

Sheffield Suicide Prevention Pathway

See it: are any of the following present?

- Significant change in mood e.g. anxiety, agitation, low mood
 - **Showing signs of withdrawal or isolation**
 - Significant changes in appearance, personal hygiene, weight loss
 - **Loss of interest in things they previously enjoyed doing e.g. seeing family/friends, hobbies**
 - Is the person saying; 'I can't sleep' 'I don't want to wake up' 'There is no point in going on', 'All of my problems will end soon', 'No one can do anything to help me now' 'I wish I was dead'
 - **Giving away possessions**
 - Writing or talking about death
 - **Making preparation - someone to look after their pets, saying goodbye**
 - Has the person experienced a stressful event e.g. bereavement, loss of partner, breakdown of relationship, redundancy, diagnosis of health problem
 - **Increased drug or alcohol use**
 - Hopelessness
- These are just prompts and are not a complete list. Your own 'gut' feeling is just as important

Say it: There's no easy way to ask someone if they intend to kill themselves. But it won't make it more likely. The best approach is to be sensitive yet direct:

- Is something troubling you? (home, family, school, friends, partners, work)
- **Can you tell me what this is?**
- How is this making you feel?
- **How often have you had these thoughts?**
- Have you ever felt like ending your life?
- **Have you ever tried to hurt or kill yourself?**
- Are you currently thinking about hurting or killing yourself?
- **Do you have a plan?**
- What has stopped you acting on your thoughts so far?
- **Who can you talk to about how you are feeling?**
- Who can you call, at any time, if you need to talk?
- **Do you have the contact details for Samaritans?**
- What gets you through when you are having thoughts about suicide?

Remember, mentioning suicide to someone who's already thinking about it will NOT encourage them to go through with it. Bear in mind how you respond:

- Believe – take the person seriously
- **Don't judge**
- Allow them to talk
- **Try not to act shocked**

If someone is in immediate risk, then phone [999](#) and stay with that person until help arrives. Do not put your own safety at risk by getting physically involved. If not immediate risk, follow

Signpost: Explain you can't keep this information to yourself; 'I am worried about you and I need to do something'

If under 18

Immediate action: stay with the young person AND:

- Ask if they already have a key/social worker. If they do, contact them
- Consider contacting a family member, carer or trusted person
- Contact **Rethink CYP Helpline 0808 8010612**. Helpline provide emotional support, advice and signposting for the children and young people of Sheffield. This service is run 365 days a year, including Christmas and bank holidays. It covers all ages up to 18.

Other sources of support include:

Kooth: provides a free online chat service for young people, available Mon to Fri 12pm to 10 pm, Sat and Sun 6pm to 10pm. You can chat to a counsellor or with the online community: [kooth.com](https://www.kooth.com)

SHOUT: 24/7 text service for anybody in crisis. If you are under 18 [text YM to 85258](https://www.shout247.org/)

PAPYRUS: Prevention of Young Suicide
HOPELineUK is a specialist telephone service offering practical advice and information to children, teenagers and young people and/or anyone who is concerned about a young person. [0800 068 41 41](https://www.hope-line.org/)

If 18 years and above

If the person is already receiving support from NHS mental health services, and they are in a mental health crisis and need urgent help, please contact the Duty team via the telephone number for their service.

If you do not currently receive support from NHS services (or do not know the number for the above Duty team) you can also contact SHSC Single Point of Access for support on [0114 226 3636](https://www.shsc.nhs.uk/urgent-help) or [0808 196 8281](https://www.shsc.nhs.uk/urgent-help) (freephone). They are available 24/7. <https://www.shsc.nhs.uk/urgent-help>

Other sources of support include:

Sheffield Rethink Helpline: Available 24/7, the Sheffield Rethink Helpline can offer advice to anyone struggling with their mental health. Calls from landlines are free but calls from mobiles may be charged by your provider. You can call them on [0808 801 0440](https://www.rethink.org.uk/)

Sheffield Suicide Support: You can use this web site to search for local and national help, support and information, as well as specific support around bereavement (and there are also learning and training resources). www.sheffieldsuicidesupport.co.uk

SHOUT: 24/7 text service for anybody in crisis. Text STEEL to [85258](https://www.shout247.org/)