

Stockport Suicide Prevention

Connecting people, creating options

Date

Stockport Suicide Prevention Leadership Committee

- ❖ We are the Stockport Suicide Prevention Leadership Committee; a collaboration of Stockport and Manchester organisations working together to prevent suicide in Stockport.
- ❖ We are working in a variety of ways to achieve our vision:
- ❖ Stockport will become a place in which people never see suicide as their only option. In the rare event of a completed suicide, bereaved relatives and friends will have timely, easy access to effective local support and information.
- ❖ We have an aspiration of zero suicides

Working in collaboration

- ❖ An informal network of organisations including local housing, mental health agencies, public health, service-users voluntary organisations and academics.
- ❖ Local concerns from supported housing staff about the increased numbers of tenants seeking support when they were in extreme distress
- ❖ Staff lacking confidence in their skills to deal with these situations
- ❖ Little advice available for staff other than contact emergency services etc
- ❖ Recognition that austerity was leading to increased pressure on services
- ❖ We did not set out to follow a particular model
- ❖ No additional funding
- ❖ Very much a collaborative approach - bringing the skills/experience of all those involved in the project - new members attracted at different stages

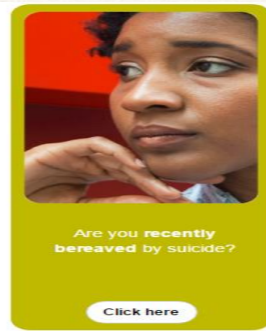
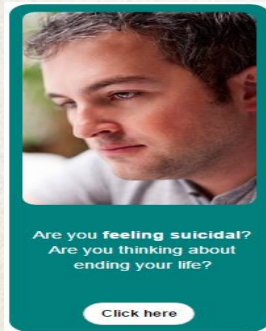
Our vision

- ❖ We care about you and want to support you while you have suicidal feelings, if you are concerned about someone else or have been bereaved due to suicide. We want to help you find what help is available in Stockport

Our aims

- ❖ Reduce the risk of suicide
- ❖ Be a catalyst for change
- ❖ Support action to enhance well being and resilience of communities and individuals
- ❖ Provide training and support

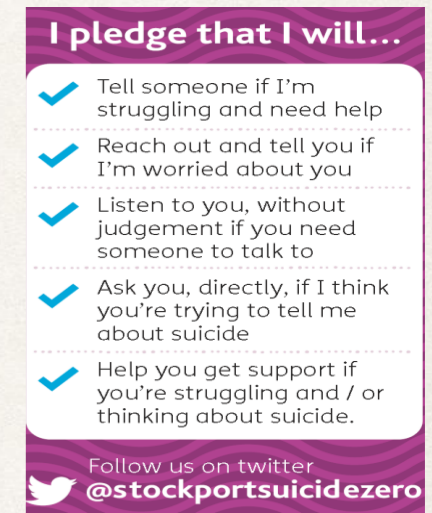
What we do



Safety Plan

Can I help myself? Yes, you can! You can remind yourself how you have succeeded in keeping yourself safe in the past and try to use those techniques again. Sometimes, when things are difficult, it can be hard to remember these things, so it can be useful to write them down as part of a Safety Plan. Fill in the boxes below, then print the page. Keep your safety plan in a safe place where you can easily access it (e.g. wallet, purse, phone).

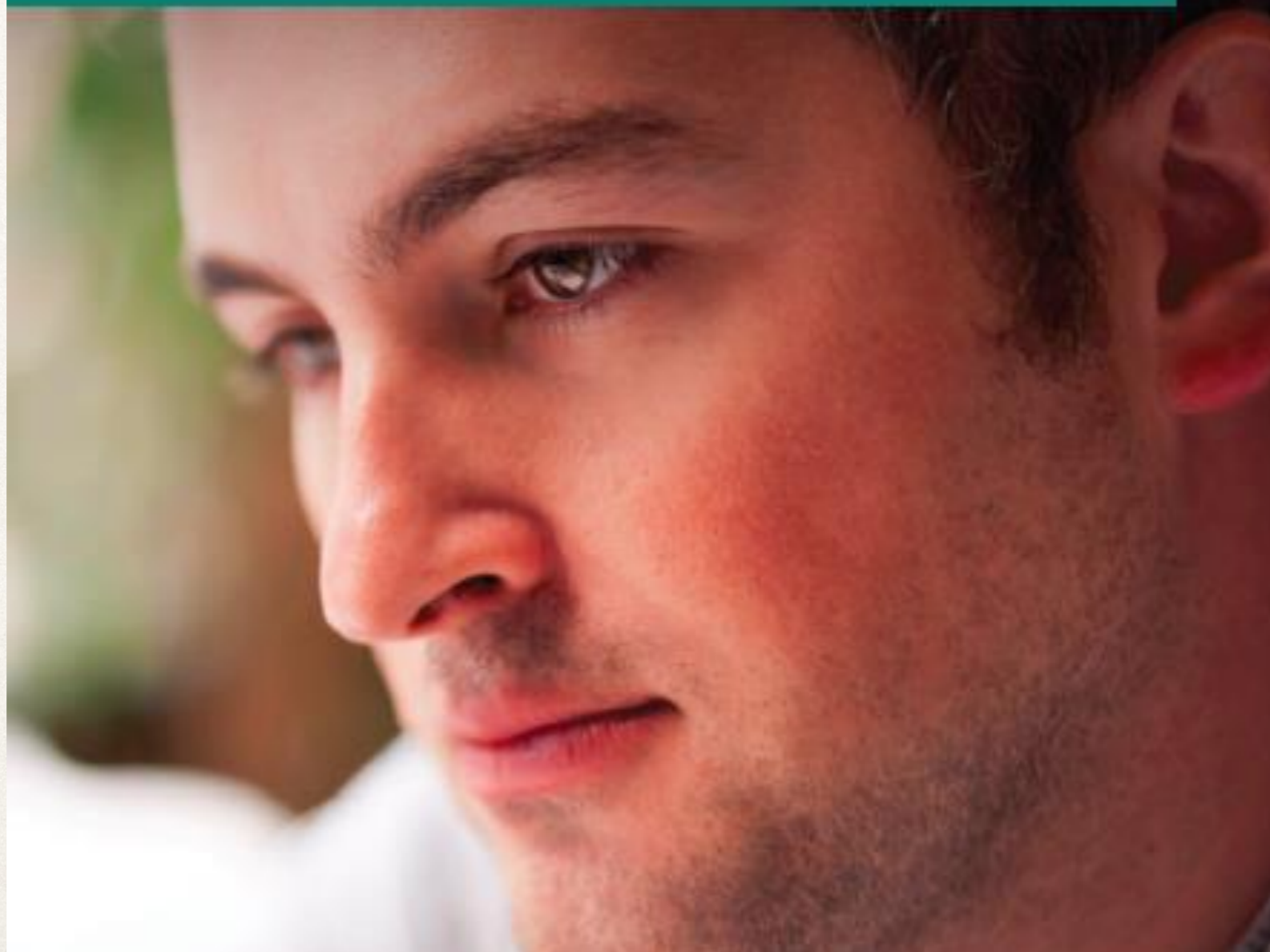
<p>Friends & Family who matter to me and offer me support ?</p> <div style="border: 1px solid black; height: 100px; width: 100%;"></div>	<p>The place I can go and feel safe ?</p> <div style="border: 1px solid black; height: 100px; width: 100%;"></div>
<p>Things I can do to distract & help myself ?</p> <div style="border: 1px solid black; height: 100px; width: 100%;"></div>	<p>Things I am looking forward to in the future ?</p> <div style="border: 1px solid black; height: 100px; width: 100%;"></div>



Anyone can be affected by suicide

find the help and support you need at

www.stockportsuicideprevention.org.uk



Developing the website

- ❖ Series of meetings to local at issues
- ❖ Service user art group involved in the design and overall look of the website
- ❖ Conference in March in Stockport attracted over a 150 delegates from organisations and service user across the town.
- ❖ Range of speakers including a member of Stockport Suicide Prevention Leadership Committee discussing their own experience of making an attempt on their own life.
- ❖ Very positive about the potential for the website - emphasised the need for a way to support individuals in crisis.

The website

- ❖ <http://www.stockportsuicideprevention.org.uk>
- ❖ Range of options
- ❖ Engaging, clear, direct messages
- ❖ Develop safety plans
- ❖ Local services but the advice is designed so that it can be used by anyone
- ❖ Went live 1/9/15 - local publicity
- ❖ Social media - twitter <https://twitter.com/stockportzero>

Usage 1/9/15- 15/1/16

- ❖ September 319
- ❖ October 428
- ❖ November 481
- ❖ December 366
- ❖ January 134
- ❖ Total 1728
- ❖ Users 1426
- ❖ Busiest day Wednesday 7th October 88

Users

- ❖ New visitors 85.4 % Returners 14.6%
- ❖ Female 45.85% Male 54.15%
- ❖ Desktop 1471
- ❖ Mobile 172
- ❖ Tablet 85

Age

❖ 18-24 : 27.5%

❖ 25-34 : 33.5%

❖ 35-44: 15.5%

❖ 45-54: 12.5%

❖ 54-64:5.5%

❖ 64+ : 5.5 %

User profiles - Countries

- ❖ UK 795 (46.01%)
- ❖ US 270 (15.62%)
- ❖ N/A 258 (14.93%)
- ❖ RUSSIA 73 (4.22%)
- ❖ CHINA 49 (2.84%)

User profiles - Cities

- ❖ N/A 314 (18.17%)
- ❖ Stockport 264 (15.28%)
- ❖ London 174 (10.07%)
- ❖ Manchester 107 (6.19%)
- ❖ Salford 28 (1.62%)

Pages

- ❖ Vision 1475 (41.86%)
- ❖ Resources 236 (6.70%)
- ❖ Feeling suicidal 211 (5.99%)
- ❖ Safety plan 204 (5.79%)
- ❖ Concerned 135 (3.75%)
- ❖ Bereaved 115 (3.26%)

Contact details

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