

# MAR/APR NEWSLETTER 2018

## SAFEGUARDING: MALE SUICIDE AWARENESS



### Welcome

Welcome to the newsletter, we'll be updating the newsletter every other month with regular hints, tips and advice. This month we are focussing on raising awareness about male suicide.

Earlier in March ITV revealed a harrowing rooftop sculpture to raise awareness about male suicide.

The sculpture is part of a campaign by CALM (Campaign Against Living Miserably) to start a conversation about male suicide in a bid for improved suicide prevention and bereavement support.

The installation features 84 life-sized figures to represent the 84 men who die in Britain through suicide each week.

### Shocking Statistics

- Every two hours a man in the UK takes his own life - that's 84 every week
- Suicide is the single biggest killer of men under the age of 45 in the UK
- In 2015, 75% of all UK suicides were male
- Male rates remain consistently higher (around 3x) than female suicide rates across the UK

### Worried about someone?

If you're worried that someone you know may be feeling suicidal it can be hard to know what to say to them. Although many times there are no 'warning signs' look out for these behaviours;

- Unexpected mood changes – including suddenly being calm and happy after being very depressed
- Social withdrawal
- Change in sleeping and eating patterns
- Lack of energy
- Neglect of personal appearance
- Reckless behaviour
- Increased drug or alcohol abuse
- Anger or irritability
- Talking about suicide or wanting to die– their statements may be vague or appear to be joking about it
- Giving away possessions
- Saying goodbye – to friends and family as if they won't be seeing them again.

If you are worried someone you know is having suicidal thoughts don't be afraid to ask, giving

someone support and the opportunity to communicate their feelings can be a huge relief for people. Remember **saying something is safer than saying nothing.**

If someone tells you they are feeling suicidal tell the person that you'd like to get them medical help now. Sit with them and call their GP surgery, call 999 or take them to A&E and stay with them until they are seen by a member of the mental health team.

### Are you feeling suicidal?

**If you don't feel you can keep yourself safe right now, seek immediate help.**

- go to any hospital [A&E department](#) (sometimes known as the emergency department)
- **call 999** and ask for an ambulance if you can't get to A&E
- ask someone else to contact 999 for you or take you to A&E immediately

**If you need some support, but don't want to go to A&E;**

- **Speak to our Safeguarding Team**  
Contact Steadfast Training's Safeguarding team on **0845 223 2401** or email [sonia.roberts@steadfasttraining.co.uk](mailto:sonia.roberts@steadfasttraining.co.uk) or [ian.gow@steadfasttraining.co.uk](mailto:ian.gow@steadfasttraining.co.uk)

- **Call the CALM Helpline**

The CALM helpline is for men in the UK who are down or have hit a wall for any reason, who need to talk or find information and support. They're open 5pm-midnight, 365 days a year

**0800 58 58 58**

[www.thecalmzone.net](http://www.thecalmzone.net)

- **Call Samaritans**

Provides confidential non-judgmental emotional support, 24 hours a day for people who are experiencing feelings of distress, despair or suicide.

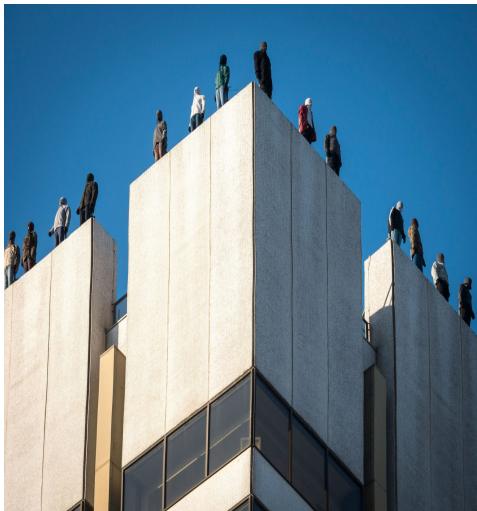
**116 123**

[www.samaritans.org](http://www.samaritans.org)

- **contact your GP for an emergency appointment or the out of hours team**

- **call NHS 111 (England) or NHS Direct 0845 46 47 (Wales)**

- **contact your local crisis team**



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## 9 Protected Characteristics;

- Age
- Disability
- Gender Reassignment
- Marriage & Civil Partnership
- Pregnancy & Maternity
- Race
- Religion or Belief (including lack of belief)
- Sex
- Sexual Orientation

## The Prevent Duty

**The Prevent Duty** is part of the government strategy to reduce the risk of Extremism, Terrorism and Radicalisation.

**Extremism** is the holding of extreme political or religious views.

How can we prevent it? Whilst the signs are different in each case, we can see some of or a mixture of these changes in dress, clothing or social groups, secretive behaviour,

showing sympathy for extremist causes, advocating extremist messages, glorifying violence, accessing extremist literature and imagery, showing a mistrust of mainstream media reports and belief in conspiracy theories and appearing angry about governmental policies, especially foreign policy

Report possible terrorist activity online

If you are concerned about someone or see anything suspicious call the local police or the police anti-terrorist hotline on 0800 789 321. You can also report it online on the Met police website.

## British Values

British Values are defined as;

- Democracy
- The Rule of Law
- Individual Liberty
- Mutual respect for and tolerance of those with different faiths and beliefs and for those without faith.

**If you wish to raise an issue of safeguarding for a learner or individual related to Steadfast Training Ltd in any way, please contact the centre immediately on: 0845 223 2401.**

For more information on anything covered in the newsletter, feedback or ideas for the next issue, please contact us on [info@steadfasttraining.co.uk](mailto:info@steadfasttraining.co.uk).