

World Suicide Prevention Day

Working together to prevent suicide in Barnet



Welcome

John Truong

Operations Manager
Barnet Wellbeing Hub

If you are feeling triggered or overwhelmed, please use the chat function to let us know and select **'calm room'** to separate into a safe space, where a wellbeing navigator will be there to support you.

Opening comments

Dr. Julie George

Deputy Director of Public Health
Public Health Barnet

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Suicide Prevention

Seher Kayikci

Senior Public Health Strategist
Public Health Barnet

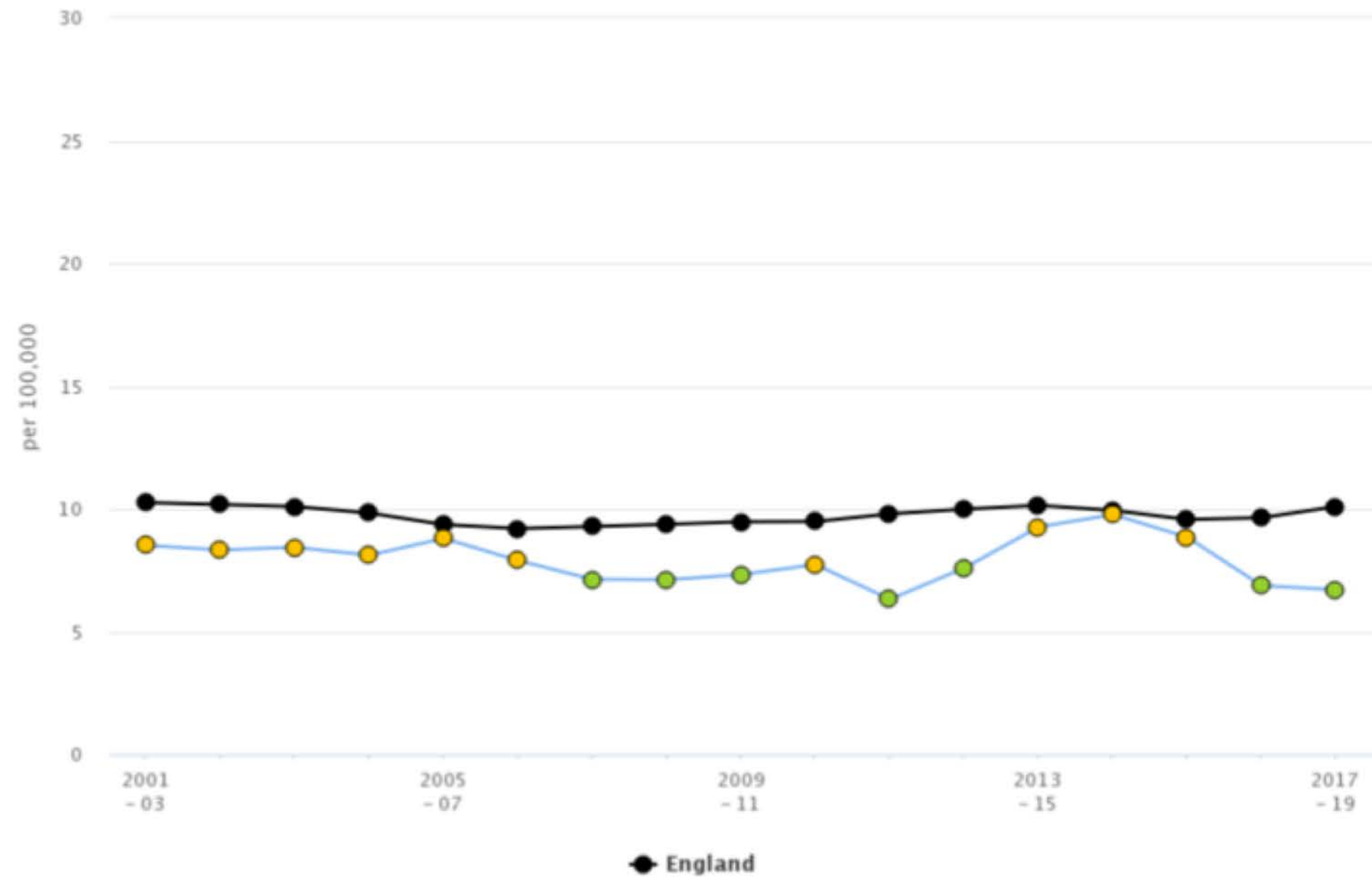
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Seher Kayikci
Senior Public Health Strategist
London Borough of Barnet – Public Health
10th September 2020

Suicide Rates for Barnet 2019

Compared with benchmark: ● Better ● Similar ● Worse ○ Not compared

Suicide rate (Persons) for Barnet



What are we doing to prevent deaths from suicide?

- **Multi-agency Suicide Prevention Partnership**
- **Procurement of the North Central London Support After Suicide service**
- **North Central London Suicide Bereavement and Support Helpline**
- **Thrive London suicide prevention information sharing hub**
- **Successful bid to NHS England – targeted work with high risk groups**

What can you do?

Got 20 minutes?

Learn **life-saving skills** today

#ZeroSuicideLDN



Save a life...

Take the training

#ZeroSuicideLDN



The aims of the training are to enable people to:

- Identify when someone is presenting with suicidal thoughts/behaviour
- Be able to speak out in a supportive manner
- Empower them to signpost the individual to the correct services or support

<https://www.zerosuicidealliance.com/training>

Improving Mental Health Services

Sarah Perrin

Head of Commissioning, Mental Health and Dementia
NCL CCG Barnet Directorate and LBB

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Bereavement & Suicide

Tanya Slessor

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Managing suicide risk

Karen Morrell

Head of Mental Health Services
Adults and Health, LBB

Michelle Morais & Deborah Neville

Enablement Managers, The Network
Adults and Health, LBB

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Relaxation exercise

Karen Morrell

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Resilience in schools

Jayne Abbott

Mental Health and Resilient Schools Programme Manager
Public Health Barnet

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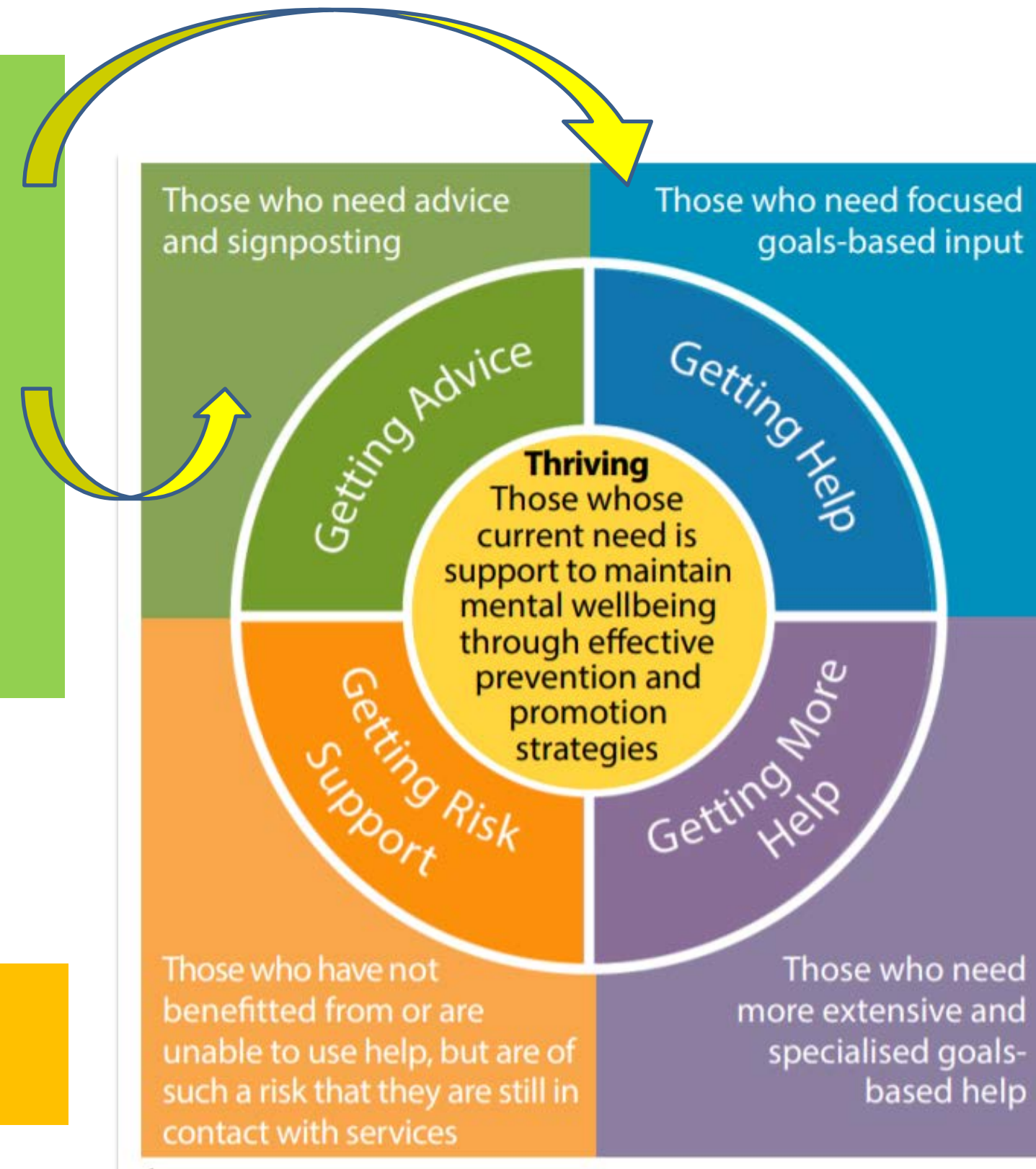
WELCOME TO THE RESILIENT SCHOOLS PROGRAMME

Resilience Schools and Mental Health Intervention Pathway

Resilience Schools Programme:

- Youth Mental Health First Aid
- Peer Mentoring
- Self harm and Suicide
- Digital Resilience
- Physical Activity
- Pastoral Support- Forum

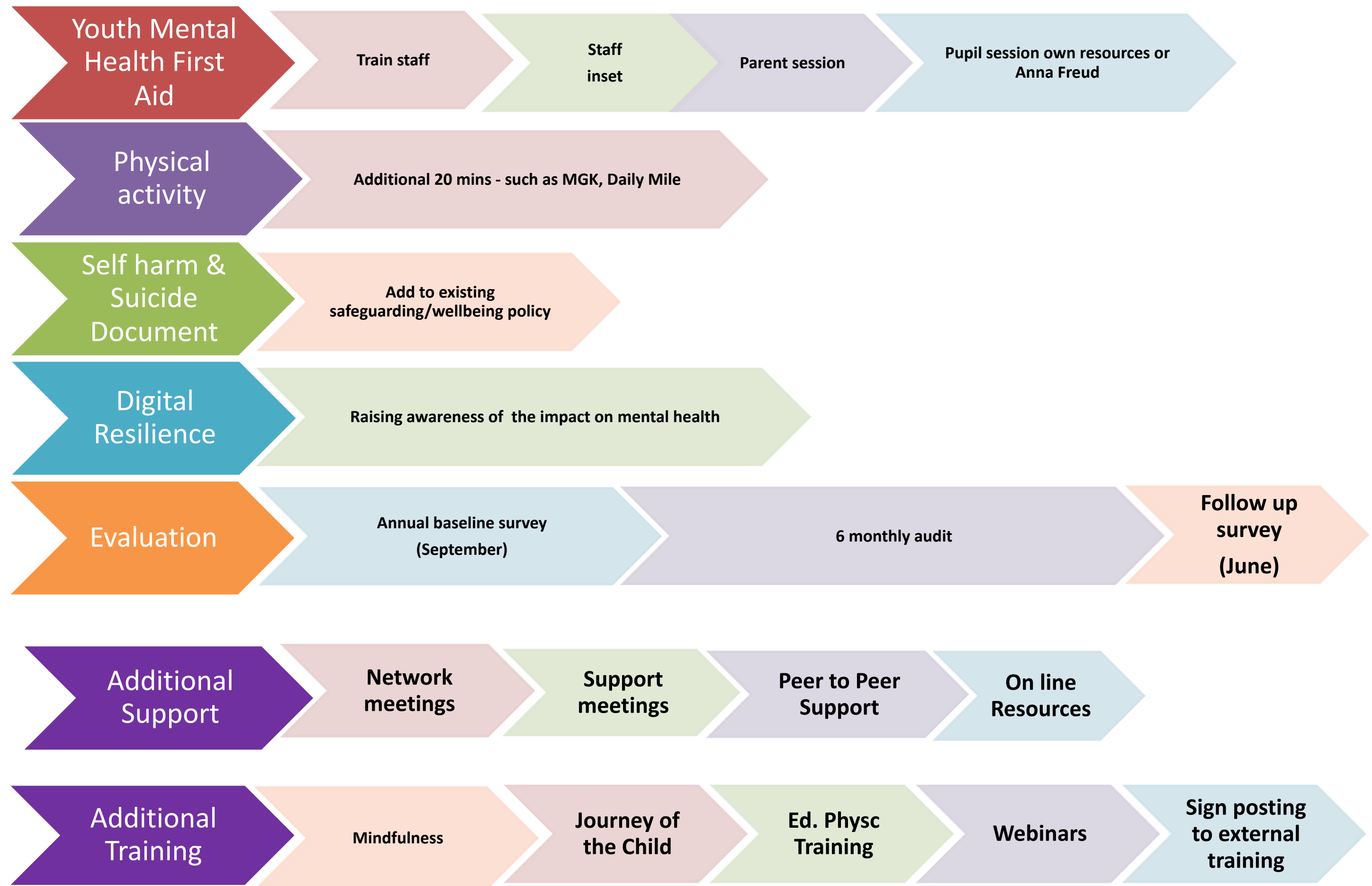
- Clinical Intervention- CAMHS



- Mild to moderate- BICS
- Education and Wellbeing Practitioners
- Early Intervention- Family Services
- Mental Health Education
- **Mental Health First Aider**
- **Pastoral Support Forum**

- IAPT Therapy Services
- CAMHS





YOUTH MENTAL HEALTH FIRST AID

2 Day: Mental Health First Aider

1 Day: Mental Health First Aid Champion

3 Hr: Mental Health Awareness

Depression

Anxiety

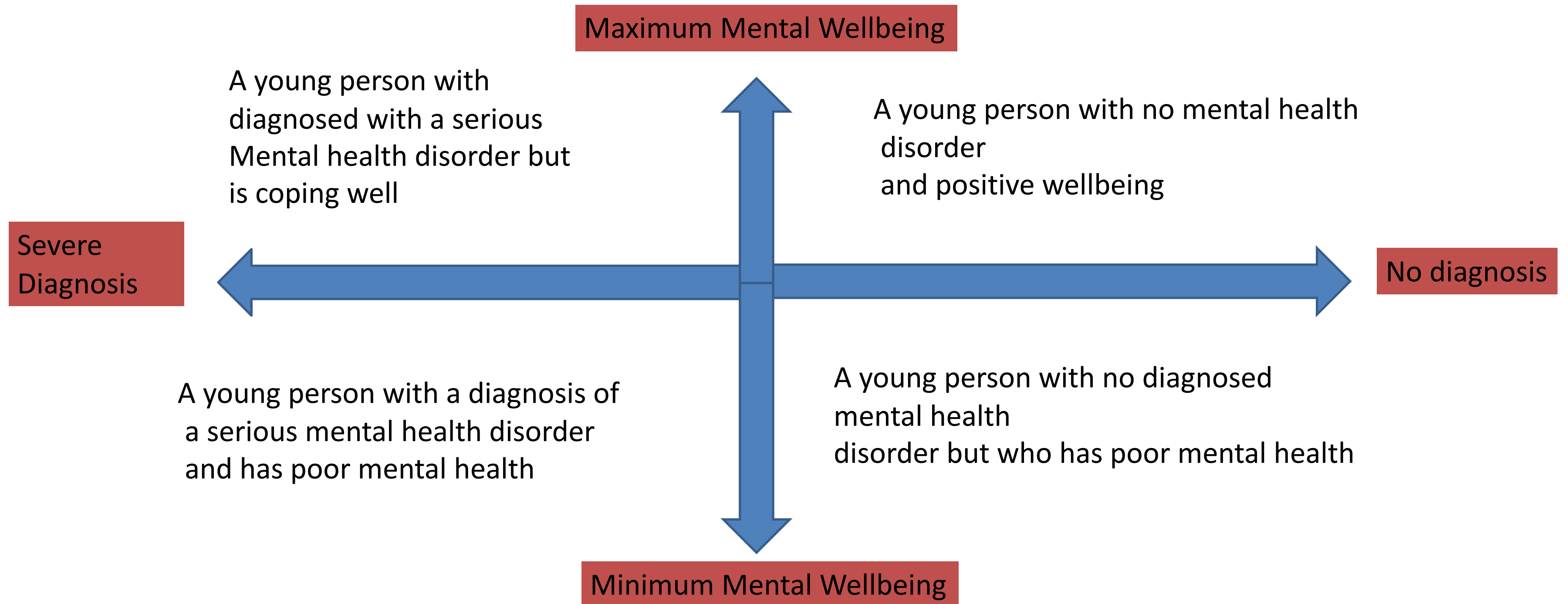
Suicidal Crisis

Psychosis

Self Harm

Eating Disorders

The Continuum of Mental Health





[HOPELINEUK](https://www.hopelineuk.org) [0800 068 41 41](tel:08000684141)

What is PAPYRUS HOPELINEUK?

HOPELINEUK advisers want to work with you to understand why these thoughts of suicide might be present. They also want to provide you with a safe space to talk through anything happening in your life that could be impacting on your or anyone else's ability to stay safe.

- **For children** and young people under the age of 35 who are experiencing thoughts of suicide
- **For anyone** concerned that a young person could be thinking about suicide



PAPYRUS
PREVENTION OF YOUNG SUICIDE

HOPELINEUK **0800 068 41 41**

Training	Duration	Applicability in school/ college community
Asist	2 days	Heads of wellbeing/ safeguarding. Ideally minimum 2 staff per institution*
Identifying and talking about suicide	3 hours	Anyone with pastoral responsibility for students e.g. form tutors.
Suicide Awareness Raising	90 minutes	All staff

2019/2020: 72 people were trained in across Barnet

SP-EAK (Suicide Prevention – Explore, Ask, Keep Safe) is a 3.5 hour training which focuses on the spotting signs someone may be suicidal, look at barriers for a vulnerable person and a concerned other, and how to plan for their safety



SHOULD WE
ALL BE
TRAINED ???

<https://www.youtube.com/watch?v=VDchxgZxjcM>

SAMARITANS

Call us for free on 116 123

Whatever you're going through, a Samaritan will face it with you.
We're here 24 hours a day, 365 days a year.

The Rethink helpline

Katie Foulser

Rethink Mental Illness

NCL Helpline and Support After Suicide Service

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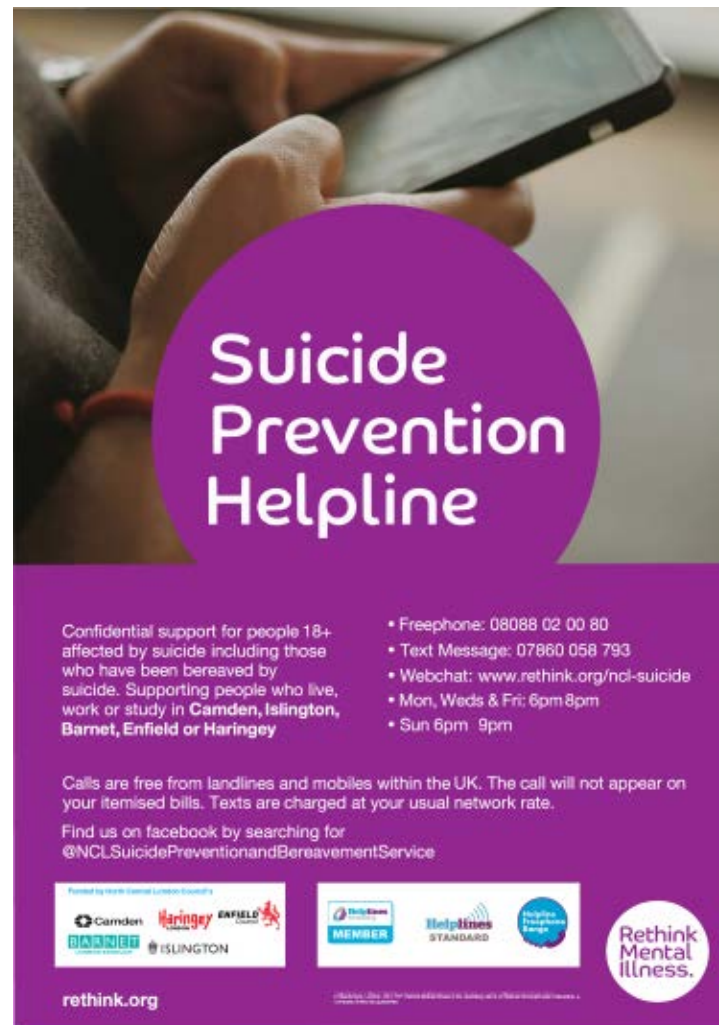
**Support for
those affected
by suicide in
North
Central London**

Funded by North Central London Council's





NCL Suicide Prevention & Bereavement Helpline



A temporary service that started 22nd April 2020 and will continue till 22nd October 2020

Confidential, free support for people aged 18+ who live, work or study in Camden, Islington, Barnet, Enfield and Haringey who are

- Bereaved by suicide
- Are coping with their own suicidal feelings
- Are supporting someone else who is suicidal

Support is available by phone, text message and webchat to suit the person's preferred contact method



NCL Suicide Prevention & Bereavement Helpline

We are proud members of the Helplines Partnership and are accredited to the Helplines Quality Standard Mark



The helpline has so far had 87 support contacts, as of the end of August 2020.

**Find us on Facebook
@NCLsuicidepreventionandbereavementservice**



NCL Suicide Prevention & Bereavement Helpline



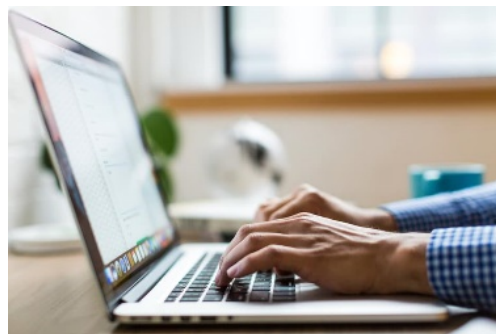
The helpline is open

Mon, Weds, Fri 6-8pm and Sunday 6-9pm



Helpline: 0808 802 00 80

Text: 07860 058 793



Webchat: www.rethink.org/ncl-suicide

Email:

suicidepreventionandbereavementhelpline@rethink.org



NCL Support After Suicide Service

A brand new service launching **12th October 2020**



A service to support people who are bereaved by suicide who live, work or study in Camden, Islington, Barnet, Enfield and Haringey.

We will provide

- Intensive practical and emotional support through one-2-one support sessions including signposting, advocacy and longer term check in's for people who have used the service
- Bereavement Support Groups to enable people to share experiences and gain peer support
- Suicide Awareness and Prevention Activities



NCL Support After Suicide Service

For more information about the new Support After Suicide service please send us an email

supportaftersuicide@rethink.org

Free publicity material and referral forms will be available shortly, in readiness for our service launch on 12th October 2020



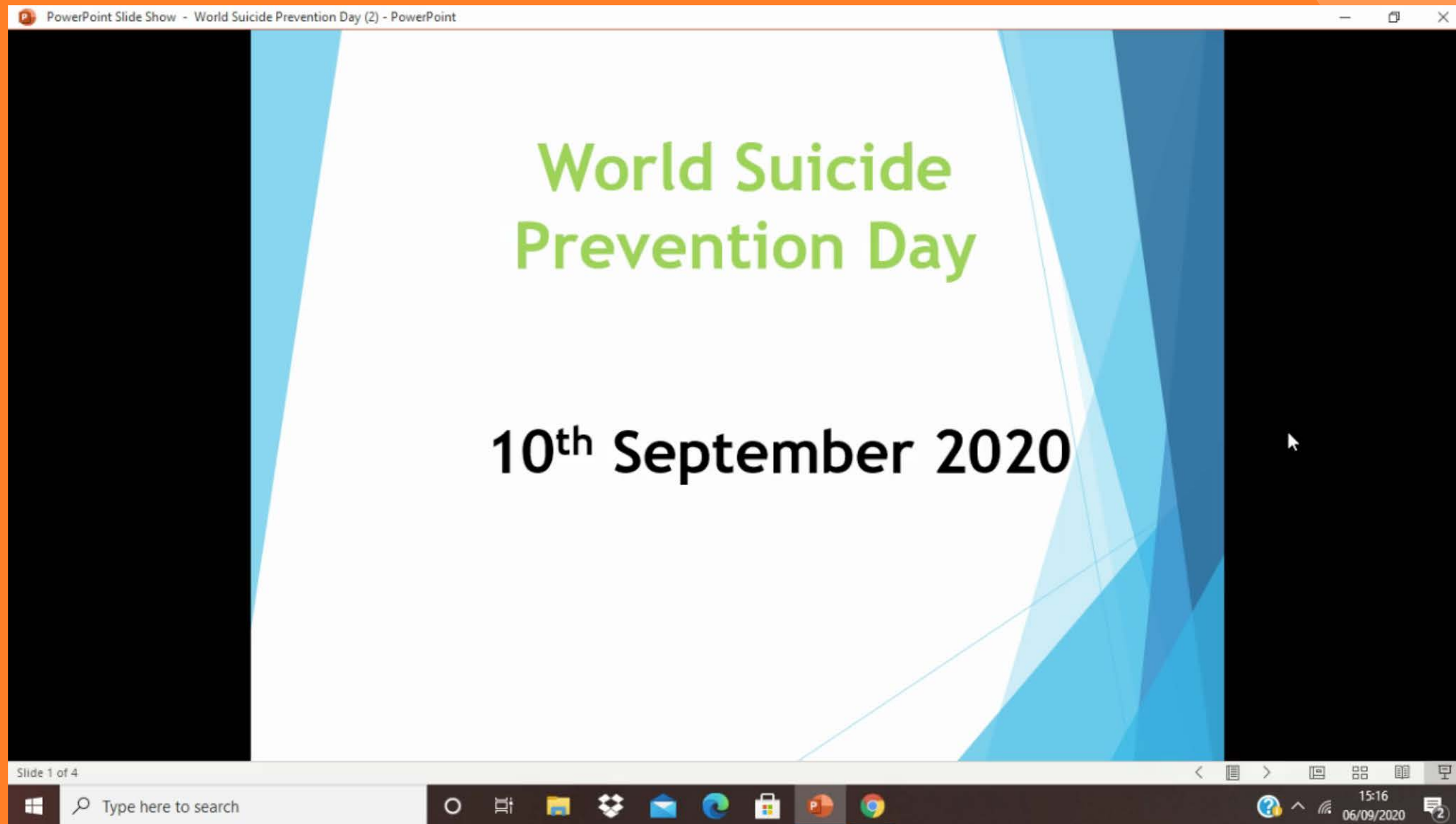
Any Questions

Suicide Prevention

Claire Gibson

CMHA IAPT Clinical Lead and Grenfell Health and Wellbeing Service,
CBT & EMDR Therapist

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View Claire's talk here: <https://www.youtube.com/watch?v=GvWaHQiDJLI>

Looking after ourselves

Professor Catherine Loveday

Mind in Barnet and Professor of Neuropsychology, Univeristy of Westminster
AgeUK Barnet Trustee

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Covid-19 Bereavement Service Oscar Myint & Rory Cooper

Mind in Barnet and CommUNITY Barnet

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Joint Case Management

John Truong

Operations Manager,
Barnet Wellbeing Hub

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The benefits of working together to prevent suicide, Joint Case Management MDT discussion

- What is the Barnet Wellbeing Hub – A brief outline
- The Joint Case Management (JCM) Meeting – multi-disciplinary team case discussion
- Safeguarding and Risk management
- Outcomes and plans – a case example

Metropolitan Police

Caroline Robb, Steve Keen & Carl Ford

PC Mental Health Team

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Break

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Suicide Prevention and Bereavement Support

There are people available to help; who will accept how you are feeling and recognise the difficulties that you are facing. There are also organisations that can give you some support in the practical issues that arise.

Barnet Specific Services

North Central London Suicide Prevention and Bereavement Support Service

The helpline is open to people who are currently experiencing suicidal thoughts, or have experienced suicidal feelings in the past, their family, friends or carers.

Helpline: 08088 02 00 80 **Monday, Wednesday, Friday 6pm-8pm and Sunday from 6pm-9pm.**

SMS: **07860 058 793**

Web: <https://www.rethink.org/help-in-your-area/services/advice-and-helplines/ncl-suicide-prevention-and-bereavement-support-service/>

Covid 19 Bereavement Support and Counselling

If you live, work or study in Barnet and you're struggling with bereavement, give this service a call. They will ...

offer you immediate emotional support and sessions of bereavement counselling
provide you with relevant information, support and signpost you to services that assist with arranging death certificates, accessing funeral services, legal advice, financial support or housing where appropriate.
refer you to more specialist mental health support as necessary.

Phone lines are open 10am - 2pm Monday to Friday.

Referral form: [here](#)

Phone: 020 8016 0016

Email: bereavement@communitybarnet.org.uk

Website: <https://www.communitybarnet.org.uk/bereavement-support-and-counselling>

Barnet Bereavement Service

This organisation offers skilled counselling support to people who have been bereaved. Counselling is offered one hour per week either in the person's home at the office. There is no charge for the service.

Tel: 020 3759 4347

Email: barnetbereavement@tiscali.co.uk

Barnet Wellbeing Hub

The Barnet Wellbeing Service aims to improve your emotional health by looking at your individual needs. They work in partnership with a number of organisations which provide services tailored for you within the borough. They look at your physical, emotional and social needs as a whole to identify and connect you to services that would improve your wellbeing.

You can contact either over the phone or via email.

Phone: 03333 449 088

Email: info@barnetwellbeing.org.uk

Address: Meritage Centre, Church End, Hendon, London NW4 4JT

Website: <https://www.barnetwellbeing.org.uk/>

Support in a crisis

Samaritans

Samaritans provide emotional support to anyone who is struggling to cope and needs someone to listen. Local branches can be visited during the day.

Helpline: 116 123 Every day, 24 hours

SMS: 07725 909090

Email: jo@samaritans.org

Web: www.samaritans.org

Bereavement support after a death by suicide for adults

Survivors of Bereavement by Suicide (SOBS)

SOBS offer support for those bereaved or affected by suicide through a helpline answered by trained volunteers who have been bereaved by suicide and a network of local support groups.

Helpline: 0300 111 5065 Every day 9.00 – 21.00

Email: sobs.support@hotmail.com

Web: www.uk-sobs.org.uk

Cruse Bereavement Care

Cruse supports people after the death of someone close. Their trained volunteers offer confidential face-to-face, telephone, email and website support, with both national and local services. They also have services specifically for children and young people.

Web: www.cruse.org.uk

Bereavement support for children and young people

Child Bereavement UK

Support, guidance and information for anyone supporting a bereaved child or young person. Also support for parents when a child of any age has died.

Helpline: 0844 477 9400 Monday to Friday 09.00 – 17.00

Web: www.childbereavementuk.org

PAPYRUS-UK

Papyrus-UK offers support and advice to young people who may be at risk of suicide and to those concerned about a vulnerable young person.

Helpline: 0800 068 4141 Monday to Friday 10.00 – 22.00 Weekends and bank holidays 14.00 – 17.00

SMS: 07786 209697

Email: pat@papyrus-uk.org

Web: www.papyrus-uk.org

Bereavement support after a death by suicide for specific groups

Jewish Bereavement Counselling Service

Support for any member of the Jewish community who has been bereaved.

Helpline: 020 8951 3881

Email: enquiries@jbcs.org.uk

Web: www.jbcs.org.uk

London Friend

The helpline for London Friend now incorporates the Lesbian and Gay Bereavement Project and offers support to anyone who has been bereaved.

Helpline: 020 7837 3337 Monday to Wednesday 19.30 – 21.30

Web: www.londonfriend.org.uk

Muslim Community Helpline

Confidential support for any members of the Muslim Community.

Helpline: 020 8904 8193/020 8908 6715 Monday to Friday 10.00 – 13.00

Web: www.muslimcommunityhelpline.org.uk

Mental health and wellbeing

CALM (Campaign against living miserably)

CALM provides men with a listening ear and support and raises awareness of the high risk of suicide among men, especially young men.

Helpline: 0800 585858 (national) 0808 802 8858 (London)

Every day 17.00 – midnight

Webchat: www.thecalmzone.net/help/webchat

Web: www.thecalmzone.net

How to improve our collaborative response to suicide prevention in the Covid-19 world?

Dr. Julie George

Julie Pal

Seher Kayikci/ Elliott Roy-Highley

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Feedback

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Closing remarks

Cllr Caroline Stock

The Worshipful, The Mayor of the London Borough of Barnet Cllr Caroline Stock

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