



Key messages

The Tees Suicide Prevention Alliance in conjunction with the North East and Cumbria Suicide Prevention network are promoting three key messages in relation to suicide prevention and positive mental health. The key messages are:

Look after yourself

Look out for others

Get help early

Marketing campaign can be accessed - www.stopsuicidenenc.org and clicking on the campaign toolkit button. This will lead you to downloadable resources that you can use.

Sources of support

It is completely normal to feel stressed and anxious in challenging times, and there is no shame or embarrassment in feeling this way.

However, if your mental or emotional state quickly gets worse at any time, or you're worried about someone you know, you can seek urgent help or advice from various sources of support.

Samaritans 116 123
Email: jo@samaritans.org

Shout 24/7 crisis text support service. Text: 85258

Papyrus HopelineUK. For young people under the age of 35. Call: 0800 068 4141
Text: 07860039967 Email: pat@papyrus-uk.org

Childline 0800 1111
www.childline.org.uk

CALM Anonymous and confidential helpline & webchat, open 5pm to midnight every day 0800 58 58 58
www.thecalmzone.net

Staying safe from suicidal thoughts
stayingsafe.net

If you or someone else is at immediate risk of suicide or serious self harm or injury, call 999.

Call NHS 111 or visit 111.nhs.uk if you urgently need help or advice, but it's not a life threatening situation.

www.stopsuicidenenc.org

twitter.com/StopSuicideNENC
facebook.com/StopSuicideNENC
instagram.com/StopSuicideNENC



www.stopsuicidenenc.org



Training

Range of free courses to access and available now.

- **Suicide Prevention – 20 minute free e-learning**

'Save a Life'- Take the Training: The Zero Suicide Alliance free e-learning suicide prevention training takes 20 minutes

www.zerosuicidealliance.com/training/

- **NEW ZSA suicide awareness training for university students**

The training aims to support students, their families and friends, to:

- recognise someone who may be struggling
- approach a difficult conversation
- signpost to for support





[University student suicide awareness training \(zerosuicidealliance.com\)](https://zerosuicidealliance.com)

- **Connecting with People:**

This training aims to improve compassion, knowledge, skills and confidence to enable people to identify and talk to anyone experiencing emotional distress. This training reflects the latest evidence-based principles and best practice and is delivered virtually via Teams. To book a place please click on the link below

[Training - Suicide Prevention Suicide Prevention \(stopsuicidenenc.org\)](https://stopsuicidenenc.org)

- **TEWV 'Coping during the Pandemic' e-learning –**

To help staff in all areas, patients, families and general public. The course includes information on preventing the spread of coronavirus (COVID-19), advice on managing concerns and supporting wellbeing, and advice on supporting children and young people.

<https://lms.recoverycollegeonline.co.uk/course/view.php?id=373>

- **A vast range of online training available for NHS professionals and those working or volunteering to improve the population health.**

www.e-lfh.org.uk/

- **Mental Health Training Hub**



Commissioned by Public Health across Tees to provide a free training offer to local workforce. Courses include Mental Health First Aid, Life worth Living, Youth Mental Health First Aid, ASiST etc

<http://teestraininghub.co.uk>



- **Future Learn**

Future Learn offers access to free online courses from leading universities and specialist organisations.

<https://www.futurelearn.com>

- **Public Health England:**

[Psychological First Aid \(PFA\) digital training module](#), aimed at all frontline and essential workers and volunteers. (online -90 mins)

The course aims to increase awareness and confidence to provide psychosocial support to people affected by COVID-19. PFA is a globally recognised training in emergency situations and PHE have developed this new course as part of their national incident response, and in partnership with NHS England, Health Education England, Future Learn and E-Learning for Health.

- **Public Health England:**

[Psychological First Aid \(PFA\) for supporting children and young people in emergency and crisis situations.](#)

The online course offers training for staff and volunteers on how to provide practical and emotional support to children and young people affected by emergencies or crises.

Useful strategies/resources

The national suicide prevention strategy for England and local planning guidance set out a blueprint for localities. [Preventing suicide in England - A cross-government outcomes strategy to save lives \(publishing.service.gov.uk\)](#)

National Child Mortality Database (NCMD) thematic report [Suicide in Children and Young People](#).



Suicide Prevention Resource Tins to order in Teesside Email:

suicide_prevention_grassroots_community_funding@middlesbrough.gov.uk

HeadStart Programme South Tees – social media



HEADSTART SOCIALS

-  | @headstart_southtees
-  | @HeadStart South Tees
-  | @HeadStart South Tees
-  | @HeadStart_ST

WWW.HEADSTARTSOUTHTEES.CO.UK