

This newsletter is designed to raise awareness of the work of the Stoke-on-Trent and Staffordshire Child Death Overview Panel (CDOP) and to bring news on our ongoing campaigns

World Suicide Prevention Day 10 September 2023

Every year on 10th September, organisations and communities around the world come together to raise awareness of how we can create a world where fewer people die by suicide.

**#TALK
SUICIDE**

Every life lost to suicide is a tragedy, and sadly young people have died by suicide in Staffordshire.

Suicide is preventable, it's not inevitable.

"Creating hope through action" is the triennial theme for the World Suicide Prevention Day from 2021 - 2023. This theme is a reminder that there is an alternative to suicide and aims to inspire confidence and light in all of us.

We can signal to people experiencing suicidal thoughts that there is hope and that we care and want to support them.

How to start a conversation with someone

Just being there to listen and showing you care can help. Here are some tips on how to open up a conversation with someone you're worried about.

- Choose a good time, and somewhere without distractions
- Use open questions that need more than a yes/no answer
- 'How are things, I've noticed you don't seem quite yourself?'
- Listen well. 'How's that making you feel?'
- Avoid giving your view of what's wrong, or what they should do



It's normal to feel anxious about asking someone if they're suicidal, but it could save someone's life. Try and avoid saying things like 'you're not thinking of doing something stupid are you?'. Being patient and showing you care builds trust and helps someone to open up.

You could ask:

- Have you thought about ending your life?
- Are you saying that you want to die?
- Are you thinking of ending your life because you want to be dead, or is it because you want the situation you're in or the way you feel to stop?

For further information go to: www.Samaritans.org Open 24/7

#TALK
SUICIDE

Support for young people:

YOUNGMINDS
fighting for young people's mental healthYoungminds.org.uk
Offers confidential advice and support for young people struggling with suicidal thoughts.
Youngminds.org.ukPapyrus-uk.org Offers 24/7 confidential advice and support for young people struggling with suicidal thoughts.
[0800 068 4141](tel:08000684141)

#TalkSuicide page

www.staffordshire.gov.uk/Doingourbit/Get-inspired/Health-and-wellbeing/TalkSuicide/Home.aspx

**On Sunday 10
September
2023 SOBS are
holding a Suicide
Bereavement
Memorial Service
at Lichfield
Cathedral at 17:30**

**Please register if
you would like to
attend – details on
the booking form** ➔

Survivors of
Bereavement
by Suicide

Are You Bereaved by Suicide?

Lichfield Cathedral Memorial Event

Sunday 10th September 5:30pm

**Join us on World Suicide Prevention Day to
remember those we have lost to suicide.**Speak their Name Quilt, Poems, Music,
Survivor Stories, Sing their Name Choir
Photo Montage, Refreshments

Booking Form:

<https://forms.uksobs.org/231732999314969>www.uksobs.org