

CHESHIRE EAST SUICIDE PREVENTION PLAN 2023 - 2025

Introduction



Suicide is when someone kills themselves on purpose because they are finding life too difficult.

Affects 100 People










For every 1 suicide, over 100 people are affected.




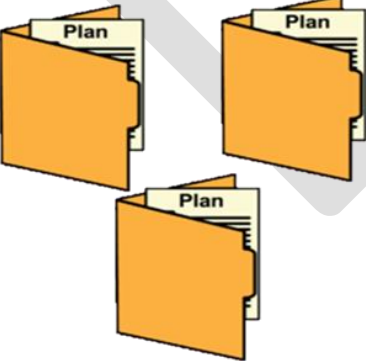



Suicide prevention is important.

	<p>We must work together.</p>
 <p>Image Source: cheshire and mersey side - Bing images</p>	<p>This plan follows one made by a larger group in Cheshire and Merseyside.</p>
	<p>It works with other plans for Cheshire East.</p>
	<p>We have held 3 workshops to collect opinions.</p>

<p>Prevention</p> 	<p>We looked at Prevention to stop suicide from happening.</p>
<p>care</p> 	<p>We looked at Intervention to offer care to people who are struggling.</p>
<p>counselling</p> 	<p>We looked at Postvention to support those affected by suicide.</p>
	<p>50 people came along to each workshop.</p>

	<p>We produced this action plan together.</p>
<h2 style="text-align: center;">Our Action Plan</h2>	
<p style="text-align: center;">What is important for us to do.</p>	
	<p>1. We must have regular meetings to work together.</p>
<p style="text-align: center;">data</p> 	<p>2. We must look at data and information.</p>

 A yellow triangular warning sign with a black border. Inside the triangle is a silhouette of a person in a green shirt and blue pants, standing with arms slightly out. Above the person is a large black exclamation mark.	<p>3. We must reduce the access to dangers so people cannot hurt themselves.</p>
 A cartoon illustration of a person in a green shirt and blue pants standing on a large, open hand. To the right of the person is a document titled 'risk assessment' with several rows of checkboxes. A green arrow points from the person towards the document.	<p>4. We must support the wellbeing of those more at risk.</p>
 A group of four cartoon characters: a young boy in an orange shirt and blue pants, a young girl in a red dress, a woman in a grey suit, and a man in a dark suit. There are also some colorful blocks and a teddy bear.	<p>5. We must help Children and Young People to feel happy and safe.</p>
 Three orange folders, each with a white tab labeled 'Plan'. They are arranged in a cluster, with one folder in the foreground and two behind it.	<p>6. Suicide prevention must be part of other plans within Cheshire East.</p>
 Four cartoon characters representing professionals: a man in a blue shirt, a woman in a blue shirt and purple skirt, a man in a white lab coat, and a woman in a blue uniform.	<p>7. Suicide prevention training must be available to all professionals.</p>

<p>help</p> 	<p>8. We must provide help and support for people in need.</p>
<p>safe</p> 	<p>9. We must keep people safe online.</p>
	<p>10. We must talk about suicide in our communities.</p>
	<p>11. We must support those who lose someone by suicide.</p>

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