



**WORLD  
SUICIDE  
PREVENTION  
DAY** **10 SEP**

2023 Theme:  
Creating Hope  
through Action

By creating hope through action, we can signal to people experiencing suicidal thoughts that there is hope and that we care and want to support them.

It also suggests that our actions, no matter how big or small, may provide hope to those who are struggling.

Lastly, it serves as a reminder that suicide prevention is a public health priority and urgent action is required by those in local and national government.



# The Facts



**Suicide is the main cause of death in young people under the age of 35 in the UK.**

In 2018, 1,866 young people under the age of 35 took their own lives.

Over three quarters of them were boys or young men.

On average, over five young people take their lives each day.

Over 200 school children are lost to suicide every year.

**Research shows that with appropriate early intervention and support suicide by young people can be prevented.**

From 1<sup>st</sup> January 2023-8<sup>th</sup> September 2023, 365,255+ people have visited the PAPYRUS website for suicide prevention support.

How can we  
create hope  
through  
action?

**S** **Spot** the signs

**E** **Ensure** you ASK about Suicide

**R** **Respond** WITH THE SERIOUS TOOLKIT

**I** **Inform** OTHERS THAT CAN HELP

**O** **Observe** watch out for relapses

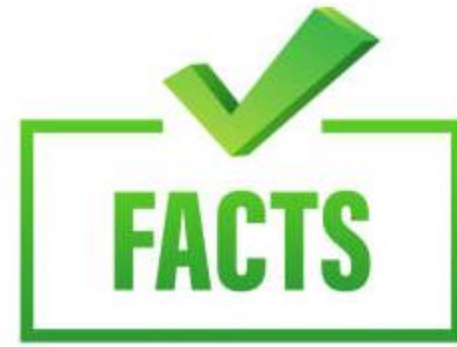
**US** LOOK after **Yourself**



# Spot the Signs



Ensure we ask



Try not to be afraid of asking the question, the myth is that you will be putting the idea of suicide into their head, you will not!

People who are experiencing suicidal thoughts will have done for a long time. Sometimes by asking someone out loud if they are wanting to take their own life, it can shock and make them realise they do not want to do this.

# How do you ask the question?

“Are you thinking about taking your own life?”

“Are you thinking about suicide?”

“Are you having suicidal thoughts?”

“Are you wanting to die?”



# What happens if they say yes?



React by asking them:

**P = Do they have a PLAN?**

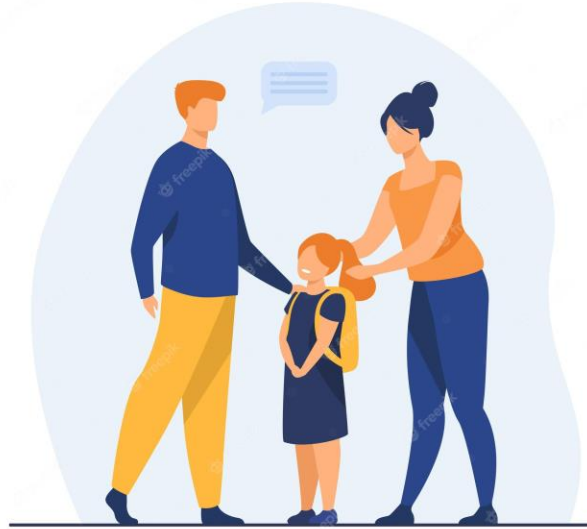
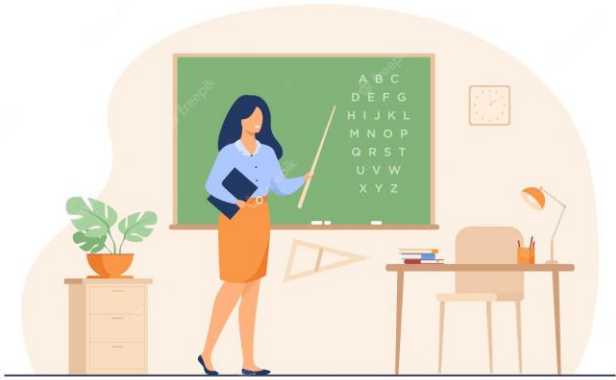
**A – Do they have ACCESS to lethal means?**

**I – How INTENSE are their suicidal feelings?**

**N = NO previous attempts or exposure**



# Who can I tell?



## PAPYRUS HOPELINEUK

Are you, or is a young person you know, not coping with life?  
For confidential suicide prevention advice:

Call: 0800 068 4141

Text: 07860 039 967

Email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

[www.papyrus-uk.org](http://www.papyrus-uk.org)

Parents/ Carers  
Family Members  
Friends  
Teaching Staff  
Pastoral Staff  
SLT

## External Services:

Kooth: <https://www.kooth.com/>  
(11-25 age Knowsley, St Helens, Wirral, Sefton)

Childline: 0800 1111

<https://www.childline.org.uk/>

Samaritans: 116 123

<https://www.samaritans.org/>

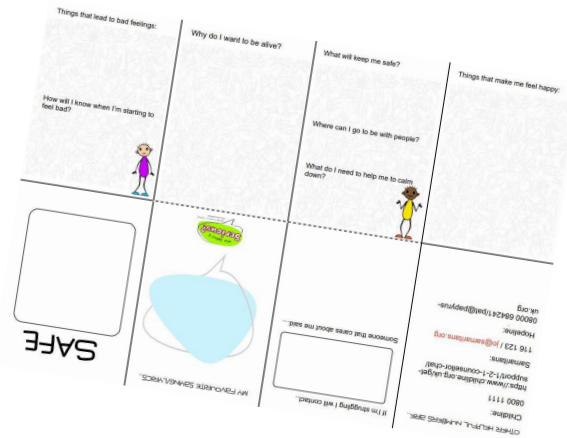
Young minds: Parent Helpline –  
0808 8025544 / Text YM 85258.

<https://youngminds.org.uk/>

look after  
yourself.



there is only one  
of you.



Finally remember...

Give yourself the  
same care and  
attention that you  
give to others.

Let others help  
you.

Things that lead to bad feelings:

How will I know when I'm starting to feel bad?



Why do I want to be alive?

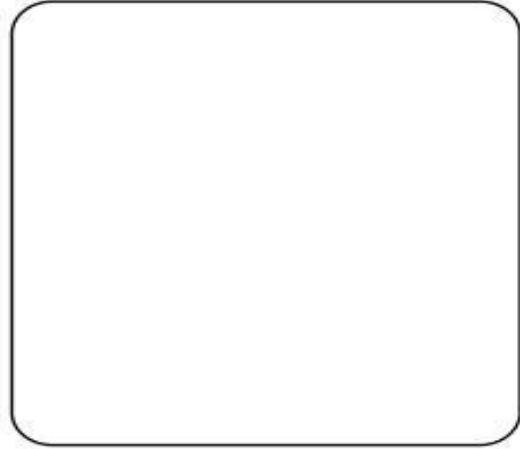
What will keep me safe?

Where can I go to be with people?

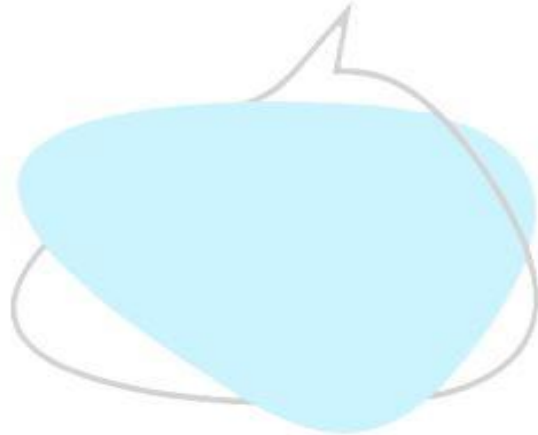
What do I need to help me to calm down?



Things that make me feel happy:



**SAFE**



MY FAVOURITE SAYING/LYRICS...

Someone that cares about me said...



If I'm struggling I will contact...

OTHER HELPFUL NUMBERS ARE...  
Childline: 0800 1111  
<https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/>  
Samaritans: 116 123 / [jo@samaritans.org](mailto:jo@samaritans.org)  
Hopeline: 0800 684241/pat@papyrus-uk.org