



# Suicide Prevention

**Guidance for:  
Professionals and  
Volunteers working with  
adults to prevent suicide**

This guidance is for anyone supporting people in Kirklees to help them feel more confident to talk to someone about suicide. It has been produced by the Public Mental Health team along with members from the Kirklees Suicide Prevention Action Group.



**How to support  
with mental health**

 **Kirklees**  
COUNCIL

## Key tips:



**DO** approach them - they will find it difficult to tell you without a prompt.



**DO** listen - building trust is the best way.



**DO** offer to talk about it, but don't insist.



**DO** respect boundaries - let them control the conversation.



**DON'T** assume you know.



**DON'T** try to make their problems smaller.



**DON'T** tell them it's just a phase.



**DON'T** panic!



**DON'T** add guilt - they will already be feeling bad enough.



## Supporting someone who is suicidal

Many people who have attempted to take their own life or died by suicide have talked to someone about feeling suicidal or hopeless before acting on these thoughts. If someone talks about taking their own life, always take it seriously:

- Allow the person to express their feelings first.
- Reassure them that they are not alone and that you can look for support together.
- Avoid making promises and be realistic about what you can and can't do.
- Don't worry too much about saying the 'wrong' thing; what's most important is that you are listening.
- It is unlikely that you will be able to make their feelings go away, but you can help by encouraging them to see that there are some things worth living for. Talk to them about anything that might cause their suicidal feelings and explore ideas of things that could help in these situations. For example, 'What do you think causes you to have suicidal feelings?' 'Where are you when you get these thoughts?'



## Create a safe plan

Work with the person to create a safety plan. A safe plan includes coping strategies and people or services they can turn to when they feel suicidal. Make sure the plan reflects what you discussed together, what the person feels with help them and where they can go for help in a crisis. The following questions may help you to develop the safe plan:

- What have they been doing that helps?
- Do they have a friend or family member they can talk to about how they feel?
- What are they doing that stops the suicidal feelings from getting worse?
- What doesn't help?
- What do they feel would help right now?
- Check in with them the following week or in the next few days.
- Reassure the person support is on offer if and when they're ready and other support contacts are available for them to talk anonymously (refer to signposting section).
- Provide the person with some helpful telephone numbers that they can take away with them. Make a contingency plan for emergencies such as a mental health crisis; focusing on the provision of related telephone numbers to be stored in 'contacts' on the person's mobile phone or provision of a printed/ written copy of the information and agreed strategy too.

The following [checklist](#) can be helpful to aid understanding of how someone might be feeling. This can be completed by the individual themselves or by a health professional.





## Financial Support

The following link provides a [Directory of financial support](#)

Below are some other key places to signpost to, depending on the financial problem.

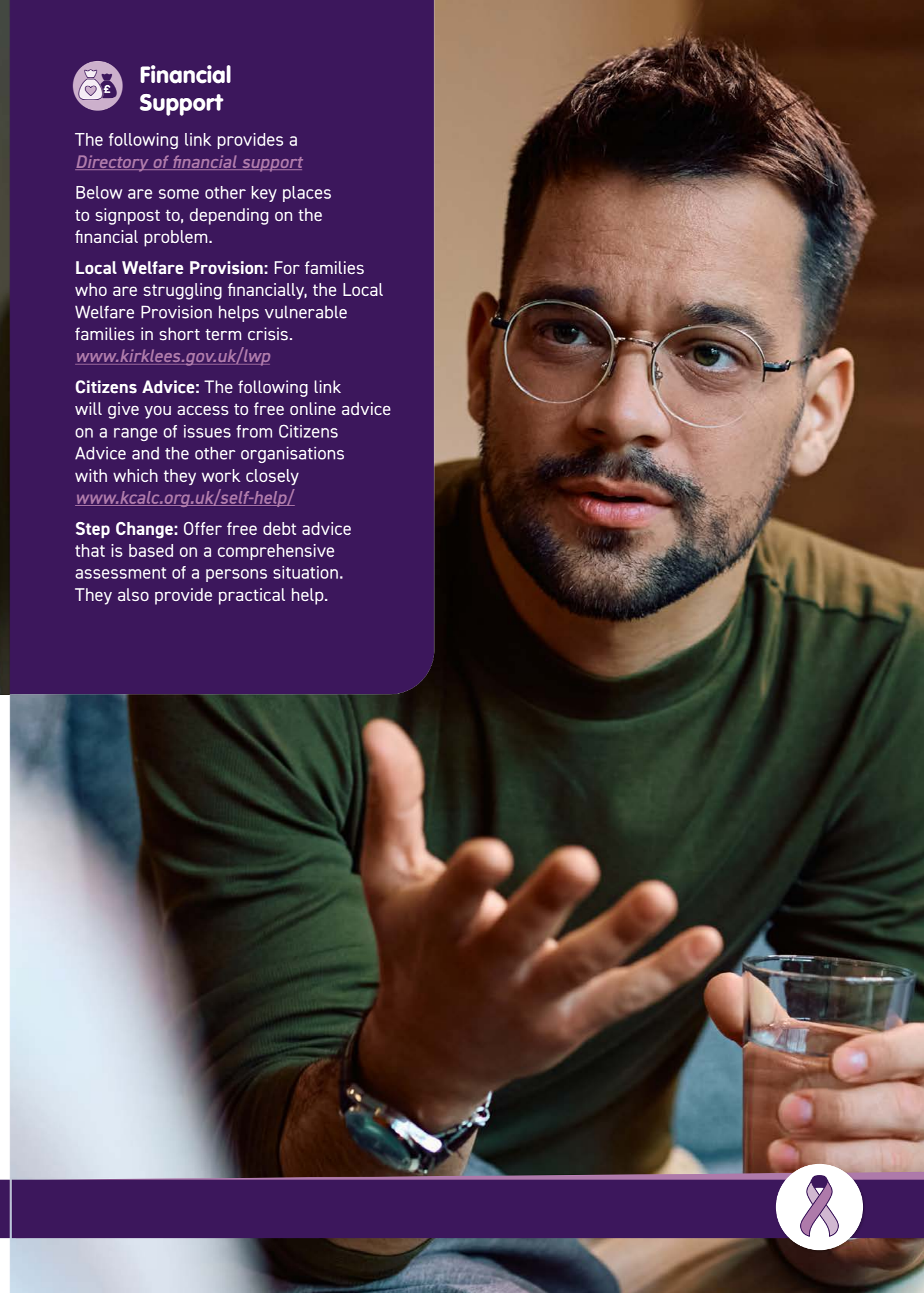
**Local Welfare Provision:** For families who are struggling financially, the Local Welfare Provision helps vulnerable families in short term crisis.

[www.kirklees.gov.uk/lwp](http://www.kirklees.gov.uk/lwp)

**Citizens Advice:** The following link will give you access to free online advice on a range of issues from Citizens Advice and the other organisations with which they work closely

[www.kcalc.org.uk/self-help/](http://www.kcalc.org.uk/self-help/)

**Step Change:** Offer free debt advice that is based on a comprehensive assessment of a persons situation. They also provide practical help.



## Intent to harm and removing potentially lethal items from an individual's possession

If the person you are speaking with is verbalising intent to use a known lethal means to take their own life and has possession of such means, staff may have the opportunity to remove items from the person's possession. However they maybe apprehensive about doing so due to a lack of clarity in respect of what

The Statement of Principle states:

### It is lawful:

1. To remove with the individual's agreement, items the person may use to self-injure or risk death at some point.
2. To remove without the individual's agreement, items staff reasonably believe the individual may use to self-injure or risk death; where staff believe there is an immediate risk of serious self-injury, death or risk death to others and it is necessary and proportionate to remove the items to avoid potential catastrophic outcome.



## High Risk

- Individual feels at immediate risk of suicide
- They have a plan that they intend to act on
- Severe experiences of mental health difficulty
- Injury or overdose with risk to life
- Current situation felt to be unbearable/high distress
- Plans to act on suicidal thoughts: may be detailed with time, location or method.



## What to do

**A&E:** Call 999 if the person is at immediate risk.

**NHS 111:** Select the mental health option.

**Here for you:** 07741 900395  
(3:30pm - 9:00pm everyday).

Kirklees Address: Dewsbury Business Centre, 13 Wellington Road East, Dewsbury, WF13 1HF.

*We can provide taxis in urgent situations to help you access our support, but we are not able to do this for every visit.*

**Rest Stop Service:** 07850312481

**Samaritans:** Telephone: 116 123  
(free phone, open 24 hours every day)

**Pennine Domestic Abuse Partnership (PDAP):** Support, advice, information and access to refuge / safe accommodation including information about all PDAP services. 24hr helpline: 0800 052 7222

**PDAP Refuge / Safe Accommodation**  
Telephone: 01484 308300  
Telephone: 0800 0527222  
Email: accommodation@pdap.co.uk

## Raised Risk

- Situation is felt to be painful but not an immediate risk
- No explicit plan or expressed immediate intent
- Regular acts of self harm or previous suicide attempts
- Severe anxiety or significant low mood and depression



## What to do

### Single Point of Access:

Adults (aged 18+) 01924 316830  
People with a learning disability  
Telephone: 01924 316714  
Opening times: 8:00am - 8:00pm  
Monday to Friday

**Samaritans:** Telephone: 116 123  
Email: jo@samaritans.org  
[www.samaritans.org](http://www.samaritans.org)

### Suicide Bereavement Services:

Leeds and West Yorkshire - Leeds Mind  
Telephone: 0113 305 5800  
(Leeds Mind reception)  
Email: sbs@leedsmind.org.uk

**Penine Domestic Abuse Partnership (PDAP):** Telephone: 0800 0527222  
(Response within 24 hours)

**Rape and Sexual Abuse Centre - RASAC**  
Telephone: 0300 303 4787  
Monday and Tuesday: 9:00am - 4:00pm  
Wednesday to Friday: 9:00am - 5:00pm

## Low Risk

- Situation is felt to be painful but not an immediate risk
- No explicit plan or expressed immediate intent
- Regular acts of self-harm or previous suicide attempts
- Severe anxiety or significant low mood and depression



## What to do

### GP: Contact your GP Surgery

Ask to book an appointment with your GP or Mental Health Social Prescriber.

### NHS Talking Therapies:

[Make a referral | Kirklees Talking Therapies](#)

### The Wellness Service:

Telephone: 01484 234095  
Email: wellness.service@kirklees.gov.uk

[The Working Together Better Partnership](#)



## Looking after yourself

Supporting someone who is suicidal can be difficult and may affect how you feel and cope. Remember to look after yourself and your own mental health too.

Check in with your manager, volunteer co-ordinator or supervisor as well as other people you volunteer or work with, or professional support such as any counselling / health services you are accessing.

Talk to your organisation about getting additional support, especially if you feel this is getting too much for you and affecting your own mental health. If you are finding a case too difficult it is important you raise this with a manager/supervisor/volunteer co-ordinator. It is ok for you to ask to be taken off the case.

**Finally** – we recommend that everyone should complete the Zero Suicide Alliance, free e-learning training course. This can be accessed at: [ZSA suicide awareness training courses](#).



