

# Suicide Prevention: Recovery and Resilience Toolkit



September 2020

Developed in partnership with:



**CHANGING  
LIVES**



**Change  
Grow  
Live**

**NHS**  
North West  
Boroughs Healthcare  
NHS Foundation Trust

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## Introduction

The long term impact of the pandemic on mental health is probably not going to be known for some time. In the mean time we need to act to support those who have been impacted more during the crisis. Evidence shows the following risk factors have been heightened during the pandemic increasing the risk of poor mental health as well as potentially increasing the risk of suicide (please remember suicide is complex and very rarely due to one thing):

**Financial Stressors**

**Domestic Violence**

**Isolation**

**Loneliness**

**Bereavement**

**Alcohol consumption**

Although we need to be mindful of those who may need more support to help them through this crisis, we also need to recognise it is normal to experience distress during the pandemic. All of our lives have changed and experiencing increased levels of stress, anxiety, sleeplessness and changes in mood is to be expected and is a normal response to unusual times. Most people who experience emotional distress will pick themselves up after a few days or weeks and then feel able to tackle challenges, such as finding a new job.

If you have a client who is still feeling worried, anxious or low after a few weeks, they should be advised to visit a GP who can offer advice about psychological therapy services in the local area.

This toolkit aims to provide details of support available for key issues helping those who need it to be connected to the right support. It also aims to provide information to help us transition and recover. We would love you to promote all the information in this toolkit but we understand not all of it will be relevant to those you work with. Please feel free to utilise the information that will be most useful to those you support.

We also recently launched our Mental Health Info Point which signposts to local and national services and helplines on a range of mental health topics.

## Mental Health Signposting

This is a stressful time for everyone. Our Mental Health Information Point is a first port of call if you know you need help or advice but are not sure who to contact. Whether it's for yourself or someone you know, the website provides information and contacts for a broad range of services for people of all ages.

[www.halton.gov.uk/mhinfopoint](http://www.halton.gov.uk/mhinfopoint)

## Social Media – Suggested Messages

In this section, we have collated a range of social media posts from various organisations that can be used at any time of year.

You could post the content direct on your own social media channels or follow and share these organisations own posts.

It would be useful though if you include the #healthyhalton hashtag. We monitor the use of this hashtag as it helps us track how social media is being used in Halton to promote health and wellbeing messages to residents.

### Mental Health Services in Halton

| POST  |
|---|
| If you're finding it hard to cope, visit <a href="http://www.halton.gov.uk/mhinfopoint">www.halton.gov.uk/mhinfopoint</a> The site has tips for looking after your mental wellbeing, as well as details of support services to help with a variety of worries such as; bereavement, stress, anxiety, sleep, money worries and more . #healthyhalton |
| Another local resource to find information, advice and support covering a wide range of different topics, visit the Halton Local Offer website <a href="http://www.halton.gov.uk/localoffer">www.halton.gov.uk/localoffer</a> #healthyhalton  |

**Financial worries**

[Citizens Advice Halton](#) provide information and support on a range of issues including help with benefits, how to deal with debt, help if you have been made redundant and who to speak to if you are at risk of losing your home.

For residents needing help with fuel bills or advice about changing energy tariffs, the Cheshire Green Doctor and Energy Projects Plus can provide detailed advice and guidance.

For further details on information and support available, visit the money worries section on [www.halton.gov.uk/mhinfopoint](http://www.halton.gov.uk/mhinfopoint)

| POST  |
|---|
| Are you worried about your job or possible redundancy? Citizens Advice Halton can help you find a way forward. They also have projects, which can help you to find work. For further information call 0344 477 2121 or email: <a href="mailto:advice@cahalton.org.uk">advice@cahalton.org.uk</a> #healthyhalton   |
| Do you or someone you know need support to make a universal credit claim? Citizens advice Halton offer FREE phone and Webchat service to help you through the application process. Phone 08000 144 8444 or chat to us at <a href="http://www.citizensadvice.org.uk/helptoclaim">www.citizensadvice.org.uk/helptoclaim</a> #healthyhalton  |
| Are you worried about your bills and finances? Are you struggling to make repayments? Has your financial situation changed meaning you have fallen behind with some bills? Citizens Advice Halton can offer free and independent advice and support to help you deal with your debts and money worries and can help you get back on your feet. Call 0344 477 2121 or 0151 257 2449 or email <a href="mailto:advice@cahalton.org.uk">advice@cahalton.org.uk</a> #healthyhalton |
| Spending more time at home and/or financial difficulties as a result of COVID-19 can make it more difficult for people manage their fuel bills. Free individual support for those struggling is available in Halton through Cheshire Green Doctor on 0808 1683547 or via the Energy Projects Plus Save Energy Advice Line on 0800 043 0151. The teams can advise on tariffs, switching, fuel debt management and the Priority Services Register. #healthyhalton               |

The following services are also able to help with debt issues:

[Money Advice Service](#), or call [0800 138 7777](tel:08001387777) from Monday to Friday, 8am to 6pm

[National Debtline](#), or call [0808 808 4000](tel:08088084000) from Monday to Friday, 9am to 8pm

[StepChange Debt Charity](#), or call [0800 138 1111](tel:08001381111) from Monday to Friday, 9am to 5pm

For further information visit [www.halton.gov.uk/mhinfopoint](http://www.halton.gov.uk/mhinfopoint) money worries section

**Domestic Violence**

Due to the lockdown restrictions there has been a rise in cases of domestic violence nationally however locally in Halton we have seen a decrease in the number of calls to helplines. This means there are potentially victims of domestic violence who are unable to access the support they need.

| POST  |
|---|
| <p>If you're experiencing abuse you can access support from Halton Domestic Abuse Service tel: 0300 11 11 247 For safe confidential support #youarenotalone #healthyhalton</p>  |
| <p>What to do if you need urgent police help through the 999 service, but can't speak? #youarenotalone #healthyhalton</p>   |
| <p>If you are experiencing domestic abuse the following support is available<br/> <a href="#">national domestic abuse helpline for women</a> 0808 2000 247<br/> <a href="#">advice line for men experiencing domestic abuse</a> 0808 801 0327<br/> <a href="#">National LGBT+ domestic abuse helpline</a> 0800 999 5428<br/>                     #youarenotalone #healthyhalton</p> |
| <p>If you are experiencing domestic abuse please visit 'I'm an adult and I need help with' section on <a href="http://www.halton.gov.uk/mhinfopoint">www.halton.gov.uk/mhinfopoint</a> for info and details of support available #youarenotalone #healthyhalton</p>   |

## Isolation and Loneliness

Isolation and loneliness is a huge issue in the UK and it's a bigger problem than simply impacting our emotions. Research shows loneliness and isolation are harmful to our health. Since lockdown there has been an increase in both adults and young people experiencing loneliness.

### HaltOnLoneliness Campaign

This campaign launched in 2019 and is designed to raise awareness of loneliness in Halton and suggest ways everyone can help themselves and others feel less isolated.

Download our campaign toolkit here:

<https://www4.halton.gov.uk/Pages/health/hit/campaigns/loneliness/lonetoolkit.pdf>

### Random Acts of Kindness Campaign (Mental Health Foundation)

Suggested posts and images can be downloaded from the Mental Health Foundation website:

<https://www.mentalhealth.org.uk/coronavirus/random-acts-kindness>

| POST  |
|---|
| Small acts of kindness can make a huge difference. Reach out to someone who might be struggling today #HaltonLoneliness #HealthyHalton  |
| Staying connected to those you love can help get us through tough times. #HaltonLoneliness #HealthyHalton                               |
| It's the small things that get us through the tough times. Make time for those who might be struggling #HaltonLoneliness #HealthyHalton |
| A cup of tea with those you love can make all the difference . #HaltonLoneliness #HealthyHalton   |

**Bereavement**

Being bereaved can be a lonely time. Being bereaved during the pandemic has resulted in many having to deal with their loss under extremely isolating circumstances.

| POST   |
|--|
| <p>If your grieving and think you might need some help or advice please visit the bereavement section on <a href="http://www.halton.gov.uk/mhinfopoint">www.halton.gov.uk/mhinfopoint</a> for info and details of support available locally</p>  |
| <p>for tips on how to support yourself following a bereavement please visit <a href="https://www.cruse.org.uk/get-help/about-grief/supporting-yourself">https://www.cruse.org.uk/get-help/about-grief/supporting-yourself</a></p>  |
| <p>Has someone special to you died? Visit <a href="https://www.cruse.org.uk/get-help/coping-grief">https://www.cruse.org.uk/get-help/coping-grief</a> for information on coping with grief</p>   |
| <p>For info on how to support someone who is bereaved visit <a href="https://www.cruse.org.uk/get-help/about-grief/how-to-help-someone-bereaved">https://www.cruse.org.uk/get-help/about-grief/how-to-help-someone-bereaved</a></p>  |
| <p>Worried about a child who is bereaved? Visit <a href="https://www.childbereavementuk.org/supporting-bereaved-children-and-young-people">https://www.childbereavementuk.org/supporting-bereaved-children-and-young-people</a> for guidance on how to support them</p>  |
| <p>Supporting a grieving child film – from Child Bereavement UK<br/> <a href="https://youtu.be/imu3pRNQnDs">https://youtu.be/imu3pRNQnDs</a></p> <p>This video can be embedded on your website or social media channels using this code:</p> <pre>&lt;iframe width="560" height="315" src="https://www.youtube.com/embed/imu3pRNQnDs" frameborder="0" allow="accelerometer; autoplay; encrypted-media; gyroscope; picture-in-picture" allowfullscreen&gt;&lt;/iframe&gt;</pre> |

**Alcohol**

Nearly a third of adults have reported drinking more alcohol than they normally would during the pandemic. Alcohol consumption and mental health are intimately linked. An increase in isolation, distress, depression and anxiety is likely to be a driving factor for increased alcohol consumption.

More resources, including images, comms toolkits, posters and leaflets for the national One You campaign can be downloaded or ordered from PHE’s Campaign Resource Centre. Register for access here: <https://campaignresources.phe.gov.uk/resources>

| POST  |
|---|
| Cut back on alcohol and feel better each day, it’s easier to start than you think. For more info visit <a href="https://www.nhs.uk/oneyou/for-your-body/drink-less/">https://www.nhs.uk/oneyou/for-your-body/drink-less/</a>  |
| Seeing what you drink in a week can be surprising. Taking more drink free days is an easy way to cut back. Get some top tips on how to start. <a href="https://www.nhs.uk/oneyou/for-your-body/drink-less/">https://www.nhs.uk/oneyou/for-your-body/drink-less/</a>                                 |
| Feel healthier, lose weight and save money. Just pick your days to skip alcohol and get practical support to stick with it. <a href="https://www.nhs.uk/oneyou/apps/#days-off">https://www.nhs.uk/oneyou/apps/#days-off</a>   |
| Worried about a friend or family member? For tips and advice on talking to someone about their drink or drug use visit <a href="https://www.changegrowlive.org/advice-info/family-friends">https://www.changegrowlive.org/advice-info/family-friends</a>  |
| In Halton, Change, Grow, Live provides advice and support for those affected by alcohol or drugs. If you or a loved one needs support visit <a href="https://www.changegrowlive.org/integrated-recovery-halton">https://www.changegrowlive.org/integrated-recovery-halton</a> or call 0151 422 1400 |

**Crisis support for adults and children and young people**

The images alongside these posts can be downloaded from the services' websites.

| POST   | IMAGE  |
|--|--|
| <p>Need help right now? You can call the 24/7 mental health crisis line for FREE on 0800 051 1508</p>                          |  <p>Need urgent help with your mental health?<br/>                 Live in Halton, Knowsley, St Helens or Warrington?<br/>                 Call us on our new Freephone number!<br/>                 We can help.<br/>                 0800 051 1508<br/>                 www.nwbh.nhs.uk/help-in-a-crisis</p> |
| <p>Need help right now? You can call the 24/7 mental health crisis line for FREE on 0800 051 1508</p>                          |  <p>Need urgent help with your mental health?<br/>                 Live in Halton, Knowsley, St Helens or Warrington?<br/>                 Call us on our new Freephone number!<br/>                 We can help.<br/>                 0800 051 1508<br/>                 www.nwbh.nhs.uk/help-in-a-crisis</p> |
| <p>In a crisis and need support? Sometimes its easier to text than talk. Text Shout to 85258 for free confidential support</p> |  <p>TEXT<br/> <b>shout</b><br/>                 TO<br/> <b>85258</b><br/>                 shout <small>CRISIS TEXT LINE</small></p>   |
| <p>Anxious? Worried? Stressed? Feeling low? Lonely? Text shout for FREE 24/7 support</p>                                       |  <p>TEXT<br/> <b>shout</b><br/>                 TO<br/> <b>85258</b><br/>                 shout <small>CRISIS TEXT LINE</small></p>  |

**Boosting resilience in children and young people**

| POST  |
|---|
| <p>Is your child feeling low or anxious over the summer waiting for school to start? Why not take a look at @AFNCCF #selfcaresummer pack for ideas to help them through <a href="#">Self Care Summer pack for Secondary pupils</a></p>  |
| <p>Is your child feeling low or anxious over the summer waiting for school to start? Why not take a look at @AFNCCF #selfcaresummer pack for ideas to help them through <a href="#">Self-Care Summer pack for primary pupils</a></p>  |
| <p>Is your child worried about starting secondary school? Why not try <a href="#">Art project to help year 6 students transition to secondary school</a></p>  |
| <p>Under 25 and worried about coping with lockdown easing? Visit <a href="#">Help! I'm worried about lockdown ending</a> for guidance</p>   |
| <p>Are you a young person struggling with anxiety? The Health and wellbeing team at Riverside College have created a FREE anxiety guide you can work though <a href="https://drive.google.com/file/d/1PZ4LFtzDiAtkE4DtxrOZqtSuG07U_iip/view">https://drive.google.com/file/d/1PZ4LFtzDiAtkE4DtxrOZqtSuG07U_iip/view</a></p> |

**Boosting resilience in adults**

| POST  |
|---|
| Worried about lockdown easing? Need some tips to help manage your feelings? Visit <a href="#">Managing feelings about lockdown easing by Mind</a>   |
| For tips on how to look after your mental health visit the 'looking after your mental health section' on <a href="http://www.halton.gov.uk/mhinfopoint">www.halton.gov.uk/mhinfopoint</a>   |
| For tips on what you can do to help manage stress visit <a href="https://www.nhs.uk/oneyou/every-mind-matters/stress/">https://www.nhs.uk/oneyou/every-mind-matters/stress/</a>   |
| Anxiety overwhelming? For tips on how to cope visit <a href="https://www.nhs.uk/oneyou/every-mind-matters/anxiety/">https://www.nhs.uk/oneyou/every-mind-matters/anxiety/</a>   |
| If you know someone is struggling with their mental health there are lots of things you can do to support them. For more info visit <a href="https://www.nhs.uk/oneyou/every-mind-matters/helping-others/">https://www.nhs.uk/oneyou/every-mind-matters/helping-others/</a> |

## Training

### FREE E Learning training

| E Learning Training  | Details  |
|--|--|
| ZSA Suicide Awareness training<br>20 minute e learning<br><a href="https://www.zerosuicidealliance.com/">https://www.zerosuicidealliance.com/</a>                        | Simple online awareness training provides an understanding of the signs to look out for and the skills required to approach someone who is struggling  |
| ZSA Step up social isolation 10 minute e learning<br><a href="https://www.zerosuicidealliance.com/">https://www.zerosuicidealliance.com/</a>                             | Brief introduction to social isolation and how to help someone who may be isolated. Includes adjusting to the new normal following the pandemic  |
| PHE Psychological First Aid e learning training<br><a href="#">Psychological First Aid (PFA) digital training module</a>   | Takes approximately 90 minutes to complete By the end of the course you will: understanding how emergencies like the COVID-19 pandemic can affect us, recognise people who may be at increased risk of distress and understand how to offer practical and emotional support. |
| MindEd is a free educational resource on children and young people’s mental health for all adults<br><a href="https://www.minded.org.uk/">https://www.minded.org.uk/</a> | <a href="#">MindEd</a> is an online learning and advice resource for anyone interested in, or concerned about, the mental health of children and teenagers. Developed in partnership by experts and parents, it is FREE to use and has over 300 elearning sessions           |

### HIT Training

Halton Health Improvement Team offers Mental Health Awareness, Mental Health Awareness for Managers and Suicide Prevention training for workplaces and organisations in Halton.

These can be delivered as a face to face class or virtually (via Skype) if required.

| Training                            | Details   |
|-------------------------------------|---|
| Mental Health Training for Managers | This session is designed to help managers understand mental health, the signs and symptoms of common mental health problems and how to have wellbeing conversations with staff. It also provides strategies to support staff who are experiencing poor mental health. |
| Mental Health Awareness Training    | Mental health awareness training is designed to provide adults with knowledge and skills to have wellbeing conversations with friends/family/colleagues/staff and to know where they can appropriately signpost people in need of support for their mental health.    |

| Training   | Details  |
|--|--|
| Suicide Prevention Training  | This training provides learners with additional skills to progress wellbeing conversations onto asking about suicidal thoughts. The training offers practical advice and guidance around asking about suicide and the language to use. Please note it does not go into any details about suicide and suicide techniques, nor does it contain any graphic images.   |
| Mental Health Awareness for those working with children and young people | This course is for professionals working with children and young people aged 5-17. It will provide you with an understanding of what mental health is and will give you the confidence to start a conversation about Mental Health with children and young people and signpost to support services. The training lasts around 2 hours and also provides resources that promote positive mental health through building resilience and wellbeing. |
| Stress Awareness   | This session is designed to help managers recognise signs of stress in employees, understand what is happening in the body and brain when employees are stressed, and provide strategies to help managers support staff who are experiencing significant amounts of stress.  |
| Stress Awareness for Managers  | Employees will interact with dozens, even hundreds of clients, colleagues, friends and family every day. This half day session teaches how to recognise opportunities and start conversations about health and wellbeing, encourage behaviour change and signpost to appropriate services.   |

### Other Resources

These are additional resources available to download for your staff and clients.

| Topic                    | Where to Download  |
|--------------------------|--|
| Financial Stressors      | A range of information & resources that can help:<br>Debt & Money:<br><a href="https://www.citizensadvice.org.uk/debt-and-money/">https://www.citizensadvice.org.uk/debt-and-money/</a><br>Benefits:<br><a href="https://www.citizensadvice.org.uk/benefits/">https://www.citizensadvice.org.uk/benefits/</a><br>Work & Employment:<br><a href="https://www.citizensadvice.org.uk/work/">https://www.citizensadvice.org.uk/work/</a>   |
| Domestic Violence        | Make yourself heard silent solutions campaign<br>resources available to download including posters<br><a href="https://policeconduct.gov.uk/investigations/makeyourselvesheard---silent-solution-awareness-campaign">https://policeconduct.gov.uk/investigations/makeyourselvesheard---silent-solution-awareness-campaign</a><br><br>Posters and business cards to promote Bright sky app<br><a href="https://www.hestia.org/brightsky">https://www.hestia.org/brightsky</a> |
| Isolation and Loneliness | A range of resources to support you in ensuring that<br>loneliness is addressed coherently in your community<br><a href="https://www.campaigntoendloneliness.org/resources-2/">https://www.campaigntoendloneliness.org/resources-2/</a><br>Local campaign toolkit #HaltOnLoneliness<br><a href="https://www4.halton.gov.uk/Pages/health/hit/campaigns/loneliness/lonetoolkit.pdf">https://www4.halton.gov.uk/Pages/health/hit/campaigns/loneliness/lonetoolkit.pdf</a>       |
| Bereavement              | Free booklets to download from Cruse Bereavement<br>Care<br><a href="https://www.cruse.org.uk/about-cruse/publications/free-booklets">https://www.cruse.org.uk/about-cruse/publications/free-booklets</a><br><br>A range of booklets from Child Bereavement UK<br><a href="https://www.childbereavementuk.org/short-information-guides">https://www.childbereavementuk.org/short-information-guides</a>  |
| Alcohol                  | A range of resources and products that can help you<br>raise awareness of alcohol harm, and support people to<br>make healthier choices about their drinking<br><a href="https://alcoholchange.org.uk">https://alcoholchange.org.uk</a><br><a href="https://www.nhs.uk/oneyou/for-your-body/drink-less/">https://www.nhs.uk/oneyou/for-your-body/drink-less/</a>   |
| Mental Health Crisis     | The Shout Resources section gives you all the<br>information and materials you need to help spread the<br>word about Shout in your own communities<br><a href="https://www.giveusashout.org/resources/">https://www.giveusashout.org/resources/</a>  |

## Images to use on social media

Many of the national campaigns from Public Health England, Time to Change and Mental Health Foundation, etc. provide royalty free images and other resources that can be downloaded and used by anyone to support these campaigns.

Other campaigns and services, including many of those managed by the Health Improvement Team, use royalty free images from sources such as Shutterstock which mean we are only able to use these images ourselves on our own communication channels. We are unable to share them with external partners for their own use.

If you want to use your own images, [www.shutterstock.com](http://www.shutterstock.com) and [www.istockphoto.com](http://www.istockphoto.com) are cost effective solutions where you can download images to use in your own materials.

Take care not to simply screen grab or save images from other websites or resources as they may be rights controlled.

### Image Styles

Along with agencies such as Time to Change we have been asking people to avoid the simplistic and stigmatising 'headclutcher' (head in hands) shots that often accompanies media stories about mental health problems. Many people find these type of images stigmatising and suggests that people with mental health problems should look depressed all of the time - which is rarely the case.