

# Worcestershire Suicide Prevention May 2023





worcestershire.gov.uk

# In the community



#### Adults

#### Local mental health support you can access today

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In Herefordshire and Worcestershire



l want to keep a healthy mind.

Looking after yourself Search '5 steps to mental wellbeing' on the NHS Choices website for simple tips on how to

keep your mind healthy.

I'm struggling and have been for a couple of weeks.

Now We're Talking Access to self-help guides and online courses. <u>www.</u> nowweretalking.nhs.uk

Qwell Free mental wellbeing support



NOW WE'RE

I need urgent advice and support for myself or someone I know.

•••

Call the free local NHS urgent mental health helpline:







# Supporting the workforce

Orange Button Community Scheme

### **Did you know?**

If you are having thoughts of suicide, or are worried about a friend or family member, you can talk to someone wearing an orange button.

### They've had the training to help you.

If you're struggling to cope call the Herefordshire and Worcestershire Urgent Mental Health Helpline on 0808 196 9127, Or text SHOUT to 85258

#### #PreventSuicideTogether



TALK COMMUNITY

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### Suicide prevention in the workplace

Free Online Sessions and Resource Hub.



# Engaging men



Delicious Orie - We're In Your Corner -Suicide Prevention - YouTube

**Delicious Orie - GB Boxer** 

NOW

### Your toughest opponent is the one between your ears

Don't struggle alone, talking can help

If you're struggling to cope then call the Urgent Mental Health helpline on 0808 196 9127

or text SHOUT to 85258 #PreventSuicideTogether





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# Tackling stigma



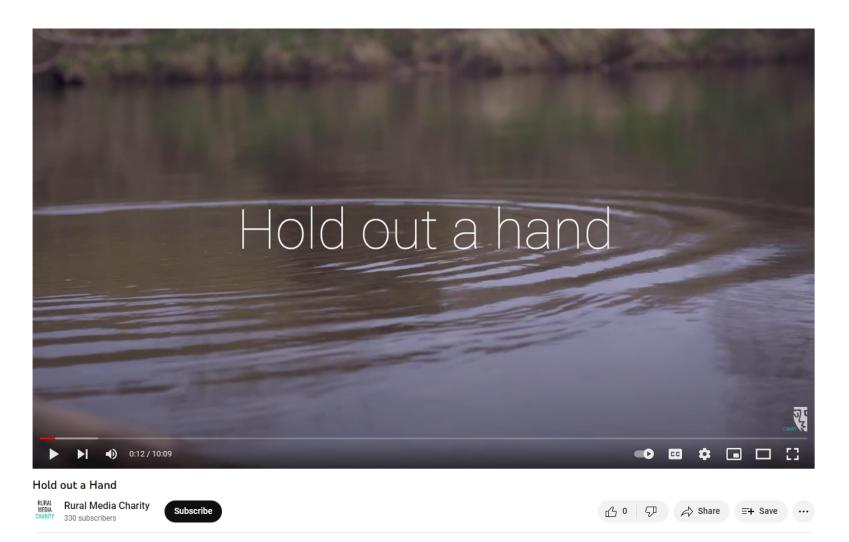
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### Hold out a Hand - YouTube



# Creating opportunities for help

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"After a meeting I was approached by an attendee who was concerned about her niece, I gave her the Papyrus Hopeline number and the SHOUT text information." – **OB wearer**  "I reached out and got help ""

TikTok user

I have been onto the online workplace hub to see what is available and it is a fantastic resource for business owners. I will be doing what I can to share this "go-to resource" in my current role to help with awareness and so keep up the good work its immensely valuable. – **Advisor, Federation of Small Businesses**  Glad I did it. Was apprehensive at first about looking at suicide etc. but I feel exhilarated to take my new knowledge into workplace and use it with staff and children. *Training recipient, member of school pastoral team* 

## Resources for support

If you've been affected by the topics raised in this presentation and discussion, support is available:

Support for those who have been bereaved or affected by suicide | Worcestershire County Council – support available locally and nationally around suicide bereavement Now Were Talking Together To Prevent Suicide | Healthy Minds (hwhct.nhs.uk) – information and support if you're experiencing suicidal thoughts, or are worried about someone who is

Downloadable resources healthy minds Now We're Talking | Healthy Minds (hwhct.nhs.uk) – Summaries of local mental wellbeing support you can access

