

Suicide prevention by design

Wednesday 11 January, 2023
1–3pm GMT, Online

Sharing work from public health, planning,
design, and community. Everyone welcome.

#HealthyHappyPlaces



Academic Health
Science Network
North East and North Cumbria





Welcome and Introductions

Tim Crawshaw

International Planning and Development Consultant, Crawshaw Urban
Design

Chair of Tees Valley Nature Partnership
President, Royal Town Planning Institute (RTPI)

Dr Rachel Turnbull

Programme Manager (Lead for Healthy Happy Places / Lead for ICS NENC
Mental Health Evidence & Evaluation Group)
Academic Health Science Network for the North East and North Cumbria

House Keeping

- Please ensure your microphone and video are turned off during the session. This is to avoid any disruption during presentations and to assist with the quality of the connection.
- If you need to take a break, please feel free to drop off the call at any time and re-join.
- Live captions are available if required.
- The event is being recorded and will be shared.
- Please ask any questions you have through the chat facility. We will try to address questions during the event, but if we don't manage to do this we will follow up after the event.
- If you cannot see the chat please email your question/s to holly.fillingham@cntw.nhs.uk
- Join the conversation on Twitter #HealthyHappyPlaces
- Speaker presentations and the recording will be circulated following the event.



Agenda

13:05- 13:25 Suicide Safer Communities (Every Life Matters/ NENC Suicide Prevention Network)

Mike Conefrey, Public Health Locality Manager – South Lakeland, Public Health

Chris Wood, Charity Manager and Suicide Safer Communities Lead, Every Life Matters

13:25- 13:45 Preventing Suicides in High Rise Buildings and Structures- A Planning Advice Note

Toby Thorp, Environmental Health Officer, City of London

Claire Giraud, Senior Public Health Practitioner, Hackney

13:45- 14:05 The Importance of Place Analysis in Youth Suicide Preventive Work

Charlotta Thodelius, Faculty of Police Work, University of Borås

14:05- 14:25 Suicide Prevention in County Durham Locations

Jane Sunter, Public Health Strategic Manager, Durham County Council

14.25-14.45 Designing Out Suicide

Neil Peters, Suicide Prevention Consultant, Nuthatch Consultants

14.45-15.00 Questions and Close



Supporting and creating mental health and wellbeing through the design of places and spaces



.....using a multi-sector approach between health,
public health, architecture, arts, planning, and
citizens



.....focussing on areas of inequalities



Healthy Happy Places

Funded by:

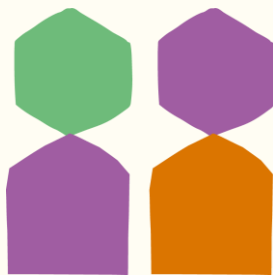


**Academic Health
Science Network**
North East and North Cumbria

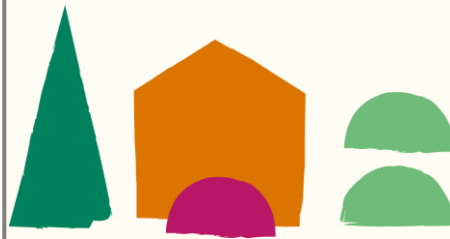




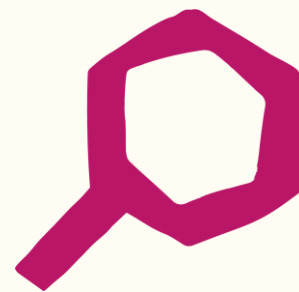
Place specific



People



Buildings & spaces
in between



Evidence



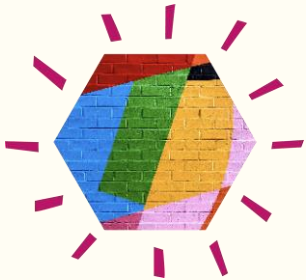
Trauma informed



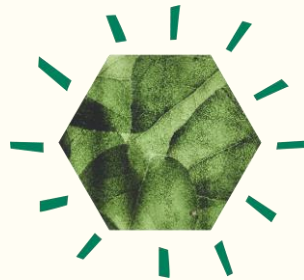
Neurodiverse aware



Dementia friendly



Arts / Creative



Biophilic /
Nature inspired



Community owned /
activated



Lifestyle Security



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North East and North Cumbria

Healing Environments

How do places and spaces play a role in how we feel and heal?

REGISTRATION OPEN

SPEAKERS

- Dr Rachel Turnbull, Programme Lead for Healthy Happy Places, AHSN NENC
- Dr Angela Kennedy, Head of Centre for Specialist Psychological Therapies, Cumbria Northumberland Tyne & Wear NHS Foundation Trust
- Timothy Crawshaw, Vice President of the Royal Town Planning Institute
- Christopher Shaw, Chair of Architects for Health and Senior Director at Medical Architecture

#HealthyHappyPlaces Thursday 2nd December 2021 11:00 – 12:15



Academic Health Science Network
North East and North Cumbria

Bottom Up Urbanism

Tackling wellbeing in the built environment through citizen participation and leadership

This webinar will explore some of the creative and community driven approaches to creating vibrant spaces and places that contribute and support wellbeing and mental health

Thursday, July 5 2022, 11:00-12:30 GMT

#HealthyHappyPlaces

Webinar Series



Academic Health Science Network
North East and North Cumbria

Biophilic Design

Working with nature through design and its impact on mental health and wellbeing

REGISTRATION OPEN

This webinar will explore the elements of **biophilic design**; the psychological impacts and experience of mimicking nature in design; the clinical experience of incorporating nature into therapy; and showcase examples of biophilic design in internal and external spaces through the lens of architecture and urban planning.

Thursday 17th February 2022 13:00 – 14:30 #HealthyHappyPlaces



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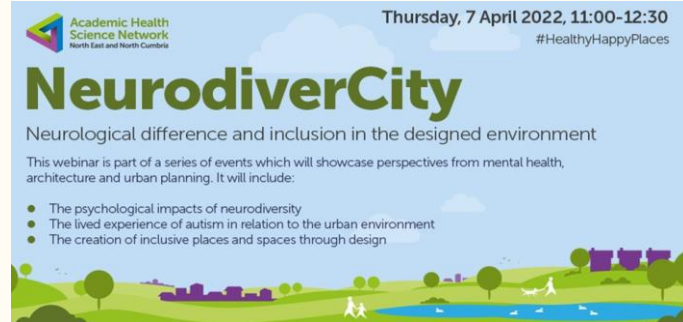
Dementia Friendly Environments

How do we design places and spaces that prevents and supports people living with dementia?

This innovative webinar will bring together practitioners from the built environment, medical and therapeutic disciplines, and academia to share and celebrate best practice to build a collaborative approach to planning and design.

Thursday 19th May 2022, 13:00-14:30 GMT

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North East and North Cumbria

NeurodiverCity

Neurological difference and inclusion in the designed environment

This webinar is part of a series of events which will showcase perspectives from mental health, architecture and urban planning. It will include:

- The psychological impacts of neurodiversity
- The lived experience of autism in relation to the urban environment
- The creation of inclusive places and spaces through design

Thursday, 7 April 2022, 11:00-12:30

#HealthyHappyPlaces



Suicide Safer Communities (Every Life Matters/ NENC Suicide Prevention Network)

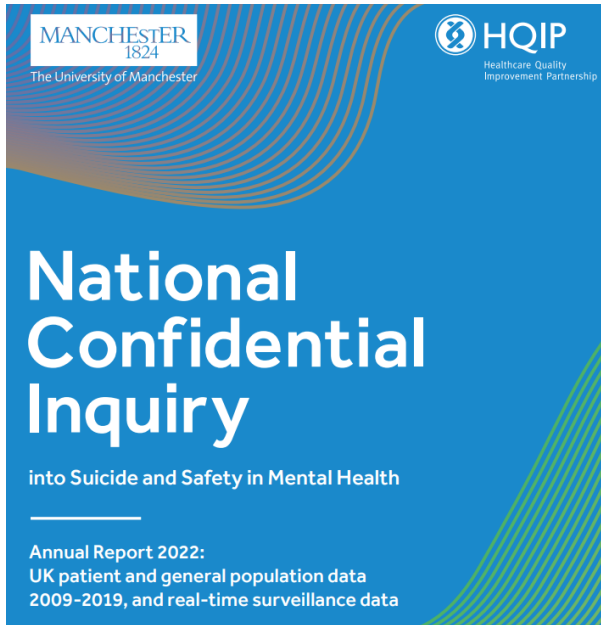
Mike Conefrey

Public Health Locality Manager – South Lakeland, Public Health

Chris Wood

Charity Manager and Suicide Safer Communities Lead, Every Life Matters

Suicide in the UK



[NCISH-2022-report-bookmarked-FINAL.pdf](#)
([npsa.org.uk](#))

Office for Health Improvement & Disparities | Fingertips | Public health data
Guidance API Contact us Your data

Home > Data

Suicide Prevention Profile

Data view Trends Geography England Topic Suicide data

Indicator Suicide rate (Persons) Directly standardised rate - per 100,000

Legend Benchmark

Display Selected indicator All indicators

Suicide rate (Persons) Directly standardised rate - per 100,000

[Show confidence intervals](#) [Show 99.9% CI values](#) [More options](#)

[Suicide Prevention Profile - OHID](#)
([phe.org.uk](#))

UK Parliament | Home Research Resources Training and events Subscribe Search

House of Commons Library

UK Parliament > House of Commons Library > Research Briefing > Suicide: summary of statistics

Research Briefing

Suicide statistics

Published Friday, 02 December, 2022

[Research Briefing](#) [Communities](#) [Health](#)

Carl Baker

A summary of statistics on suicide in the UK. Includes trends by gender, age, English region, and deprivation.

[Suicide statistics - House of Commons Library](#)
([parliament.uk](#))



Serving the people of Cumbria

**66,991 Suicides
in the UK
between
2009 and 2019.
An average of
6,090 a year.**

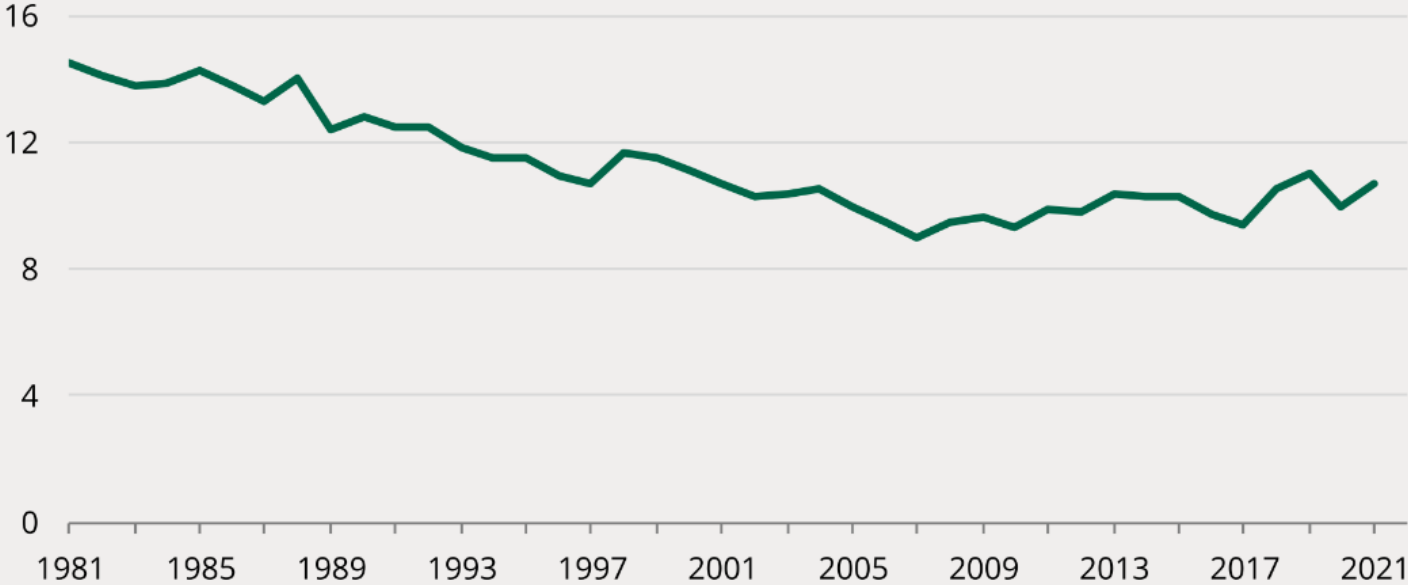
**27% were people
in contact with
mental health
services within 12
months of suicide**



Suicide Rates

Suicide rate in England and Wales since 1981

Age-standardised rate per 100,000 population, by year of registration

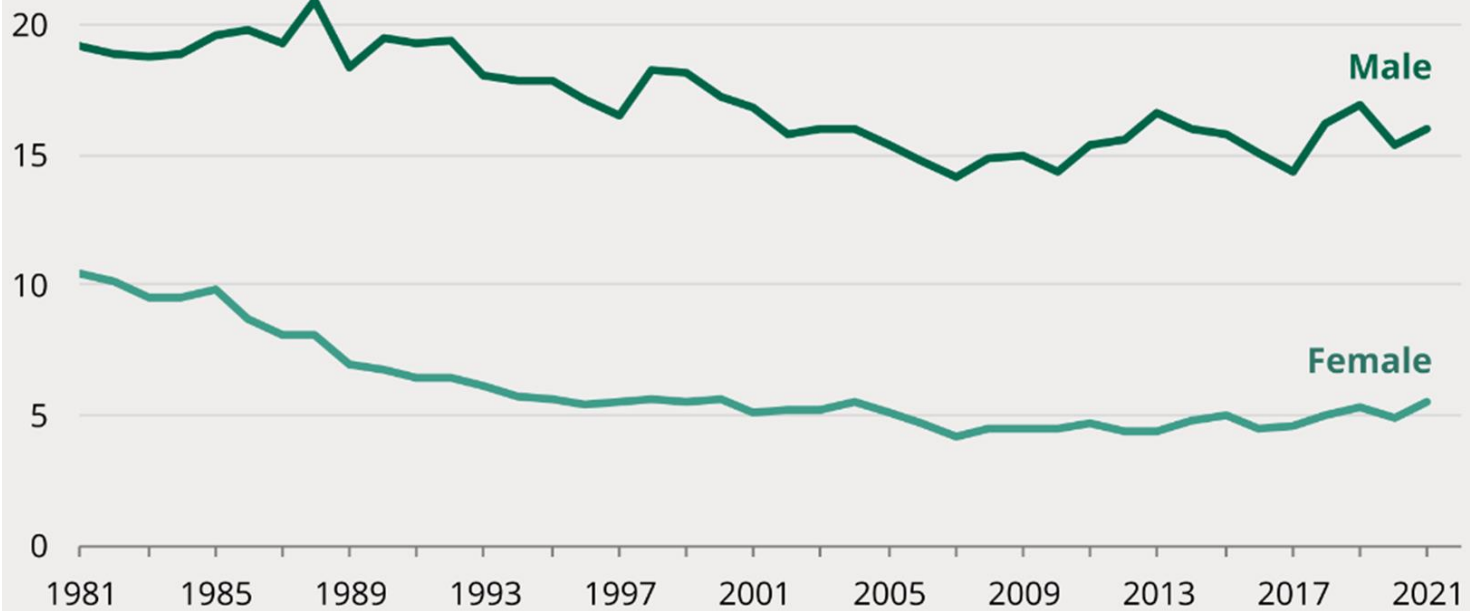


Serving the people of Cumbria

Rates by Sex

Suicide rate by sex in England and Wales

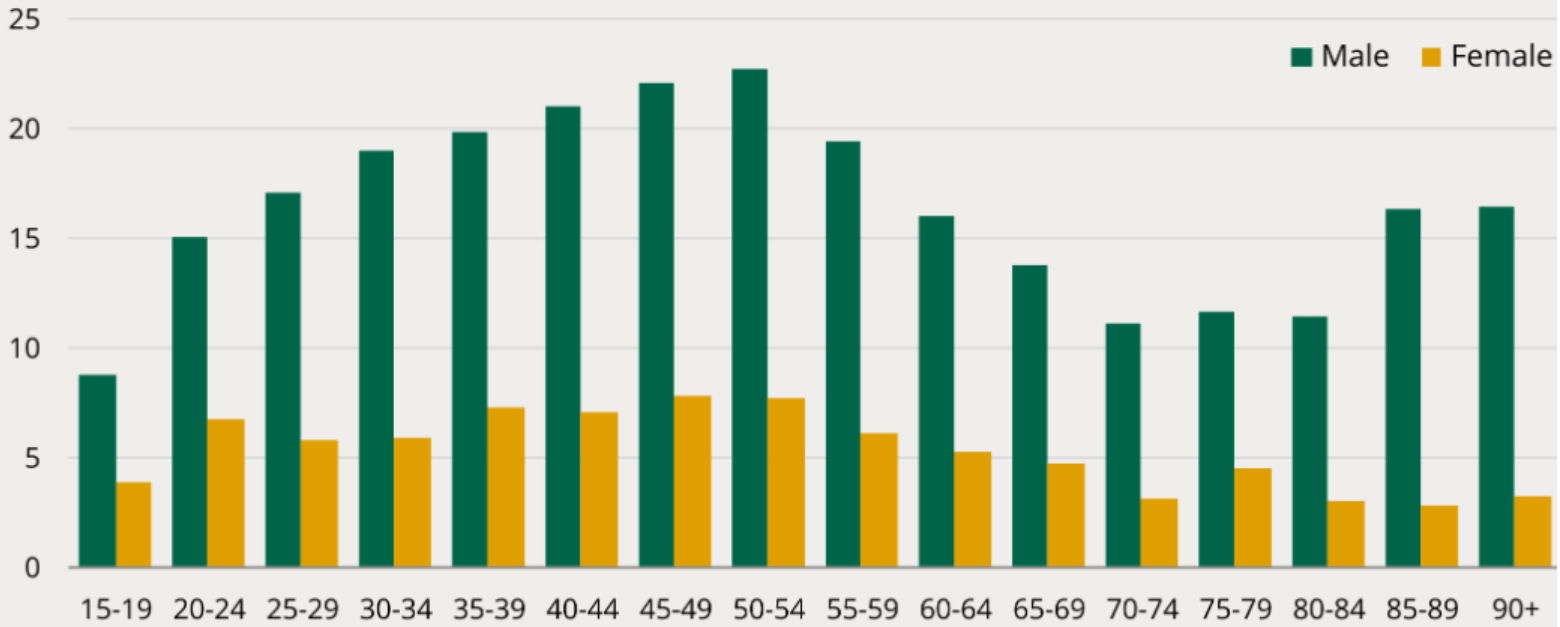
Age-standardised rate per 100,000 population, by year of registration



Rates by Sex and Age Group

Suicide by sex and age group, England and Wales

Age-specific rate per 100,000 population, 2021

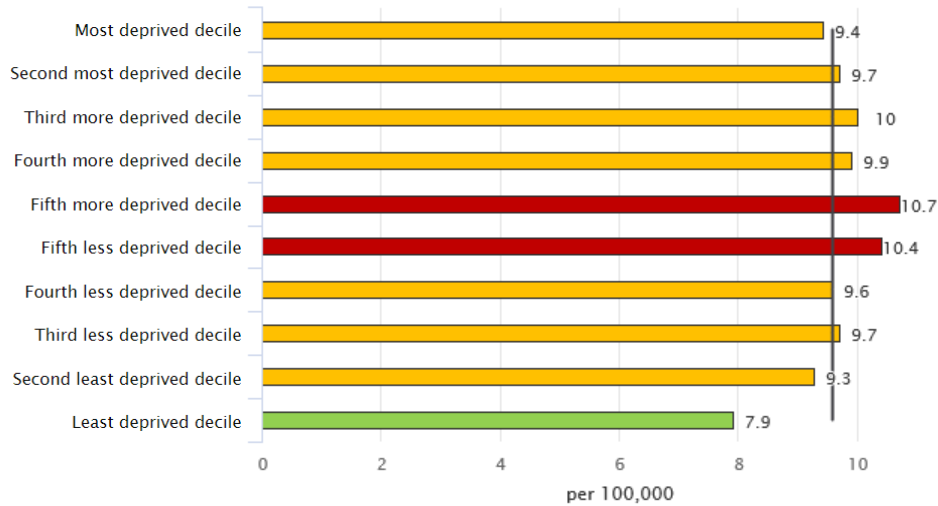


Rates: Regional Difference & Change over Time



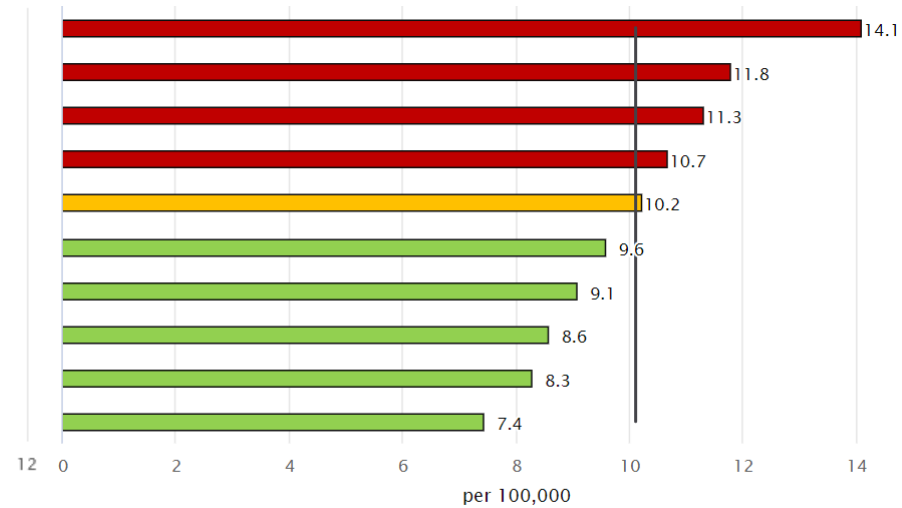
Suicide Rates and Deprivation (LSOA/Deprivation Decile)

2013-2015



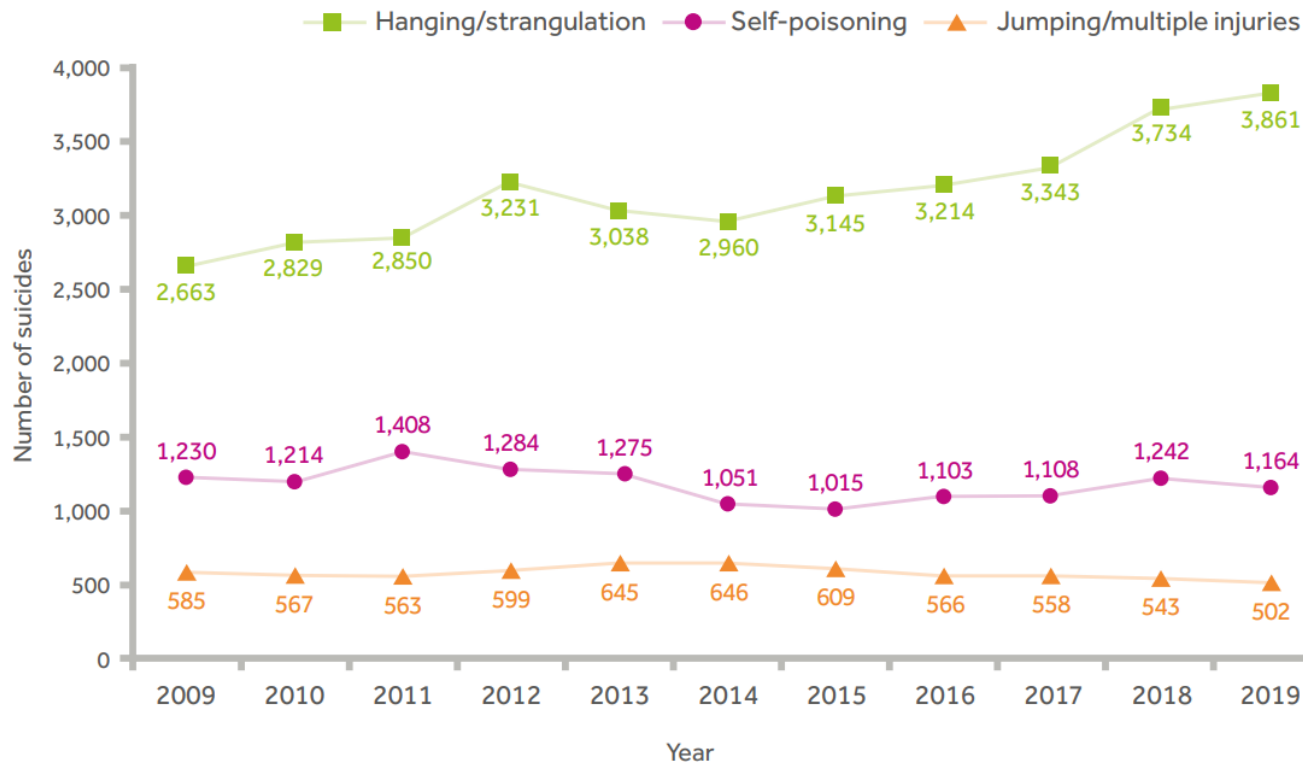
— England

2017-2019

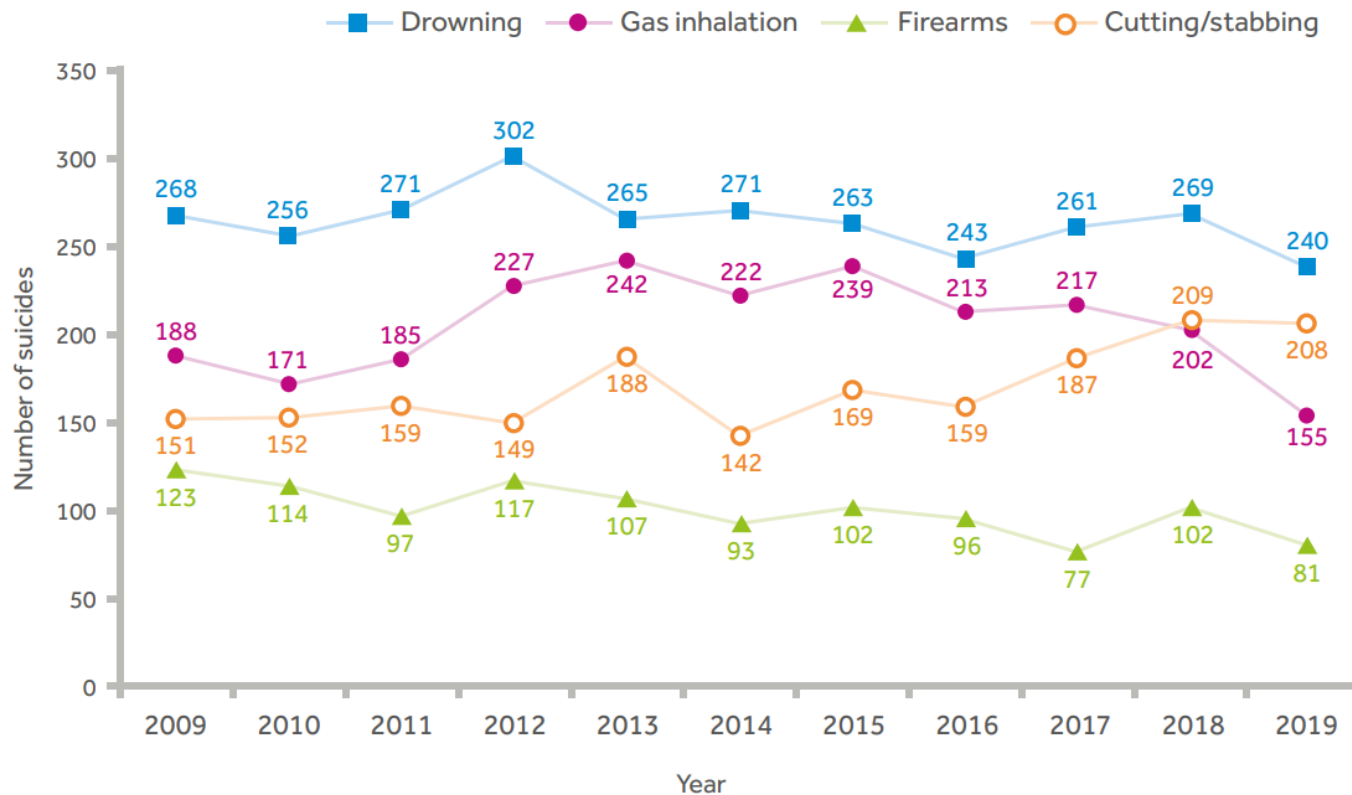


— England

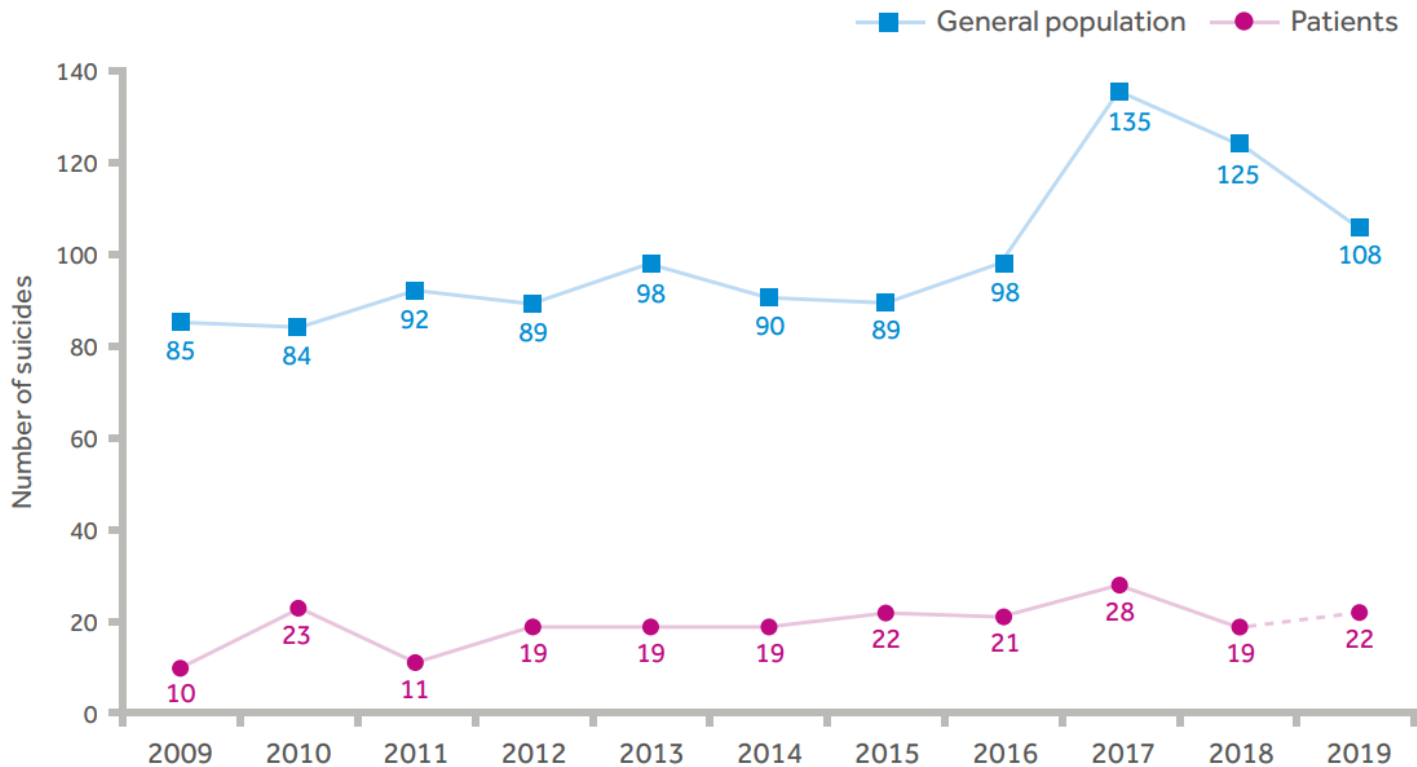
Suicides in the UK – Main Methods



Suicides in the UK – Other Methods



Suicides by people aged under 18 in the UK



Every Life Matters

**Every
life
matters** ...



Suicide is everyone's business



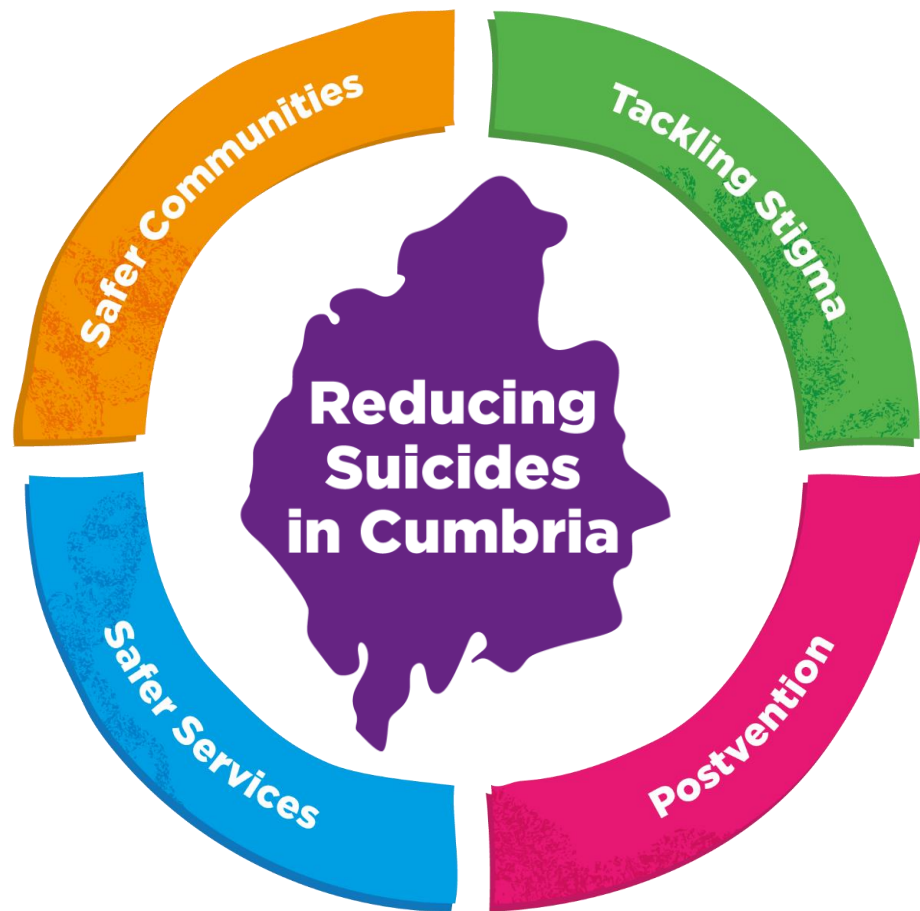
How do we reduce suicides?

Drawing on the evidence base

**Every
life
matters** ...



Suicide is everyone's business





- Encouraging **open conversations** about suicide and mental health
- Addressing the **facts, myths and misunderstandings** about suicide
- Encouraging **help seeking behaviour** – there is significant amounts of support available

Tackling stigma



Postvention

- Suicide bereaved - **40%** thoughts of suicide, and **8%** attempts, actual deaths unknown
- Significant long term mental and physical **health impact**
- Risk of **contagion**
- Appropriate **media reporting**
- Individual and community focused

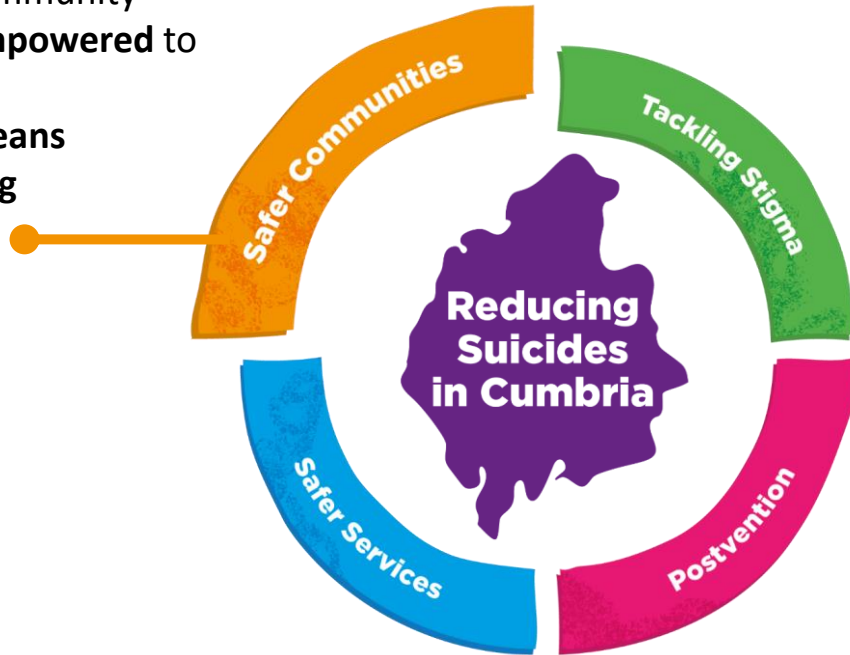


Safer Services

- Around **75%** dying by suicide are not in contact with mental health services
- Accessible – **clear care pathways**
- **Key gatekeepers** can identify suicide risk
- Services are able to effectively **manage suicide risk**
- **Compassionate**

- Around **75%** dying by suicide are not in contact with MH services
- Increased **confidence, skills and knowledge** of community members
- There are **signs of risk**
- **Buy-in** from across community members, who are **empowered** to make a difference
- Reducing **access to means**
- Better **media reporting**

Safer Communities



Suicide Safer Communities

**Every
life
matters** ...



Suicide is everyone's business



Aim

- Reduce suicides in Cumbria

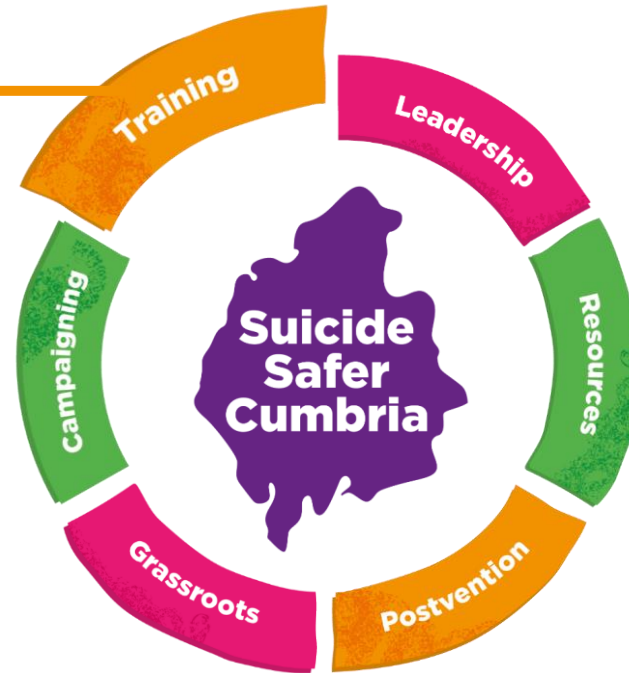
Outcomes

- People are more able to **talk openly about thoughts of suicide.**
- People with thoughts of suicide are more likely to **access appropriate support** in a timelier manner
- Common **myths and misperceptions** about suicide are reduced
- People better understand **when someone is at risk of suicide**
- People have the confidence, skills and resources to more effectively **support those at risk of suicide**
- People are more aware of the **help and information** that is available to those at risk of suicide and those supporting an individual experiencing thoughts of suicide



Training

- **Range** of training available
- **Orange Button** Community Scheme
- **Accessible** and well promoted
- **Reaching as deeply** as possible in to local population
- Target **2,500** per annum



Every life matters

Suicide Prevention Self-harm & Mental Health Training in Cumbria Winter 2021

Introductory level for all community members and those in helping roles

FREE Half Day Online Training
Suicide Awareness

- 1 hour and 30 mins
- Free of charge
- Self-paced
- Self-reflection
- Self-reflection
- Self-reflection

This bite-size Suicide Awareness session is aimed at **anyone in the community who wants to learn more** about the myths and facts surrounding suicide, understand when someone might be at risk, how to talk directly about suicide, and what we can all do to offer support. Over 2,000 people in Cumbria have now attended this training.

Cost: Free. Duration: 1 hour. Booking via [Eventbrite](#)

FREE One Hour Online Training
Supporting children, mental health and wellbeing For Parents & Carers

- 1 hour
- Free of charge
- Self-paced
- Self-reflection
- Self-reflection

This short one-hour information session is designed as an introduction to **mental health, self-harm and suicide for parents and carers**, or anyone who works with young people, who wants to understand how to help support them, and get a better understanding of the range of services and support locally and nationally.

Cost: Free. Duration: 1 hour. Booking via [Eventbrite](#)

General training for frontline staff and those in helping roles

FREE Half Day Online Training
Suicide Alertness

- 1 hour
- Free of charge
- Self-paced
- Self-reflection
- Self-reflection

An interactive training session that is aimed at **anyone in a helping role** who wants to understand more about the context of suicide, identify when someone may be at risk, how to ask directly about suicide, how to support someone experiencing thoughts of suicide, and how to guide them to the help they need.

Cost: Free. Duration: 3.5 hours. Booking via [Eventbrite](#)

FREE Two Hour Online Training
Safety Planning

- 2 hours
- Free of charge
- Self-paced
- Self-reflection
- Self-reflection

A practical and interactive two hour session looks at **how to support someone with thoughts of suicide** through creating a **stepped Safety Plan**, helping an individual manage thoughts of suicide from reflecting, ideas to an overwhelming desire to end ones own life. Aimed at people in a helping role who may be supporting those experiencing thoughts of suicide.

Cost: Free. Duration: 2 hours. Booking via [Eventbrite](#)

FREE Half Day Online Training
Self-harm Alerts

- 1 hour
- Free of charge
- Self-paced
- Self-reflection
- Self-reflection

Suitable for school staff, health and social care practitioners and professionals and **anyone who wants to understand more about self-harm**, to develop practical tools and strategies to support people, and gain knowledge of the range of local and national support available.

Cost: Free. Duration: 3 hours. Booking via [Eventbrite](#)

Courses on this page are **FREE OF CHARGE** and available to book through [Eventbrite](#). We can deliver in-house training sessions at your organisation for groups of 8 or more, via Zoom or face to face. We can also tailor sessions to various time constraints and for particular sectors/client groups. Contact us at training@every-life-matters.org.uk or 07968 537541 for more details and to book a session.

Suicide Prevention Training - Children and Young People

FREE Half Day Online Training
ASIST Workshop

- 1 hour
- Free of charge
- Self-paced
- Self-reflection
- Self-reflection

Life-time Workshops ASIST Training specifically **addresses suicide risk in children**. It gives participants appropriate tools to identify young people at risk and quickly gather and organise details needed to assess risk and inform safety planning.

Cost: £85 Duration: Duration 9 hours over 2 half days online or one day in person. For more information contact training@every-life-matters.org.uk or book via [Eventbrite](#)

Suicide Prevention Training - General

FREE Half Day Online Training
ASIST Applied Suicide Intervention Skills Training

- 1 hour
- Free of charge
- Self-paced
- Self-reflection
- Self-reflection

The gold standard training in community suicide prevention skills. ASIST teaches participants to recognise when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety. This is a highly interactive and practice based workshop.

Cost: Various. Duration: Two days - in person only For more information contact training@every-life-matters.org.uk

FREE Half Day Online Training
Suicide First Aid

- 1 hour
- Free of charge
- Self-paced
- Self-reflection
- Self-reflection

Suicide First Aid is available as a half day 'Virtual Life' online course or a one day face-to-face version. It which teaches the skills and knowledge needed to identify someone who may be thinking about suicide and how to **competently intervene to help** through a first aid approach. Delivered by zoom.

Cost: Online 'Virtual Life' Free for people living or working in South Cumbria. Duration: 2.5 hours. Booking via [Eventbrite](#)

Mental Health Training

FREE Half Day Online Training
Mental Health First Aid

- 1 hour
- Free of charge
- Self-paced
- Self-reflection
- Self-reflection

Our team of experienced trainers offer the **full suite of Mental Health First Aid training** across Adult, Youth and Armed Forces. With One and two day options as well as Champions Training and Refreshers. We are also able to arrange local TTT's where organisations want to develop their own trainee workforce.

Cost: Various. Duration: Various - online or in person. For more information contact training@every-life-matters.org.uk

FREE Half Day Online Training
MECC - Mental Health Education and Communication

- 1 hour
- Free of charge
- Self-paced
- Self-reflection
- Self-reflection

MECC (Making Every Contact Count) is an approach to behaviour change using the millions of day-to-day interactions frontline healthcare staff have with others to support them in making positive changes to their mental health and wellbeing.

Cost: Free of charge. Duration: Various. For more information and bookings contact training@every-life-matters.org.uk

Bespoke Mental Health Training

Every Life Matters is a leading provider of Mental Health training in Cumbria. We have a team of 11 mental health trainers, with a wide range of experiences and backgrounds, and have worked widely across the Public, Private, Education, Voluntary and Community sectors in Cumbria to provide mental health training relevant to individual organisations needs. Contact us at training@every-life-matters.org.uk or 07968 537541 for more details and prices. All profits from our training are re-invested in suicide prevention activity across Cumbria.

North Cumbria Collaborative Training Offer

Courses below are available only for organisations operating within **Allerdale, Copeland, Carlisle and Eden**

Connecting with People - For Clinicians within Mental Health, GPs, Primary Care, A&E

FREE Half Day Online Training
Suicide Response Pt 1

- 1 hour
- Free of charge
- Self-paced
- Self-reflection
- Self-reflection

Facilitates a safe assessment, triage, and immediate response for busy clinicians such as first point of access in **Mental Health services, Primary Care staff, A&E** and other staff in pressured environments. Equips usage of SAFE Tool™ via case-based learning and develop skills and confidence in co-producing Safety Plans.

Cost: Free of charge. Duration: 3 hours. [More Information](#) [Booking training@every-life-matters.org.uk](#)

FREE Half Day Online Training
Suicide Response Pt 2

- 1 hour
- Free of charge
- Self-paced
- Self-reflection
- Self-reflection

Understand collaborative and transparent approaches to mitigating suicide risk and how to increase your patient's resilience to suicidal thoughts. Learn to create a comprehensive, person-centred, biopsychosocial suicide mitigation plans and collaborative support mapping. For clinicians in **Mental Health and Primary Care**.

Cost: Free of charge. Duration: 3 hours. [More Information](#) [Booking training@every-life-matters.org.uk](#)

FREE Half Day Online Training
Suicide Awareness and Suicide Response Pt 1 & Pt 2 for Primary Care

- 1 hour
- Free of charge
- Self-paced
- Self-reflection
- Self-reflection

This half day course is a condensed version of Suicide Awareness and Suicide Response Pt 1 and Pt2, specifically adapted for primary care practitioners. It is ideal for developing a **whole system approach and common language** in managing suicide risk within busy Primary Care settings.

Cost: Free of charge. Duration: 3.5 hours. [More Information](#) [Booking training@every-life-matters.org.uk](#)

Connecting with People - General training for frontline staff and those in helping roles

FREE Half Day Online Training
Suicide Awareness

- 1 hour
- Free of charge
- Self-paced
- Self-reflection
- Self-reflection

Tackles myths, stigma and barriers, and develops a **common language between community, services and those in distress**. Gives delegates a compassionate approach, and the confidence and the skills to talk to someone in distress.

Cost: Free of charge. Duration: 75 mins. [More Information](#) [Booking training@every-life-matters.org.uk](#)

FREE Half Day Online Training
Emotional Resilience

- 1 hour
- Free of charge
- Self-paced
- Self-reflection
- Self-reflection

Emotional resilience is the ability to cope with life's challenges and ups and downs. This FREE half day course helps you develop an understanding of practical strategies and coping mechanisms to **promote wellbeing**, whilst improving your own emotional literacy.

Cost: Free of charge. Duration: 3 hours. [More Information](#) [Booking training@every-life-matters.org.uk](#)

**Every
life
matters...**

Between 2020 and 2022 Every Life Matters has now

Trained 8,596 People
in suicide prevention skills across Cumbria

 **3,855**

Suicide Awareness

Bitesize Training for the
whole Community

 **2,729**

Suicide Alertness

Half day Alertness and
Intervention Skills Training

 **681**

Self-harm Alertness

Half day Alertness and
Support Skills Training

 **178**

Applied Suicide Intervention
Skills Training ASIST

 **624**

Suicide First Aid

 **529**

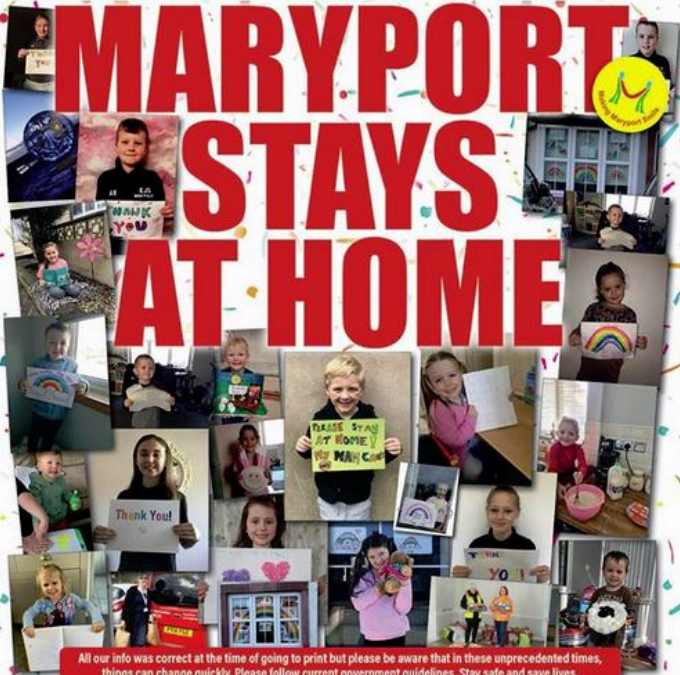
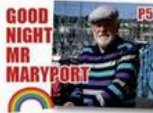
Mental Health First Aid

- Working with **local groups and organisations** to raise awareness
- **Harnessing the desire** to make a difference
- Providing the **tools, training and resources** for them to make a difference

Grassroots



Maryport Matters



All our info was correct at the time of going to print but please be aware that in these unprecedented times, things can change quickly. Please follow current government guidelines. Stay safe and save lives.

Proud to support this edition!



Lots of people have thoughts of suicide and they may happen for many reasons. You may feel so low that life seems unbearable. But you still have reasons for living, and the good news is that there are people and organisations that want to support you through this difficult time. Reach out and talk.

Every life matters

- 6,507 people in the UK died by suicide in 2018. This is 3 times the number of people who die on our roads every year.
- On average we lose one person to suicide each week in Cumbria. Cumbria suicide rates are around 30% higher than the national average, with the highest rates along the West Coast and Barrow.
- 1 in 17 of us will have thoughts of suicide each year, with a staggering 1 in 5 of us having thoughts of suicide in our lifetime. The vast majority of people get through having thoughts of suicide and the situation that has caused them.
- Suicide is the leading cause of death of men under 50. 75% of suicides are men, with middle aged men being the highest risk age range.
- Over 200 school children die by suicide every year. Suicide is the leading cause of death in young people under 25 years old.
- Only 25% of people who die by suicide have had contact with mental health services in the year before they died. Suicide prevention needs to be a community wide concern. It is family, friends, neighbours and colleagues who are best placed to know when someone is at risk.

Having thoughts of suicide?

Contact your GP at the earliest opportunity. If you don't feel you can keep yourself safe anymore call 111 straight away. Nobody should have to struggle alone. Talking can really help.

Where to go for help:

- Samartans** 24hr support. Call 116 123.
 - CALM** Mental health helpline for men 5pm-midnight. 0800 585858.
 - Papyrus Helpline** Helpline for young people 9am-10pm Weekdays, 2pm-10pm Weekends. 0800 068 4141.
 - SHOUT** 24hr crisis text service. Text Shout to 85256.
 - Young Minds** 24hr Crisis Text service for young people. Text YM to 85258.
 - Childline** 24hr phone support for under 19s. 0800 1111.
 - Silverline** 24hr support line for older adults. 0800 4 70 80 90.
 - Young Minds** Parent Line Support and advice for parents. 0808 802 5544.
 - Cumbria Mindline** Cumbria Mental Health support line 5pm-11pm. 0300 5610000.
- For more information about where to get support, or how to support someone experiencing thoughts of suicide, visit www.every-life-matters.org.uk

Young People and Suicide

Supporting a child or young person with thoughts of suicide is something that no doubt sends ripples of anxiety through parents. Starting that conversation can feel a daunting prospect, but it could potentially be lifesaving. It's vitally important to know how you can help if your child is having thoughts of suicide.

- Look out for change in mood and behaviour.** Bereavement? Exam stress? Isolation from friends? All can lead to uncertainty and poor mental health.
 - If you're worried ASK them.** If you're worried it is ok to ask directly "Are you thinking about suicide?"
 - What if they say YES?** If your child does say they are experiencing thoughts of suicide, the most important thing that you can do is to stay calm. Acknowledge how difficult this must be for them to talk about it and let them know you are here to listen.
 - Try to focus** on getting through this moment and not thinking too far ahead.
 - Encourage them** to do things they enjoy, spend time with people that improve their wellbeing.
 - If they need to talk again,** make sure they know that it's ok to come and speak with you.
- There may be times when your child is struggling, they may lash out, their behaviour might change and they may feel like a stranger to you. This is a result of what they are going through and they still need your support.

More than anything, remember that support is available. www.every-life-matters.org.uk

How do I help?

- You won't say the wrong thing.** Just being there in that moment is proof you care and you are a safe person to talk to. Don't worry about what you should/shouldn't say, just listen.
- Connect** and let them know how brave they are and that you are here to help.



Every life matters

In partnership with Ewanrigg Local Trust, Every Life Matters and #asmllhidesathousandthoughts



EM MOTOR REPAIR & TRANSPORTATION SERVICES CENTRAL GARAGE
07517 832008

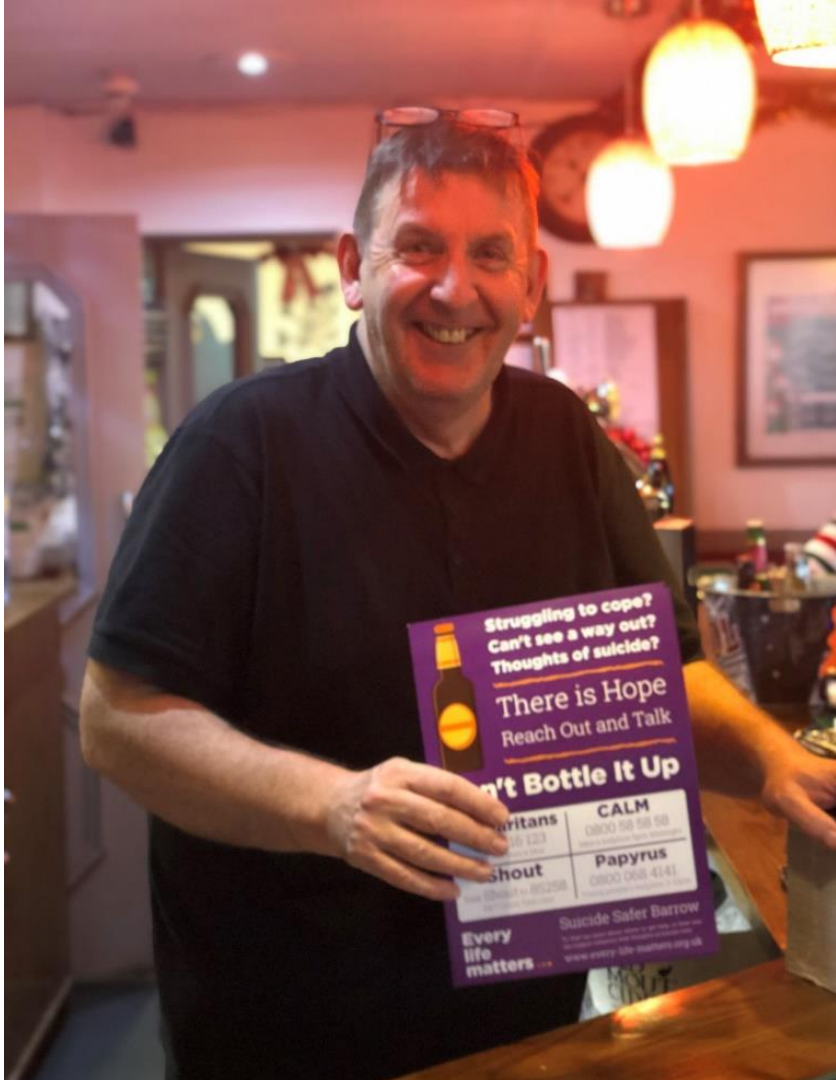
CUSTOMER PARKING ONLY

Every life matters

HOPE

BEAUTY 2020





Struggling to cope?
Can't see a way out?
Thoughts of suicide?

There is Hope
Reach Out and Talk

Don't Bottle It Up

Samaritans Call 116 123 24/7 helpline	CALM 0800 58 58 58 Crisis Line
Shout Text Shout to 85258 24/7 Text 'Shout' to 85258	Papyrus 0800 068 4141 Young people's helpline

Every life matters... Suicide Safer Barrow
To find out more about us go to www.every-life.org.uk



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What have we done to date?

Suicide Awareness
Course Handbook
July 2020

Bitesize Online Training

Every life matters

THE ANDREA BUGGY TROPHY

Every life matters

Supported by Every Life Matters, Cumbria

The Andrea Buggy Women's League Under 16 Girls League, Season 2021-22



JustGiving

Every life matters

Cumberland FA: Every Life Matters Fundraising

387%
£1,937 raised of £500 target
120 supporters

Every Life Matters
Cumberland FA: Every Life Matters Fundraising

Cumberland FA

Reach Out and Talk

ve Teamed Up With Every Life Matters – A Local otting Suicide Safer Communities Which Also reatment Support Across Cumbria.

Listening can be a lifesaver



CFA TEAM TALK

Every life matters

active Cumbria

Providing Support to the Grassroots Football Community

Week 2 – 17th to 22nd January 2022

Monday 17th	Tuesday 18th	Wednesday 19th	Thursday 20th	Friday 21st	Saturday 22nd
Decider Life Skills	Assertiveness	Writing for wellbeing	Safety Planning and Finding Hope		Laughing Yoga
@The Hive, Workington	@The De Lucy Centre, Egremont	@Online, Zoom	@The Hive, Workington		@Online, Zoom
11:00am-12:00pm	9:45am-10:45am	1.30pm-2.30pm	10:00am-11:00am		11:00am-11:30am
	Assertiveness		Assertiveness		
	@Appleby Hub		@Penrith Library		
	10:00am-11:00am		3:00pm-4:00pm		
	Wellness Recovery Action Planning		Decider Life Skills		
	@Appleby Hub		@Penrith Library		
	11:00am-12:00pm		4:00pm-5:00pm		
	Rhythms of Recovery		Rhythms of Recovery		
	@The De Lucy Centre, Egremont		@Blue Jam, Penrith		
			6:00pm-8:00pm		

Agri Health Matters:

Cumbria, North West, North Yorkshire and Northumberland
Health services for farmers, allied industry and rural community

Endorsed by
Agricultural Ambassador

**Raymond
Irvine**
of This Farming Life



As health professionals, our passion is to keep those within our local sectors safe. It's in our blood!

Being part of a rural community, we recognise that those who work within the agricultural and allied professions make up part of our key worker family.

With significant difficulties faced by our farming industry the health of our farmers, their colleagues and associated businesses are our priority.

We have the expertise and passion to do things differently.

Join us in seizing the opportunity to help!

Why Agri Health Matters; the numbers speak for themselves

In 2019/2020 too many lost their lives...

20* farm workers lost their lives in fatal farm accidents

133** suicides were registered in England, Wales and Scotland in those working in farming and agricultural related trades

Save ONE

Where physical or mental health is concerned, if we can make a difference to one individual we have the ability to positively impact the lives of many.

* Figures published in the Health and Safety Executive's report 'Fatal injuries in agriculture, forestry and fishing in Great Britain 2020/21' show 41 people were killed as a result of farming and other agriculture-related activities during the year.
** These include farmers, managers, and proprietors of ag related services and those working in agricultural related trades and elementary Agri occupations. Figures obtained from the Office of National Statistics and the National Records of Scotland.

Gold Corporate Sponsors & Corporate Ambassadors

LL
Lloyd

Confirmed Partners:



Mitchells

Your logo here!

What we do and how you can get involved

Alan Hinkes OBE

Every Life Matters Ambassador



**Every
life
matters**



Don't be scared
to ask,
"Are you having
thoughts of suicide?"
You might just be
asking them the
question they really
wanted to hear

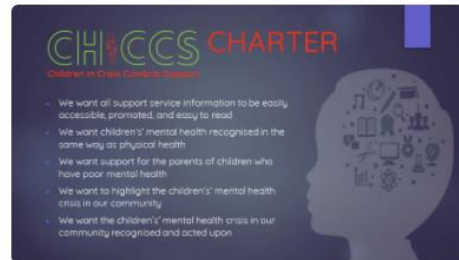
**Every
life
matters** ...





CHICCS Charter

As parents, carers and human beings we cannot allow our children to be continually failed, we are committed to taking action and we want to support the vulnerable parents and children in our community here in Cumbria.



Campaigning

- Engaging **whole population** across media & social media
- Targeted and **direct** messaging
- Aimed at those at risk and potential supporters
- **Reaching as deeply** as possible in to local population



Be helpfully nosey

Sometimes you just need to keep asking



You alright?

Are you really OK?

Listen, I'm worried about you. Shall we grab a brew and have a chat?

Every life matters



**Every
life
matters** ...



It's OK to ask

"Are you thinking about suicide?"

It wont put ideas in someone's head and being there to listen could be a lifesaver



**Every
life
matters** ...

We all have a part to play in suicide prevention

Suicide Safer Cumbria



I'm alright mate...

Sometimes we say we're OK when we're not. If you're worried about a mate, **ask again** "Are you **really** OK?"

Sometimes we say we're OK when we're not. If you're worried about a mate, **ask again** "Are you **really** OK?"

TBH I feel like sh*t...

Worried about a mate?

A little conversation can make a **big difference**

Ask and ask again

- Sometimes we say we're OK when we're not.
- If you're worried about a mate, be helpfully nosy, and ask again. "Are you really OK? I'm worried about you"

Listen carefully

- Show interest and ask open questions like "How are you feeling?"
- Avoid judging, trying to fix things, or offering solutions.
- You don't need to be an expert. Just being there to listen can really help.

Build support

- Let them know it's OK to ask for help, and explore what support is out there.
- Help them make a plan. Simple goals are best.

Check-in

- Arrange your next time to meet up.
- Keep in regular contact and let them know you are there for them.

And trust your gut instincts, if you are at all concerned someone may be wanting to end their own life, ask them, and ask directly "**are you thinking about suicide?**" It won't put ideas in their head and the conversation that follows could be a lifesaver.

Every life matters

www.every-life-matters.org.uk
Suicide Safe Cumbria Charity No. 1180815

For more tips on how to support a mate scan here



I'm alright mate...

Sometimes we say we're ok when we're not. If you're worried about a mate, **ask again...**

For tips on how to start the conversation, scan here.

Every life matters

www.every-life-matters.org.uk
Suicide Safer Communities in Cumbria Charity No. 1180815

Are you really ok?

TBH I feel like sh*t



Join us in supporting

World Suicide Prevention Day 2020

10th September

Helping to spread hope



Order a paper/digital resource pack today



Pledge Card

Every step counts

We've listed some simple actions you can take today to start action against suicide in your community. Visit our website or scan the QR code below to get full details and find even more ways you can make a difference. Take some away and give to others!

www.every-life-matters.org.uk/pledge



SCAN ME

Every life matters ...



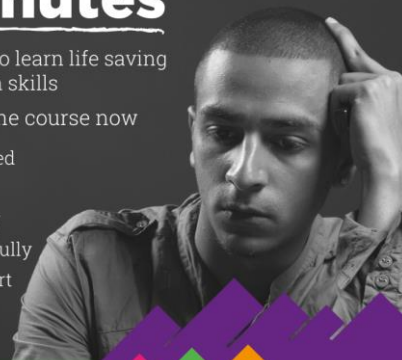
- Register on Eventbrite to take part in one of our online Suicide Prevention training sessions
- Check in with a friend, relative or colleague you think might be struggling right now
- Visit our website and learn the warning signs that someone may be thinking about suicide
- Distribute some Every Life Matters posters, wallet cards, beermats or beer mats
- Take 20 minutes to complete the Zero Suicide Alliance online training
- Order one of our Suicide Prevention Resource Tins to hold at your organisation
- Start sharing our social media posts across your personal and professional networks
- Book some of our Suicide Prevention training for your employer, club or community group.
- Check in with someone you know who has been bereaved or affected by suicide.
- Start a conversation with your family, friends or colleagues about suicide.
- Take our training and become an Orange Button Holder in your workplace or community
- Fundraise for us or other suicide prevention charities. Every pound makes a difference.

60 minutes

That's all it takes to learn life saving suicide prevention skills

Book a FREE online course now

-  Getting informed
-  Being Aware
-  Asking Directly
-  Listening Carefully
-  Building Support



Creating Hope Through Action

#WSPD2021

Every life matters ...



World Suicide Prevention Day

Join with people the world over at 8pm
Light a candle

to remember a loved one lost to suicide
for those who live with thoughts of suicide
to show your support for suicide prevention

Every life matters





Resources

- **Digital and Paper Resources** – suicide, self-harm, safety planning
- **Website** including local/national **signposting pages**
- **Orange Button** Community Scheme
- Employers/Clubs **Toolkit**
- **Suicide Prevention App**
- Self-harm **Safe Kit**
- Tools to support others to take action

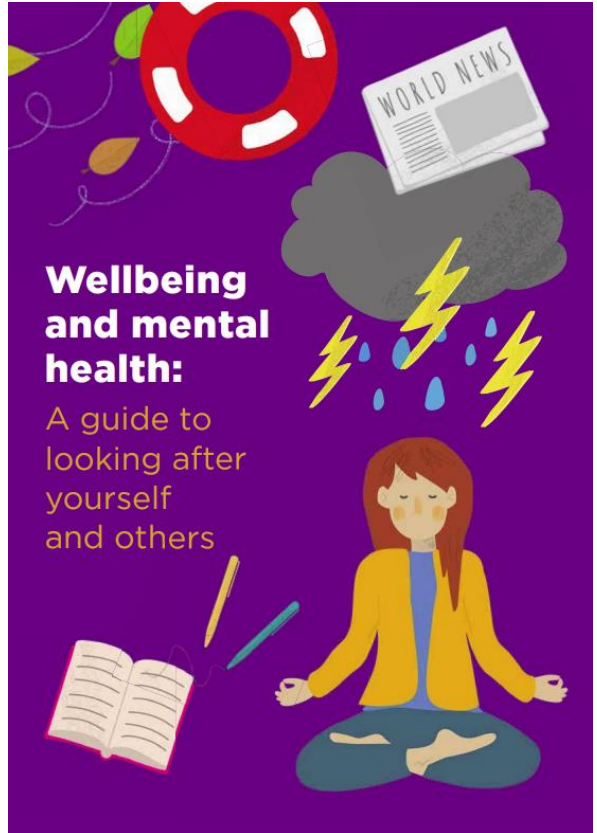
Wellbeing and mental health during Covid-19:

A guide to looking after yourself and others



Wellbeing and mental health:

A guide to looking after yourself and others



Struggling to cope



Thoughts of suicide are not uncommon – a lot of people will have them – around one in five of us during our lifetime. Having these thoughts doesn't make it inevitable that you are going to take your own life.

If you are having thoughts of suicide focus on what you need to do to keep yourself safe for now. Visit www.every-life-matters.org.uk to complete a Safety Plan and learn more about what practical steps you can take to keep yourself safe. This can include:

- Finding ways to distract yourself that allow the feelings to pass
- Calling a helpline or someone you can trust
- Avoiding using alcohol and drugs
- Removing things from your house that you could use to harm yourself
- If you can, going somewhere you feel safe
- Knowing who you can contact if you need professional support – this might be your key worker, your GP, NHS 111 or others
- Making a Hopebox – a list, or photos, or objects that remind you of why you want to live.

If you feel you can't keep yourself safe any longer, or if you have done something to harm yourself – call 999 now. The number is free.



Thoughts of suicide do pass and there are things that you and other people can do to make your situation better.



Thoughts of suicide

Being there to listen and to provide emotional support can be a lifesaver.

If you're worried that someone you care for may be feeling suicidal it can be really hard to know what to say to them, or how to help. But thinking about suicide does not make it inevitable that someone is going to take their own life, and all of us have the ability to support someone who is experiencing thoughts of suicide, and to save lives.



Trust your gut instincts. If you are at all concerned that someone is having thoughts of suicide – ASK them directly – LISTEN compassionately – GET HELP if needed.

In addition to the general signs of mental health problems listed earlier someone having thoughts of suicide might;










- Talk, or post social media messages, about wanting to die, feeling hopeless, trapped or having no reason to live, or that they are a burden to others.
- Show unexpected mood changes such as suddenly being calm after a long period of depression, giving away possessions or making a will, increased risky behaviour or self-harming, or researching suicide online.
- Have had by a major loss or change in their life, an accumulation or build-up of problems before Covid-19, or be facing financial, relationship or housing hardship.

Talking about suicide with someone can feel nerve-racking but the best thing to do is ask directly. "Are you thinking about suicide?" This will not put ideas in their head and will show them they don't have to struggle alone with these overwhelming thoughts.

Visit www.every-life-matters.org.uk for more information on how to help someone with thoughts of suicide.




Active QR Codes (43) Most Scanned + CREATE QR CODE

<p>Website</p> <p>ELM - Booklet feedback form</p> <p>ELM Codes Nov 25, 2021</p> <p>qrso.de/purplebooklet forms.office.com</p>	<p>122 Scans</p> <p>Details →</p>	 <p>Download</p>
<p>Website</p> <p>Pzizz App</p> <p>Other Codes Nov 22, 2021</p> <p>qrso.de/bsa012 pzizz.com</p>	<p>81 Scans</p> <p>Details →</p>	 <p>Download</p>
<p>Website</p> <p>Mind - About Depression</p> <p>Other Codes Nov 22, 2021</p> <p>qrso.de/bsa11h www.mind.org.uk</p>	<p>68 Scans</p> <p>Details →</p>	 <p>Download</p>
<p>PDF</p> <p>CCC Resilience Factsheet</p> <p>Other Codes Nov 25, 2021</p> <p>qrso.de/bsa11p</p>	<p>56 Scans</p> <p>Details →</p>	 <p>Download</p>
<p>Website</p> <p>ELM - Home</p> <p>ELM Codes Nov 22, 2021</p> <p>qrso.de/bsa105 www.every-life-matters.or...</p>	<p>56 Scans</p> <p>Details →</p>	 <p>Download</p>
<p>Website</p> <p>NHS Live Well - How to get to sleep</p> <p>Other Codes Nov 24, 2021</p> <p>qrso.de/bsa10h www.nhs.uk</p>	<p>50 Scans</p> <p>Details →</p>	 <p>Download</p>
<p>Website</p> <p>NHS Every Mind Matters - Working from Home</p> <p>Other Codes Nov 25, 2021</p> <p>qrso.de/bsa10j www.nhs.uk</p>	<p>46 Scans</p> <p>Details →</p>	 <p>Download</p>
<p>Website</p> <p>NHS Self-help Guides</p> <p>Other Codes Nov 24, 2021</p> <p>qrso.de/bsa10f web.nhs.uk</p>	<p>42 Scans</p> <p>Details →</p>	 <p>Download</p>
<p>Website</p> <p>First Step - North and West</p> <p>Other Codes Nov 25, 2021</p> <p>qrso.de/bsa10E www.embn.nhs.uk</p>	<p>41 Scans</p> <p>Details →</p>	 <p>Download</p>

Questions Responses 29

Booklet Feedback

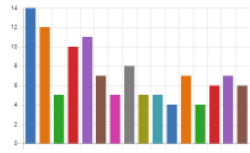
20 Responses 03:21 Average time to complete Active Status

[View results](#)  Open in Excel


1. Which were the most helpful section of the booklet? (Check all that apply)

[View Details](#)


Looking after your wellbeing	14
Sleeping well	12
Working from home	5
Depression and low mood	10
Anxiety and panic	11
Managing your stress bucket	7
What to do in a crisis & 'What...	5
Wellbeing Plan	8
Money and employment	5
Alcohol and Drugs	5
Stressmanagement	4
Looking out for others	7
Linking tips	4
Supporting children and young...	6
Useful apps	7
Getting help	6



2. Did you get additional help, support or information from links or QR codes in the booklet?

[View Details](#) 

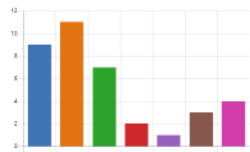
Yes	13
No	5
Not applicable	1




3. If yes, what kind of kind of help, support or information did you get? (Check all that apply)

[View Details](#)

To improve my wellbeing	9
To help with my mental health	11
To help with someone else's m...	7
Money or employment	2
Alcohol or drugs	1
Stressmanagement	3
To help support a child or you...	4



4. Do you have suggestions on how the booklet could be improved?

[View Details](#) 

8 Latest Responses

I have self-harmed and would like to receive treatment

Self-harm safe kit
Every life matters ...

Self-harm
Further advice, support and information

24/7 support
National Helpline 116 123
The Mix 0800 505 8794
Childline 0800 1111

National Information, Advice and Support
National Self-harm Network nshn.co.uk
Online support network

Self-harm UK selfharm-uk.org
Information, advice, support and online support groups

Beat Eating Disorders beateatingdisorders.org.uk/
Information, advice, helpline and online support groups

Life Signs lifesigns.org.uk
Information, guidance and online support

Young Mind youngminds.org.uk
Information, advice and parent's helpline

Papyrus papyrus-uk.org
Information, advice and helpline

Apps Recommended Apps www.nhs.uk/apps-library/
Includes self-harm, anxiety, first aid etc.

Ideas for Distractions
wellbeingandcoping.net
mind.org.uk/need-urgent-help/how-can-i-distract-myself
papyrus.org.uk
lifesigns.org.uk/help

The **distrACT** app provides trusted information and links to support for people who self-harm and may feel suicidal

<https://www.nhs.uk/apps-library>

GET IT ON **Google Play** Download on the **App Store**

Self-harm kit

It is useful to use a way to hold them manage such as a plan staying safe, messages, contact help, a card to ... and some items.

Items ...

Self-harm Information for Parents and Carers

Self-harm Safe plan

Self-harm What you need to know

I am not alone

What people or organisations

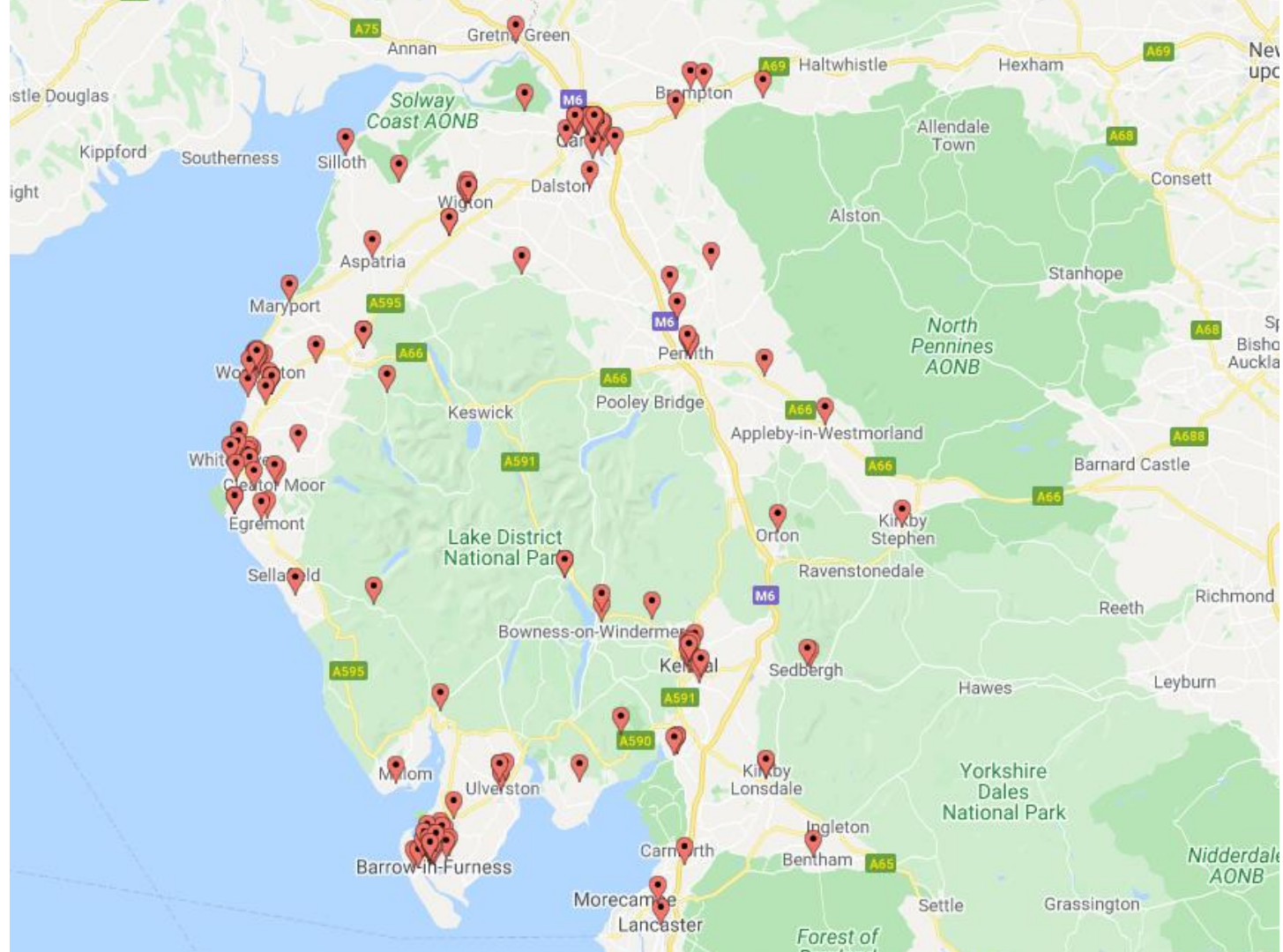
My distract

What gets me ... the next 15 minutes

Good to read

What ... and





HSJ AWARDS 2021

NHS Communications Initiative of the Year Award

FINALIST

North East and North Cumbria
Suicide Prevention Network

Every
life
matters ...

Suicide Safer Cumbria
www.every-life-matters.org.uk

Suicide and Self-harm Resources and Information

NORTH EAST AND NORTH CUMBRIA
Suicide Prevention
NETWORK

Samaritans 116 123
Email js@samaritans.org



Papyrus Hopetree UK
For young people under the age of 35
Call 0800 088 4141 Text 07860038967



Shout 24/7 crisis text support
service Text: 85258



Stayng safe from suicidal
thoughts staying@nhs.uk



Childline 0800 1111
www.childline.org.uk



If you or someone else is at
immediate risk of suicide or
serious self harm or injury call 999



CALM Anonymous and confidential
helpline and webchat, open 5pm to
midnight every day 0800 58 58 58



[Instagram.com/StopSuicideNENC](https://www.instagram.com/StopSuicideNENC)
[facebook.com/StopSuicideNENC](https://www.facebook.com/StopSuicideNENC)
twitter.com/StopSuicideNENC
www.stopsuicidenenc.org

Call NHS 111 or nhs.uk if you
urgently need help or advice,
but it's not a life threatening situation



Suicide Prevention Resource

Accessible, community based suicide prevention and resources for those in need, and those offering support

Thoughts of suicide are a common response to challenging life circumstances - around 1 in 17 people will have thoughts of suicide each year - but while they are more common than we think, we still need to take them seriously.

We know having access to the right information, at the right time, can make all the difference in getting individuals the help and support they need.



Our FREE suicide prevention resource kits provide vital at hand information to other someone experiencing thoughts of suicide or who is self-harming, as well as where to get help and support, both in a crisis and longer term.

They provide information for people who are worried about someone else, and what they can do to practically help, as well as information for people who have experienced a suicidal bereavement.

Our resources have also reviewed, simple safety plans that can help people begin to manage their thoughts of suicide or urges to self-harm, and find the information and support they need to prevent these thoughts from becoming a further option that is considered suicide.



Every life matters Suicide Safer Cumbria www.every-life-matters.org.uk

Scan Me

Suicide Prevention | Self-harm Information and Resource Tin

Samaritans Call 116 123 24/7 telephone text e-mail support	Papyrus Helpline Call 0800 068 4141 Young people's helpline, 9am-12pm
North Cumbria NHS Crisis Line 24hrs For all ages, call 0800 662 2865	CALM 0800 58 58 58 Men's helpline for all ages, 5pm-12pm
South Cumbria NHS Crisis Line 24hrs For all ages, call 0800 953 0110	Mindline Cumbria Call 0300 561 0000 7 days a week, Midday -11pm
Shout Crisis text service 24/7 support, Text 'shout' to 85258	Support Directory
Young Peoples Crisis text service 24/7 support, Text 'YM' to 85258	Scan here to access to further information about help, support and resources for someone with thoughts of suicide or self-harm.



Every life matters...

Support After Suicide in Cumbria



A little can make a big difference and even Don't wait

For tips on how to support a mate, visit

Every life matters

Suicide & Self-harm Information available

0800 58 58 58

How to help an in danger and stay safe

QR code

Zero Suicide

SAVE A LIFE TAKE THE TRAINING

Stacks of brochures with colorful circular icons: green, red, orange, blue, and purple.

Every life matters

Every life matters

TBH I feel like sh*t...

Consistent we can work OK when we're not...
if you're not working about...
"Are you ready GUY?"

Thoughts of suicide

What are thoughts of suicide?

Why do people have thoughts of suicide?

What can I do if I have thoughts of suicide?

What can I do if someone I know has thoughts of suicide?

What can I do if someone I know has self-harmed?

What can I do if someone I know has died by suicide?

What can I do if someone I know has attempted suicide?

What can I do if someone I know has suicidal thoughts?

What can I do if someone I know has suicidal ideation?

What can I do if someone I know has suicidal ideation?

What can I do if someone I know has suicidal ideation?

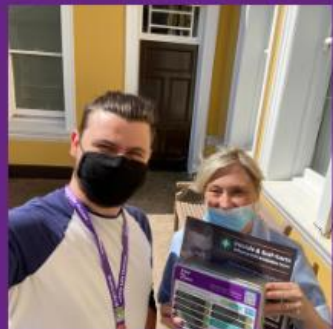
Self-harm

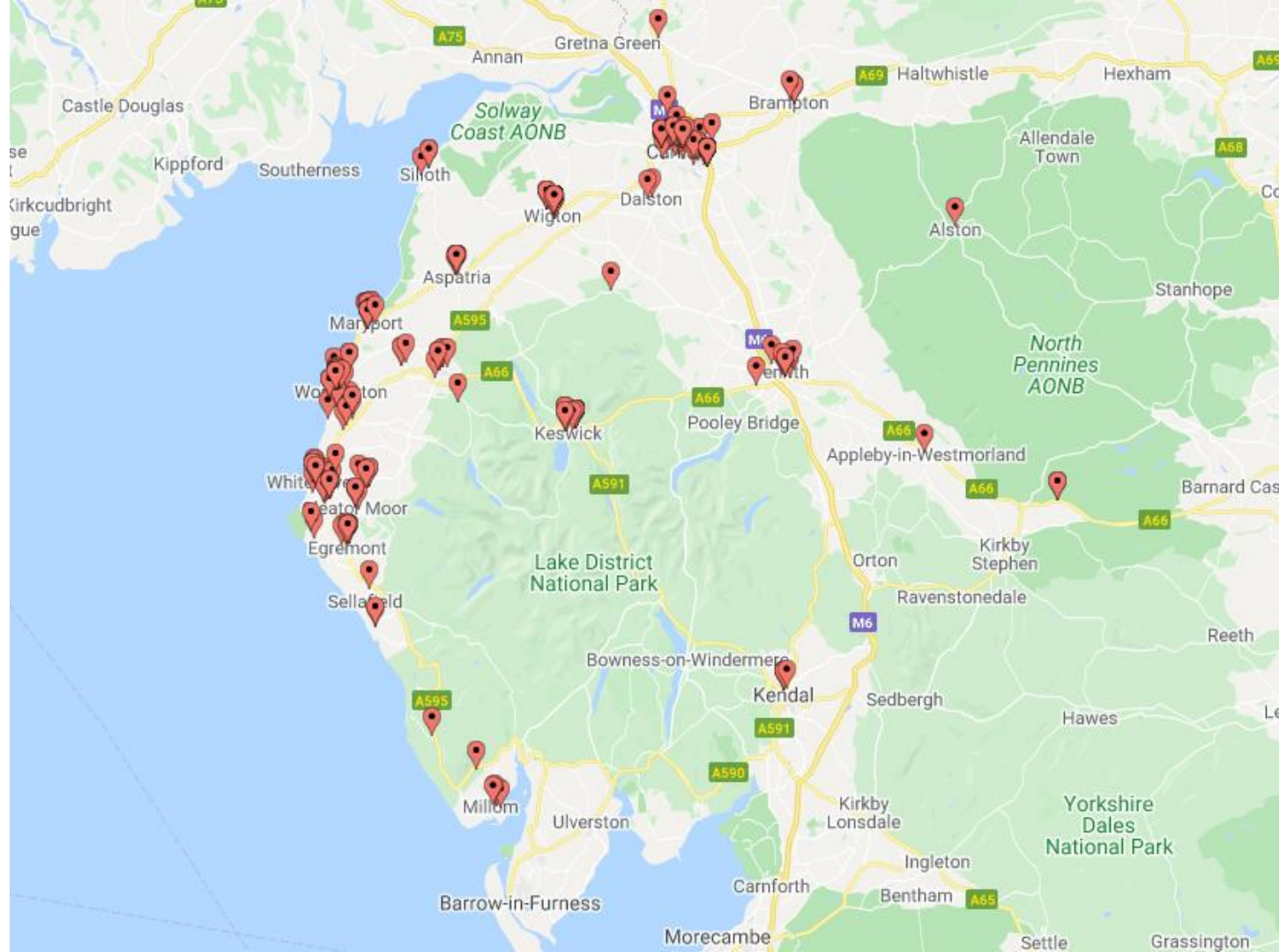
What is self-harm?

Why do people self-harm?

What can I do if I self-harm?

What can I do if someone I know self-harms?







World Suicide Prevention Day 2020

Deaths by suicide
 100k - every 40 secs
 33k - every 90 minutes
 100k - every week
 1 in 17 people
 have thoughts of suicide each year



79% of suicides are men

1 in 5 people will have thoughts of suicide at some point in their lives

1 in 4 people will have thoughts of suicide at some point in their lives

1961
 The first ever national suicide helpline was set up in the UK

1 in 5 people will have thoughts of suicide at some point in their lives

Every life matters

Supporting people with suicidal thoughts and feelings

Wellbeing and mental health during Covid-19: A guide to looking after yourself and others

Sometimes we say we're OK when we're not. If you're worried about a mate, ask again "Are you really OK?"

TBHI I feel like sh*t...

Worried about a mate?

A little conversation can make a big difference

Ask and ask again

- Sometimes we say we're OK when we're not
- If you're worried about a mate, be healthy, honest, and ask again
- "Are you really OK?" (or worried about you?)

Listen carefully

- Show interest and ask open questions like "how are you feeling?"
- Avoid judging, trying to fix things, or offering solutions
- You don't need to be an expert
- Just being there to listen can really help

Be a good support

- Let them know it's OK to ask for help, and explore what support is out there
- Help them make a plan. Suicide plans are best

Check-in

- Average your next time to meet up
- Keep in regular contact and let them know you are there for them

Trust your gut instincts

- If you are at all concerned someone may be wanting to end their own life, ask them, and ask directly "are you thinking about suicide?"
- It won't put them at their head and the conversation that follows could be a lifesaver

Every life matters

For more tips on how to support a friend, visit www.every-life-matters.org.uk

Worried about someone?

Supporting people with thoughts of suicide

Thinking about suicide?

How to hold on to hope and stay safe

Safety planning

Minimising thoughts of suicide

Make a Difference this World Suicide Prevention Day

- Decide to take part in an online Every Life Matters Suicide Awareness Display
- Check in with a friend or colleague you think might be struggling right now
- Start a conversation with your family, friends or colleagues about suicide
- Break out of our Suicide Prevention training for your organisation to make an impact
- Contribute some Every Life Matters posters, wallet cards or bean bag mats
- Check in with someone you know who has been affected by suicide
- Challenge the way we talk about suicide. Tell us what you think on our Facebook page
- What are we doing to help you? Tell us about the challenges we face and how we can help you

For more ideas about where to get help or how you can support someone with thoughts of suicide visit www.every-life-matters.org.uk

FREE Bitesize Online Course: Suicide Awareness

- Recognise the signs
- Be a good support
- Check in with a friend or colleague you think might be struggling right now
- Start a conversation with your family, friends or colleagues about suicide
- Break out of our Suicide Prevention training for your organisation to make an impact
- Contribute some Every Life Matters posters, wallet cards or bean bag mats
- Check in with someone you know who has been affected by suicide
- Challenge the way we talk about suicide. Tell us what you think on our Facebook page
- What are we doing to help you? Tell us about the challenges we face and how we can help you

Every life matters

For more ideas about where to get help or how you can support someone with thoughts of suicide visit www.every-life-matters.org.uk

Struggling to cope? Can't see a way out? Having thoughts of suicide? Reach Out and Talk

Let 100 people millions struggle with it every day. These thoughts will pass. These friends will support you today.

Samaritans Call: 116 123	CALM 0800 58 58 58
Shout 0800 011 2222	Papyrus 0800 100 4141

Every life matters

For more ideas about where to get help or support, visit www.every-life-matters.org.uk

Samaritans Call: 116 123 Text: 07734 383838	CALM 0800 58 58 58 Text: 0800 58 58 58
Shout Text: 0800 011 2222 Call: 0800 011 2222	Papyrus 0800 066 4141 Call: 0800 066 4141

Call NHS 111 if you urgently need help or advice, but are having a low functioning situation

Call 999 if you are at immediate risk of suicide

NEVER MIND THE STIGMA

LET'S TALK

ABOUT SUICIDE

Orange Button Training



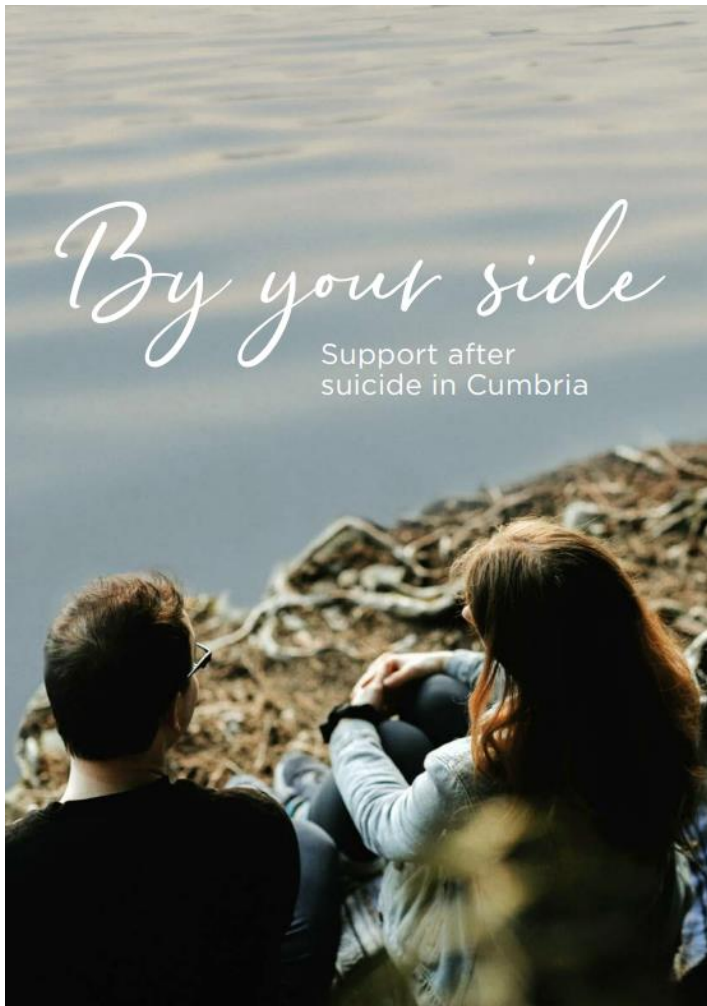
Leadership

- Engaged in Cumbria's **Suicide Prevention Leadership Group**
- Establishing **District level** leadership groups and/or Action Groups
- **Breadth** of engagement and membership – shared purpose - senior policy makers to individual activists



- **Community** focused interventions – digital and in-person
- **Individual support** offered through dedicated service

• **Postvention**



By your side

Support after
suicide in Cumbria



CUMBRIA
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Suicide
Bereavement
Support

For Cumbria &
surrounding areas

NORTH EAST AND NORTH CUMBRIA

Suicide Prevention

NETWORK

Preventing Suicides in High Rise Buildings and Structures- A Planning Advice Note

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Planning and Suicide Prevention

11 January 2023

City of London and Hackney Public Health team and City of
London Corporation Environmental Health



Introduction



“Suicide is everyone’s business”

Background and context

- There are suicide incidents every other day in the City of London
- City of London has unique population profile



London's Daytime Population 2010

9,300,000

Daytime population

7,900,000

Resident population

Top 5 Boroughs - Daytime Population Density

1. City of London (350,000 sq. mi.)
2. Westminster (120,000 sq. mi.)
3. Kensington and Chelsea (59,000 sq. mi.)
4. Camden (55,000 sq. mi.)
5. Islington (52,000 sq. mi.)

Bottom 5 Boroughs - Daytime Population Density

29. Enfield (8,800 sq. mi.)
30. Richmond upon Thames (8,200 sq. mi.)
31. Hillingdon (7,800 sq. mi.)
32. Havering (4,900 sq. mi.)
33. Bromley (4,800 sq. mi.)

Top 5 Boroughs - Daytime Population

1. Westminster 980,000 (253,000 residents)
2. Camden 460,000 (235,000 residents)
3. City of London 390,000 (11,700 residents)
4. Tower Hamlets 380,000 (238,000 residents)
5. Southwark 360,000 (287,000 residents)

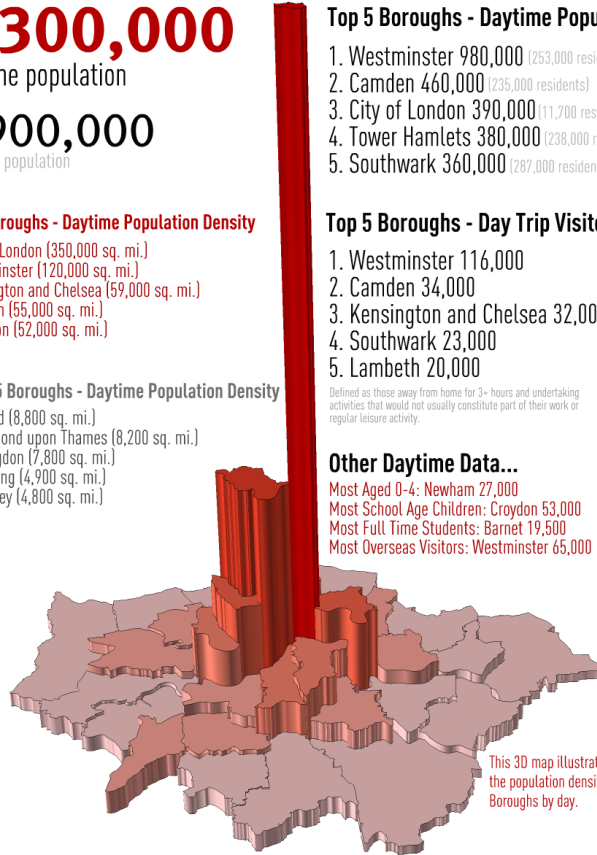
Top 5 Boroughs - Day Trip Visitors*

1. Westminster 116,000
2. Camden 34,000
3. Kensington and Chelsea 32,000
4. Southwark 23,000
5. Lambeth 20,000

Defined as those away from home for 3+ hours and undertaking activities that would not usually constitute part of their work or regular leisure activity.

Other Daytime Data...

- Most Aged 0-4: Newham 27,000
- Most School Age Children: Croydon 53,000
- Most Full Time Students: Barnet 19,500
- Most Overseas Visitors: Westminster 65,000



This 3D map illustrates the population density of Boroughs by day.

Background and context

- People travel from all over to use City infrastructure to attempt suicide
- Suicide is preventable
- Interrupting the suicidal process can also buy crucial time (for emergency response to arrive)- this is what some of the measures mentioned in the guidance note aim to achieve

Context and History

City of London Open Space Strategy 2015:

There are two main sources of increasing the amount of public open space; securing public access to existing private space and securing additional public open space as part of new development.

There is a potential synergy between growth and open space provision; since taller buildings with small footprints provide opportunities for additional open space – helping to ensure that it is provided in locations where it is most needed.

<https://www.cityoflondon.gov.uk/assets/Services-Environment/planning-spd-open-space-strategy-2015.pdf>

City of London



20 Fenchurch Street: Sky Garden Visitor Management Plan

Approved by City of London Corporation

1 Introduction

1.1 Background

Section 106 covenants have been entered into regarding the Sky Garden at 20 Fenchurch Street. These are reproduced at Schedule 1 for information, they include a covenant requiring submission of a Visitor Management Plan (VMP) for the Sky Garden to the City of London Corporation for approval. The VMP shall include arrangements for the following:

- a) entrance security arrangements
- b) access/ticketing and pre-booking system;
- c) public facilities in the Sky Garden, i.e. toilets; and security in the Sky Garden.

This document is the VMP approved by the City of London Corporation and is subject to review as set out in paragraph 8.1. The VMP should be read in conjunction with the relevant clauses within the S106 agreement.



Context and History

- Historically, suicide completions in workplaces ‘investigated’ by Environmental Health. Some post hoc preventative work undertaken to reduce repetition.
- Pre-planning applications: PH officer did not have time and EH H&S function not statutory consultee
- Planning process ideally located for suicide prevention intervention at design stage and City Long Term Plan being renewed
- It took 3 years between the inception of the idea to the guidance note being approved by the planning and transportation committee in June 2022

Preventing Suicides in High Rise Buildings and structure

- The guidance was written by public health and planning for public access spaces
- The guidance is meant to be considered at the pre planning, pre approval of designs stage, once designs are approved, interventions are limited
- There is no way to be sure that suicide risk has been completely eliminated

Important Disclaimer

- The guidance note lays out a non statutory framework for architects, developers and planning officers to consider because suicide prevention is part of the City's Public Health objectives
- The guidance is not enforceable – the consideration of suicide risks depends on the developers and architect's risk appetite
- We cannot offer consultancy on risk assessment
- The guidance is mostly aimed at public access spaces where there is foreseeable risk

The four pillars of suicide risk mitigation in a publicly accessible space

- Restrict access and means of suicide
- Increase opportunity and capacity for human intervention
- Increase opportunities for help seeking behavior
- Change the public image of the site

City of London



Balustrade on roof terrace at 120 Fenchurch Street



Art installation/ suicide prevention barrier, Canada



Planting on roof terrace at 120 Fenchurch Street

Assessing the impact on suicide numbers of a physical solution - a new framework

The following criteria can be considered when aiming to make an informed estimate of the change each option will have on suicide numbers:

- Quality of space
- Access prevention
- Obscured visibility of the water/ground
- Opportunity for delay
- Opportunity for safe return to deck
- Fear of injury through disrupted path to the water/ground
- Visibility of suicidal user
- Continuity of protection

Considerations for planning officers during application review

- Ensure developer is aware of the reputational risk and potential for translation into a real cost
- There is no one size fits all (no perfect solution)- seek balance of hard and soft measures
- Communication around suicide is very sensitive
- How future site operators will take up suicide awareness/prevention/intervention training at the developing stage

Achievements so far

- The planning process is now leading to developers actively considering suicide prevention
- This is a developing field with a limited evidence base
- Some initial confusion on the status of the guidance, we had to train planners and change some of the wording
- We hope that future structural and architectural solutions arising from this will add to global learning in place shaping policy and designing out suicide



Contact us...

- Email claire.giraud@hackney.gov.uk or toby.thorp@cityoflondon.gov.uk



Summary and takeaway message

- Consider suicide risk and balance hard and soft measures to mitigate the risk
- Encourage building owners/managers to train their staff in suicide awareness and suicide intervention
- [Preventing Suicides in High Rise Buildings and Structures | City of London](#)

The Importance of Place Analysis in Youth Suicide Preventive Work

Charlotta Thodelius
Faculty of Police Work
University of Borås



THE IMPORTANCE OF PLACE ANALYSIS IN YOUTH SUICIDE PREVENTIVE WORK

CHARLOTTA THODELIUS, PHD, FACULTY OF POLICE WORK, UNIVERSITY OF BORÅS, SWEDEN



A BRIEF OVERVIEW OF THE STUDY

- This presentation originates from a sub-study in my doctoral thesis "Re-thinking Injury Events"
- The study was based on findings from previous research, theoretical framework related to situations and a combination of empirical material (interviews with first responders, field observations, online-narratives)
- Focus on identified outdoor hot-spots (for both suicides and suicide attempts = suicidal situations) and the external elements in suicidal situations
- Internal elements in suicides = related to the individual
- External elements in suicides = related to place and method
- Youths suicides are often described as an opposite to adults

TYOLOGY OF SUICIDAL SITUATIONS

	Desperate suicides	Para suicides	Traditional suicides	Instrumental suicides
Degree of planning	Low	Low	High	High
Primary aim to de cease	Yes	No	Yes	No

TYPOLOGY OF SUICIDAL SITUATIONS

	Desperate suicides	Para suicides	Traditional suicides	Instrumental suicides
Necessary spatial conditions	Opportunity	Accessibility	Effective	Strategic

UNDERSTANDING YOUTH'S SUICIDAL SITUATIONS

- Majority in the cluster of para suicides
- Suicidal situations as a response to a rapid developed crisis (fights with parents, boy- or girlfriend, failed with something important etc)
- Aiming for change and stopping the pain
- Well-known places and easy to access
- Place = method (jump from heights, train platforms and train rails)

PLATFORM A



- Working with visibility by activity support (no station house or convenience store near the railway)
- Lightning (autodetect if someone enter the platform/rails)
- Fencing
- CCTV (active)
- Emergency phone

PLACE ANALYSIS AND PREVENTION

- Place of importance – suicides always takes place
- We need to identify so called hotspots and map *where* suicides takes place, *when* they take place and also *whom* tries/commit suicide (gender and age aspects)
- Explore what make this situation possible – finding place-related enablers or facilitators (why is it accessible?)
- Finding preventive strategies which make it hard to access place, but still makes the place functional for its intention
- According to previous research: working with place-based interventions is effective and has a low degree of displacement



Thank you for listening!

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Suicide Prevention in County Durham Locations

Jane Sunter
Public Health Strategic Manager
Durham County Council

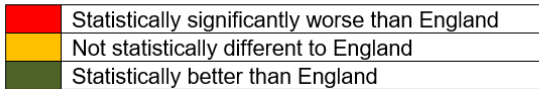
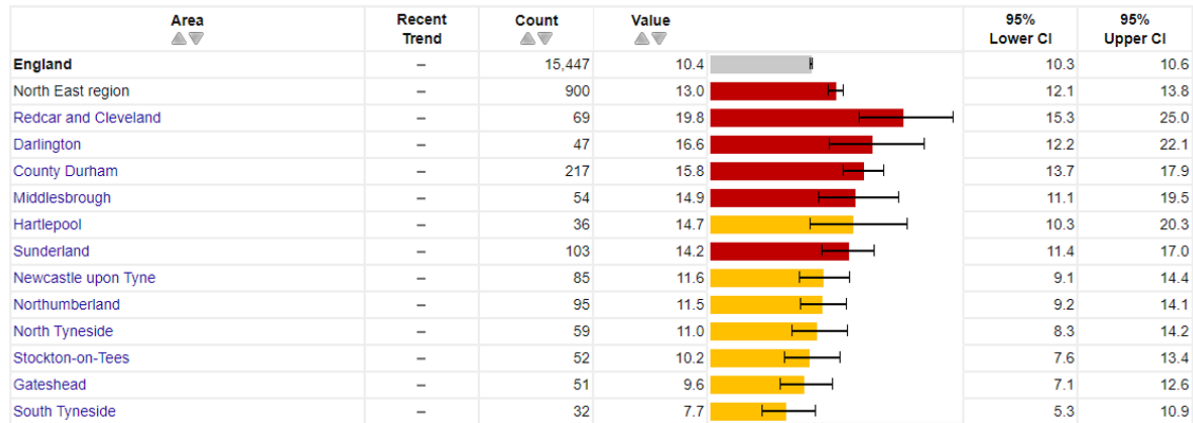
County Durham Suicide Prevention High Frequency Locations



Altogether better

Regional Suicide Rates

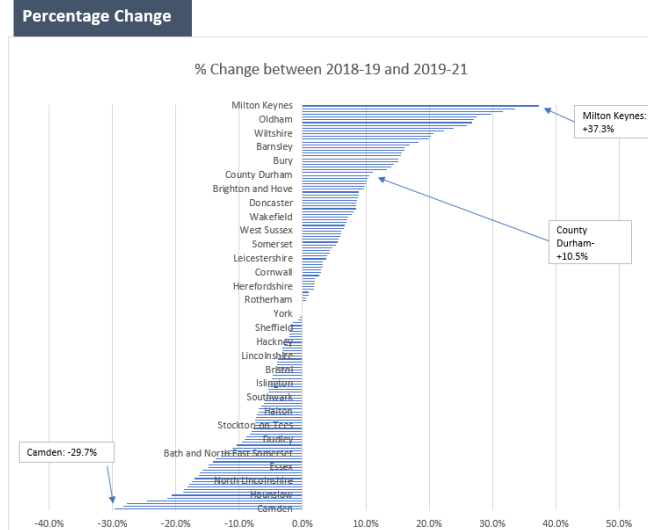
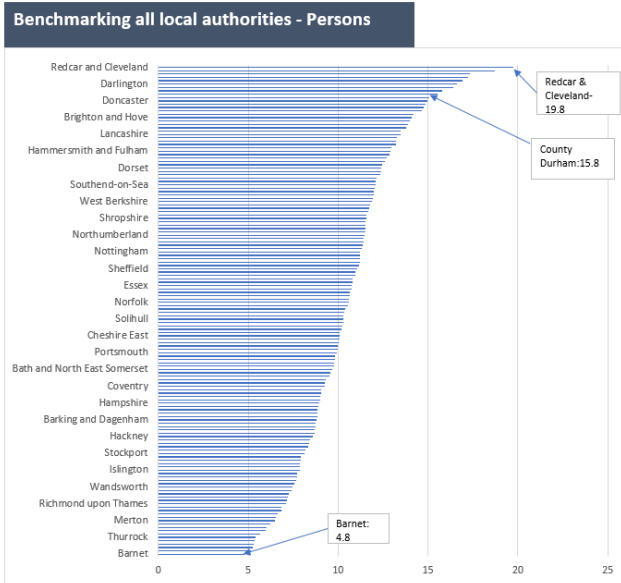
Figure 4: Directly age-standardised mortality rate from suicide and injury of undetermined intent per 100,000 (3 years pooled), persons, County Durham, North East LAs and England, with 95% confidence intervals, 2019-21. Source: ONS



Altogether better



Benchmarking against LAs



Altogether better

Real Time Data Surveillance System

Using PHE Guidance for monitoring

- MSOA and also wider area (taking into account community perceptions)
- Timeline 6-12-months
- High profile deaths and high-frequency locations.

Criteria hit triggers a Multi-agency Assurance Review (MAAR) process to look for links including social connections and initiate a community response.

Altogether better



Taking Action

Restricting access to sites
and increasing opportunities
for help-seeking behaviour by
the individual

Altogether better



Station review of access points

Multiple Unrestricted Access Points



- Further actions to restrict access onto the platform and the tracks given the requirements to maintain wheelchair, pushchair, mobility scooter and pedestrian access cannot be identified
- Ongoing discussion with Network Rail to provide a ticket machine on both platforms, to deter customers in a hurry from crossing the tracks to obtain a ticket

(Review complete
Summer 2022)

Altogether better

Community Response-signage



Friends of the Station worked with local school to produce some artwork to display at the station

Alto

Signage, installation of new guardrail and pedestrian lighting



The lighting installation will retrofit to the existing and new pedestrian guardrail, LED technology will reduce light spillage, energy, maintenance and ecological impacts (estimated to be fitted Spring 2023)

Altogether better



Signs replaced and placed at greater frequency across the viaduct (work complete Autumn 2022)

Barriers to be added to the existing viaduct parapet



*artist's image of the fencing type to be used

The type and style of suicide fencing has been agreed in principle by a stakeholder group including Design and Conservation, Fire Brigade and Highways.

Estimated to be fitted in Spring 2023

Altogether better

Increase opportunity and
capacity for human
intervention

Altogether better



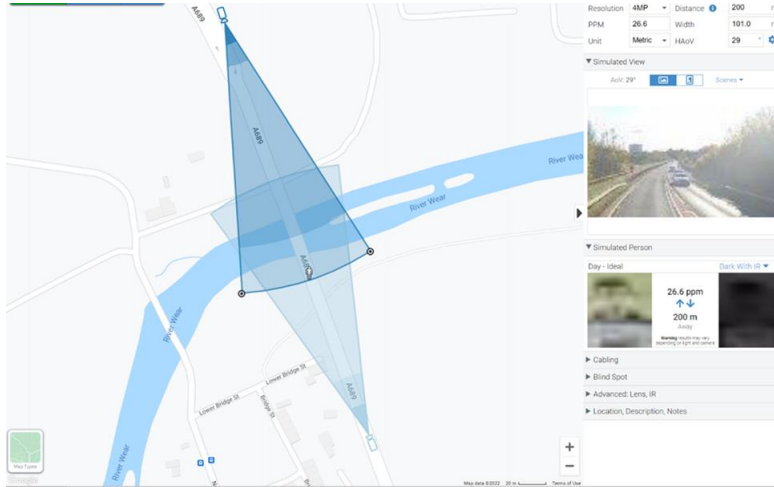
Station

- Operatives have approx. 6 seconds to intervene if someone accesses the tracks when a train is passing through (trains travelling at 100+mph).
- Two Safe Travel Operatives employed by Network Rail- **estimated to have saved 35 lives through preventing access to the tracks**
- Surveillance cameras have been updated to ensure real time surveillance (but only extend so far along the track)
- New businesses including a café and taxi office were scheduled to open



Altogether better

Viaduct



- New lighting columns
- 2 CCTV cameras co-located on lighting columns,
- Agreement with Care Connect to monitor the cameras from the Depot
- Signage to advise pedestrians that CCTV cameras are in place

Estimated to be fitted in Spring 2023

Altogether better

Change the public image of
the site; dispel its reputation
as a 'suicide site'

Altogether better



Wider Place-Based Response

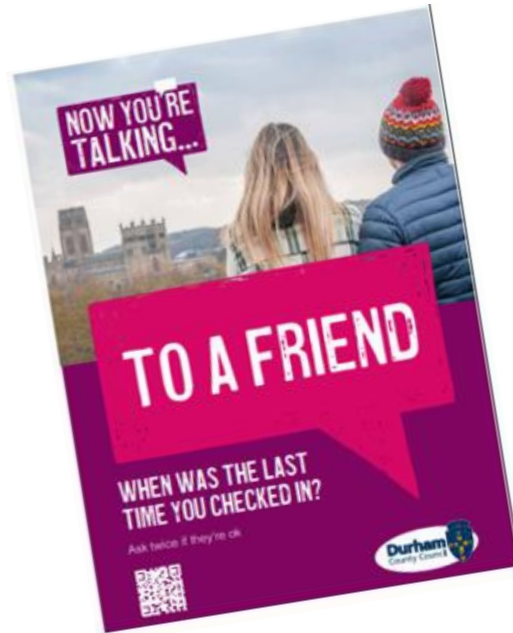
- A focus on early intervention and prevention at a population level
- Importance of post-vention referral
- Regular contact with relevant Elected Members and MPs
- Holding local press reporting to account using Samaritans Media Guidelines
- Dissemination of “Rainbow Resources” to AAPs to share and display with key partners such as community groups and Primary Care
- Establishing a local offer via Wellbeing for Life of Making Every Contact Count (MECC) training for these local community groups and assets



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Wider Response cont...

- Continually using Intelligence gathered from the Real Time Data Surveillance to target key population surrounding these sites
- Looking at the wider determinants within these areas (unemployment, food poverty, substance misuse etc) and current offer in partnership with Wellbeing for Life and Area Action Partnerships
- Use the “Now You’re Talking” comms for wider population awareness raising, and tailoring messages to local higher frequency areas
- Think about memorials



Altogether better

What have we learnt?

- One death is one death too many, but intent cannot always be mitigated against
 - Not everyone is in a “mental health crisis”
 - Data – for potential suicides and “incidents” is essential to inform the evidence-base and address trends
 - The “communication balance.”
 - Social media - constant challenge when trying to influence public perceptions
 - De-escalation – Samaritans Media guidance is invaluable
 - Don’t underestimate the impact of wider determinants on the local community
 - People aren’t always happy with the label of suicide
 - Always consider the wellbeing of staff involved on the agenda
- You can't please all of the people all of the time***

Altogether better



Any Questions?

Jane Sunter
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Durham County Council

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Altogether better



Designing Out Suicide

Neil Peters
Suicide Prevention Consultant
Nuthatch Consultants

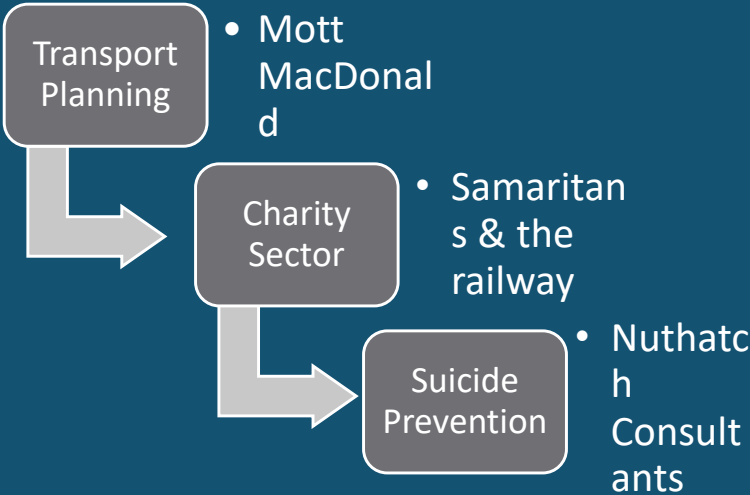
Suicide prevention through design

Neil Peters

Nuthatch Consultants



Neil Peters

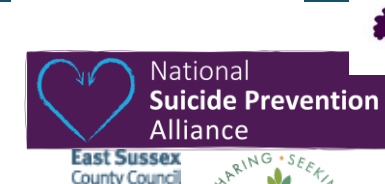


nuthatchconsultants.co.uk



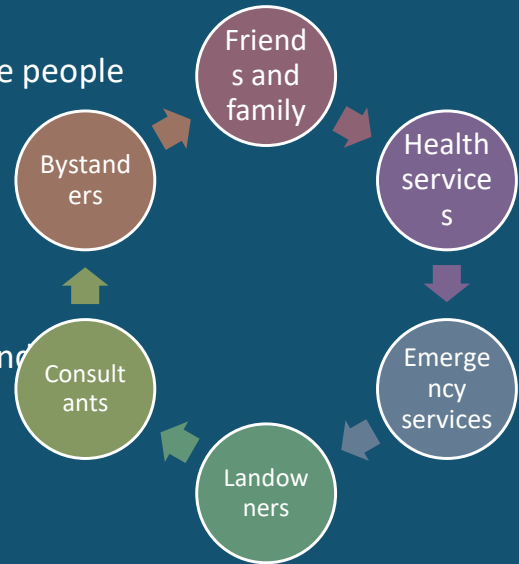
Nuthatch Consultants

- Founded in 2020
- Support charities and business with suicide prevention and mental health strategy, planning and advice
- Particular expertise in suicide prevention in public places
- Provide guidance, consultancy and project management to support your organisation
- Katie Barton joined in 2022
- Organisations we've worked with:



Why should we take action?

- Suicide is everyone's business
- But is complex and cannot be done alone by one person or organisation
- All the major organisations that are working effectively in suicide prevention are working with a multi-agency approach
- There is an ethical reason to prevent suicide and support vulnerable people
- It saves individuals lives, prevents trauma of those around them
- Protects staff, emergency services and others from trauma
- Reduces reputational risk of sites and organisation
- For those working in consultancy, environmental, retail, transport and building services there is a added value for clients



Opportunities to reduce risk

Strategic

- I. Prevention: Reducing the number of people who reach a point in their lives where they wish to take their own life
- II. Crisis Intervention: Intervening with those who do reach a crisis point to reduce the number of people who attempt suicide
- III. Postvention: Reducing the known impact of a suicide or attempted suicide

Tactical

- I. Restrict access to the site and the means of suicide
- II. Increase opportunity and capacity for human intervention
- III. Increase opportunities for help seeking by the suicidal individual
- IV. Change the public image of the site

Owens, C., Hardwick, R.J.L., Charles, N.; et al. (2015). Preventing suicides in public places: A practice resource.

Restricting access

- Closing sites or access to sites
 - Restricting access to certain areas
 - Closing storeys in car parks
 - Closing remote car parks
 - Fencing (2.5m high, inward curved)
 - Bridge barriers
 - Safety nets – multi purpose (could prevent rock falls)
 - Boundary marking (hatching, painted lines lighting, vegetation) – increases awareness for when someone is ‘in the wrong place’



External Barriers

Photo- The car park has some climb-resistance fencing



Photo- Anti-trespass fencing with Samaritans signage

Internal Barriers

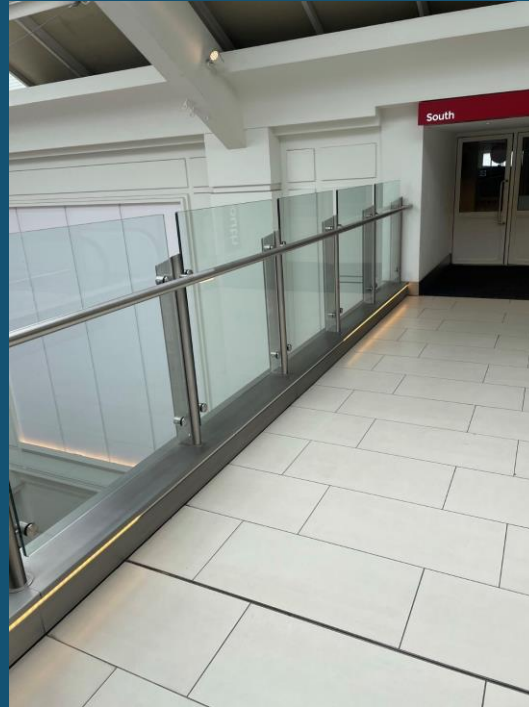


Photo- higher glass barriers feature on level 3 link

Reducing Access – Restrictions at public locations

Context

There is only one road into the area.

- Laybys on the cliff road are used by suicidal people seeking a less observed access to the cliffs.
- The laybys have short walks to the cliff edge
- Several stakeholders suggest restricting road access.

Reduce access, increase opportunity for observation

- Undertake costs benefit analysis for closing laybys
- Limit parking to car parks
- Closing the road at night would limit access at lower demand times, particularly when patrols are less active.
- By placing a toll or park and ride facility



Reduce access to cliff edge through barrier intervention

Options

It is recommended to explore the opportunity for planting dense gorse or other foliage.

Trim grass verges to enable better visibility of the area between the road and the cliff edge.

- If possible dense planting of shrubs like gorse would restrict access to the cliff edge but not obstruct the sea views and could be environmentally sympathetic. Could limit to 5ft.
- Trimming verges, will increase sight lines for surveillance and enable suicidal people to be more visible for patrols from the road.



References:

Public Health England, Preventing Suicides in Public Places, A Practice Resource 2015, Area 1 – Restrict access to the site and the means of suicide

Bridge schemes



Human Intervention

- Design in visibility
- Reduce hiding places
- CCTV – inc. smart, thermal (must be monitored)
- Human intervention needs to be equipped to deal with the situation
- Training
- Encourage people to look out for each other
- Has anyone had experience of making an intervention with a suicidal person or aware of a scheme where this has happened?



Help seeking

- Crisis Signage
- Emergency telephones
 - Particularly in remote areas or those with poor mobile reception
- General advertising of support

Signage: Suicide numbers reduced from an average of 10 per year prior to the intervention to an average of 3.3 per year over a three-year period



In a two-year period, 30 out of 39 people intending to take their own life used the telephone to call for help. Only one person who called the helpline went on to complete suicide. Local media reports indicate that up until 2010, 75 people were assisted to leave the bridge after calling the helpline.

Supporting data

Interventions	Pre-intervention per year	Post-intervention per year
Physical barriers (11 studies)*	3.16 suicides	0.72 suicides
Physical barriers at jump sites (8 studies)*	2.80	0.91
Sites with safety net only (2 studies)*	1.1	0.10 to 0.46
Surveillance (3 studies)*	7.79	5.29
Signage (1 study)^	10	3.3
Crisis telephones (1 study) ~	8.3	6.3

*NICE, Preventing suicide in community and custodial settings, Evidence review 6 for reducing access to means 2018

^King E, Frost N. The New Forest Suicide Prevention Initiative (NFSPi). Crisis 2005; 26(1): 25-33.

#Interventions to reduce suicides at suicide hotspots: a systematic review, Cox, Owens et al

Improve image of site

- Reputation
- Mythology
- Aesthetically
 - Some people are attracted to lonely unwelcoming places
 - Others to beauty spots
- General improvements, art schemes, flowers, planters, community value and ownership
- Give the site a sense of community ownership and that they could be observed

“Participants felt that the...could be re-designed or adapted to make them feel less isolated and more humane.” Marzano et al, 2016

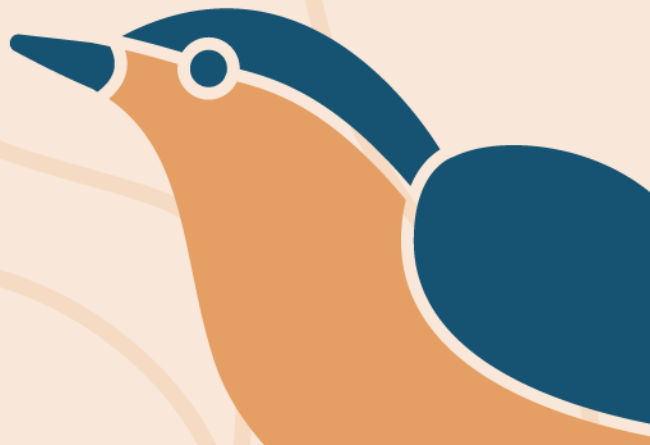


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Further resources & training opportunities....



Suicide Awareness training

[20 minute suicide awareness training
\(zerosuicidealliance.com\)](https://www.zerosuicidealliance.com)



<https://www.signpostnenc.co.uk/>

NORTH EAST AND NORTH CUMBRIA

Suicide Prevention

NETWORK

More resources and training opportunities

<https://www.stopsuicidenenc.org/>



<https://www.samaritans.org/>



<https://www.mind.org.uk/>



<https://www.papyrus-uk.org/>

Questions and Reflections

Visit our [webpage](#)

Sign up to our [mailing list](#)

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