



**NOW
WE'RE
TALKING**
ACTING TOGETHER
TO PREVENT SUICIDE

Worcestershire Suicide Prevention

May 2023



In the community




Adults

Local mental health support you can access today


In Herefordshire and Worcestershire





I 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. www.nowweretalking.nhs.uk

Qwell Free mental wellbeing support



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

Call the free local NHS urgent mental health helpline:
☎ 0800 165 0137



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



Suicide prevention in the workplace

Free Online Sessions and Resource Hub.

Engaging men



[Delicious Orié - We're In Your Corner - Suicide Prevention - YouTube](#)



Delicious Orié - GB Boxer

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



Tackling stigma

NOW WE'RE TALKING
ACTING TOGETHER TO PREVENT SUICIDE

Are you thinking about suicide?

Don't struggle alone, talking can help

For confidential support, call RABI's 24/7 helpline on **0800 188 4444**

Or The Farming Community Network (7am-11pm) on **03000 111 999**

RABI
cefnogly gymuned ffarmio
helping farming people

FCN | THE FARMING COMMUNITY NETWORK

NHS Herefordshire and Worcestershire Health and Care Trust

TALK COMMUNITY

Herefordshire Council

Worcestershire county council

NOW WE'RE TALKING
ACTING TOGETHER TO PREVENT SUICIDE

"Nobody should feel that their only option is to die"

Reaching out for help isn't shameful. **It's strong.**

Hold Out a Hand is a powerful short film that we hope will stimulate conversations about mental health and suicide within the Gypsy and Traveller community.

Visit www.travellerstimes.org.uk/hold-out-a-hand to find out more.

NHS Herefordshire and Worcestershire Health and Care Trust

TRAVELLERS TIMES

RURAL MEDIA

Worcestershire county council

NOW WE'RE TALKING
ACTING TOGETHER TO PREVENT SUICIDE

Are you a business working in Herefordshire or Worcestershire? Are you a HR lead and responsible for organisational wellbeing?

Did you know?

- Mental health problems cost £1300 for every employee in the UK economy but for every £1 spent by employers on mental health interventions they get £5 back in reduced absence, presenteeism and staff turnover (Deloitte).
- Suicide is the leading cause of death in England in adults below the age of 50, and 75% of all suicides are men (ONS).
- On average 70% of suicides (16-64 year olds) had an occupation registered at the time of death and past research shows that some industries are at particularly high risk such as construction and agriculture (ONS).

Turn over for information about how your workplace can get involved.

TALK COMMUNITY

Herefordshire Council

Worcestershire county council

Tackling stigma






[Hold out a Hand - YouTube](#)



Hold out a Hand

 Rural Media Charity
330 subscribers

Subscribe

 0   Share  Save 

Creating opportunities for help

*“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 We're 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

