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1. Introduction

We believe every life matters. We believe that everyone has the potential to grow, learn and make choices. We understand that sometimes people feel the only option available to them is to take their own life. We are committed to doing everything we can to support people to consider alternative options regardless of whether they are someone we support or a colleague that we work with. The Wellbeing Warehouse supports the Government's ***Suicide prevention strategy for England*** - see GOV.UK. We recognise that many of the people we will support, and the people who volunteer, may be identified in at least one of the high-risk groups below.

- (a) *Men and women of various age;*
- (b) *People that may already be in the care of mental health services;*
- (c) *Young vulnerable adults;*
- (d) *People suffering with anxiety & depression;*
- (e) *People with a history of self-harm and/or suicidal thoughts;*

2. Working together to prevent suicide

The Government's national strategy sets out seven key areas for action:

1. *Reducing the risk of suicide in high risk groups;*
2. *Tailoring approaches to improve mental health in specific groups;*
3. *Reducing access to means of suicide;*
4. *Providing better information and support to those bereaved or affected by suicide;*
5. *Supporting the media in delivering sensitive approaches to suicide and suicidal behaviour;*
6. *Supporting research, data collection and monitoring;*
7. *Reducing rates of self-harm as a key indicator of suicide risk*

The ***Public Health England Suicide Prevention Profile*** has been produced to help develop understanding at a local level and support an intelligence-driven approach to suicide prevention. It collates and presents a range of publicly available data on suicide, associated prevalence, risk factors, and service contact among groups at increased risk. It provides planners, providers and stakeholders with the means to profile their area and benchmark against similar populations.

By working together with people we support, their loved ones, our volunteers and people from other health and social care agencies, we believe we can have a positive impact on people's lives and help prevent suicides.

We recognise that statutory mental health services offer different support for those considered at highest risk throughout the country. We also know there are many other organisations that can help support people who are affected by suicide, suicidal thoughts and who are in the high-risk groups.

The Wellbeing Warehouse is committed in helping to inform and educate anyone we have contact with about how they can be supported and access help in their local area.

3. Educating & training our workforce

In order to help prevent suicide we recognise there may be times when volunteers need to attend additional training in this area.

The Wellbeing Warehouse is committed to offering any volunteers the chance of additional training should that opportunity arise, around suicide and how we can work together to prevent it. This training will include information about how we can help our colleagues as well as the people we support.

4. Supporting our workforce

We also recognise that supporting others through distress can have an impact on our own mental health and wellbeing.

The Wellbeing Warehouse is committed to monthly supervision sessions in group format to ensure all volunteers mental health and wellbeing is not being caused distress from the support work we carry out.

5. Safe Places

We want to continue to provide people with safe places to live and work. We recognise our environment can have an impact on their mental health and wellbeing.

The Wellbeing Warehouse is committed to addressing that all volunteers have a safe environment to live and work in that does not increase a person's risk of suicide or access to lethal means. This will be addressed in the monthly supervision group calls.

6. Listen and Learn

We know how important it is to listen and learn from the past. We want to learn from all incidents of suicide or attempted suicide so we can make positive changes to the way we work to help prevent future suicides.

The Wellbeing Warehouse is committed to following the crisis emergency plan if any client informs us of suicidal tendencies and/or plans.