

# MHFA England: Suicide Prevention Resource pack



# Access support

We are a training organisation and cannot give emergency support to people, but there are lots of places that can. Here is a list of contacts for urgent mental health help and support:

**If you feel like harming or hurting yourself or other people, or need to support someone else in this situation**

- Call 999
- Go to your nearest Accident and Emergency (A&E)

**If you need medical help fast but it's not a 999 emergency**

**NHS 111** is the free number to call. They can direct you to your local crisis support services, and offer health advice 24 hours a day, 365 days a year.

**Telephone: 111**

**Website: [nhs.uk](https://www.nhs.uk)**

**Samaritans**

Provides emotional support 24 hours a day, 365 days a year. They allow people to talk about feelings of distress and despair and are confidential and offer non-judgemental support.

**Telephone: 116 123 (Freephone 24 hours a day)**

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

**Website: [samaritans.org](https://www.samaritans.org)**

**SANE Mental Health Helpline**

SANE runs an out-of-hours helpline offering specialist emotional support and information to anyone affected by mental illness, including family, friends and carers. Open every day of the year from 4:30pm-10:30pm.

**Telephone: 0300 304 7000 (4:30pm-10:30pm)**

**Website: [sane.org.uk/what\\_we\\_do/support/helpline](https://www.sane.org.uk/what_we_do/support/helpline)**

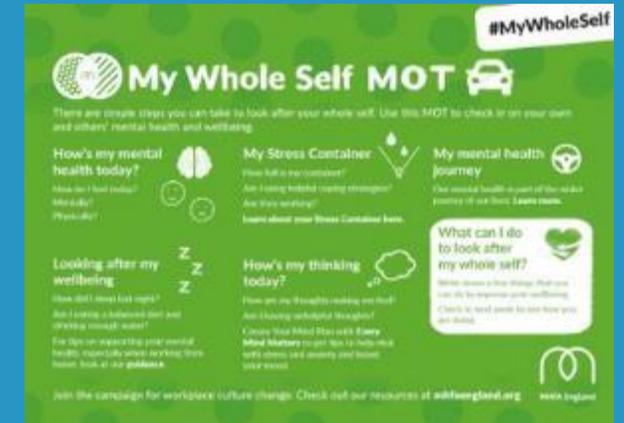
# MHFA England resources: My Whole Self

We've put together some guidance for ways to support your mental health while working remotely.

This guide can be shared with employees and colleagues to help with their mental health, reduce feelings of isolation and help stay connected, especially while working from home.

Find activities to help you build connections amongst teams and tools to help you approach conversations about mental health and wellbeing.

[Visit: mhfaengland.org/my-whole-self](https://mhfaengland.org/my-whole-self)



# Resources

## NHS

Call 999 in the case of an emergency, call your GP and ask for an emergency appointment, call 111 out of hours or explore local council services, Talking Therapies and various helplines found at [www.nhs.uk/mental-health/feelings-symptoms-behaviours/behaviours/help-for-suicidal-thoughts/](https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/behaviours/help-for-suicidal-thoughts/)

## Black Minds Matter

Mental health resources, and free\* mental health services by professional Black therapists for Black individuals and families (\*see their eligibility criteria).

Visit: [www.blackmindsmatteruk.com/](https://www.blackmindsmatteruk.com/)

## The Black African, and Asian Therapy Network (BAATN)

Access to therapy directory of counsellors, psychotherapists, and psychologists informed by an understanding of intersectionality.

Visit: [www.baatn.org.uk/find-a-therapist/](https://www.baatn.org.uk/find-a-therapist/)



# Resources (continued)

## Gendered intelligence

Runs youth groups in London, Leeds and Bristol for trans, non-binary and questioning young people. It also runs a peer-led support group in London for people aged 18 to 30.

Visit: [genderedintelligence.co.uk](http://genderedintelligence.co.uk)

## Imaan

Charity and online forum that supports lesbian, gay, bisexual, trans, queer or questioning (LGBTQ) Muslims, providing an online forum where people can share experiences and ask for help.

Visit: [imaanlondon.wordpress.com](http://imaanlondon.wordpress.com)

## St James' Place

Support and intervention for men who have arrived at a crisis point in response to predominantly social and psychological stressors, such as debt, loneliness and relationship problems.

Visit: [www.jamesplace.org.uk/get-support](http://www.jamesplace.org.uk/get-support)



# Statistics spotlight: UK prevalence

There are **650 work-related suicides in the UK every year** and 10% of suicides are work-related\*

**6,749 people died by suicide** in Great Britain in 2020. That means that 18 people died by suicide every day\*\*

**Suicide is the single biggest killer of men under the age of 45** in the country. For every suicide there are many more people who attempt suicide. A prior suicide attempt is the single most important risk factor for suicide in the general population. Suicide is the fourth leading cause of death among 15-19 year-olds\*\*\*

\*Hazards Campaign, [www.hazardscampaign.org.uk/wp-content/uploads/2021/02/The-Whole-story-2021.pdf](http://www.hazardscampaign.org.uk/wp-content/uploads/2021/02/The-Whole-story-2021.pdf)

\*\*Office for National Statistics. Quarterly suicide death registrations in England: 2001 to 2020 registrations and Quarter 1 (Jan to Mar) to Quarter 4 (Oct to Dec) 2021 provisional data. 2021.

\*\*\*The World Health Organisation (WHO), Newsroom factsheet, June 2021, [www.who.int/news-room/factsheets/detail/suicide](http://www.who.int/news-room/factsheets/detail/suicide)

# Statistics spotlight: Global and UK prevalence

**More than 700,000** people die each year due to suicide, and almost 77% of all global suicides occur in low and middle-income countries (LMICs)\*

**4,912 deaths by suicide** were registered in England and 285 registered in Wales, as reported by the Office for National Statistics in 2020\*

**805 deaths by suicide** were registered in Scotland, as reported by ScotPHO in 2020\*\*

\*The World Health Organisation (WHO), Newsroom factsheet, June 2021

\*\*These deaths did not all happen in 2020, it's important to understand that updates to these figures can take a while, up to a year or more, due to delays in death registration, or duration of inquests.

\*\*\*For Scotland, the registration time for deaths by suicide is around 8 days so the suicide registration data is more likely to reflect the date of death but is still registration data.

# Statistics spotlight: Black People & People of Colour

The most recent mental health prevalence survey combined data from the 2007 and 2014 surveys and indicated that young Black men (African-Caribbean, African and Black other) are around:

**3 times more** likely to present with suicidal risk

**11 times as likely as white young men** to present with major psychiatric conditions such as psychotic type disorders – mainly schizophrenia

**1.5 times more likely than white men** to present with diagnosable level posttraumatic stress disorder (McManus, et al., 2016)

Research from Against the Odds, Khan et. Al, 2017, accessed 2022 via Centre for Mental Health:

N.B. Sample sizes of Black and Minority Ethnic community members involved in national mental health prevalence surveys are historically low, making findings unreliable.

# Statistics spotlight: Black People & People of Colour cont.

**A vulnerable group for suicide** are older South Asian women

**Refugees and asylum seekers** are more likely to experience mental health problems than the general population, including higher rates of depression, anxiety and PTSD

**Exposure to racism** may increase your likelihood of experiencing mental health problems such as psychosis and depression

# Statistics spotlight: LGBTQIA+

**68%** of LGBT+ young people had experienced thoughts of suicide, compared with 29% of young people who were not LGBT+

## Lesbian (74%) and transgender (77%)

young people were the most likely to have experienced suicide thoughts and feelings

**Nearly a third** of the LGBT+ young people had self-harmed, compared with 9% of the non-LGBT+ young people. Of the Black LGBT+ young people surveyed, 89% had experienced suicide thoughts and feelings, compared with 67% of the white LGBT+ young people.

# Ask us about Suicide First Aid

- We share the belief with our partners at The National Centre for Suicide Prevention Education and Training (NCSPET) that through education and intervention, suicide is one of the most preventable deaths.
- That's why together we're developing a partnership to deliver more Suicide First Aid training, accredited by City & Guilds to workplaces.
- Contact us at [workplace@mhfaengland.org](mailto:workplace@mhfaengland.org) to learn more about the Suicide First Aid offer or submit an enquiry form at: [mhfaengland.org/online-mental-health-courses/mental-health-course-enquiry/](https://mhfaengland.org/online-mental-health-courses/mental-health-course-enquiry/)



SFA  
Suicide First Aid



ASSURED



MHFA England