communities to raise awareness

Support for staff working with vulnerable clients

MH first aid training for staff in institutions

Conversations should be human-based not risk management

Cohesive SY approach

Support for families in caring for people who are struggling

Policy and pathway guiding managers/staff/leaders

Get campaigns out through local media/radio

Mental health discussions in schools

Encourage NHS trusts to accept more responsibility

Effective transition between childrens and adults services

Improve balance in funding allocation between prevention and service delivery

Mental health duvet days and promotion of talking openly about mental health, as well as work/life balance

Wellbeing plans done in partnership with all staff

Friends, families and individuals

We had a think about what we are doing, and what we can do within our families, friendship groups and as individuals. Here are the results:

Shared support, e.g. 'buddies' having similar concerns, families meeting other families

Consistency of support - for as long as it takes

Educate in schools from an early age

Family support

Information sharing within families

Online support

Set small targets for a sense of achievement

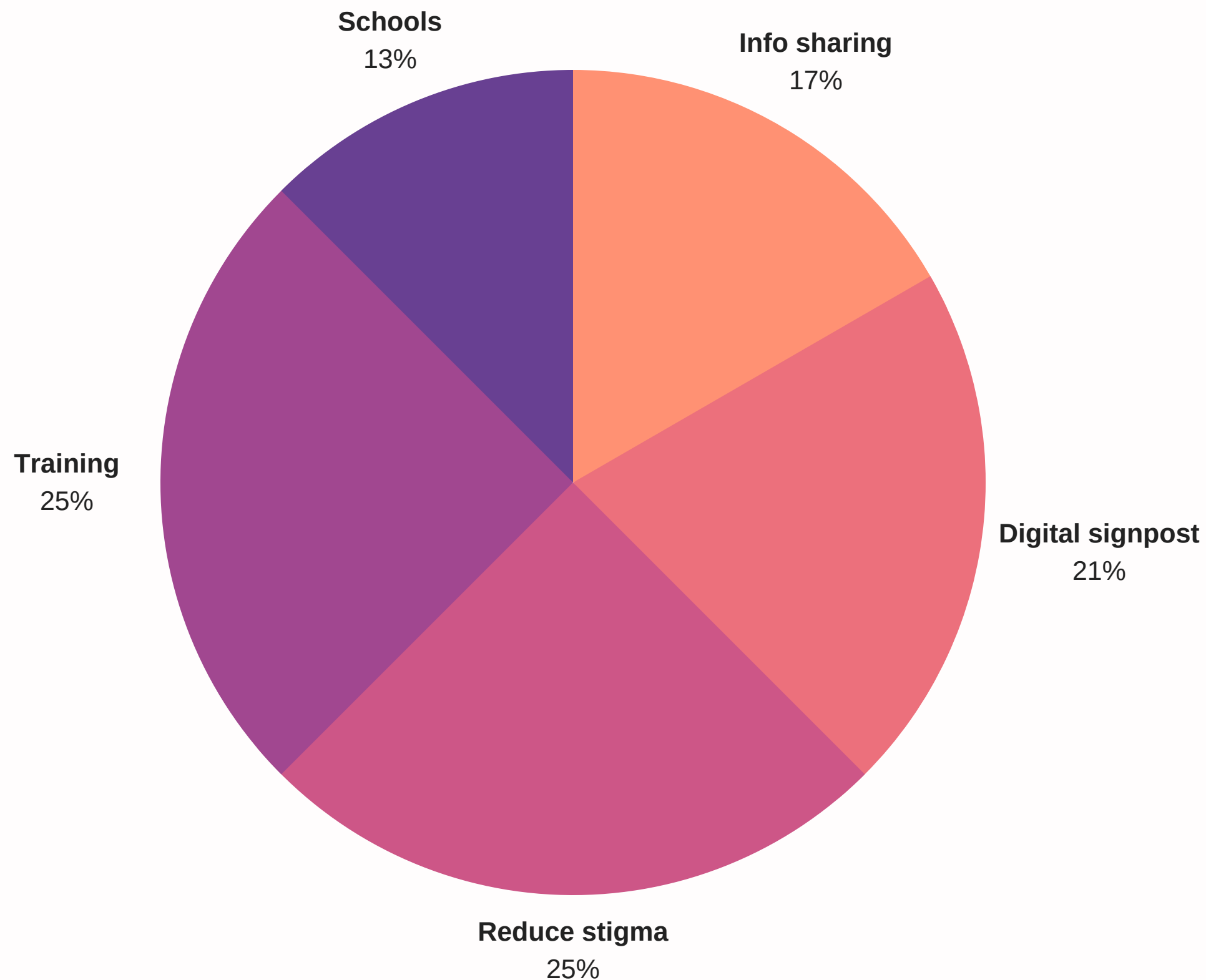
Support mental health campaigns

Do online training

Write journals/diaries or share your story

Keep in touch to make sure everyone is okay

RESULTS SUMMARISED



We brought together responses from all five tables and grouped together similar ideas - this table shows the most popular ideas of the day.

As you can see, reducing stigma and getting citizens trained up to support others are the two biggest priorities. Second to those is digital signposting; populating and sharing databases of information on support (e.g. the Sheffield Mental Health Guide - yes, we had to mention it!). Finally sharing information across the city was also really important, as was prioritising education on mental health in schools.

WHAT'S ALREADY HAPPENING

[Stigma busting campaigns](#) - nationally, Time to Change are doing a great deal to reduce stigma around mental health. Locally, you can share your story and read others' on Sheffield Flourish.

[Mental health first aid and online training](#) - If all 100 people who signed up to the event convinced three friends to do the online suicide prevention training we'd have 400 new people trained up to support Sheffielders. There are limited but free places on mental health first aid courses through Sheffield City Council: <https://www.sheffield.gov.uk/home/social-care/learning-development.html>

[Increase awareness of the Mental Health Guide](#) - let Flourish know if you want posters and cards to hand out, info@sheffieldflourish.co.uk

[Cohesive South Yorkshire approach](#) - Sheffield has been awarded national funds as part of the South Yorkshire & Bassetlaw Integrated Care System (ICS). The ICS has been awarded £555,000 – it has been agreed that 20% will be used on ICS wide projects with the remaining 80% divided between the 5 areas (Sheffield, Rotherham, Doncaster, Barnsley, Bassetlaw)

TAKING IDEAS FORWARD

[Bereavement support within the community](#) - an attendee would like to set up a support group, if you'd like to be involved send us your details and we'll pass them on

[Hub to identify shared issues and shared solutions](#) - we don't know what you were hoping this might look like, but we love the idea. Is this something all of us can work on?

[Wellbeing plans done in partnership with all staff](#) - we've included Sheffield Flourish's staff wellbeing plans in this presentation as an example. We encourage all staff to fill these in and share them with their line managers. It's a great way to get members of staff and their managers thinking about wellbeing.

[Educate from an early age](#) - this came up in a few different places, and although there's good work happening in schools it would be excellent to find out what else we can do. You can also sign this petition to make Mental Health First aid a compulsory part of teacher training:

<https://www.change.org/p/saveourstudents>

Sheffield 24/7 Helpline:
0808 8010440

Samaritans
freephone/email:
116123,
jo@samaritans.org, or
check out their website

Zero Suicide Alliance 20 minute
online training:
<https://www.relias.co.uk/zero-suicide-alliance/form>

Info from local org
SToRMS:
<http://stormsdmc.org/help-someone/>

HELPFUL

The Sheffield Mental Health Guide:
www.sheffieldmentalhealth.co.uk

RESOURCES

National men's helpline, CALM:
0800 585858

Chilypep Suicide Prevention video:
<https://www.youtube.com/watch?v=f1kDo2xDpvo>

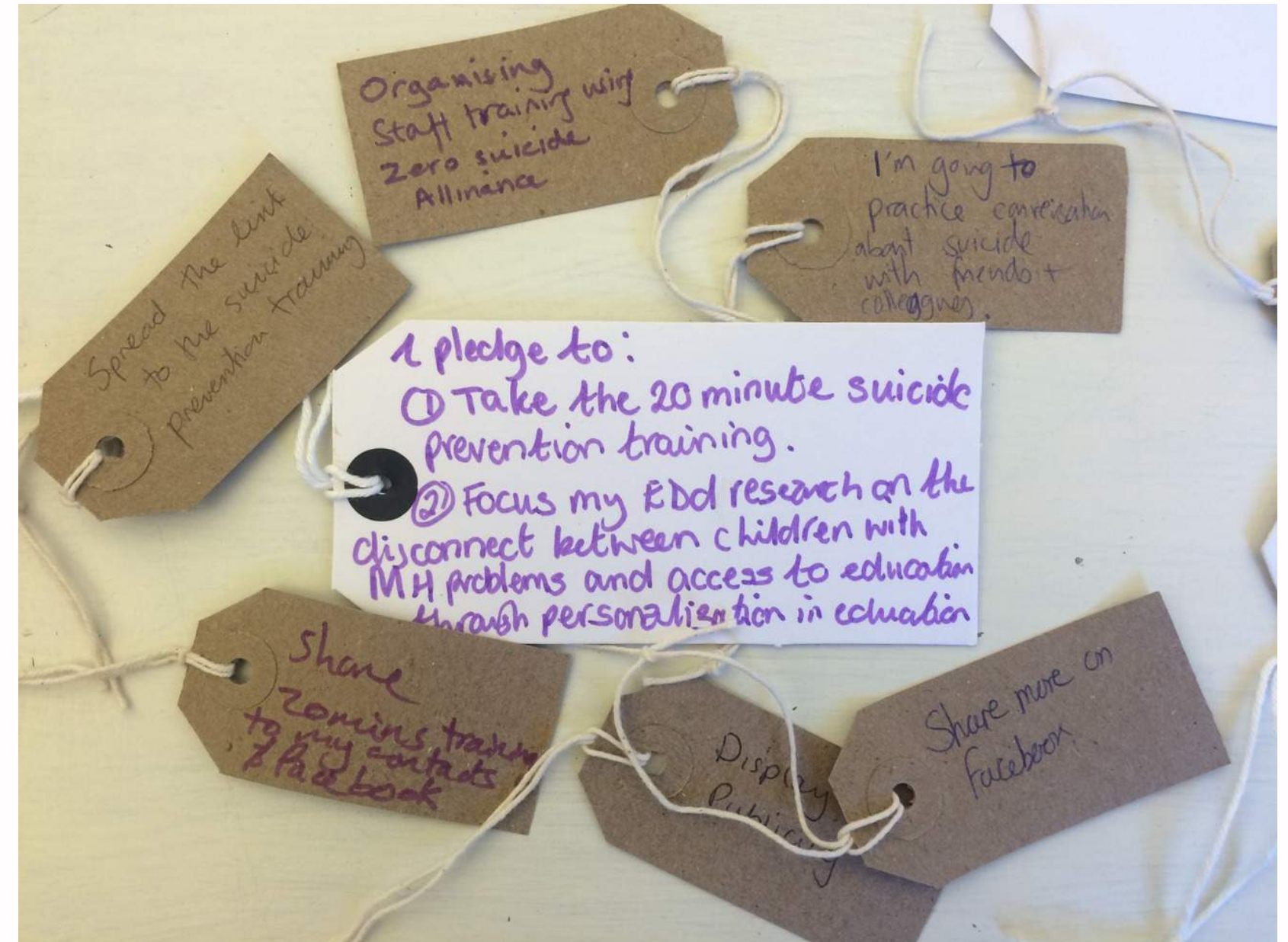
Sheffield Suicide Prevention poster:
<https://sheffieldflourish.co.uk/stories/stayalive-sheffields-suicide-prevention-campaign/>

Survivors of Bereavement by Suicide:
Phone: June on 07858 290078
Email: sheffieldsobs@gmail.com

PLEDGES

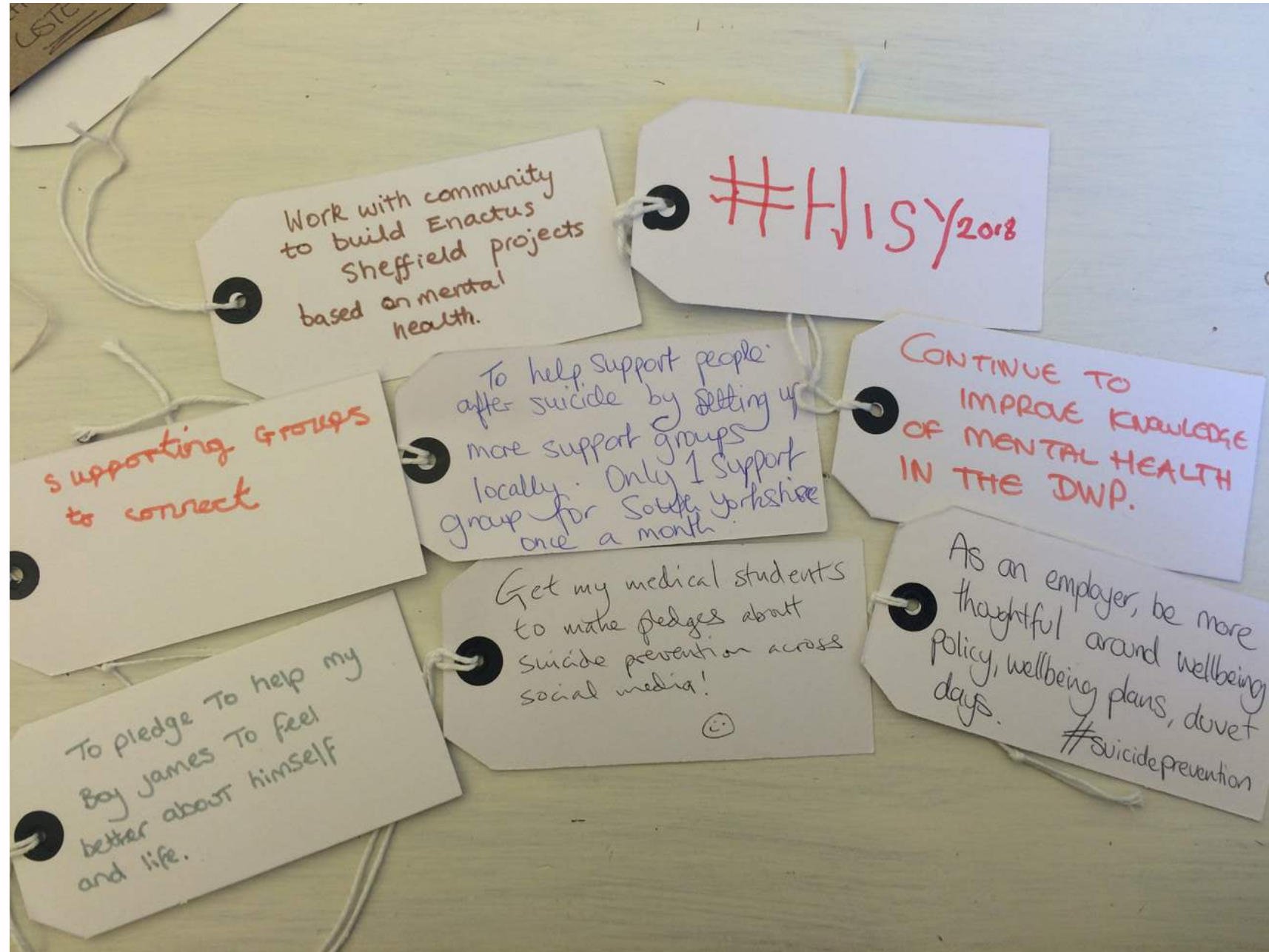
A big part of the day was about what we can do as individuals, and at the end of the event we were invited to make pledges. We've grouped these pledges according to general themes. As you can see, taking the suicide prevention training was a big one. We think these pledges are a great source of inspiration, so do take a look, and here's a link to the training:

<https://www.relias.co.uk/zero-suicide-alliance/form>



Taking the training

PLEDGES

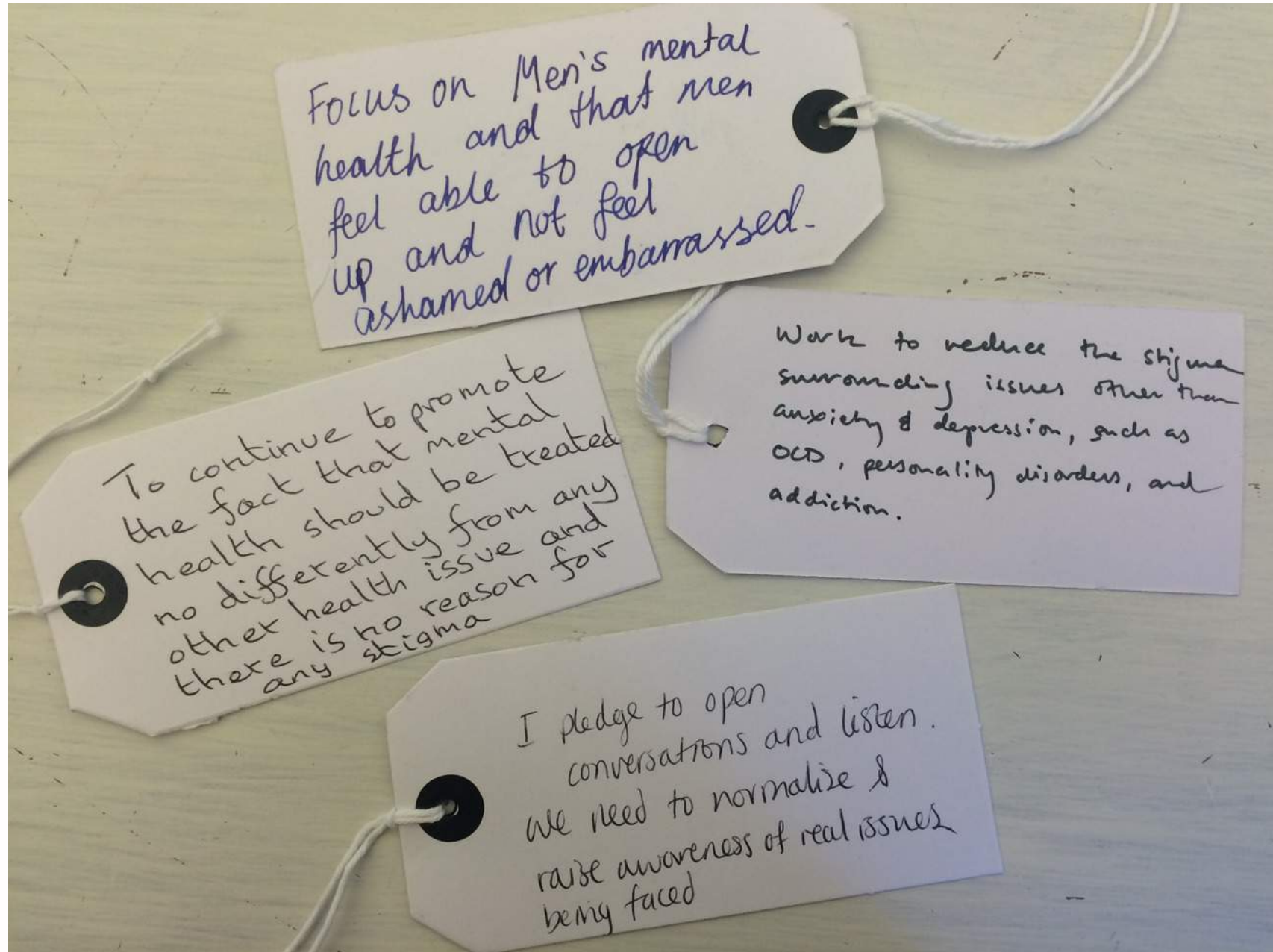


Specific support

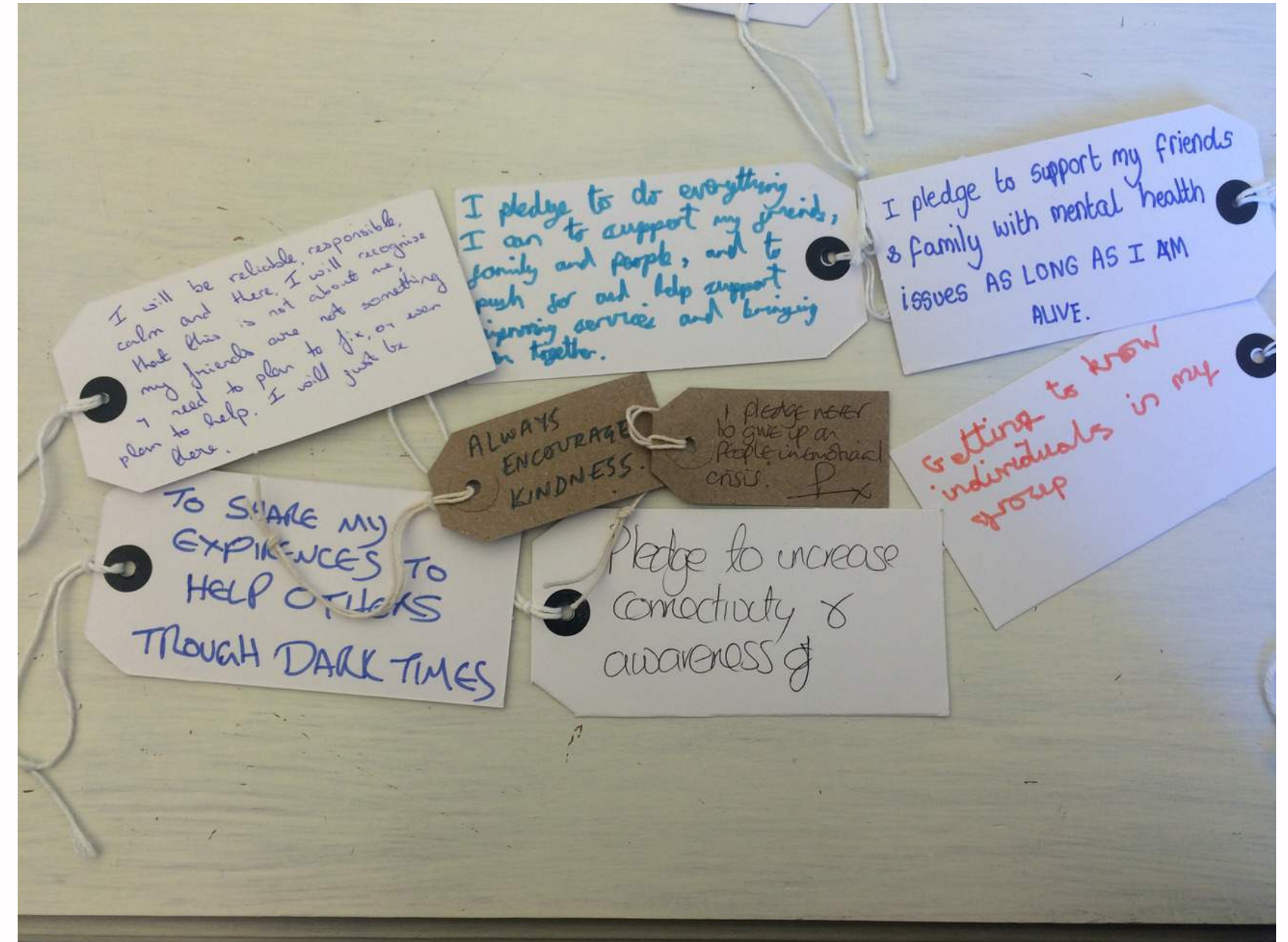


Listening

PLEDGES



Reducing stigma



Being supportive friends

OUR WELLBEING PLAN

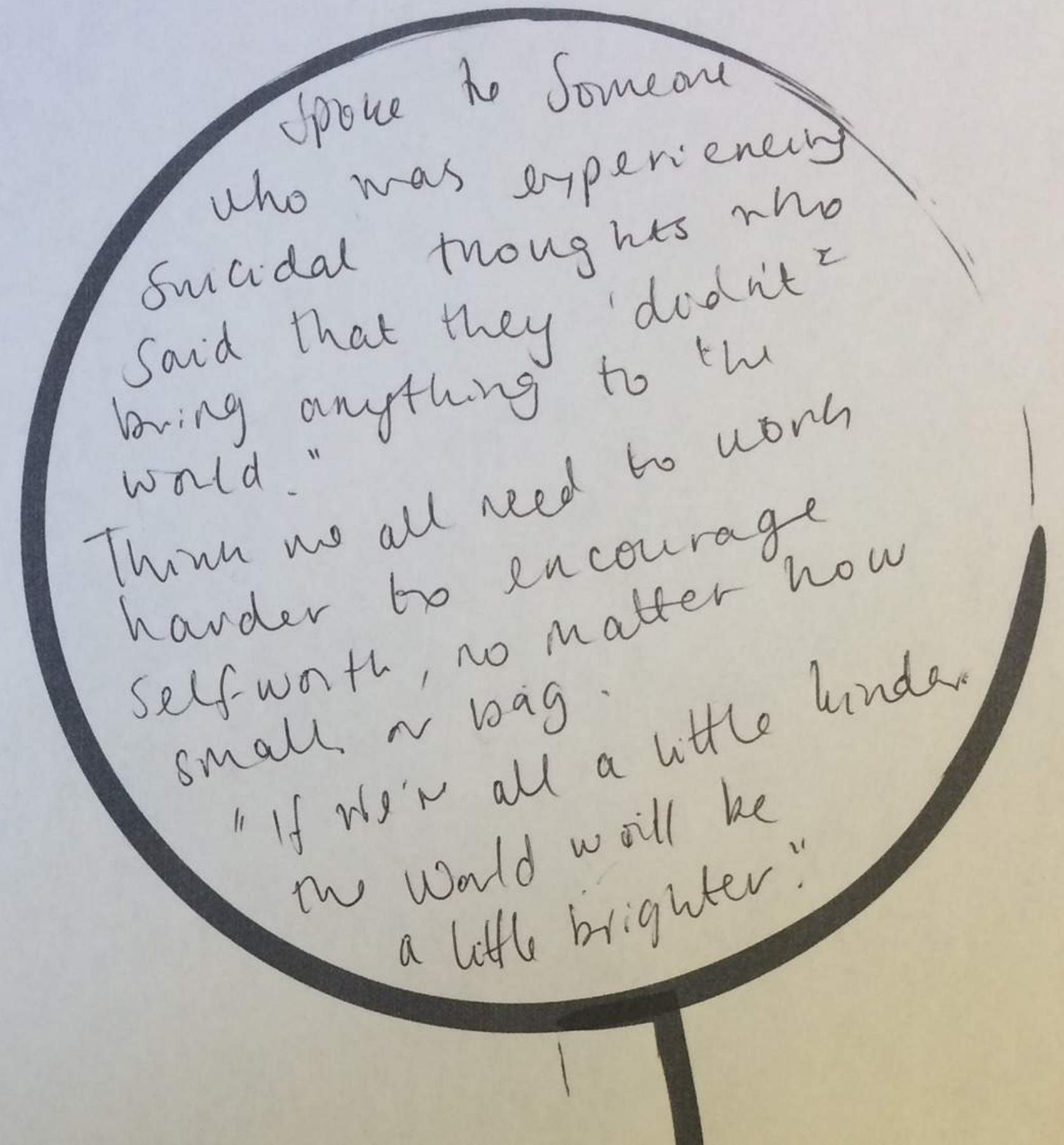
We promised to tell you a bit about our wellbeing plan, in case you're part of an organisation who doesn't have one. We welcome feedback though, and it's worth noting one size doesn't fit all!

We ask our staff the following questions in their wellbeing plans:

- Firstly, is there anything important in terms of your wellbeing which you think needs sharing?
- Is there anything we can do, on a day to day basis, to help support your wellbeing?
- Are you on any medication that you think we might need to know about? (e.g. medication that might affect your mood, or which you need in emergencies)
- Are there any signs you'd like us to look out for that show you aren't well, or are struggling?
- If we think you might be struggling, what would you like us to do?
- Is there anyone you'd like us to call? (please provide contact details)
- Anything else you'd like to say?

LOLLIPOP MOMENTS

"You have made someone's life better by something that you said or that you did. And if you think you haven't...you're just one of the people who hasn't been told." - [Drew Dudley](#)



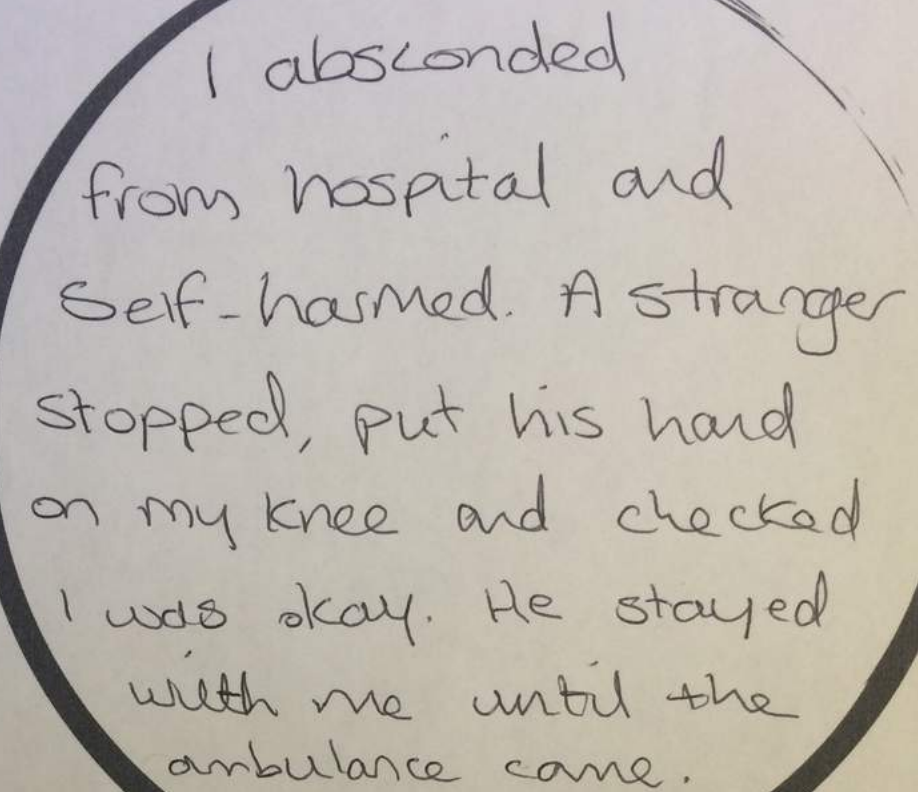
LOLLIPOP MOMENTS

My best friend lives abroad but she remembers all important dates in my life - including the date that a close friend Jenna died a number of years ago. It's always a real gift to get a call from her on that sad, difficult anniversary each year.

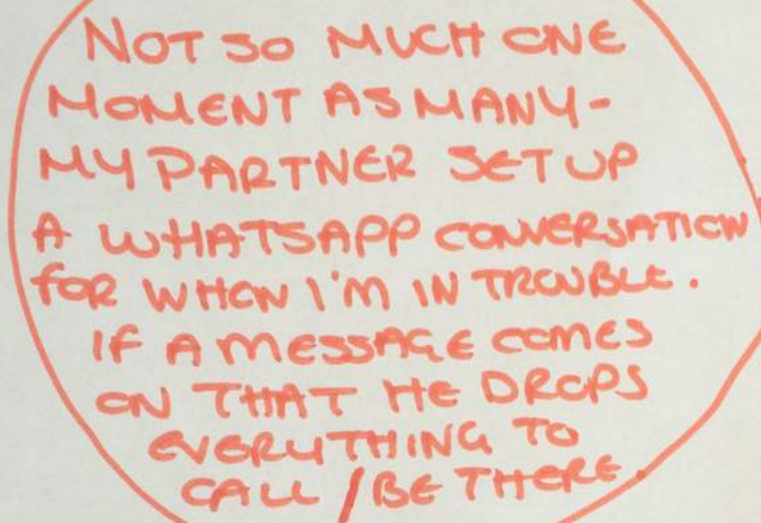
Supporting my sister through mental illness, yet she had amazing outlook in life. I am inspired everyday thinking of how strong she was

I was in my first year at university. I was standing in the student union elections. But I was very depressed. I decided to quit university - I packed my bags and was walking to the coach station. From across the road, a stranger called out "hey, I voted for you today". I explained I was quitting, so she offered to buy me a coffee & talk it over. Talking to her put things in perspective & I never quit uni.

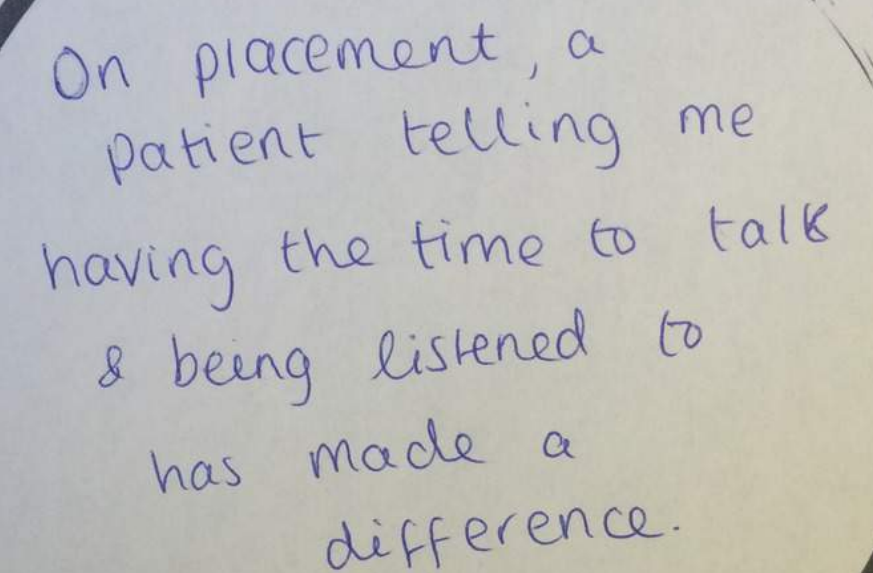
LOLLIPOP MOMENTS



I absconded
from hospital and
Self-harmed. A stranger
stopped, put his hand
on my knee and checked
I was okay. He stayed
with me until the
ambulance came.



NOT SO MUCH ONE
MOMENT AS MANY -
MY PARTNER SETUP
A WHATSAPP CONVERSATION
FOR WHEN I'M IN TROUBLE.
IF A MESSAGE COMES
ON THAT HE DROPS
EVERYTHING TO
CALL / BE THERE



On placement, a
patient telling me
having the time to talk
& being listened to
has made a
difference.

LOLLIPOP MOMENTS

