

SUICIDE PREVENTION TOOLBOX

A toolbox that contains multiagency resources to help prevent suicide and support those dealing with a crisis situation

If you are worried about someone **URGENTLY**, call 111 for free confidential advice where you can speak to a GP, nurse or paramedic

OR

If you need **IMMEDIATE HELP** please go to any **HOSPITAL A&E DEPARTMENT** (sometimes known as the emergency department)

OR

Call 999 and ask for an ambulance

CONTENTS

Introduction

About this toolbox

Key risk factors for adolescent suicide and self-harm

Signs someone may be struggling to cope

How can you help?

How can I get help for me?

Useful contacts helpful apps

Mindsight Surrey CAMHS Good referral guide – information for professionals

Resources for Health

Resource for Education

Resources for the Police

Resources for Children's Social Care

Multi-agency Resources



INTRODUCTION

There can be no greater or more enduring loss to a family than that of a child. When the loss is potentially preventable, then the feeling of devastation must be even worse. However we currently find ourselves in a position where suicide is the biggest killer of young people in the UK aged between 16 and 24 years, and in England alone it is estimated that over 180 young people aged 10-19 years took their own lives. This number rises alarmingly to 536 over the age range 10-24 years with by far the greater number of deaths being of young males (ONS 2018).

About the Toolbox

This toolbox has been developed to support practitioners within health, education, police and social care, children and young people, parents and carers in identifying and supporting the prevention of suicide.

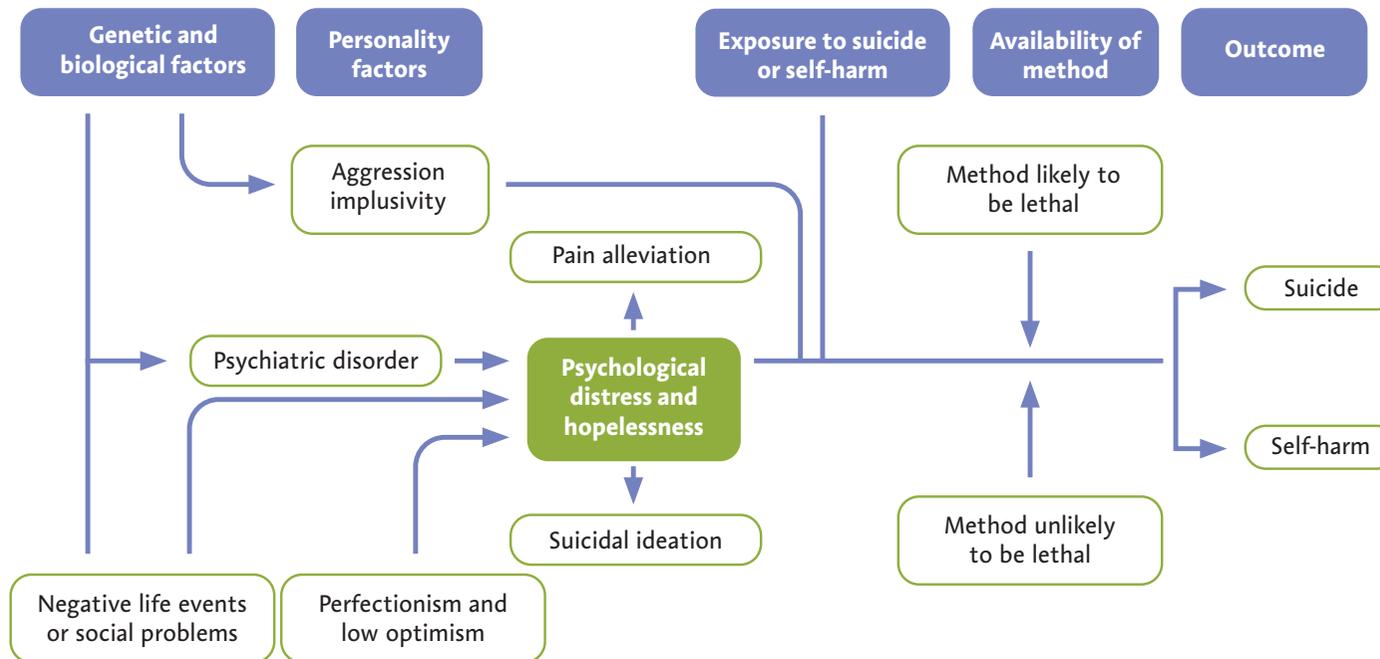
The toolbox gives practical advice on how to deal with a crisis situation and helps guide your approach to supporting those at risk.

RISK FACTORS

Key risk factors for adolescent suicide and self-harm

'Suicide in children and young people is usually the outcome of a complex interaction between biological, genetic, psychiatric, cultural, social and psychological factors Public Health Wales NHS Trust 2019

Source; Hawton, Saunders, O'Connor, 2012



SIGNS SOMEONE MAY BE STRUGGLING TO COPE

Signs to look out for

- Lacking energy or feeling tired
- Feeling exhausted all the time
- Experiencing 'brain fog', find it hard to think clearly
- Finding it hard to concentrate
- Feeling restless and agitated
- Feeling tearful, wanting to cry all the time
- Not wanting to talk to or be with people
- Not wanting to do things you usually enjoy
- Using alcohol or drugs to cope with feelings
- Finding it hard to cope with everyday things and tasks
- Experiencing 'burn out'
- Extreme changes in mood – for example being very happy after being very depressed
- Isolating themselves from social situations
- Change in sleeping and eating habits
- Neglect of personal appearance
- Reckless or risky behaviour
- Increasing anger or irritability
- Talking about suicide or wanting to die, even if it seems that they are joking
- Giving away possessions
- Saying goodbye to friends and family as if they won't be seeing them again

How can you help?

Practical ways to help yourself cope: <https://www.samaritans.org/how-we-can-help/if-youre-having-difficult-time/signs-you-may-be-struggling-cope/practical-ways-help-yourself-cope/> If you're worried about someone else: <https://www.samaritans.org/how-we-can-help/if-youre-worried-about-someone-else/>

How can I get support for me?

If you know someone who talks about or has tried suicide, you might feel upset, frustrated, confused or scared. These are all normal responses. Supporting a person who is suicidal can be stressful. And you are likely to need support yourself. You could try the following.

- Talk to friends and family.
- Talk to an emotional support helpline. There is a list of emotional support lines in the 'useful contacts' section below.
- Talk to your GP about medication or talking therapies for yourself.
- Talk to your child's care team or your local council about a carer's assessment.
- Join a carers' support group for emotional and practical support.
- Take some time to concentrate on yourself.

USEFUL CONTACTS



Barnardos: <https://www.barnardos.org.uk/what-we-do/services/surrey-positive-parenting-service>

Delivers parenting support groups lasting 6-8 weeks for the parents of those children and young people referred to the Behavioural and Neurodevelopmental (BEN) Service. Telephone: 01293 610 689



Bullying and suicide; Advice written by Papyrus prevention of young suicide

<https://www.bullying.co.uk/advice-for-young-people/bullying-and-suicide/>



Campaign Against Living Miserably (CALM) CALM is the Campaign Against Living Miserably, for men aged 15 to 35.

www.thecalmzone.net



Childline: <https://www.childline.org.uk/>

Is a free, private and confidential service where you can be you. Whatever your worry, whenever you need help, however you want to get in touch. We're here for you online, on the phone, anytime. Telephone: 0800 1111



Safe Havens-Children & Young People: <https://www.cyphaven.net/>

The CYP Haven is a safe space for children and young people aged 10-18 where you can talk about worries and mental health in a confidential, friendly and supportive environment. You can simply turn up during opening times. CYP Havens also run weekend workshops that you can access. CYP havens are located in Guildford, Epsom, Staines and Redhill. Details next:



CYP Haven Guildford: <https://www.cyphaven.net/home/guildford/>

Address: 7, Ward Street, Guildford, Surrey GU1 4LH

Opening Times: Monday: 4pm-8.30pm, Wednesday: 5.30pm-8.30pm, Sunday: 12pm-6pm, Telephone: 07773 008435. Please note: The CYP Haven phone is not a crisis line. It will only be answered during session times if a member of staff is available.



CYP Haven, Epsom: <https://www.cyphaven.net/home/epsom/>

Address: The Focus Youth Centre, 9 Depot Road, Epsom KT17 4RJ

Opening Times: Tuesday: 4pm-8.30pm, Thursday: 4pm-8.30pm, Saturday: 12pm-6pm
Telephone: 07773 008435. Please note: The CYP Haven phone is not a crisis line. It will only be answered during session times if a member of staff is available.



CYP Haven Staines: <https://www.cyphaven.net/home/staines/>

Address: Leacroft Youth Centre, Raleigh Court, Staines TW18 4PB

Opening Times: Tuesday: 4pm-8.30pm, Wednesday: 4pm-8.30pm, Saturday: 12pm-6pm
Telephone: 07773 008435. Please note: The CYP Haven phone is not a crisis line. It will only be answered during session times if a member of staff is available.



CYP Haven Redhill: <https://www.cyphaven.net/home/redhill/>

Address: The Annex, The Redhill Centre, 132-138 Station Road, Redhill, Surrey RH1 1ET

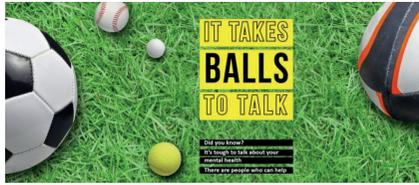
Access is through the back gate on Fairfax Avenue – Use postcode RH1 1HX

Opening Times: Wednesday: 4pm-8.30pm, Friday: 4pm-8.30pm, Sunday: 12pm-6pm
Telephone: 07773 008435. Please note: The CYP Haven phone is not a crisis line. It will only be answered during session times if a member of staff is available.



Eikon: <https://eikon.org.uk/>

Offers a wellbeing service into schools working with teachers and pupils to help keep students well and know how to spot early warning signs of mental ill-health



It Takes Balls To Talk <https://www.ittakesballstotalk.com/statistics/>
'It Takes Balls to Talk' is a campaign which uses sporting themes to encourage people, particularly men, to talk about how they feel. 'It Takes Balls to Talk' is a campaign which uses sporting themes to encourage people, particularly men, to talk about how they feel.



Jigsaw (South East) <https://www.jigsawsoutheast.org.uk/>
Offers grief support to children and young people who have experienced the death of a significant family member through illness, accident, suicide or murder. We also provide support to children and young people who have a family member with a life-limiting condition



Kooth: <https://www.kooth.com/>
Is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use. Young people aged 11-18 can get immediate and direct access to online support.



Learning Space: <https://www.learningspaceuk.co.uk/>
Provides early intervention services for children 5 years and above to improve confidence and self-esteem and address issues such as anxiety and anger



MIND: <https://www.mind.org.uk/>
Provide advice and support to empower anyone experiencing a mental health problem. Telephone: 0300 123 3393 (9am to 6pm, Monday to Friday (except for bank holidays). Email: info@mind.org.uk, Text: 86463
Post: Mind Infoline, PO Box 75225, London, E15 9FS



The Mix: <https://www.themix.org.uk/>

Is a UK based charity that provides free, confidential support for young people under 25 via online, social and mobile. Telephone: 0808 808 4994. You can also speak to our trained helpline supporters on our one to one chat service.

Crisis text message service: Text THEMIX to 85258



The National Autistic Society: <https://www.autism.org.uk/>

Provides peer support for parents of autistic children and offer regular drop in clinics to quickly engage children and young people with challenging behaviour.

Telephone: 0808 800 4104



NHS Choices: <https://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/camhs-information-for-parents-and-carers/> Child and adolescent mental health services information for parents and carers.



Mental Health Helplines - www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines



Solihull approach Parenting course: No 4. Understanding your teenager's brain: <https://inourplace.heiapply.com/online-learning/>. This is a free online resource for parents. Enter code ACORN to register for course



PAPYRUS (prevention of young suicide): <https://papyrus-uk.org/>

Is an organisation that aims to prevent suicide in young people. It can offer emotional support to people under 35 who are suicidal. They can also support people who are concerned about a young person who might be suicidal. Telephone: 0800 068 4141. Open Monday to Friday 9am – 10pm. Weekends 2pm – 10pm Text: 07786 209697



Qwell: <https://www.qwell.io/>

Free and confidential online support for emotional wellbeing for parents and carers of children and young people with special educational needs and disabilities in Surrey.



Relate west Surrey: <http://www.relatewestsurrey.org.uk/>

Provides counselling services for 10 to 18 year olds with mild to moderate mental health issues. Six to eight sessions are offered which can be followed up with family counselling if required. This CAMHS service is provided in Woking, Walton, Ashford, Stanwell and Thorpe. Telephone: 01483 602998



Rethink: <https://www.rethink.org/>

Work to transform the lives of everyone severely affected by mental illness, and how our nation approaches mental illness. Advice and information service is open from 9:30am to 4pm Monday to Friday



Samaritans: <https://www.samaritans.org/>

Talk to us any time you like, in your own way, and off the record – about whatever's getting to you. You don't have to be suicidal. Telephone: 116 123 (UK) (24 hours)



SABP Parent Webinars: <https://www.youtube.com/playlist?list=PLfVgWWNqce46lxiVQNThooXa5PBNESLXY>

Parent webinars produced by SABP: a series of short videos for parents and teachers about anxiety, transition and returning back to school during Covid-19.



Shout: <https://www.giveusashout.org/>

Provides free, confidential support, 24/7 via text for anyone at crisis anytime, anywhere. You can: text SHOUT to 85258 in the UK to text with a trained Crisis Volunteer

HELPFUL SMART PHONE APPS

(Parents/carers, please check suitability based on child's age/need)



Stay Alive: suicide prevention app which offers help and support both to people with thoughts of suicide and to people concerned about someone else. The app can be personalised to tailor it to the user.



Calm (free for 7 days): guided meditations on sleep, anxiety, emotions, self-care, soothing bedtime stories, music for sleep/relaxation, mood check-in



SAM: self-help tips for anxiety; build an anxiety management toolkit that works for you; anxiety tracker



InHand: Mental wellbeing app designed by young people for young people; positivity + inspiring quotes; suggestions for managing emotions



Wreck this app: drawing tools (scribble, spray-paint, distort, and destroy) to use for distraction/brain breaks. Explore your creative side, best mess making +destructive abilities



MeeTwo: Safe and secure forum for teenagers wanting to discuss any issues affecting their lives. Anonymous advice from experts or other teenagers going through similar experiences eg mental health, self-harm, friendships/relationships



My possible self: strategies for boosting your mental well-being reducing feelings of anxiety, stress and low mood. 16+ years to create free account



Headspace: Mindfulness exercises/techniques and guided meditations to relax you and bring you calm, wellness and balance. Focus on managing anxiety, stress relief, breathing, happiness and focus



CalmHarm: helps child to resist/manage the urge to self-harm. Range of activities to choose from to distract and help tolerate urge to self-harm. Learn your triggers and 'ride the wave' to manage your emotional mind



Mindshift: CBT tools to help manage generalised anxiety, panic, perfectionism, social anxiety, phobias. Quick relief tools to help ground yourself, take a breath, shift/transform/ balance your thoughts in a thoughts journal



Breathing Zone: a visual tool to support mindful breathing. Trains you to slow your breathing, calm down and relieve stress. Signature feature is the ability to analyse how you normally breathe in order to suggest the right breathing pattern for you.



Smiling Mind: Meditations for all ages. Parent/child or child from age 3-18. Sleep for kids and return to school meditations together with meditations for different ages.



Moshi Twilight: Sleep stories, meditations, music and sounds to help make bedtime easier and more reassuring for children



Sleepful: Support + tools to help you overcome insomnia. Includes explanatory videos, a digital sleep diary, information about sleep/insomnia, deep relaxation programmes (self-help programme by clinical research unit, Loughborough University)



Woebot: Meet Woebot your friendly self-care expert and coach. CBT tools for anxiety/ depression; Mood checker/tracker; daily check-ins; learn skills to reduce stress and live happier



What's up: Free app using CBT and Acceptance Commitment therapy methods to help you cope with anxiety, depression, anger, stress and more. Features a grounding game to help keep you calm, positive quotes, methods to overcome negative thinking patterns



Cove: Expressing your emotions can be difficult. It can be easier to create music instead of words to express yourself and capture your mood. Explore and be creative – add chords, melody or even percussion. Music can be saved to your library.



Beat Panic: Use your phone to guide you through a series of flash cards to gain control and cope with a panic attack



Chill Panda: Follow the panda to understand the relationship between feelings, body sensations and different activities. Yoga, breathing and games.



ThinkNinja: App designed for children and young people (10-18 years old) to help educate about mental health and emotional wellbeing. It helps children and young people learn and develop a range of skills for when they are experiencing daily life stresses or who maybe feeling anxious or their mood feeling low.

MINDSIGHT SURREY CAMHS GOOD REFERRAL GUIDE

It is always helpful to consider whether a referral to mental health services is actually required or whether there are other more suitable services or resources available. These could include:

- **Kooth.com** – Online free, safe and anonymous support for young people
- **Catch-22 Surrey Young Person's substance misuse service** – specialist treatment service for 11-21 year olds and their families offering one-to-one support, a 24 hour help line, counselling and pharmacological support for drug and alcohol related issues affecting mental health <https://www.catch-22.org.uk/surrey-substance-misuse-young-persons-information-page/>
- **Mind Ed for families** – Online learning resource helping to inform and better equip families dealing with young people's mental health <https://mindedforfamilies.org.uk/>
- **Young Minds** – Online mental health resource for parents and young people. Also provides a parents' helpline. <https://youngminds.org.uk/>

When making referrals to Mindsight Surrey CAMHS Partnership, please make sure you have discussed the referral with the young person and their family, and gained their consent. Ask them how they have been feeling, what they would like Mindsight Surrey CAMHS to know and what they would like help with. When considering making a referral, CYA shared that young people would like professionals to take time to speak to and get to know the young person thereby making it easier for them to answer any personal questions about their mental health.

There are key pieces of information which will enable the Single Point of Access Clinical Triage Team to identify the appropriate support more efficiently for a Child or Young Person (CYP). Including this information, listed below, will enable timelier processing of referrals and prevent delays caused by the teams needing to request further key details.

Online referrals are the most efficient and responsive way to refer into the service compared to postal referrals.

Referrals/Requests for a Service for Emotional Wellbeing or Mental Health Concerns

- How severe is the current presentation?
 - Is distress situational and irregular/sporadic, and mainly obvious to certain people *e.g.* teachers, family or friends; or
 - Is it consistent/in evidence at almost all times and would be apparent to almost anyone who comes into contact with the CYP?
- How is the CYP's presentation impacting on their daily functioning?
 - Are they able to participate in daily activities in at least one area of their life *e.g.* home, school, friendships
 - Or are they struggling to participate in all aspects of their daily lives?
- Where is the impact noticed? Is it both at school and home? Or at home/school and also with friends?
 - Is there significant impact currently on either their attendance or attainment at school?
- Has the CYP been excluded, or are they at risk of school exclusion?
- How long has the CYP been experiencing these difficulties?
- What help has the CYP already accessed?
- What risks are there to the CYP or to others? How immediate are these risks?
- What school does the CYP attend? Please confirm if they are currently not at school/in education – *e.g.* for Home school CYPs.

Additional information for Priority Needs and Vulnerability

Does the CYP have a social worker? If so, please provide: name/hub at which they work, email, and contact telephone number.

If the CYP is a Looked After Child, Adopted, Care Leaver, is the subject of a current Child Protection Plan or Special Guardianship Order, the following information must be provided at the point of referral:

- What is the CYP's legal status *e.g.* s.20, s.31 etc.
- What is the date of the Order or date when status effective from?
- Where was the order issued *i.e.* Local Authority?
- How long has the CYP been resident in Surrey?
- For Care Leavers - Do they have a Personal Advisor?
 - If so please provide: name/hub at which they work, email, contact telephone number.

Where this information is not provided at the point of referral, this will cause delays to triaging of the CYP's referral.

Concerns regarding sexual assault/trauma

If the referral is for concerns relating to sexual assault or trauma, please confirm if:

- there is an ongoing police investigation
- the authorities have been alerted *i.e.* the Police and/or safeguarding (MASH) team
 - If not, please confirm why.

Referrals for Neuro-Developmental Concerns

Referrals for diagnostic assessments should ideally be made by school staff. However, if other services are to make such referrals please supply information as for Emotional Wellbeing or Mental Health Concerns but also provide, where available:

- any appropriate ADHD questionnaires; completed Conners or SNAPS
- results of mental status examinations already completed (for ASD), mini developmental history and completed ASSQs
- any relevant reports by, for example, Speech and Language Therapy e.g. ADOS or other professionals.

Referrals for Eating Disorders

Please ensure that current Height and Weight of the CYP is provided (with date when measurements were taken). For weight loss concerns, please provide details of the timeframe over which this has taken place e.g. over the past 3 months, weight has reduced from x to y.

For all Eating Disorders concerns, providing confirmation that appropriate physical testing (bloods, ECG) is being actioned will assist the clinicians to expedite the CYP's referral to the appropriate team.

All relevant forms can be found on our website under the appropriate headings:

<https://www.sabp.nhs.uk/mindsightsurreycamhs/referrals>
If this information is not available at the point of first referral, the Single Point of Access team will send out questionnaires for completion.

Crisis Care

In the case of crisis, professionals can make a referral to our CAMHS Single Point of Access on 0300 222 5755, 8am-8pm Monday – Friday, 9am-12pm Saturday. Outside of these times, if the young person is over 11 years old, we would encourage them or their family to contact our Extended Hope Service via the Emergency Duty Team on 01483 517898, between 5pm-11pm, 7 days a week. Children and young people between 10-18 years old can also drop in to one of our CYP Havens. For more information please visit: www.cyphaven.net.

To contact CAMHS Single Point of Access

- Call: 0300 222 5755 (Option #2). We are open 8am - 8pm Monday to Friday and 9am -12pm Saturday.
- Write to us: CAMHS Single Point of Access, First Floor, Dominion House, Woodbridge Road, Guildford, GU1 4PU.

Health

Local suicide prevention planning National Suicide Prevention Alliance Supported by A practice resource;

Public Health England

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/585411/PHE_local_suicide_prevention_planning_practice_resource.pdf

AQuA / NHS Suicide Prevention Toolkit

<https://www.aquanw.nhs.uk/resources/mental-health/suicide-prevention/toolkit.pdf>

Royal College of General Practitioners – Metal Health Toolkit, Suicide and Crisis Care

<https://www.rcgp.org.uk/clinical-and-research/resources/toolkits/mental-health-toolkit.aspx>

NHS Blog - Tackling the root causes of suicide

<https://www.england.nhs.uk/blog/tackling-the-root-causes-of-suicide/>

NHSE Mood Self Assessment

<https://www.nhs.uk/conditions/stress-anxiety-depression/mood-self-assessment/>

NHS Help for suicidal thoughts

<https://www.nhs.uk/conditions/suicide/>

Education

An RCN toolkit for school nurses Developing your practice to support children and young people in educational

settings: <https://www.rcn.org.uk/professional-development/publications/pub-007320>

Department of Education: Suicide Prevention Guidance

<https://www.education-ni.gov.uk/articles/suicide-prevention-guidance>

Building Suicide-Safer Schools and Colleges A guide for teachers and staff

<https://dtspa.co.uk/wp-content/uploads/2017/09/papyrus-toolkitfinal.pdf>

Samaritans - For education professionals

<https://www.samaritans.org/how-we-can-help/schools/education-professionals/>

Support After Suicide: Talking to Students

<http://supportaftersuicide.org.uk/what-to-say/talking-to-students/>

Surrey Healthy Schools – comprehensive self-evaluation tool for schools

<https://www.healthysurrey.org.uk/professionals/healthy-schools>

Grassroots; Stay Safe' Suicide Prevention Toolkit for People with Learning Disabilities

<https://www.prevent-suicide.org.uk/find-help-now/stay-safe/>

Mentally Healthy Schools: Mentally Healthy Schools is a free website for primary schools, offering school staff information, advice and practical resources to better understand and promote pupils' mental health and wellbeing

<https://www.mentallyhealthyschools.org.uk/resources/a-toolkit-for-schools-and-colleges/>

Police

British Transport Police - Preventing suicide on the railway
https://www.btp.police.uk/safety_on_the_railway/safety_on_and_near_the_railway/suicide_prevention.aspx

World Health Organisation - PREVENTING SUICIDE A RESOURCE FOR POLICE, FIREFIGHTERS AND OTHER FIRST LINE RESPONDERS

https://www.who.int/mental_health/prevention/suicide/resource_firstresponders.pdf

NICE; Preventing suicide in community and custodial settings NICE guideline [NG105] Published date: 10 September 2018;

<https://www.nice.org.uk/guidance/ng105>

Multiagency

SSCP Procedures 5.27 Self-Harm and Suicidal Behaviour
<http://surreyscb.procedures.org.uk/hkyqss/procedures-for-specific-circumstances/self-harm-and-suicidal-behaviour/#s4808>

SABP Finding your way' – a directory of services for people bereaved by suicide <https://uksobs.org/wp-content/uploads/2019/03/Finding-your-Way-Directory-of-Suicide-Bereavement-Services-for-Surrey-and-NE-Hants.pdf>

Health Surrey Mental health training

<https://www.healthysurrey.org.uk/mental-wellbeing/adults/professionals/mental-health-training>

Surrey Suicide Prevention Strategy 2019-2021

<https://mycouncil.surreycc.gov.uk/documents/s55064/Surrey%20Suicide%20Prevention%20Strategy%202019-2021%20-%20Final.pdf>

Surreyi - Emotional Wellbeing and Mental Health

<https://www.surreyi.gov.uk/jsna/emotional-wellbeing-and-mental-health/>

Eventbrite Training, SABP

<https://www.eventbrite.co.uk/o/suicide-prevention-training-surrey-amp-borders-partnership-nhs-trust-19983082211>

National Suicide Prevent Alliance

<https://www.nspa.org.uk/members/surrey-county-council-public-health-team/>

House of Commons Library; BRIEFING PAPER Number 08221, 10 October 2019 Suicide Prevention: Policy and Strategy
<https://commonslibrary.parliament.uk/research-briefings/cbp-8221/>

HM Government Cross-Government Suicide Prevention

Workplan https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/772210/national-suicide-prevention-strategy-workplan.pdf