

# MDC Members & Parish Bulletin

**What to do if someone is suicidal**

**16<sup>th</sup> Sept 2021**

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## **The purpose of this briefing is to:**

- Reduce the risk of suicide in vulnerable individuals
  - Improve information and support to those seeking help
  - Identify referral pathways to professional bodies for support/information especially with health professionals
  - Recognise the need to share data to find support
  - Address the stigma (embarrassment/fear) surrounding suicide - Of telling another person to seek support or help
  - Guide staff and members in what their role is and what action to take.
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## **Suicide is defined as; The intentional taking of one's own life**

Suicide is a major issue for society today. Suicides are not inevitable. Suicide can affect anybody and there isn't a community in Somerset where people haven't been touched by suicide.

Suicide affects all ages genders and cultures. Statistics show that there were over 4912 deaths in England in 2020 this is 404 fewer than in 2019. Males aged 45-49 continue to have the highest suicide rate.

People who try to take their own lives are often trying to get away from a life situation that seems impossible to deal with.

While the link between suicide and mental health disorders (in particular, depression and alcohol use disorders) is well established, many suicides happen impulsively, in moments of crisis. The inability to deal with some of life's stresses, such as financial problems, relationship break-up or chronic pain and illness can be a trigger.

Often the person struggling with suicidal thoughts does not want to take their own life.

Most suicide attempts do not result in death. Many of these attempts are done in a way that makes rescue possible. These attempts are often a cry for help.

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### **Warning Signs to look out for may include**

- Quiet
- Withdrawn
- Agitated
- Increased consumption of alcohol
- Busy
- Chirpy
- Laughing and joking about future plans

**Always take suicide attempts and threats seriously it may be an early warning sign that requires/ further intervention/ information.**

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### **Never dismiss the person as just trying to get attention**

Many people who try to take their own lives talk about it before making the attempt. Sometimes, just talking to someone who cares and who does not judge them is enough to reduce the risk of them taking their own life.

**Here are some of the ways you can help support a person who threatens to take their own life.**

| <b>Face to Face (Interview)</b>   | <b>Telephone Conversation</b>   |
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| <b>If the person is threatening to take their own life immediately:</b> | <ul style="list-style-type: none"><li>• If the Client states they are going to take their own life, if not housed (for example, the threat is being</li></ul> |

- Ask them to **repeat** what they said and ask them if they really mean that they intend to take their own life.
- If the person then repeats and confirms the above, tell them you are taking what they say seriously and explain that their threat is beyond your competence and you will need to seek help and that you will telephone the Police/Social Services /Mental Health Team to undertake an assessment for their own protection.
- If you are aware that the person has previously been diagnosed with a mental health condition, contact a member of the Care Team, Centre or Clinic where they are being treated (this information may be on their file or computer records) if not their G.P. will have details. You may be able to obtain additional information from either the Housing Options Enforcement/compliance or Housing Benefit teams.
- If no response is received from the Mental Health Team/ Social Services and the threat is imminent contact the police on 999.
- Report your concerns to your Line Manager and inform the

used to gain a response).

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- Establish exact location of caller and **check you have the right telephone number** for them. Advise the caller you will be seeking help for them but also advise the caller where they can get help themselves:
  - **Accident and Emergency Services**
  - **Their own GP**
  - **Somerset NHS Foundation Trust**
  - **Support Services such as the Samaritans. (See list below for others)**

|   |   |
|---|---|
| <p>Safeguarding Team of the actions taken and client details.</p> | <ul style="list-style-type: none"> <li>• If you are aware that the person has previously been diagnosed with a mental health condition, contact a member of the Care Team, Centre or Clinic where they are being treated (this information may be on their file or computer records) if not their G.P. will have details. You may be able to obtain additional information from either the Housing Options Enforcement/compliance or Housing Benefit teams.</li> <li>• Report your concerns to your Line Manager and inform the Safeguarding Team of the actions taken and client details.</li> </ul> |
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If the threat is made as part of a general conversation where they state, they have thought about taking their own life you can suggest they do any of the following:

- Speak to a friend, family member or someone you trust as they may be able to help you calm down and find some breathing space
- Call the [Samaritans](#) 24-hour support service on 08457 90 90 90
- Call Mindline 0800 138 1692
- Go to, or call, your **nearest** accident and emergency (A&E) department and tell the staff how you are feeling. (RUH Bath 01225 428331 or Yeovil District Hospital 01935 475122) for Shepton Mallet.
- Contact NHS 111
- Make an urgent appointment to see your GP, a mental healthcare professional or another healthcare professional
- Talk to a minister or priest or other faith representative.

## Useful Telephone Numbers

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| Police  | 999/101   |
| Adult Social Care   | 0300 123 2224   |
| Children's Social Care  | 0300 123 2224   |
| Samaritans  | 116 123   |
| P & V Taxis (Shepton Mallet)                                    | 07828 984 699   |
| Somerset Partnership NHS Foundation Trust                       | 01823 368398 (Available until 9pm)                              |
| Mindline Somerset. (Emotional support & mental health helpline) | 01823 276892 or 0800 138 1692<br>(7 days a week 24 hours a day) |

## Other Useful Numbers and organisations

- **Papyrus HopeLineUK 0800 068 4141**  
(Support service for children and young people under the age of 35 or anyone concerned that a young person could be thinking of suicide).
- **Childline 0800 11 11** is a free and confidential helpline for children and young people under the age of 19 in the UK.
- **Young Minds 0808 802 5544** (Monday to Friday 9.30-4pm.) Parent's helpline offering free confidential online and telephone support to any adult worried about the emotional problems, behaviour or mental health of a child or young person up to the age of 25. They can also be emailed on [parents@youngminds.org.uk](mailto:parents@youngminds.org.uk).
- **CALM, (Campaign Against Living Miserably) 0800 58 58 58**  
is a charity focussed on reducing suicide in men aged under 35.
- **SANE 0845 767 8000** (6pm-11pm) provides emotional support and specialist information to anyone affected by mental illness.

- NHS [Help for suicidal thoughts - NHS \(www.nhs.uk\)](https://www.nhs.uk)

This website contains useful helpline advice.

- **SOBS** (Survivors of Bereavement by Suicide) National helpline **0300 111 5065**.
- **Cruise** Bereavement Care **0808 808 1677**.
- **Depression UK** a National Self-Help Organisation that helps people cope with their depression. [www.depressionalliance.org](https://www.depressionalliance.org).
- **Students Against Depression** is a website for students who are depressed, have a low mood swing or are having suicidal thoughts [www.studentsagainstdepression.org](https://www.studentsagainstdepression.org).

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**Where a member of staff** has been affected by dealing with an individual who has indicated they intend to take their own life support is available using the following number:

- **Care First; 0800 174 319**. Provides confidential impartial advice and support 24 hours a day, 365 days a year. It can provide you with access to several other services such as counselling. This service is free to access whenever needed.
- You don't need the permission of your manager or organisation before contacting Care First.