



APRIL SUICIDE AWARENESS ALERT

1ST APRIL 2017

APRIL SUICIDE AWARENESS ALERT

- Across the railway network the month of April experiences a higher number of suicide events than any other month during the year.
- An alert has been raised nationwide for the 1st -30th April 2017
- We are asking for everyone's help in preventing suicides by raising the awareness of these incidents and what you can do to help

GENERAL OVERVIEW

In 2015/16 and 2016/17 the number of suicide events occurring on the national network has been higher than for any other period in both years. In total around 14% of all suicides across both years occurred in this one period. This is a trend that is also seen on our route with 21% of all fatalities occurring in April in 2015/16 and 12% in 2016/17.

There are no obvious explanations for this but it is an emerging trend, so this alert has been issued to raise awareness of this but also to highlight how we can all help with suicide prevention and reduce the number of incidents that we see on our network.

There are a number of ways in which we can all help with suicide prevention and that is by remaining aware of these incidents and looking out for any distressed persons on the network to help make interventions.

An intervention can be as simple as asking someone "are you ok" and that can help make a big difference to someone who is suicidal - any intervention can be that crucial lifesaving intervention for that person.

There are a number of ways you can help or learn more about this which are detailed below.

HOW CAN YOU HELP?

- Be extra vigilant for those who may be distressed or upset in the railway environment.
- Look out for anyone acting suspiciously on the platform or loitering in strange places.
- Keep an eye out for anyone who has been present at a station for a long period of time without boarding any trains or waiting at the extreme ends of platforms
- Make yourself aware of how you can help any individuals in need.

WHAT SHOULD YOU DO?

- Go up to the person, or ask a colleague or manager to, and speak to them directly
- Contact the BTP on their suicide prevention hotline on 0300 123 9101
- You can also refer the individual to the Samaritans if you feel this is the best option, they can be contacted on 116 123

Remember if it is an emergency situation then call 999

MANAGING SUICIDAL CONTACTS TRAINING COURSE

This course provides the tools and knowledge you need when identifying a vulnerable person and working out how to help them. This awareness will, and has already helped to save lives through the crucial interventions that are made by staff.

We now have another 2 courses booked in for this year which are available for staff to attend, these are on:

- 2nd June
- 14th September

Contact the Security and Route Crime Project Manager to book onto one of these courses

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.nspsglearningtool.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.*
- If you have seen or experienced something distressing, are worried or concerned or have been affected by the issues raised in the films, please speak to your line manager, Occupational Health, or support organisation like the Samaritans on 116 123 or Validium on 0800 358 4858

You can additionally contact Jessica Buckpitt, Security and Route Crime Project Manager, regarding this topic: jbuckpitt@swtrains.co.uk or call 07468 707935