

**Here For You**

*Out Of Hours Support In A Safe Space*



# Talking About Suicide Saves Lives.

## A Short Support Guide

For Public and Professionals



# Creating This Guide

This guide was put together for Touchstone's first World Suicide Prevention Day Events to support staff and the public across West Yorkshire in talking about suicide, knowing where to access support if they need it, or if they know somebody else who might.

This was done in collaboration with staff and volunteers from across a range of services and partners, including:

- Being You Leeds
- Better Together
- Here For You
- GASPED
- Leeds Mental Wellbeing Services (LMWS)
- Live Well Leeds
- Men's Health Unlocked

We know that suicide is not something that we can make disappear overnight and we are committed to being here to help people, even if our services change.

Therefore, this guide is aimed at helping everybody feel more comfortable to talk about suicide, help others, or know how to get support if you need it.



# Facts and Statistics UK

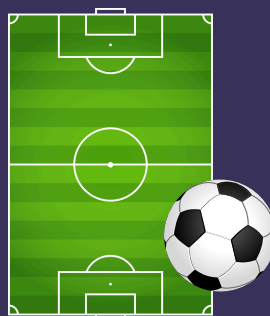
Thinking about suicide is more common than you might think.



1 in 5 of us will think about suicide at some point in our life

15 people die in the UK every day by suicide.

That's 1 person every 96 minutes - roughly the same time as an average football match



Males are 3 to 4 times more likely to attempt suicide than females and will often use more dangerous methods, resulting in more deaths.

More recent research has found that around 50% of transgender people have thought about suicide

Trauma of any kind can make us more likely to experience suicidal thoughts, with those who have seen combat, or suicide first hand more likely to attempt suicide.



# Breaking The Stigma

## Let's Change The Narrative

**Myth:** We shouldn't ask somebody if they feel suicidal, we might make it worse, or make them think about it

**FALSE**

**Truth:** Listening to people's feelings and asking direct questions will often make the person feel safe, heard, supported, and more likely to open up, or correct you if they do not feel this way.



**FACTS**

"I can hear that you're having a tough time right now and sometimes we can feel like everything is too much.

Have you had thoughts of suicide or ending your life?"

**Myth:** People who talk about suicide aren't serious and are just after attention, they won't do it.

**FALSE**

**Truth:** We never know how people are truly feeling until we ask and listen without judging. Never try to downplay and say things like "it's just a phase" or "you'll get over it". This can make people feel like you haven't heard their emotions and feel guilty for feeling this way, meaning they are less likely to get help and more likely to act on their thoughts.



**FACTS**

"It is OK to feel this way and you are really strong for speaking to me about this. Do you mind if I ask, what your plans are?"

# Breaking The Stigma

## Let's Change The Narrative

**Myth:** Suicide only affects people who have a mental health condition.

**FALSE**

**Truth:** Around 3 out of 4 people who sadly pass from suicide are not in contact with any mental health services.

This is why it is so important that we all feel able to support each other and show nobody is alone.



“Support does not always have to mean treatment with a therapist – it means recognising and respecting that we are all human and sometimes life is hard but together we are stronger.”

**Myth:** Once somebody has decided they want to die there is nothing we can do to change that

**FALSE**

**Truth:** Most people who think about suicide and may even have a plan of how they would end their life, just want the painful and traumatic thoughts to stop.

Once people are helped to distract away from these thoughts, the idea and plans of suicide often stop.



“Learn to know what a person is interested in, where they feel safe, and who they trust. Drawing, running, music, games, or even going somewhere different can be enough”

# 1 in 5 Of Us Think About Suicide...

## Let's Learn To Talk About It

“ We can all sometimes feel like life is too much, or people might be better off without us. Instead of trying to stop those thoughts or ignore them, it is more important that we learn how to speak about them. Only Then can we make a change.

”

## Free Training For Everybody To Access



### Zero Suicide Alliance:

Free short training videos for everybody. As well as specific training for taxi drivers, veterans, university students and more.

[www.zerosuicidealliance.com/training](http://www.zerosuicidealliance.com/training)



### Suicide Prevention Resources for West Yorkshire

A guide to find the most suitable training for you [www.suicidepreventionwestyorkshire.co.uk](http://www.suicidepreventionwestyorkshire.co.uk)



### Being You Leeds

In person SafeTALK, Mental Health First Aid, and ASIST training, free to public and third sector staff or volunteers in Leeds.



SCAN ME

# Local Same Day Support



## Here For You

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### Reach Out To Our Local Teams Every Day Of The Year

We Are Open from 6pm to Midnight Every Day  
Call Your Local Team On The Day You Need Us  
No GP or Hospital Referral Needed.

Wakefield and 5 towns: 07776962815

Kirklees Areas: 07741900395

Leeds: 07760173476

Visit Our Webpage Or Check Out  
Our Service Video



# Other Local Support

## Crisis Support Across Our Region

### Out of Hours Face to Face Support

- Dial House and Dial House at Touchstone. Call [0113 260 9328](tel:01132609328) for more information



### Phone and Online Support

- Connect 6pm – 2am: [0808 800 1212](tel:08088001212)

### Young people support

NightOWLS – 8pm to 8am across all of West Yorkshire. Call [0800 1488 244](tel:08001488244), Text [07984 376950](tel:07984376950), or chat online.



### 24hour NHS Helpline West Yorkshire

(Barnsley, Calderdale, Kirklees, and Wakefield)

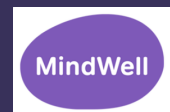
[0800 183 0558](tel:08001830558)



### Online Directories

- West Yorkshire Suicide Prevention
- MindWell – Leeds

If you are unsure what support you need, you can search a range of options online to find what is available near you when you need urgent support





# National Support To Suit You

We can all find reaching out tough, so it's important to find the right service for you, no matter where you are...



## NHS 111

Call 111 and select option 2 for urgent mental health support. You can also visit NHS 111 online for support. [www.111.nhs.uk](http://www.111.nhs.uk)



## Samaritans

Call: 116 123 for free 24/7

Email: [jo@samaritans.org](mailto:jo@samaritans.org)



## Text SHOUT

Text the word "SHOUT" to 85258 any day or time.



## Combat Stress

Veterans and Families 24/7 helpline

Call: 0800 138 1619

Text: 07537 173683

Email: [helpline@combatstress.org.uk](mailto:helpline@combatstress.org.uk)



## Switchboard

LGBTQIA+ Helpline Open 10am to 10pm

Call: 0800 0119 100

Email: [hello@switchboard.lgbt](mailto:hello@switchboard.lgbt)

Webchat: [www.switchboard.lgbt](http://www.switchboard.lgbt)

# Managing Our Mental Health Every Day

## Touchstone and Partner Services



**Better Together** works within the heart of Lincoln Green to support the local community. They deliver groups and activities to help you stay well and connect with others. [0113 248 4880](tel:01132484880)



**Being you Leeds** provides groups, activities and training and awareness sessions for community wellbeing across Leeds. [0113 248 4880](tel:01132484880)



**Live Well Leeds** – Leeds City wide service, based in the community to provide support for people with mild to moderate support needs to manage and/or recover from their mental health, diagnosed or not. [0113 219 2727](tel:01132192727) or [info@livewellleeds.org.uk](mailto:info@livewellleeds.org.uk)



**Men's Health Unlocked** – a partnership co-ordinated by Forum Central, alongside Touchstone, Barca, and Orion Partnership. It helps Men and Boys across Leeds to connect to activities, services, and decisions in health.

[Damian.Dawtry@forumcentral.org.uk](mailto:Damian.Dawtry@forumcentral.org.uk)



**Man Matters by GASPED** – Person Centred Counselling, Coffee Groups and Practical and Emotional Support for anybody identifying as Male in Wakefield. Also includes support specific for Male survivors of domestic and/or sexual abuse

[01924 787 507](tel:01924787507) or [manmatters@gasped.co.uk](mailto:manmatters@gasped.co.uk)

# A Mental Health Emergency Should Be Taken As Seriously As A Physical One



If You, Or Somebody Else Is In  
Danger Right Now Call 999.

If you, or somebody you are with, has injured themselves or has attempted suicide you should ring 999.

If you or somebody you know has taken an overdose, it is always good to try and find out:

- What was taken?
- How much was taken?
- When it was taken?

You Should also call 999 if you feel unsafe and at risk from others or have thoughts of hurting other people.

You will not be wasting anyone's time and should always seek medical advice if you are unsure.

## Could you donate to help people thinking about suicide or self-harm access our support?



DONATE



- £100** Food For 1 week at 1 site (up to 60 people)
- £50** 3 Care and Safety Packs
- £20** Standard Taxi Return Trip
- £15** Food and Drink for 1 Night At 1 Site
- £5** Taxi From A&E to Support

80p from every £1 will go directly to Here For You.

All other money will go to Touchstone Central teams to fund our events, resources, volunteers and training.

TOUCHSTONE-LEEDS. Charity number: 1012053



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@HereForYouTS