



# BRIEFING

## SUICIDE PREVENTION WEEK – LUNCH TIME LEARNING

Across the railway network the month of April experiences a higher number of suicide events than any other month during the year. In Wessex we are running a week long campaign to promote current initiatives and we are asking for everyone's help in preventing suicides by raising the awareness of these incidents and letting you know what you can do to help.

During this week of action we will be running two lunch time learning sessions in Basingstoke to raise awareness of suicide prevention and to promote the National Suicide Prevention Steering Group (NSPSG) learning tool. These are open to all staff to attend any of the sessions.

The briefings will provide you with a demonstration into how the new learning tool works; give you an opportunity to view some of the content and to learn what it offers you. There will also be an opportunity for you to ask questions to South West Trains staff as well as the BTP and the Samaritans at certain sessions in regards to Suicide prevention as well as the learning tool.

The sessions on the Wednesday 26<sup>th</sup> April and will last for 1 hour in length. The locations and times of each session are:

Location	Time
Basingstoke ROC Room 2.8	12:00-13:00
Basingstoke ROC Room 2.8	13:00-14:00

## FURTHER INFORMATION

If you would like more information on how you can help these individuals you can access the National Suicide Prevention Steering Group Learning Tool at [www.npsglearningtool.co.uk](http://www.npsglearningtool.co.uk). The website provides you with a variety of videos with advice on how you can provide assistance to vulnerable people. Just create a log-on using your railway email address. *\*Viewers are advised that the 'Suicide Prevention and Support on the Railway: Learning Tool' contains discussions about suicidal incidents and events on the railway. It does not contain any footage of such incidents.*

Booking is not essential, however to guarantee your spot on one of these sessions please contact Lindsay Melbourne

### Contact Details

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