

Sheffield Suicide Prevention Pathway

Introduction

Suicide is a major concern for society and a tragedy for the bereaved. Suicide and undetermined injury are a leading cause of years of life lost and one of the main causes of death in men under 45.

Suicide is often the end point of a complex history of risk factors, distressing events and adverse experiences, but there are many ways in which services, communities, individuals and society as a whole can prevent it.

We want Sheffield to be a place where no one takes their life. Sheffield City Council, alongside our partners and local communities is working to make Sheffield a city that;

- Supports people through the difficulties they face and at times of personal crisis
- Builds individual and community resilience
- Creates the opportunity for conversations in our communities that help break the silence and dispel stigma
- Increases training and awareness about suicide

The Sheffield Suicide Prevention Pathway is a part of that work and is aligned to our wider Suicide Prevention Action Plan.

Who is this pathway for?

This pathway is designed to help anyone in Sheffield respond to and offer signposting/referral information to someone they may be concerned about, whether that person is a friend, colleague, client or customer and is based on the approach supported by the Zero Suicide Alliance

We want it to work for all ages and it contains signposting information for both young people and adults

It reflects the key messages and approach that the Zero Suicide Alliance are promoting to frontline workers and the wider community

It also contains information to help the responder look after themselves

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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**

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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 the Signpost section.

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

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

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](tel:08000684141).

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](tel:01142263636) or [0808 196 8281](tel:08081968281) (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](tel:08088010440).

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.

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A person may not be suicidal but you may still be concerned, what else can you do to help?

Encourage them to contact their GP, they will be familiar with their medical history and will be able to direct them appropriately which may include a referral to the **Sheffield Talking Therapies Service** and the **Sheffield Mental Health Guide**.

Sheffield Talking Therapies (formerly IAPT):

On their website you will find details on our range of [courses](#) and support we offer, as well as some useful [self help resources](#) that you can use right away to improve how you are feeling.

If you are managing a [long term health condition](#) that is impacting on how you feel we can support anyone who is under the care of a Sheffield consultant, even if you do not live in Sheffield.

There is also support to help you if you are struggling with [work](#), and lots of useful advice for [healthcare professionals](#) and [employers](#) on how Sheffield Talking Therapies may be able to help.

Take a look through their [Service Booklet](#).

For further information call [0114 226 4380](tel:0114 226 4380) or visit [NHS Sheffield Talking Therapies](#)

The Sheffield Mental Health Guide:

The Sheffield Mental Health Guide is a website, phone, email and livechat service where you can find out about all the mental health support available in the city. You can call the team to talk through options on [0114 273 7009](tel:0114 273 7009), email at mhguide@sheffieldflourish.co.uk, or visit the website to search or livechat at: <https://www.sheffieldmentalhealth.co.uk/>

Finally, remember to look after yourself

It can be stressful helping people who are in any kind of emotional distress. It is important to look after your own mental health

If you need to talk to someone in confidence, talk to your GP, friends, family or ring Sheffield Samaritans on [116 123](tel:116 123).

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5 Ways to Wellbeing

Evidence suggests there are 5 steps we can all take to improve our mental wellbeing. If you give them a try, you may feel happier, more positive and able to get the most from life.

Give to Others



Even the smallest act can count, whether it's a smile, a thank you or a kind word. Larger acts, such as volunteering at your local community centre, can improve your mental wellbeing and help you build new social networks.

Be Active



You don't have to go to the gym. Take a walk, go cycling or play a game of football. Find an activity that you enjoy and make it a part of your life.

Connect

Connect with the people around you: your family, friends, colleagues and neighbours. Spend time developing these relationships.



5 WAYS TO WELLBEING

Evidence suggests there are 5 steps we can all take to improve our mental wellbeing. If you give them a try, you may feel happier, more positive and able to get the most from life.

Be more aware of the present moment, including your thoughts and feelings, your body and the world around you. Some people call this awareness "mindfulness". It can positively change the way you feel about life and how you approach challenges.



Keep Learning

Learning new skills can give you a sense of achievement and a new confidence. So why not sign up for that cooking course, start learning to play a musical instrument, or figure out how to fix your bike?



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Helpful Contacts

Zero Suicide Alliance

www.zerosuicidealliance.co.uk

Sheffield Suicide Support & Prevention

www.sheffieldsuicidesupport.co.uk

SHOUT

<https://giveusashout.org/get-help/resources/>

Sheffield Mental Health Guide

An online resource featuring a comprehensive searchable directory of mental health and wellbeing related services and groups in Sheffield, as well as providing other useful information and self-help resources

<https://www.sheffieldmentalhealth.co.uk/>

Tel: **0114 273 7009**

Email: mhguide@sheffieldflourish.co.uk

Sheffield Helpline

Tel: **(0808) 801 0440**

A free telephone support service for anyone in Sheffield affected by mental illness. The service runs 24 hours a day, 7 days a week.

Sheffield Samaritans

Telephone the national number: **116 123** (this number is free to call)

Email: jo@samaritans.org

Epicfriends

Sheffield CAMHS website for secondary students with information regarding mental health issues, supporting friends and signposting to resources and services

www.epicfriends.co.uk

MIND

www.mind.org.uk

0300 123 3393 Weekdays 9am to 6pm

CALM

www.thecalmzone.net

0800 58 58 58 5pm to midnight, 365 days a year

Saneline

www.sane.org.uk

0300 304 7000 4pm – 10pm every evening