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Zero Suicide Alliance Launched and Urges The UK To 'Save A Life'

To: All Branches

Dear Colleagues,

Bereaved families have joined forces with over 90 NHS trusts, charities, politicians and suicide survivors to launch a new organisation and movement, the "Zero Suicide Alliance (ZSA)" today, 16 November at the Houses of Parliament.

The Zero Suicide Alliance is a collaboration of National Health Service Trusts, businesses and individuals who are all committed to suicide prevention in the UK and beyond. The alliance is ultimately concerned with improving support for people contemplating suicide by raising awareness of and promoting FREE suicide prevention training which is accessible to all. The aims of this training are to;

- enable people to identify when someone is presenting with suicidal thoughts/behaviour,
- to be able to speak out in a supportive manner, and
- to empower them to signpost the individual to the correct services or support.

The new organisation has been brought together by a common goal of ensuring suicide is taken seriously. It will work together to use the best prevention evidence to immediately reduce the number of suicides in this country.

It will also encourage one million people to take the practical step of taking part in new interactive prevention training and help them save lives.

The 'Samaritans' Suicide Statistics Report 2017 reports that 6,188 suicides were registered in the UK, which is the equivalent of 20 long haul airplanes crashing on an annual basis.

The ZSA is determined to make a stand against those shocking statistics by working together with health professionals, experts in the sector and people directly affected by suicide to move this important topic to the top of the health care agenda.

The ZSA is also encouraging as many people as possible to watch the 'free' on-line training package, developed with their official training partner 'Relias', which will give people the skills necessary to help others that may have suicidal thoughts.

In the time it takes to make and enjoy a cup of tea (20 minutes), the 'free on-line e-learning course' will provide the training to approach a difficult conversation with someone who is

struggling. It will also provide real life scenarios and interviews with people who have lived through the impact of suicide.

The training is aimed at people from all walks of life – not just clinicians and other healthcare workers – and the ZSA hopes it will help better prepare people to help friends, loved ones or family members that may be considering taking their own life.

Many leading MPs are backing the ZSA, who hope to win Government support to help them link all NHS trusts in the country to share best practice and really tackle the problem of suicide in the UK.

- **The Problem:** Over 6000 suicides a year in the UK or 17 per day.
- **The Solution:** The ZSA believe these deaths can be prevented through training individuals to recognise the warning signs that someone could be contemplating suicide and enabling them act in an appropriate manner to help safeguard those at risk. The core aim of the Zero Suicide Alliance is to get people to make an explicit commitment to reduce suicide deaths. Through providing free training, which is available to all, to help empower individuals to identify every person at risk of suicide and give them the confidence to engage with those presenting with suicidal thoughts and/or behaviour. Whilst also enabling those who've taken the training to signpost individuals who are at risk to the correct services or support.
- **Get Involved:** The ZSA are asking people to lend their Facebook and Twitter feeds to the cause. The time has come to stop talking about suicide as a public health issue and to start taking action. The ZSA are asking people and organisations to help spread the word about the ZSA's free suicide prevention training which is launching today, Thursday 16th November 2017 and is available to everyone and it takes just 20 minutes to complete. It's available at: www.zerosuicidealliance.com.

TAKE THE 'ZSA' SUICIDE PREVENTION TRAINING:-

The ZSA 'FREE' suicide prevention training course will teach you how to recognise the warning signs and safeguard someone that could be contemplating suicide - It takes 20 minutes to complete and is available at: www.zerosuicidealliance.com.

Also available at the ZSA Website are FREE Newsletters, Videos and Resources such as posters, e-mail banners, screen-savers and other campaign material to help spread the word and raise awareness.

The CWU Health, Safety & Environment Department is supporting the ZSA campaign as part of the Union's overall Mental Health Strategy and is urging all CWU Reps to access and complete the on-line training.

Attachments:-

- ZSA Booklet
- ZSA Poster

Yours sincerely



Dave Joyce
National Health, Safety & Environment Officer

