

Child Death Prevention Newsletter

**WORLD SUICIDE
PREVENTION DAY**

Issue 40 September 2018

This newsletter is designed to raise awareness and share the learning from the Child Death Overview Panel for Staffordshire and Stoke-on-Trent

World Suicide Prevention Day is held each year on 10 September.

It's an annual awareness raising event organised by [International Association for Suicide Prevention \(IASP\)](#) and the [World Health Organisation \(WHO\)](#).

Connecting with others and letting people know that its okay to talk is the key message.

Reaching out to people who are going through a difficult time can be a game changer. People who are feeling low or suicidal often feel worthless and think that no-one cares. Small things like hearing from friends or family, feeling listened to or just being told that 'it's ok to talk' can make a huge difference.

What you can do...

Start a conversation today if you think a friend, colleague or family member may be struggling. Join in on Twitter to spread the word.

SAMARITANS



When a person reaches a point where they are focused on taking their life, they've often lost sight of trying to find a way through their problems. This period usually only lasts a short while and often it doesn't take a huge amount to bring someone back from that decision – something as simple as saying, 'it's ok to talk' can be enough to move someone out of suicidal crisis.





World Suicide Prevention Day
Working Together to Prevent Suicide
 September 10, 2018



Support Organisations for young people and anyone concerned about a young person



PAPYRUS Prevention of young suicide

For confidential help and advice

CALL HOPELINE UK 0800 068 4141



a safe place to talk any time



CALL US

116 123 (UK)
 116 123 (ROI)

YoungMinds Parents Helpline 0808 802 5544. Young Minds is a national charity focused on improving the emotional wellbeing and mental health of children and young people. Their [website](#) has a range of information and resource for children, young people and parents

CAMHS - Child and Adolescent Mental Health Services. Offer assessment and treatment when children and young people have emotional, behavioural or mental health difficulties – speak to your gp for a referral to a local team

