Suicide Prevention in Educational Settings

Suicide was the leading cause of death for males and females aged between **5 to 34** in 2019 (ONSData)

Every death by suicide can have a devastating impact on families, friends, colleagues, witnesses, frontline staff such as first responders and entire communities. This is even more so the case when it is a younger person.

## What can I do in my setting?

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| 1. Build resilience in your setting.  * Raise awareness of emotional health and the importance of recognising when children and young people need help. * Support children and young people to develop positive coping strategies. * Reduce stigma and break down barriers around talking about emotional health. * Support children and young people in developing their communication skills. * Develop supportive and help-seeking behaviour in young people. |
| 1. Make sure you have a Safe Space so Children/ Young People can talk about their mental health and wellbeing confidentially and equip them with developmentally appropriate communication aids to make sharing thoughts and feelings easier. |
| 1. Train staff so they are better equipped to talk about Suicide without a taboo. This will start with awareness training, general skills and then more in depth training for key people. |
| 1. Be aware of broader mental health needs, vulnerabilities, and risk factors.  These could be previous trauma, home situation, LGBTQ+ and other protected characteristics, Neuro-developmental conditions, bullying and other stressors. |
| 1. Develop your own Suicide Prevention Policy (template is available) |
| 1. Develop your own Suicide Response Plan (template is available) |
| 1. Ensure good communication with parents, agencies and especially when Children/ Young People move to a new setting. |

## Training Resources

* Listen Video (Suffolk User Forum)  <https://youtu.be/8E6hNCiiywA> (3 min YouTube clip)
* Zero Suicide Alliance   [Free online training from Zero Suicide Alliance](https://www.zerosuicidealliance.com/training) (20 min online training)
* Health Education England Free online training ([Self-harm and suicide prevention | Health Education England (hee.nhs.uk)](https://www.hee.nhs.uk/our-work/mental-health/self-harm-suicide-prevention) (A more in depth online training option – no HEE account needed)
* [SFA: Suicide First Aid - One day training course - Grassroots Suicide Prevention (prevent-suicide.org.uk)](https://prevent-suicide.org.uk/training-courses/sfa-suicide-first-aid/)
* STORM Suicide Prevention Training Delivered by NSFT
* Student Life, a local charity, can provide Suicide Prevention Training to staff. [Suicide Prevention Training & Courses - Training for Life](https://www.trainingforlife.org.uk/training-courses/suicide-prevention/)  
  They also can work with you (if funding sources are available or can be agreed) to train and support a network of young person mental health ambassadors in your school community. Ambassadors are equipped and supported to offer low level peer support but encouraged to refer to staff where appropriate. This can have a positive impact on the wellbeing culture of your school community.

If you want to find out more about how you can help make a difference see [Suicide Prevention - Healthy Suffolk](https://www.healthysuffolk.org.uk/projects/suicideprevention) or contact Graham Abbott [Graham.Abbott@suffolk.gov.uk](mailto:Graham.Abbott@suffolk.gov.uk)