Cheshire West & Chester Council

Let's Talk about **Saving Lives**

In the UK, over **6000** people died by suicide in 2018

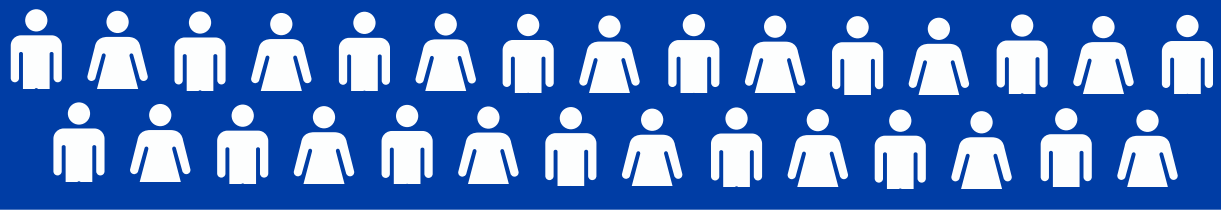
That's over **17** people **every day**

The impact of stigma and discrimination on people can be devastating

75% of the people who die by suicide in the UK **are men**

The suicide rate for females under 25, has **risen significantly** since 2012

On average **29 people** die by suicide each year in Cheshire West and Chester



For each person who dies by suicide, more than **20 others** may have attempted suicide

Visit: cheshirewestandchester.gov.uk

Cheshire West and Chester

SUICIDE IS **PREVENTABLE**

When a person's feeling suicidal, simple things can make all the difference, such as someone asking how they are and taking the time to listen.

You could make that difference and help save lives. Here's how:

See the problem:

Notice the people around you, for example is someone looking upset, agitated, or acting oddly?

Say the words:

If you're concerned about someone, then talk to them, listen without judging and ask if they're OK.

Signpost to support

Let them know where they can get support, if they need it.

If you're concerned someone might be thinking about suicide, it's important to ask them directly.

Asking someone if they feel suicidal will not put the thought into their head, or make it more likely to happen.

For tips on how to start the conversation and ideas for questions to ask, visit: www.samaritans.org or www.papyrus-uk.org

If someone can't cope and is feeling suicidal, some options for support are:

Ringing the Mental Health Crisis Line
0800 145 6485
This is for people in a mental health crisis, who live in Cheshire West, Cheshire East and Wirral.
It's open to people of all ages and is available 24/7
Family or friends of someone in crisis, can also ring for advice

Ringing Samaritans
on **116 123,**
this service is available 24/7

Ringing 999
or going to A&E
if there's immediate risk to life

Ringing PAPYRUS
0800 068 41 41
9am-10pm weekdays,
2pm-10pm weekends & bank holidays
This service is for young people (under 35) who are having thoughts of suicide, It's also for anyone worried that a young person may be at risk of suicide.

Ringing CALM
0800 58 58 58
5pm to midnight 7 days a week

You can find details of local and national mental health support services on **www.livewell.cheshirewestandchester.gov.uk**

The online training "Let's Talk" could help you feel more confident to:
• approach someone you're concerned about • ask about suicide • signpost people to support
The training is free and only takes 20 minutes: **www.zerosuicidealliance.com**

Sources: www.who.int, Suicides in the UK: 2018 registrations, ONS 2019, Cheshire West and Chester suicide deaths by year registered 2008 - 2018 (Source: Primary Care Mortality Database)

This information sheet was written by Cheshire West and Chester's Council's Public Health Team. © 2020