

Participant	Description	Owner	Response
Julie George:	https://www.zerosuicidealliance.com/training		
Julie George:	New training now available what you can do about social isolation because of COVID		
shuli.greenstein:	I was surprised to hear that Barnet stats show that most people that have taken their life were not known to mental health services beforehand. I've been told to opposite on the mental health first aid training.	Seher.Kayikci	Hi Shuli here is my email seher.kayikci@barnet.gov.uk please email me and I send you the evidence report confirming my point.
Anita Wisniewska:	wondering about the futility of old age, chronic pain. things bad enough before Covid, old people with only Tv for company.	Seher.Kayikci	We have a great offer for older people in Barnet. Please see https://www.ageuk.org.uk/barnet/activities-and-events/ https://www.barnetwellbeing.org.uk/wellbeing-hub
shuli.greenstein:	How do you refer to the network?	Karen Morrell	Karen Morrell: you can refer to the network through the Wellbeing centre,, your GP can make a referral and through the mental health services
Jayne Abbott:	Resilient Schools is open to all Barnet Schools. Other Boroughs are doing similar projects. You can also look at the Anna Fred Link Programme that is open to all schools		https://www.annafreud.org/schools-and-colleges/research-and-practice/the-link-programme/
Jayne Abbott:	Can I remind everyone of the Public Health 'Every Mind Matters' Campaign and website.		https://www.nhs.uk/oneyou/every-mind-matters/childrens-mental-health/
Agatha:	Does Rethink work in Brent and Harrow- and would this support service run in these boroughs?	Katie Foulser	@ Agatha the services I mentioned are commissioned to provide support for people who live, work or study in the 5 boroughs - Barnet, Camden, Islington, Enfield and Haringey. The Support After Suicide Service will also support people,who do not live, work or study in those 5 boroughs but are affected by a suicide within those boroughs. You can search for other Rethink services and groups in local areas here - https://www.rethink.org/help-in-your-area/groups-in-your-area/ or https://www.rethink.org/help-in-your-area/services-in-your-area/ https://www.rethink.org/help-in-your-area/groups-in-your-area/ https://www.rethink.org/help-in-your-area/services-in-your-area/
Katie Foulser (speaker) :	For information about the NCL Suicide Prevention and Bereavement Helpline and to download publicity material about the service, contact details and facebook page link visit - www.rethink.org/ncl-suicide		www.rethink.org/ncl-suicide
Katie Foulser (speaker) :	For information about the new Support After Suicide Service please email us at supportaftersuicide@rethink.org and we will add you to the mailing list to share publicity materials as soon as they are available		supportaftersuicide@rethink.org
Sandie 01:	I would like to contact Jayne Abbott to ask her about support for survivors of suicide and their feelings of guilt		jayne.abbott@barnet.gov.uk

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Sandie 01:	I want help setting up a support group for survivors of suicide please		<p>Katie Foulser:@Sandie01 if you want to please feel free to email me at supportaftersuicide@rethink.org - Rethink can help you with exploring setting up a support group with support from our local services and our national groups team who support our 140 peer led groups.</p> <p>Hi Sandie, Thats good to hear.. you can email me stephanie.rose@communitybarnet.org.uk and we can have a chat stephanie.rose@communitybarnet.org.uk</p> <p>Tanya Slessor:@sandie01 I found great help with SOBS survivors bereaved by suicide, they welcome volunteers and may be able to help when setting up a group, the email for Barnet is northlondon.sobs@gmail.com</p>
Anita Wisniewska:	just had call from dr. secondary cancer investigations. suicide plans can function like parachute on a plane, would not jump without thinking, but would if lpane was crashing. A general problem, people at end of lives, too few resources to care for them, in the we should/would like?		Seher Kayikci: Anita this is why doing Zero Suicide Alliance training is important.

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Sandie 01:	my colleague and I run a mental health support group which continues via Zoom at the moment		<p>We celebrated our fifth successful year on 4th January 2020 and have a group of regular attendees (usually around 8, but this may vary). The first half of the meeting our Guest Speaker speaks (on the day we have one) for approx 20 mins or however long feels comfortable, then members are free to ask questions. Then half-way through, about 7.00 we have a comfort break with tea, coffee and biscuits. The second half, we all share our experiences of where we are since the last meeting.</p> <p>Past speakers have been a daughter talking about what it's like to have a parent with bi-polar, the chief executive at MIND in Barnet, the Deputy Chief Pharmacist of Barnet, Enfield & Haringey Mental Health Trust, a psychiatrist who runs mindfulness workshops and a disability employment officer at Hendon Job Centre. The group is facilitated by myself and Peter Sartori, both with considerable experience of the mental health system.</p> <p>We begin our sessions at 6.00pm. On your first evening, we ask that you arrive five minutes earlier so that Peter and I can introduce ourselves, then whilst you do not have to share if you do not want to, we ask that you introduce yourself to other members (name, how you heard about the group, for example)</p> <p>If there is anything else you wish to know, please do not hesitate to contact me or Peter.</p> <p>Our meetings are held fortnightly at 55 Christchurch Avenue, N12 We meet fortnightly from 6pm-8pm Please note: Due to Covid 19 the building is closed until further notice</p> <p>Peter Sartori e: petersartori@virginmedia.com m: 07947 713306 Sandra Turner e: santana.turner01@gmail.com m: 07488 230580</p>
Sheila Angel:	I would like to promote SHOUT - 85258 - a free confidential, 24/7 messaging support service.		https://giveusashout.org/
Sandie 01:	Mind and Mood Support Group has been running for 5 years In normal circumstances we meet at 55 Christchurch Avenue N12 pls contact petersartori@virginmedia.com or santana.turner01@gmail.com		<p>petersartori@virginmedia.com</p> <p>santana.turner01@gmail.com</p>
Anita Wisniewska:	https://www.youtube.com/watch?v=Rhs1m4fsNAQ		Living with Suicide video: https://www.youtube.com/watch?v=Rhs1m4fsNAQ

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Katie Foulser (speaker) :	We wanted to share this free Rethink resource with you - Rethink Brighton SOS service had funding from Brighton council to produce a 15 minute film from 5 men from different generations telling their story about being affected by suicide and moving on in their recovery. This is a great film but can be emotive – so watch with caution – its called from Suicide to Hope and can be viewed for free on Rethink's you tube channel here https://www.youtube.com/watch?v=UaOfGD50uDk		https://www.youtube.com/watch?v=UaOfGD50uDk
Ella Goschalk:	I think there's a lot of fear around talking about suicide too - what are the 'right' and 'wrong' thing to say. So maybe something in the strategy about supporting different professionals / community orgs with these mental health conversations	Seher.Kayikci	We are actively encouraging people to take up Zero Suicide Alliance training to enable people to confidently talk about suicide
Julie George:	I will be doing the zero suicide alliance training in the next two weeks.		https://www.zerosuicidealliance.com/
Sandie 01:	Peter and I do a presentation Suicide The Biggest Taboo for more info petersartori@virginmedia.com or Santana.turner01@gmail.com		petersartori@virginmedia.com Santana.turner01@gmail.com
Tanya.Slessor (speaker):	can I ask that thinking about language that is used to be part of your pledge not using commit suicide but changing this to 'lost life to suicide. Thank you	Seher.Kayikci	Going forward with the suicide prevention strategy I will make sure correct language is used.