



Suicide Prevention Campaign

The Lincolnshire Safeguarding Children Board has an annual programme of campaigns that all partners of the board have discussed and agreed.

The suicide prevention campaign runs from the 10th to 14th September and coincides with the World Suicide prevention day on the 10th September.

Suicide prevention is an extremely important campaign as suicide can affect a variety of children, young people and adults at any point in their lives. It is a sensitive and complex subject that can be difficult to talk about. The LSCB campaign hopefully helps raise awareness of some of the key aspects/messages in relation to suicide and what support and resources are available in Lincolnshire to support children, young people and families.

Key messages:

- Nearly 25% of young people feel suicidal at least once in their lives
- Feeling suicidal can be very common and there are lots of ways of dealing with it and lots of people who have come out the other side.
- Suicidal feelings are when a normal feeling of being very down and not sure where to turn become so deep and intense that you don't see any other solution.
- Talking to someone about your feelings openly and honestly such as family, friends or teachers will help get you the support you need.
- Suicidal feelings do not have to end in suicide – talking openly about suicide saves lives.
- Some of the warning signs of suicidal feelings include always talking about death, deep depression, deep sadness, loss of interest, trouble sleeping and eating that gets progressively worse, commenting about feeling helpless or worthless, self-harm.
- Suicide is the biggest killer of young people – male and female – aged under 35 in the UK. Yet suicide is a taboo subject. Stigma promotes silence, which is killing young people.
- If you have hurt yourself or think you might be about to hurt yourself, call 999. If you have suicidal feelings, talk to someone you trust. If you are worried they can't help speak to your GP.
- There are local NHS specialist mental health professionals for children and young people who provide help with a wide range of needs, including mild to moderate emotional wellbeing and mental health problems to more severe and complex disorders.
- Talking about suicide does not make it more likely to happen.

If you need support speak to your GP or call and speak to the Child and Adolescent Mental Health Service (CAMHS) crisis service via their single point of access on 0303 123 4000, seven days a week 8.45am – 7pm, out of hours cover provided.

Professionals who need advice about a child or young person can ring the Child and Adolescent Mental Health Service (CAMHS) Professional Advice Line 01522 309120, 9am to 4:45pm, Monday to Friday.

The new HealthyMinds Lincolnshire service can also provide emotional wellbeing support for children and young people up to 19 years old, or up to the age of 25 if they have special educational needs, disability or are care leavers.

They provide early support when young people start to feel that life is getting out of control and you need some help to cope. The leaflet included in the pack provides further information.

Included in the pack:

This pack includes links to resources and useful information that can be used with children and young people and even parents to help raise awareness of suicide and mental health.

In addition a suite of infographics have been produced communicating the key messages relevant to the campaign and can be used within the educational establishment, on social media, websites, parental communications channels, newsletters etc. As well as a set of graphics that could be used in presentations or slide shows.

A 'Heads up' toolkit which outlines a number of sessions that can be run with young people to promote mental health and emotional wellbeing.

A leaflet for children and young people about the Healthy Minds service in Lincolnshire.

Information about a suicide memorial event taking place at the showroom on Monday 10th September.

Links to resources and useful websites:

kooth.com is a free, anonymous, confidential online counselling, advice and support service for young people aged 11-19 years living in Lincolnshire.

Samaritans – call 116 123 or email jo@samaritans.org or visit www.samaritans.org

Papyrus – prevention of young suicide – www.papyrus.org

www.childline.org.uk or call 0800 1111 – Free and confidential help for children and young people in the UK

Harmless is a user led organisation that provides a range of services about self-harm
<http://www.harmless.org.uk/>

Information and advice for young people affected by mental health visit <https://youngminds.org.uk/>
Specific link to the pages on the young minds website that includes resources such as tools, toolkits, presentations that can be used to support teachers, young people and parents talk about wellbeing and resilience <https://youngminds.org.uk/what-we-do/commission-us-for-schools/?gclid=CMjQ9Nbf4NMCFUe17QodXPEAqw>

Guidance on preparing to teach about mental health and wellbeing, including a lesson plan for primary and secondary schools and accompanying resources <https://www.pshe-association.org.uk/curriculum-and-resources/resources/guidance-preparing-teach-about-mental-health-and>

DEAL (Developing Emotional Awareness and Listening) is a free teaching resource aimed at students aged approximately 14 and over and inclusive of all abilities and learning styles. It has been developed by Samaritans in consultation with young people and schools across the UK and Republic of Ireland <http://www.samaritans.org/education/deal?gclid=CJG4gKXj4NMCFam87QoderEK1A>

Support and guidance for anyone affected by eating disorders can be found at <https://www.beat.co.uk/>

Advice from @LPFTNHS on looking after yourself and what you could do to help you feel better <http://wearecamhslincs.nhs.uk/looking-after-yourself/>

Worried about your child's mental wellbeing? Check out LPFT's Survival Guide for Parents <http://wearecamhslincs.nhs.uk/parents-survival-guide/>

Find NHS advice and help on mental health problems for young people including depression, anxiety and stress <http://www.nhs.uk/livewell/youth-mental-health/pages/Youth-mental-health-help.aspx>

The new website for LPFT's Child and Adolescent Mental Health Service (CAMHS) is now live <http://wearecamhslincs.nhs.uk/>

CAMHS crisis and home treatment team is available 7 days a week from 8:45am to 7pm, with on-call out of hours <http://www.lpft.nhs.uk/our-services/specialist-services/camhs/self-harm>

Feedback

As a board we are really keen to know what activities and events schools have undertaken in relation to suicide prevention even if it takes place at another time of the year. Photo's and/or a description of what took place would be fantastic to see and hear, but please let the board know if it's ok for those images to be shared on the [Lincolnshire Safeguarding Children Board website](#) and with board partners. If children and young people have any issues they are concerned about in relation to the suicide or mental health then again the board would be interested to know about this and look at what can be done to raise awareness and understanding further.

To feedback to the board please send any images, information and queries to LSCB@lincolnshire.gov.uk and the board administrators will ensure this gets to the right person or group.

Or talk to someone please contact Jade Sullivan, the Audit and Policy Officer on 01522 552083.

If you think a child is suffering or likely to suffer significant harm call Children Services Customer Service Centre on 01522 782111.

