

**Hope Through Action**

You are NOT alone



**THE  
SUICIDE  
PREVENTION  
MANUAL**

**We need  
to act together  
- suicide prevention  
is everyone's  
business.**

Created by  
The Network  
Enablement Service.

SUPPORTED BY

**BARNET**  
LONDON BOROUGH

**This manual was created by people with lived experience to support Barnet residents who are experiencing suicidal thoughts to stay safe.**

**HOPE  
THROUGH  
ACTION**

**YOU ARE  
NOT  
ALONE**



# THINKING ABOUT SUICIDE IS COMMON

Share your thoughts and feelings.  
Talking can save lives.

**WE NEED  
TO SUPPORT  
EACH OTHER**

**One person dies by  
suicide every 40 seconds  
somewhere in the world.**

The loss of anyone  
will touch the lives  
of many.

REACH OUT  
TO OTHERS.  
ASK FOR  
HELP!

ALL  
FEELINGS  
WILL PASS

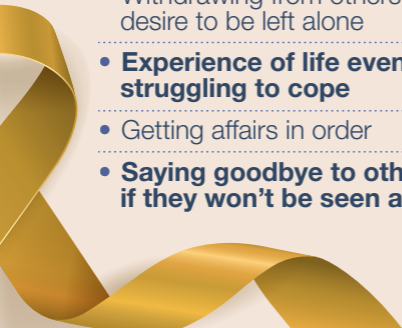
**You may feel that  
you don't have a  
solution right now.**

Emotions both good  
and bad, are  
temporary.

# WARNING SIGNS OF SUICIDE WE SHOULD BE MINDFUL OF



- **Changes in behaviour or mood**
- Feelings of hopelessness or worthlessness
- **Talking about suicide and preoccupation with death**
- Withdrawing from others and desire to be left alone
- **Experience of life events and struggling to cope**
- Getting affairs in order
- **Saying goodbye to others as if they won't be seen again**



# STAY SAFE WHEN YOU HAVE SUICIDAL THOUGHTS

## TALK TO SOMEONE

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Your trusted and supportive  
friends, family, community  
and faith groups, work  
colleagues, mental  
health professionals

## WAIT AND STAY SAFE FOR NOW

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Even if it feels  
impossible right now,  
**you are NOT alone.**

There is **Support** and  
**Help** available

## URGENT SUPPORT

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Call NHS 111, option 2  
and ask for urgent mental  
health support;

If your life is in danger -  
call 999 or go to  
A&E

## PLAN AHEAD

Have you planned ahead on how to deal with suicidal thoughts?

## SAFETY & WELLNESS PLAN

Have you created your safety and wellness plan?

## WELLNESS TOOLBOX

What is in your wellness toolbox ?



# SAFETY PLAN



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## My warning signs

Thoughts, images, situations, behaviours that appear when I am in crisis.

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## Coping strategies

Things I can do to take my mind off my problems.

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People and professionals that can offer me support

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Make my environment safe

Don't put myself in a position of harm.

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# THE WELLNESS TOOLBOX IDEAS

## What do I enjoy?

- Watching a movie
- Going for a walk
- Dancing
- Sports
- Hobbies

## What is necessary to support my wellness?

- Getting enough sleep
- Taking medication
- Eating well
- Exercising

## Things that give me a sense of achievement

- Household chores
- Dealing with correspondence
- Paying the bills



# WORRIED ABOUT SOMEONE ELSE?



**LISTEN,  
SHOW  
EMPATHY,  
AVOID  
JUDGEMENT**

**Ask about their  
thoughts and  
feelings.**

**STAY  
CONNECTED**

**Check in regularly  
and let a person  
know you care.**

**ENCOURAGE  
PROFESSIONAL  
HELP**

# STAY HOPEFUL



No matter  
how hopeless  
a situation may  
seem, there are  
solutions to the  
problems, things  
can get better.

**THERE IS  
ALWAYS  
HOPE**

It is Ok to  
not BE OK  
**SPEAK  
UP AND  
SEEK  
HELP**

We are  
stronger together  
in times of struggle

**YOU ARE  
NOT ALONE**

# HELPFUL RESOURCES

## DOWNLOAD THE STAY ALIVE APP

The StayAlive app is a suicide prevention resource for the UK. It's full of useful information to help you stay safe

[www.stayalive.app](http://www.stayalive.app)



## WELLBEING RESOURCES

### Good Thinking

London-wide NHS digital wellbeing service designed to support low-level mental health needs

**Website:**

[www.good-thinking.uk](http://www.good-thinking.uk)

## TRAINING

### Zero Suicide Alliance

The ZSA training increases confidence in ability to talk to someone who might have suicidal thoughts.

**Website:** [www.zerosuicidealliance.com](http://www.zerosuicidealliance.com)

# THERE ARE PEOPLE TALK TO WHO

## ANDY'S MAN CLUB

- Peer to peer support for men

**Email:**

info@andysmanclub.co.uk

## THE SANCTUARY

Mind in Enfield & Barnet

- Works with anyone over the age of 18
- Immediate support for anyone experiencing distress

**Phone:** 020 8343 5704

## LISTENING PLACE

- Warm and welcoming environment to talk openly about feelings

**Phone:** 020 3906 7676

## BARNET WELLBEING HUB

- A range of mental health and wellbeing services to suit your needs.

**Phone:** 03333 449088

**Email:** info@barnetwellbeing.org.uk

# PEOPLE YOU CAN WANT TO HELP

## SAMARITANS

- A safe place for you to talk, about whatever you want
- You don't have to be suicidal

**Phone:** 116 123 for free  
**Email:** [jo@samaritans.org](mailto:jo@samaritans.org)

## SHOUT

(Crisis text line UK)

- Provides free, confidential support, 24/7 via text.

**Text SHOUT to 85258** in the UK to text with a trained Crisis Volunteer

## JAMES' PLACE

- Free, life-saving treatment for suicidal men.

**Phone:** 020 3488 8404  
**Email:** [london@jamesplace.org.uk](mailto:london@jamesplace.org.uk)

## HOPELINE UK

(Papyrus)

- A confidential support and advice service for children and Young People under the age of 35 who are experiencing thoughts of suicide

**Phone:** 0800 068 4141  
**Email:** [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

FOR YOUNG  
PEOPLE