



## **Safeguarding Alert – Suicide**

**March 2021**

In the past year, five Warwickshire young people have tragically taken their own lives. This is a concern for everyone across the Warwickshire Safeguarding Partnership. The County Council is continuing to work with partner agencies and commissioned services to further develop and raise awareness of support.

We acknowledge the detrimental consequences of the pandemic on mental health and the effects that prolonged periods of lockdown and isolation have had. It is important that we work together to help people understand that they do not need to struggle alone and that help and support is available right now if needed.

Please take some time to look at the Coventry and Warwickshire suicide prevention resource [www.dearlife.org.uk](http://www.dearlife.org.uk) for information and advice to help people understand more about suicide and to help people get the support they need.

There are a number of potential signs that might let you know that someone could be thinking about suicide. All professionals working with young people and adults should be aware of these signs and the support available. Look out for these in your practice.

### **Life changing experiences such as:**

- *abuse*
- *bereavement*
- *relationship breakdown*
- *failing exams*
- *rejection*
- *financial difficulties*

### **More subtle changes can include:**

- *becoming anxious*
- *being more irritable*
- *being more confrontational*
- *having mood swings*
- *sleeping too much or too little*



- *not wanting to be around other people*
- *avoiding contact with friends and family*
- *having different problems with work or studies.*

**Actions:**

- *giving possessions away*
- *writing a will*
- *behaving in risky ways*
- *becoming withdrawn*
- *increasing use of drugs or alcohol*
- *stockpiling pills*

**Saying:**

- *they feel people would be better off without them*
- *their life has no purpose*
- *they would be better off dead*
- *they want a way out of pain or a difficult situation*
- *negative things about themselves*

No list of warning signs is complete and this is just a guideline. The only way to be sure whether someone is thinking about suicide is to ask.

## **Launch of Kooth**

**There is significant support available for young people, adults, parents, carers and professionals.** This week we adding to this support with the commissioning of Kooth. This is a digital mental health platform available from 29<sup>th</sup> March 2021 that provides a confidential, anonymous space for all young people aged 11 - 25 years old. Kooth offers free, immediate, online counselling as well as access to lots of self-help tools such as; discussion forums with peers, an online magazine and even an activity hub of challenges. Kooth is available 24/7 365 days a year. Scheduled and 'drop-in' counselling sessions take place between midday-10pm, Monday-Friday and 6pm-10pm Saturday and Sunday; counselling also occurs 365 days a year. On Monday, Wednesday or Thursday each week a live moderated forum will take place in the early evening, safeguarded by a media team. To access Kooth go to [www.kooth.com](http://www.kooth.com)



## Further support

The following support is also available:

<p><b>Warwickshire Safe Haven</b></p>	<p>This service offers Mental Health Support to anyone aged 16+ is open between 6pm – 11pm to provide reassuring support to those finding life difficult.</p>	<p><b>Telephone Number: 02477 714554 or Text 07970 042270 (Hours of Operation 6pm – 11am)</b></p>
<p><b>Voluntary and Community Sector Support Helpline provided by Mental Health Matters in Coventry and Warwickshire</b></p>	<p>This confidential helpline for adults provides emotional support to residents in Coventry and Warwickshire and connects you with highly skilled, trained and compassionate staff that can offer you a listening ear and can connect you with a wider network of support provided by the voluntary sector in collaboration with the trust. This service also provides a webchat functionality if you feel speaking with someone over the phone is too difficult.</p>	<p><b>Telephone Number: 0800 616 171 (Hours of Operation: 24 hours a day, seven days a week).</b></p> <p><b>Website Link: <a href="https://www.mhm.org.uk/coventry-warwickshire-helpline">https://www.mhm.org.uk/coventry-warwickshire-helpline</a></b></p>
<p><b>NHS Mental Health Crisis Service</b></p>	<p>This crisis service is aligned to our Mental Health Access Hubs for Adults, and when you contact us we will explore with you the nature of your crisis and assess with you if we need to make arrangements for you to visit us or for us to come and visit you at your home. This service is operated by a range of experienced NHS staff and clinicians with specific expertise in crisis and de-escalation interventions. If you call us we will be able to guide you to service</p>	<p><b>Telephone Number: Freephone 08081 966798 Press Option 1 (Hours of operation: 24 hours a day, seven days a week).</b></p>



	offers available to you across Coventry and Warwickshire.	
<b>Specific Information for Children and Young People -- Rise Crisis &amp; Home Treatment Team</b>	<p>The Rise Crisis &amp; Home Treatment team (Coventry &amp; Warwickshire Partnership NHS Trust) provides multi-disciplinary support to children and young people (under 18s) who present in mental health crisis.</p> <p>For urgent calls for children and young people who are experiencing a mental health crisis please contact the Rise Crisis Team between 8am-8pm 7 days a week. Outside of these hours our advice-only service is available, enabling support 24-hours a day, 7-days a week. More information about children and young people's mental health can be found on the Rise website <a href="#">here</a>.</p>	<p><b>Telephone Number</b> Freephone 08081 966798 (select Option 2) <b>Hours of operation:</b> 24 hours a day, seven days a week).</p>

## Posters & Leaflets

Please also find attached to this alert posters and A4 post cards, which have been sent to all schools and colleges in Warwickshire. Please distribute these within your organisation and your local community.