



SUICIDE PREVENTION ON THE RIVER AND BRIDGES

Would you be confident enough to approach someone who may be considering suicide? One in five people have had thoughts of suicide. If someone you know was thinking about suicide would you know what to say?

Everyone should have some basic training on suicide awareness, just as everyone should know about choking, drowning and stroke. Zero Suicide Alliance offers free online training aimed at breaking the stigma associated with suicide, giving you skills to confidently talk to someone you think might be feeling suicidal, and encourages people to talk safely about their feelings. Their 20-minute training programme (link below) teaches you valuable skills which could help you have a potentially lifesaving conversation.

<https://zsa.frank-cdn.uk/scorm/full-training/story.html>

Here are some resources that may help you help others:

The Health Surrey website has information about mental health and emotional support in Surrey

<https://www.healthysurrey.org.uk/mental-wellbeing>

Local Safe Haven

<https://www.sabp.nhs.uk/our-services/mental-health/safe-havens>

SABP Crisis Mental Health Helpline

<https://www.sabp.nhs.uk/our-services/advice-guidance/getting-help-crisis>

Samaritans

<https://www.samaritans.org>

