

Samaritans, suicide prevention and memorials

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SAMARITANS

Note: this presentation will discuss suicide prevention and interventions.

Please look after yourselves – if you wish to leave the session, please do.



Samaritans' service at a glance

Every
10 seconds

Samaritans answer
a **call for help***

Samaritans has
more than
200
branches
and locations

There are around
23,000
Samaritans volunteers



It is free to call us on
116 123

People who use Samaritans' helpline report **a significant reduction in distress****

We are open
24 hours
a day **365** days
a year

Our volunteers spent over
900,000
hours answering calls for
help last year*



Samaritans branches

(map not showing branches/hubs that are remote or without a fixed location)

* A 'call for help' is any contact method made to Samaritans for support, for example by phone, email or face to face in branch. This figure is based on the 2023 calendar year.

** Markham, T., Forshaw, A. and Sutcliffe, R. (2020). Samaritans Caller Outcomes Study. Birmingham: MEL Research Ltd.



Why what we do matters



Every
90 minutes,
someone in the UK
or Ireland takes their
own life. ^{1, 2, 3, 4}



Males are
three times
more likely to die
by suicide than
females. ^{1, 2, 3, 4}



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



Suicide is not equal. People
on the lowest incomes have
a higher suicide risk than
those who are wealthier. ⁶

For every suicide, it is
estimated that 135 people
knew the person who died. ⁵



National approaches to suicide prevention

SAMARITANS



National suicide prevention strategy for England 2023 - 2028

- Cross-government strategy
- Aim: Reduce the suicide rate over the next 5 years – with initial reductions observed within half this time or sooner
- Improve support for people who have self-harmed
- Improve support for people bereaved by suicide
- 7 key principles, 8 priority areas and over 100 actions.



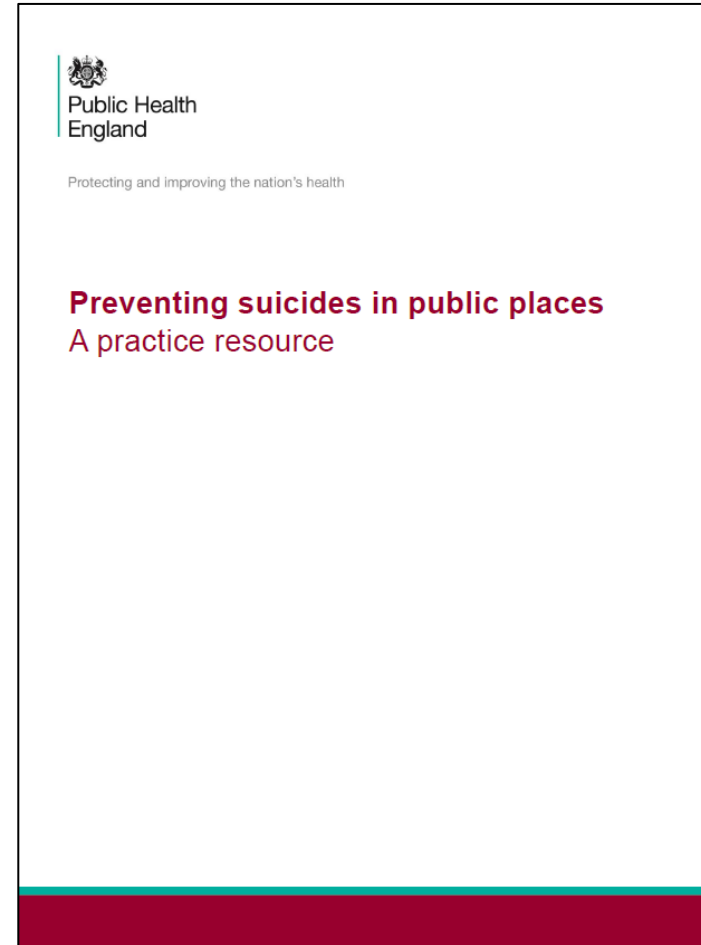
Public Health England: Preventing suicide in public spaces

Area 1: Restrict access to the site and the means of suicide

Area 2: Increase opportunity and capacity for human intervention

Area 3: Increase opportunity for help seeking by the suicidal individual

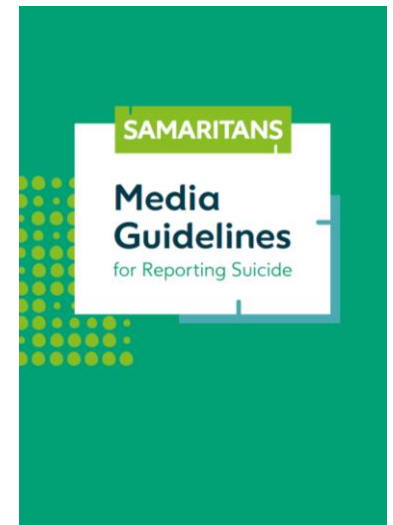
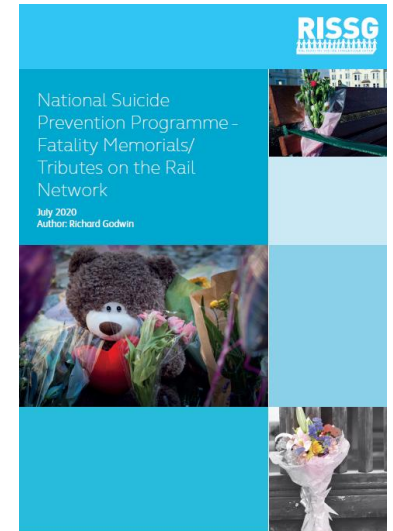
Area 4: Change the public image of the site; dispel its reputation as a suicide site.



Change the public image of the site; dispel its reputation as a 'suicide site'

This can be achieved by:

- Ensuring media reporting of suicidal acts is in line with Samaritans guidelines
- Introducing new amenities or activities; re-naming and re-marketing the location
- Discouraging personal memorials and floral tributes at the site



Trials / ongoing work:

Network rail have produced a 'guidance' on memorials which looks to discretely relocate the memorial.

Leeds City Council: have developed an asset resource for owners and managers where there has been a suspected suicide

Beachy Head Chaplaincy Team: worked with East Sussex council to remove memorials and with press to explain why.



Any questions?

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SAMARITANS

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116 123

Email

jo@samaritans.org

Write

Freepost SAMARITANS LETTERS

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