



WHAT IS LETS TALK ABOUT SUICIDE ESSEX?

The #LETSTALKABOUTSUICIDEESEX campaign has been created by the Mid and South Essex Health and Care Partnership to reduce the stigma around talking about suicide. This campaign helps by raising awareness of free suicide prevention training available from the Zero Suicide Alliance.

**ANYONE CAN SUFFER FROM
SUICIDAL THOUGHTS
BUT EVERY ONE OF US CAN
MAKE A DIFFERENCE.**

EVERY 2 HOURS, SOMEONE IN THE UK WILL TAKE THEIR LIFE.

#LETSTALKABOUTSUICIDEESEX
Support the campaign by
completing FREE suicide
prevention training

**TALKING ABOUT SUICIDE
DOESN'T CAUSE PEOPLE
TO KILL THEMSELVES. NOT
TALKING ABOUT IT MIGHT.**

20 MINUTES TO SAVE A LIFE.

We know it can be daunting, but talking about suicide doesn't have to be difficult and you don't need to be an expert. Being open and ready to have that conversation can help to save someone's life.

We want you to complete FREE training from the Zero Suicide Alliance. The training is available at www.letstalkaboutsucideessex.co.uk and takes just 20 minutes to complete.

HOW TO HAVE A CONVERSATION ABOUT SUICIDE

If you are worried that someone you know is thinking about taking their own life, then the best thing to do would be to ask them directly. Be direct, respectful, concerned and ask: "Are you thinking about taking your life?"

This might sound frightening, but this question could be what leads them to receive the help they need. If the person responds yes, listen to their story. This may be enough to get them through this period. If the person is still struggling, encourage them to seek help – local services can be found on the internet. There are also some national signposting details overleaf.

Finding the courage to ask this important question could be the difference between life and death.

LEARN HOW TO SPOT THE SIGNS OF SUICIDE.

TO TAKE OUR FREE SUICIDE
PREVENTION TRAINING VISIT
WWW.LETSTALKABOUTSUICIDEESEX.CO.UK

**IN 20 MINUTES,
YOU COULD
LEARN HOW
TO SAVE A LIFE.**

TIPS ON HOW TO IMPROVE YOUR MENTAL HEALTH

Evidence suggests there are **5 THINGS** we all can do to improve our overall mental health and wellbeing:

1. **CONNECT WITH OTHER PEOPLE**
2. **BE PHYSICALLY ACTIVE**
3. **PAY ATTENTION TO THE PRESENT MOMENT**
4. **KEEP LEARNING**
5. **GIVE TO OTHERS**

GET INVOLVED

We are always looking for local people to get involved with our **#LETSTALKABOUTSUICIDESSEX** campaign.

Why not volunteer at one of our events? Get involved on social media? Share your experience? We would love to hear from you.

To find out how you can be involved, visit

WWW.LETSTALKABOUTSUICIDESSEX.CO.UK

TOGETHER, WE CAN PREVENT SUICIDE.



STAY SOCIAL

Want to keep up with the latest **#LETSTALKABOUTSUICIDESSEX** news?

Visit www.letstalkaboutsucideessex.co.uk and sign up up to receive regular updates about the **#LETSTALKABOUTSUICIDESSEX** campaign.

DON'T WANT TO RECEIVE EMAILS?

FOLLOW US ON SOCIAL MEDIA
@LETSTALKABOUTSUICIDESSEX
#LETSTALKABOUTSUICIDESSEX

GET HELP NOW.

#LETSTALKABOUTSUICIDESSEX is a suicide prevention campaign. If you're feeling suicidal and need urgent help, or if you're worried about someone you know, help is available from the services below:

NHS Crisis Response Service:
CALL 111, Option 2
(24 hours a day)

Samaritans:
CALL 116 123
(24 hours a day)

C.A.L.M.:
CALL 0800 585 858
(For men, 5pm-12am)

Papyrus:
CALL 0800 068 4141
(For under 35s, 9am-12am)



TAKE THE TRAINING. SAVE A LIFE.

#LETSTALKABOUTSUICIDESSEX



Mid and South Essex
Health and Care
Partnership