



Joint partnership newsletter – suicide awareness resources – December 2020

Bexley Safeguarding Adults Board and Bexley S.H.I.E.L.D. (Safeguarding Partnership for Children and Young People) have compiled the following list of resources relating to suicide awareness and prevention and in recognition that the Christmas and New Year period can be a difficult time for some people. We hope the information below will be helpful for young people and adults as well as professionals working in Bexley.

Samaritans

Samaritans answer a call for help every seven seconds. Samaritans is not only for the moment of crisis, they are taking action to prevent the crisis. They offer listening and support to people and communities in times of need. You can contact the Samaritans via their website:

<http://www.samaritans.org/how-we-can-help-you/contact-us>

You can call the Samaritans free any time, from any phone, on 116 123.

Details about the local Samaritans Bexley and Dartford branches can be found here:

<https://www.samaritans.org/branches/bexley-dartford-samaritans>



Samaritans offer a number of resources to support schools:

- <https://www.samaritans.org/how-we-can-help/schools/step-step/step-step-resources/responding-suspected-suicide-schools-and-colleges/>
 - <https://www.samaritans.org/how-we-can-help/schools/step-step/>
 - <https://www.samaritans.org/how-we-can-help/schools/step-step/step-step-resources/responding-attempted-suicide/>
 - <https://www.samaritans.org/how-we-can-help/schools/>
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Childline

<https://www.childline.org.uk/get-support/contacting-childline/>

Call free on 0800 1111

The quickest way to get through to a counsellor. Talk to Childline from any phone free without needing credit or it showing on the phone bill.

Log in for a 1-2-1 counsellor chat

<https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/>

Talk to a counsellor in a safe online chat. While waiting for a counsellor to be available you can look at other things that might help like videos and games.

Papyrus

Papyrus offer support for young people or for anyone worried about a young person who may be thinking about suicide.

<https://www.papyrus-uk.org/contact>

- Telephone: 0800 068 41 41
- Text: 07860 039967
- Email: pat@papyrus-uk.org
- Facebook: <https://www.facebook.com/PAPYRUSUK>
- Instagram: https://www.instagram.com/papyrus_uk/?hl=en



Open every day 9:00 am to 12:00 am (midnight)

FREE online suicide prevention training

Thrive LDN have collaborated with the Zero Suicide Alliance to create a training programme to help people to be able to identify warning signs and to feel comfortable having conversations about suicide.

The training is free and takes around 20 minutes to complete:

<https://thrivedn.co.uk/campaigns/zerosuicideldn/>

The Mix


The Mix is the UK's leading support service for young people. They help young people with a range of challenges they may be facing - from mental health to money, from homelessness to finding a job, from break-ups to drugs.

<http://www.themix.org.uk/about-us/contact-us>



Essential support for under 25s

 **Freephone 0808 808 4994** | 11am – 11pm daily

 **1-2-1 Chat Service** | 11am - 11pm daily on Website

Email Service on Website

Kooth

Kooth provide an online support service for young people. To join Kooth, sign-up using the link below:

<https://www.kooth.com/signup/where-do-you-live>



Free, safe and anonymous online support for young people

Monday – Friday 12pm – 10pm

Saturday – Sunday 6pm – 10pm

NHS advice on stress, anxiety and depression

The NHS offers help for anyone feeling stressed, anxious or depressed, or who wants to improve their mental health and wellbeing:

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

There is separate information on where to get urgent help for mental health:

<https://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/where-to-get-urgent-help-for-mental-health/>

There are a number of resources relating to mindfulness here:

<https://www.nhs.uk/conditions/stress-anxiety-depression/mindfulness/>



Oxleas videos on suicide prevention

Oxleas NHS Trust have produced the following videos relating to suicide prevention:

[Suicide Prevention: Strategy, Oxleas NHS](#)

[Suicide Prevention: The parents, Oxleas NHS](#)

[Suicide Prevention: Young friends and family, Oxleas NHS](#)

Time to Change

Time to Change is a growing social movement working to change the way we all think and act about mental health problems.

<https://www.time-to-change.org.uk/>

The Time to Change website offers resources for schools and workplaces as well as sharing individuals' stories of their mental health problems.



Mind in Bexley

On 1 April 2020, the Mind in Bexley Wellbeing Line opened. The aim of the Wellbeing Line is to offer reassurance, support and advice to those struggling with their mental health during the Covid-19 pandemic.

The Wellbeing Line opens Monday to Friday 10am - 3pm

Telephone: 0808 196 3896

In October 2020, Mind in Bexley published a report exploring the experiences of Wellbeing Line callers to establish if the call was considered helpful to them:

<https://www.healthwatchbexley.co.uk/report/2020-10-28/review-mind-bexley%E2%80%99s-wellbeing-line>



We understand this will be a challenging time for many.
If you would like to speak to somebody please call
0203 912 0048.

Please note all other Mind in Bexley services are open and working remotely.

Face to face appointments are not provided, however telephone and online appointments are available.

ALL referrals are being accepted and processed as usual.

We are receiving all calls. Please leave a message with the service you need and someone will call back as soon as possible.

Our Crisis Café service remains open, we are seeing clients face to face and are open 6pm-10pm every evening.

Please also visit our website www.mindinbexley.org.uk for further details and self-help resources.

We are also on Facebook, Twitter and Instagram

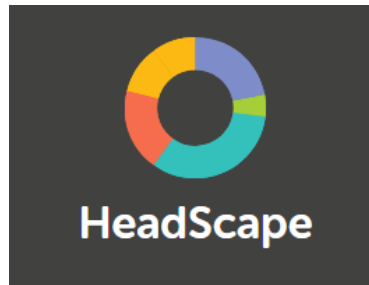
MIND provide advice and support to empower anyone experiencing a mental health problem. They campaign to improve services, raise awareness and promote understanding. There are more resources on their national website:

<https://www.mind.org.uk/>

Headscape Bexley

Headscape Bexley was developed by Oxleas NHS Foundation Trust for young people who live in Bexley. The website includes information about a whole range of issues, behaviours and feelings and offers an online quiz to help young people identify the right support for them:

<https://headscapebexley.co.uk/>



Life After Suicide Group

Life After Suicide (LAS) is a group of parents who lost their sons to suicide in Bexley and who came together with family and friends to raise awareness of this devastating problem:

<https://supportaftersuicide.org.uk/las/>

Email enquiries: l.a.s.enquiries@hotmail.com



The Support After Suicide Partnership brings together suicide bereavement organisations and people with lived experience, to achieve a vision that everyone bereaved or affected by suicide is offered timely and appropriate support. Their website has been developed with the help of both individuals with experience of suicide and professional bereavement organisations so you can explore practical information and find emotional support if you have been impacted by suicide:

<https://supportaftersuicide.org.uk/>

Healthwatch Bexley - Children and Young People's Emotional Wellbeing during Covid-19

Healthwatch Bexley is keen to ask young people aged 11-25 years about the impact that Covid-19 has had on their wellbeing with the aim of increasing awareness of support services that are available for young people.

You can access the survey here:

<https://www.healthwatchbexley.co.uk/news/2020-12-03/children-and-young-peoples-emotional-wellbeing-during-covid-19>

If you are looking for support services in Bexley, you can find out more in the new Healthwatch Bexley Young Peoples Signposting Directory:

<https://www.healthwatchbexley.co.uk/advice-and-information/2020-12-02/young-persons-signposting-directory>

National Suicide Prevention Alliance

National Suicide Prevention Alliance are an alliance of public, private, voluntary and community organisations in England who care about suicide prevention and are willing to take action to reduce suicide and support those affected by suicide. They host a range of resources to help anyone working or interested in this field:

<https://www.nspa.org.uk/>

National Suicide Prevention Alliance along with Public Health England have put together the following leaflet:

[Help is at hand: support after someone may have died by suicide](#)

