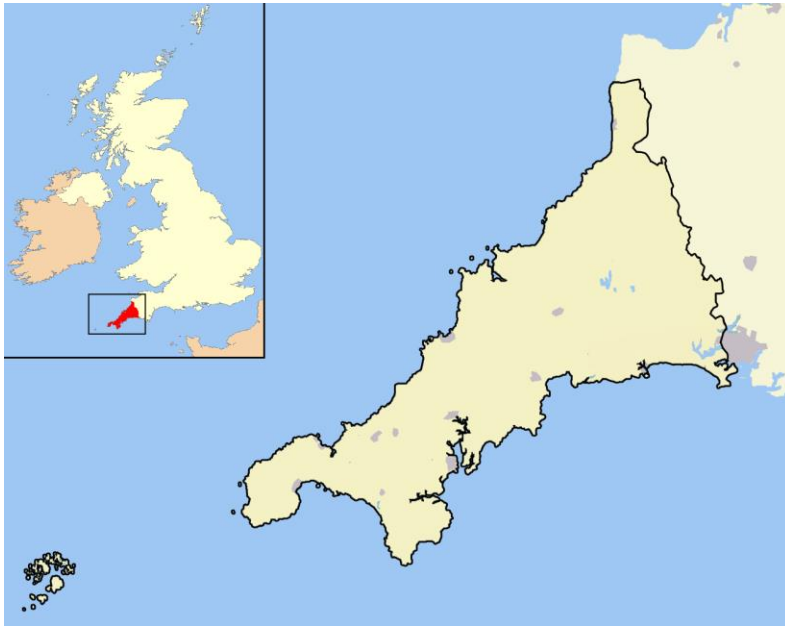


# Suicide liaison service



*For those who are left behind....*

## Why we introduced the SL service



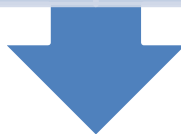
- consultation feedback to local strategy in 2009
- higher than average suicide rates
- higher suicide risk among people bereaved by suicide
- one SOBS group for 530 K people in a county 75 miles long plus 5 islands
- emerging evidence, e.g. from Northern Ireland

## Referral Criteria

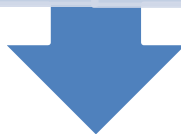
- The Suicide Liaison Service is open to all adults (post 18 years) resident in Cornwall & Isles of Scilly recently bereaved by suicide;
- We accept self-referrals, or referrals made on behalf of the bereaved (with their permission) by GPs, allied Health professionals, statutory and voluntary agencies, and Police (who give Suicide Liaison Service information to the bereaved)

## Referral Pathway

Telephone Outlook South West on 01208 871414



Telephone contact made within 72 hours



Face-to-face meeting arranged within 2 - 3 weeks

Assessment of need carried out + monitoring  
for risk, symptoms of trauma, etc.

Signposting/referral to, or liaison with, other  
services where appropriate

# A copy of Help is at Hand is given to everyone at the initial meeting:



# Support after suicide

---

## Support with Inquests



- The majority of inquests are held within 6 months of the death;
- Where circumstances are complex, it can take up to 3 years to reach an inquest;
- We provide support with the inquest process;
- Liaison with Police and the Coroner;
- We access legal advice where necessary through Inquest;
- We attend inquests to provide emotional support.

## An 8-week Grief Education Programme

- Our aim is to deliver “accessible” group support in different locations across the County, particularly to meet the needs of people who may not have access to transport, but also to enable participants to build on “social capital” within their communities.
- We deliver “closed” (i.e. a limited number of sessions) 8-week courses informed by evidence-based research, and where participants are pre-screened by a face-to-face meeting with a mental health professional prior to attendance.

---

## Who is the grief education programme suitable for?

- The programme is suitable for people who are approximately 6 months post-bereavement (based on World Health organisation guidelines). Preferably, participants will be post-inquest and not more than 4 or 5 years post-bereavement.
- The courses are designed to have between 6-8 participants only, and are delivered in two 4-week blocks with a one-week break half-way through (to coincide with school term dates) at different locations across Cornwall.



# Aims & Objectives of the Programme

## AIMS

- For participants to develop personal and social resources that may contribute towards their resiliency;
- To reduce feelings of isolation and stigma associated with suicide bereavement.

---

## OBJECTIVES

- To build trust and establish rapport with and between participants ;
- Agree a Code of Ethics with participants (World Health Organisation);
- Ensure “safety netting” is in place: Samaritans, local mental health services, etc.;

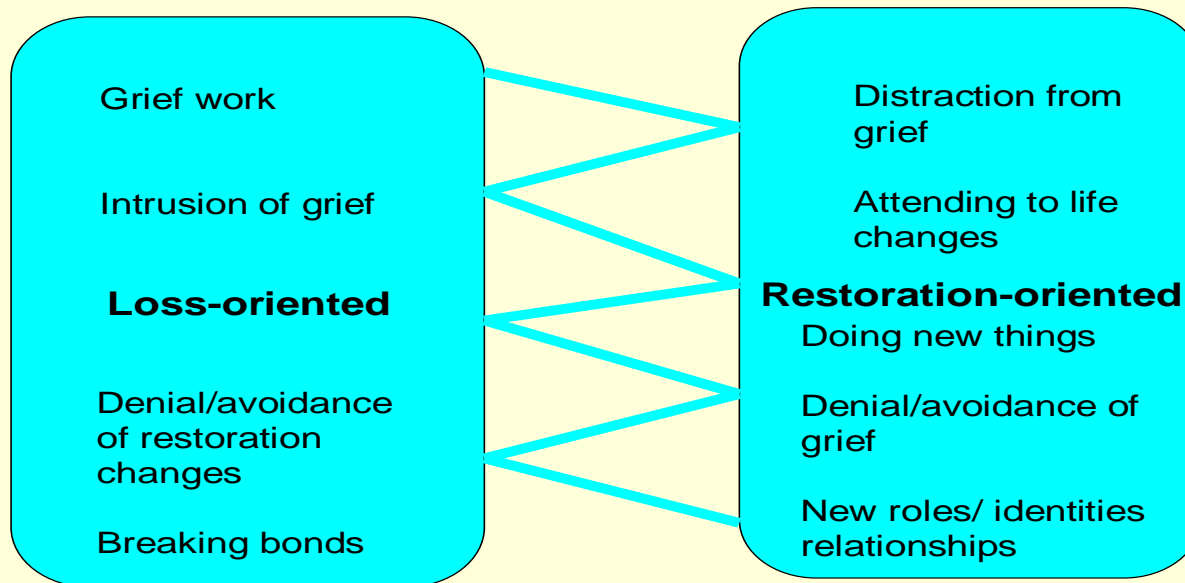
## **OBJECTIVES (continued)**

---

- To help participants develop a deeper understanding of the grief process and suicide;
- To provide a safe and supportive environment to explore aspects of grief;
- To provide a learning environment to share and learn healthy strategies for managing grief, and maintaining personal wellbeing.

## Model that informs our Grief Education Programme



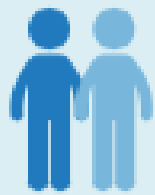

### Dual process model (Stroebe & Schut 1999)



## Evaluation of the service

### Early outcomes

(anticipated impact on knowledge, behaviour & health)

-  Bereaved and professionals know about the service and refer/signpost appropriately.
-  Clients feel supported, not stigmatised, not discriminated against
-  Clients feel less alone.
-  Clients feel benefit and would recommend the service.