

SAMARITANS

Bedford

Join us this World Suicide Prevention Day

and together, we'll find
the words to speak
about suicide.

SAMARITANS

A registered charity



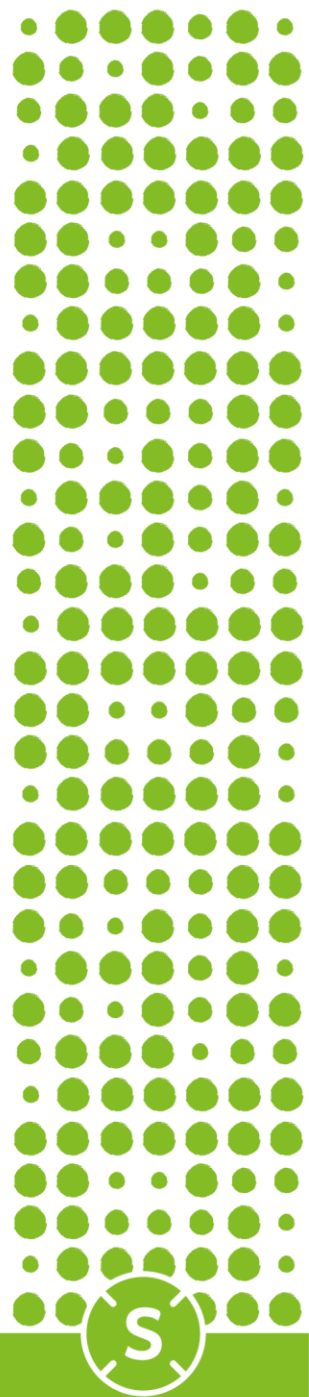
Every year on World Suicide Prevention Day we campaign with over 70 other suicide prevention and mental health groups who are part of the National Suicide Prevention Alliance (NSPA).

Together, we work to make suicide prevention a priority for everyone, help raise awareness of Samaritans, how to support others who may be struggling and reduce the stigma around suicide.

This World Suicide Prevention Day, we want to show everyone that talking about difficult feelings, including suicidal thoughts, doesn't have to be scary.

A recent poll found that only 45% people feel comfortable talking to family and friends about suicidal thoughts, compared to 74% who said they feel comfortable talking about mental health.

We want to change this. By talking more openly about suicide, we can give people the chance to express how they feel and get the support they need. It could even save a life.



Sometimes the hardest words to say are
the most important.

Together, we can find the words to
speak about suicide.

Samaritans wants to encourage open,
honest conversations about suicidal
feelings and help you share the hardest
words to say



What I said...

"I'm OK, I'm just having a bad week."

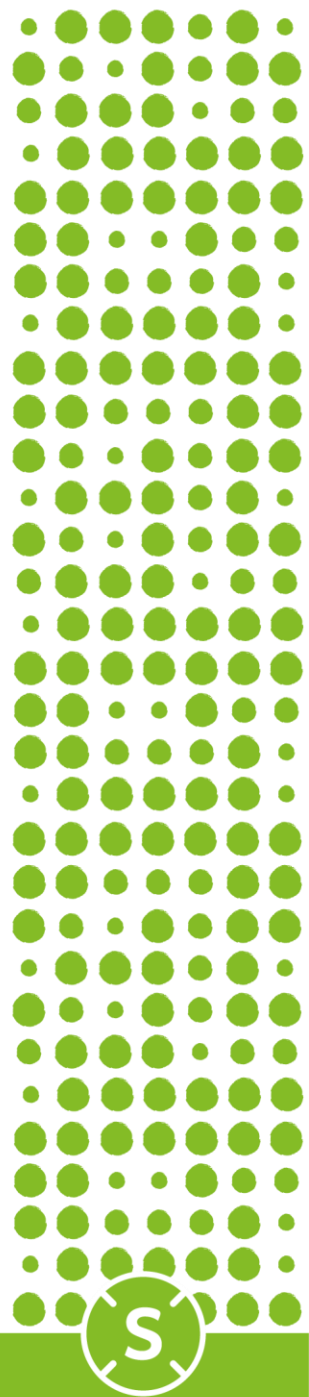
What I meant...

"I'm having suicidal thoughts, and I don't know how to say it."

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- Talking about difficult feelings, including suicidal thoughts, doesn't have to be scary.
- By having more open conversations, we give people the chance to express how they feel and get the support they need. It could even save a life.
- If someone you know is struggling with their mental health, we'll help you find the words to speak about suicidal thoughts and other difficult feelings. Just being there to listen and showing you care can help.
- It's OK to ask someone if they are feeling suicidal. Asking can help them open up and start a conversation that could save their life.



- We know how hard it can be to find the right words to talk openly about how we're feeling. But when someone is dealing with difficult thoughts or worries, having someone there to listen can make all the difference.
- That's why, alongside our main messaging, we'll be sharing our 'Finding a way to say it' resource for tips on how to help someone open up.

Bedford Samaritans does provide free short courses for organisations on developing listening skills, having difficult conversations and talking about suicide - contact bedford.outreach@samaritans.org for further details



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Watch

out for changes
in behaviour
that could mean
someone's
struggling to cope.

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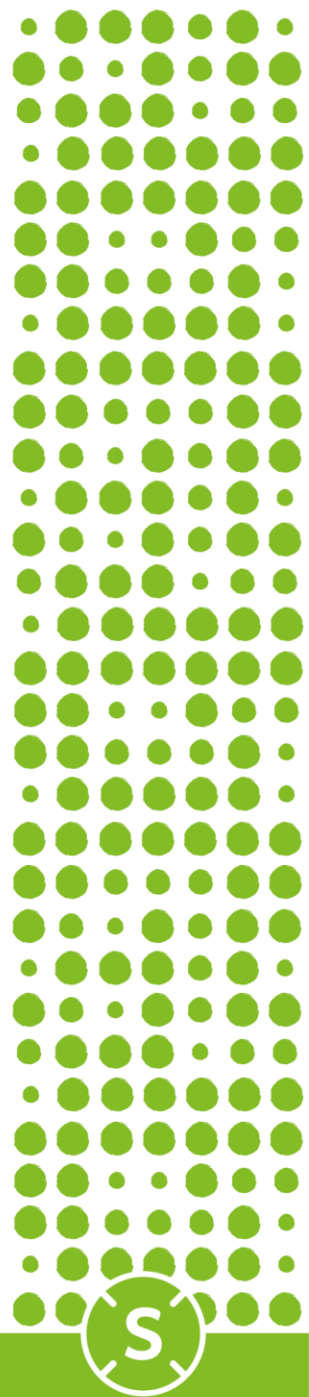
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Finding a way to say it

- Watch out for changes in behaviour that could mean someone's struggling to cope.
- Speak up to let someone know that there is support available.
- Play your part by reaching out to anyone you're concerned about.
- Ditch the stigma – suicidal thoughts are far more common than most people know – so let's talk about it!



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Speak

up to let someone
know that there is
support available.

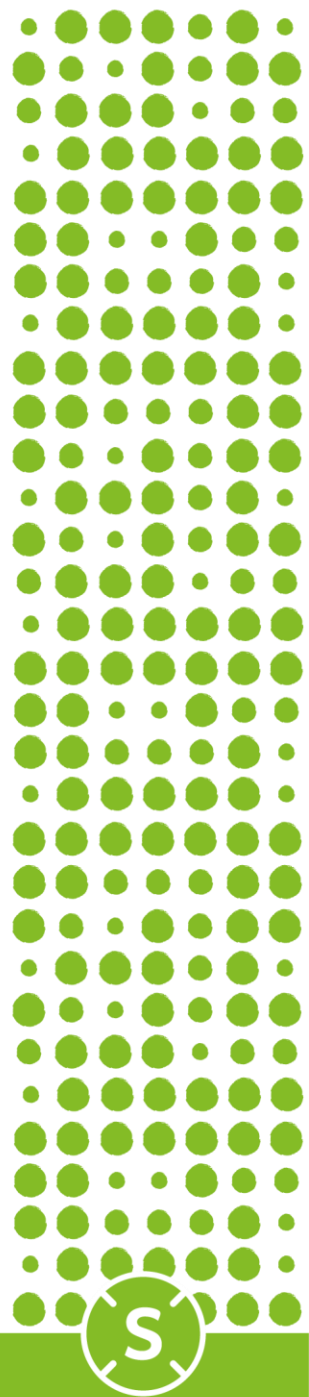


How to help someone open up

We know how hard it can be to find the right words to talk openly about how we're feeling. But when someone is dealing with difficult thoughts or worries, having someone there to listen can make all the difference.

Here are some tips to help you talk to someone you're worried about:

- Choose a safe, quiet space, give the other person your full attention and put away your phone.
- Ask how they're doing, using open questions that need more than a yes or no answer, such as "How do you feel?" or "What's that like for you?"
- Listen without judgement and try not to jump straight in with your advice or opinions.



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Play

your part by
reaching out to
anyone you're
concerned about.

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- Don't be afraid to ask someone if they're having suicidal thoughts. It gives them permission to tell you how they feel.
- Let them know that there is always someone there to listen. They can call Samaritans free day or night on 116 123 or visit [samaritans.org](https://www.samaritans.org) for other ways to contact us.
- Remember to look after yourself,
- Samaritans is here to support you too.

-  10 September: #WorldSuicidePreventionDay.
- WSPD is on 10 September, and we want to remind people that talking about difficult feelings, including suicidal thoughts, doesn't have to be scary.
- Help us spread the word.  Find out more <https://bit.ly/34sfcMK>



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Ditch

the stigma. Suicidal thoughts are far more common than most people know, so let's talk about it!

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Local events Samaritans is involved in for WSPD:

- Between September 12th and 25th volunteers from Bedford and Luton Samaritans are attending local college and university freshers fairs and welcome events to promote suicide awareness, resources for students and tutors, and emotional support available for students.
- Volunteers from Bedford are also at Chicksands Military Base on September 11th for WSPD - it is a Samaritan drop-in event with cake and coffee for serving personnel, MoD staff and families. We will talk about the Samaritans theme for WSPD and Samaritans Military Support Programme
- With other suicide prevention partners Samaritans is delivering a session on a WSPD Webinar on September 11th for professional organisations and VCSE agencies.



Why what we do matters



Every
90 minutes,
someone in the UK
or Ireland takes
their own life.



Males are
three times
more likely to die by
suicide than females.



 **Samaritans branches**
(map not showing Festival branch
or Correspondence branch)



Suicide is not equal –
if you are less well-off
and male you are

10 times

more likely to die
by suicide than
more well-off men.



- We're available 24/7, by phone or email for those in crisis, or who have suicidal thoughts, or just need to talk to someone. We are also developing a webchat service (currently evenings via the website)
- Public and voluntary sector organisations can access our services for their clients/patients via a referral pathway (for more details contact bedford.outreach@samaritans.org)
- Samaritans influence others to take action such as for Online Safety and responsible media reporting
- There is a range of guidance, resources and tools available on www.samaritans.org



- We reach out to people in their own communities through our Outreach Programmes (contact bedford.outreach@samaritans.org for more details)
- We work as part of multi-agency partnerships within the BLMK area to support the local BLMK Suicide Prevention Plan and the new BLMK Suicide Prevention Hub <https://suicidepreventionhubblmk.co.uk/>
- We work in partnership with the other Samaritan branches covering BLMK – Luton, South Beds & Harpenden, and Milton Keynes - in these areas



SAMARITANS

Call day or night on

116 123

Email

jo@samaritans.org

Write

Freepost SAMARITANS LETTERS

Visit us

Find your nearest
branch on our website

samaritans.org

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