

## Cheshire East Self Harm and Suicide Prevention Action Plan 2025 – 2027

### ***Introduction***

It is estimated that for every one suicide there can be up to 135 people affected.

This means that in Cheshire East between 2019 to 2021 there were approximately 13,500 people that experienced loss by suicide <sup>1</sup>.

Suicide prevention is everyone's business and therefore it's important that we work together across Cheshire East to reflect this message.

This local action plan has been developed following the publication of the Cheshire and Merseyside Suicide Prevention Strategy in November 2022. It aligns closely with other local plans, including the Cheshire East Joint Local Health and Wellbeing Strategy, and the Cheshire East Place Mental Health Plan (All Age Strategy).

In 2023 we delivered three online workshops to gather consultation and feedback to inform the development of this plan. Each workshop covered a separate component of the priorities in our regional strategy. The first session looked at prevention, followed by intervention and lastly postvention (support after a suicide). There were over 50 attendees at each workshop, these included representatives from the voluntary sector, health colleagues, town councillors, and representatives of those with lived experience (***see Appendix 1 for full list***). The input from these workshops and further engagement was used to influence the local priorities.

In March 2025, we held a workshop to review the 2023 -2025 plan and look at the ongoing priorities for this 2-year action plan. There were 40 attendees from different organisations that attended. (***see Appendix 1b for full list***).

---

<sup>1</sup> Office for Health Improvement and Disparities. (2022). Public Health Profiles. <https://fingertips.phe.org.uk/> © Crown copyright 2023

Comments from both Dr Susie Roberts Consultant in Public Health and Guy Kilminster Head of Public Health, Chairs of the Self-Harm Suicide Prevention Board (March 2025)

*We are really pleased with the continued level of interest and participation from members of the Partnership.*

*The 2-year action plan has achieved great work from a range of professionals from different organisations across the workforce.*

*It is evident the Partnership has a shared commitment to drive suicide prevention in Cheshire East*

If you or anyone you know is affected by suicide, then please find support and information in the following link: [Suicide Prevention, Support, and Information](#)

This is a live document that will be monitored and updated throughout the 2-year period.

The listed projects in the *action plan under 'tailor approaches to improve mental health in specific groups'*, are ongoing for this period. We acknowledge that this action plan will be developed and reflect contributions that support people with other protected characteristics.

## Cheshire East (CE) Self Harm and Suicide Prevention Action Plan 2025 - 2027

### Long Term Outcomes

Reduced Suicides

Reduced Self Harm

<i>Priorities</i>	<i>What are we doing?</i>	<i>Who inputs into this work?</i>	<i>Frequency</i>	<i>Short term outcomes</i>
<b>Governance, leadership, and partnership working.</b>	<p>Effective and regular meetings with suicide prevention leads and frontline professionals both on a local and regional footprint.</p> <p>Cheshire and Merseyside Suicide Prevention Partnership Board Cheshire and Merseyside Suicide Prevention Group (LASP) Cheshire East (CE) Mental Health Partnership Board CE Self-harm and Suicide Prevention Board (SHSP board)</p>	<ul style="list-style-type: none"> <li>- Cheshire and Merseyside Public Health (CHAMPS)</li> <li>- Cheshire East Council</li> <li>- Health and Social care</li> <li>- Integrated Care Board (ICB)</li> <li>- Voluntary, Community, Faith, and Social Enterprise organisations (VCFSE)</li> <li>- Cheshire and Wirral Partnership (CWP)</li> <li>- North West Ambulance Service (NWAS)</li> <li>- Criminal Justice System</li> <li>- All Age Carers Reps (CEPCF)</li> <li>- Lived Experienced Networks</li> </ul>	<p>Monthly meetings with LASP</p> <p>Quarterly Board Meetings (CE)</p>	<p>Regional strategy renewed every 5 years.</p> <p>Local action plan reviewed at quarterly board meetings.</p>
<b>Data analysis and monitoring (RTS)</b>	<p>Receive and sensitively store real time surveillance (RTS) data notifications.</p> <p>Attend the Cheshire and Merseyside Data Learning panel.</p>	<ul style="list-style-type: none"> <li>- Cheshire Coroner</li> <li>- CHAMPS Suicide Prevention</li> <li>- Public Health Intelligence</li> <li>- Public Health Improvement</li> </ul>	<p>RTS monitoring and receiving data.</p>	<p>Review and manage (RTS) data to inform response.</p>

OFFICIAL

<b>Priorities</b>	<b>What are we doing?</b>	<b>Who inputs into this work?</b>	<b>Frequency</b>	<b>Short term outcomes</b>
	<p>Review and update Memorandum of Understanding (MOU) in collaboration with CHAMPS and Cheshire Coroner</p> <p>Have Public Health Data Learning groups. Identify high risk groups using regional and local data. Trends and risk factors.</p> <p>Receive monthly self-harm analysis (CYP) from local hospitals.</p> <p>Liaison with NWS data analyst</p> <p>Identify clusters and if required complete a CHAMPS Community Response Plan (CRP) following the procedures in the CRP document.</p>	<ul style="list-style-type: none"> <li>- CE Hospital Data Analysts</li> <li>- CWP designated Suicide Prevention Lead</li> <li>- NWS data analysts</li> <li>- Community Response Plan (CRP) listed professionals</li> </ul>	Bi-monthly meetings	<p>Establish enhanced data sharing with Cheshire Coroner and Police</p> <p>Re-establish a date to complete suicide audits – progressed April 2025</p> <p>Community Response Planning Group (if required)</p>
<p><b>Reduce access to means.</b></p> <p>Network Rail</p> <p>→</p>	<p>Continue to support the work with Network Rail/Samaritans in our train stations – <a href="#">Rail Industry Suicide Prevention Programme</a></p> <p>Support community response circulate Samaritans campaigns and share digital and cards signage in Primary Care / Pharmacy / Hospitals</p>	<ul style="list-style-type: none"> <li>- Network Rail/Samaritans</li> <li>- British Transport Police</li> <li>- Public Health Suicide Prevention leads.</li> </ul>	Ongoing	<p>Partnership approach to placing signage in identified risk areas</p> <p>Increased visibility of Samaritans signage at train stations.</p>

OFFICIAL

<i><b>Priorities</b></i>	<i><b>What are we doing?</b></i>	<i><b>Who inputs into this work?</b></i>	<i><b>Frequency</b></i>	<i><b>Short term outcomes</b></i>
<p><b>Tailor approaches to improve mental health in specific groups.</b></p> <p>Men's Mental Health →</p> <p>Children and Young People →</p>	<p>Identify areas of Cheshire East to support development of specific mens groups.</p> <p>Paint your bar/gym/coffee shop blue campaign in local businesses</p> <p>Education, social, health care and VCFSE services to have awareness of self-harm and suicide prevention resources and have access to the free training.</p> <p>Continue to share <b><i>Suicide Prevention Guidance in schools (Appendix 3)</i></b> with colleagues and schools.</p> <p>Continue to work with CWP partners with <a href="#">The gateway programme</a> uses specific assessment tools to identify unmet need</p>	<p>Service Providers:</p> <ul style="list-style-type: none"> <li>- Mentell</li> <li>- Lightworks Project</li> <li>- Andy's Man Club</li> </ul> <p>- Healthy Yong Minds Alliance (HYM)</p> <p>- Integrated Care Board (ICB)</p> <p>- Primary care/NHS</p> <p>- Secondary care/NHS</p> <p>- Cheshire and Wirral Partnership (CWP)</p> <p>- Cheshire East Council Public Health</p> <p>- Education settings CE</p> <p>- Safeguarding Children in Education Settings (SCiES)</p> <p>- Children's Safeguarding (CEC)</p> <p>- Youth Service and Participation Team</p>	2025 -2027	<p>Increased engagement, awareness of support services specifically for men.</p> <p>Increased uptake of Suicide prevention self-harm awareness training from professionals via digital booking platforms.</p> <p>All schools using <b><i>Suicide Prevention Guidance in schools (Appendix 3)</i></b> and embedding into their whole school approach.</p> <p>Increased awareness of unmet needs (health and social determinants in children and young people.</p>

<b>Priorities</b>	<b>What are we doing?</b>	<b>Who inputs into this work?</b>	<b>Frequency</b>	<b>Short term outcomes</b>
<p>'Keep Safe and Cope Well Plans'</p> <p>→</p>	<p>and reduce likelihood of hospital admissions using a multiagency approach.</p> <p>Piloting the Keep Safe and Cope Well plans and initiative over the academic year 2024/2025 <a href="#">Keep safe and cope well plan</a> Evaluation 2025/2026</p> <p>Develop PSHE lesson plan on 'coping well' and 'keeping safe' to be delivered to primary age school children.</p>	<p>- Voluntary, Community, Faith, and Social Enterprise organisations (VCFSE)</p> <p>-Public Health CEC</p> <p>-Youth Participation CEC</p> <p>-Youth Council</p> <p>-SEND Team</p> <p>-0-19 Nursing service provider</p> <p>-NHS ICB</p>	<p>2025- 2027</p>	<p>Decreased multiple hospital admissions for self-harm and suicidality.</p> <p>Increased engagement using the plans with children in primary schools.</p> <p>Children completing PSHE learning on coping skills and keeping safe in school</p>
<p>Serious Mental Illness (SMI)</p> <p>→</p>	<p>Steering group working together to increase annual health checks for people with a diagnosed serious mental illness.</p> <p>Project plan to deliver SMI health checks with funding to commission a service provider.</p>	<p>- Public Health Team CEC</p> <p>- Voluntary, Community, Faith, and Social Enterprise organisations (VCFSE)</p> <p>- Integrated Care Board (ICB)</p> <p>- Cheshire East Council Public Health</p> <p>- Primary Care (NHS</p>	<p>2025 - 2027</p>	<p>Increased uptake of annual health checks in primary care,</p> <p>Evaluation of Health Junction engagement model in Crewe</p> <p>Develop/enhance pathways of support into health and</p>

<b>Priorities</b>	<b>What are we doing?</b>	<b>Who inputs into this work?</b>	<b>Frequency</b>	<b>Short term outcomes</b>
	<a href="#">Health Junction</a> provider for 2024/25 in 2 PCN areas of Cheshire East. Reports to Steering group.	<ul style="list-style-type: none"> <li>- Community Mental Health Team (CWP)</li> <li>- Lived Experience and Carers</li> <li>- Commissioned health and wellbeing services</li> </ul>		wellbeing services (social prescribing / <a href="#">One You Cheshire East</a> )
Inclusion Health Groups →	Raise awareness and share information with colleagues, partners. <a href="#">Developed Health inclusion training and resources.</a>	<ul style="list-style-type: none"> <li>- Primary care/NHS</li> <li>- ICB</li> <li>- Community Team</li> <li>- Care Communities</li> <li>- VCSF</li> </ul>	2023-2025	Increased access to health in primary care.  Improved understanding and awareness of different culture/nationalities to provide inclusion.
Domestic Abuse →	Suicide prevention will be added to the strategy and training prioritised for all frontline professionals. Raise awareness on <a href="#">Domestic abuse and Suicidality Guidance Toolkit</a> and review its use by Multi-Agency Risk Assessment Conference (MARAC) representatives. Contribute to data and monitoring. DASH data on suicidality	<ul style="list-style-type: none"> <li>- Cheshire East Domestic Abuse Board members</li> <li>- Domestic Homicide Review Panel</li> <li>- NHS</li> <li>- VCFSE</li> <li>- MyCWA</li> <li>- Domestic Abuse Lead Advisor (CEC)</li> </ul>	2025-2027	Increased awareness of suicide prevention and domestic abuse.  Increased support to service users and suicide safety planning.



## Cheshire East Self Harm and Suicide Prevention Plan 2023 -2025

<b>Priorities</b>	<b>What are we doing?</b>	<b>Who inputs into this work?</b>	<b>Frequency</b>	<b>Short term outcomes</b>
Substance Misuse →	Contribute towards the place substance misuse strategy and delivery plan.	- CE Combating Drugs Partnership	2025 -2027	Increased awareness of suicide prevention and substance misuse.
All Age Carers →	Contribute towards the place all age carers strategy.	- CE All Age Carers Strategic group	2021 -2025	Increased awareness of suicide prevention with professionals supporting carers.
Cost of Living Information and Support →  Crewe Wellbeing Event 2025	A range of information, support and a Crisis phone line is offered to all residents. More is on the website: <a href="https://www.cheshireeast.gov.uk/cost-of-living">Cost of living (cheshireeast.gov.uk)</a>  Multi agency service event to help engage with employment, wellbeing and support	- Frontline professionals - CE Cost of Living Strategic group - Youth Task Force (led by DWP) - Welfare to Work group	Ongoing   2025	Increased awareness of information and support offered to all residents living in CE. Residents confident accessing support initiatives Professionals cascading relevant information and offering support/signposting.
Internet safety →	We are raising awareness and encouraging all organisational settings and parent/carers to download a suicide safety software called R;pple. <a href="https://www.ripplesuicideprevention.com/">https://www.ripplesuicideprevention.com/</a>	- CE Suicide Prevention Board - Education settings - Health settings - Cheshire East Council - VCFSE CE residents	Ongoing	For all education, voluntary settings to download the software (free cost) For parent/carers to feel confident to install  Businesses and organisations using the software and raising awareness.

OFFICIAL

<b>Priorities</b>	<b>What are we doing?</b>	<b>Who inputs into this work?</b>	<b>Frequency</b>	<b>Short term outcomes</b>
<b>Awareness in the community and tackling stigma.</b>  Community Engagement →	Support national wellbeing campaigns and awareness days/months.  Offer awareness and information at community events, including mental health and wellbeing services and services listed on our Live Well page. <a href="#">self-harm and suicide prevention and support</a>  Engage with lived experienced networks/groups to break down stigma.	<ul style="list-style-type: none"> <li>- Mental Health Groups Wellbeing Networks</li> <li>- Care Communities</li> <li>- Communications Team</li> <li>- Communities Team</li> <li>- CE Communication Team</li> <li>- VCFSE</li> </ul>	2025- 2027	A multi-agency approach to recognise national awareness days.  Community approach to deliver campaigns and raise awareness on local and national support services.  Increased engagement with Lived Experienced Networks (LEN)
<b>Suicide prevention and self-harm awareness training</b>	Continue to deliver FREE suicide prevention training to frontline professionals (health, social care, VCFSE, education and criminal justice system)  Developed learning, using case studies to reflect how to support people with inequalities and/or protected characteristics: For example, supporting and caring for elderly people, people exposed or experiencing domestic abuse or substance abuse. Those who are from a minority ethnicity and people with a severe mental health illness residing in supported living housing. Please see <b><i>risk factors to suicide (Appendix 2)</i></b>	<ul style="list-style-type: none"> <li>- Self-Harm and Suicide Prevention Board members</li> <li>- Commissioned providers</li> <li>- VCFSE</li> <li>- MHST Cheshire and Wirral Partnership (CWP)</li> <li>- Visyon</li> <li>- Healthy Young Minds Alliance</li> </ul>	2023-2025	Increased numbers of professionals trained in suicide prevention, meet learning outcomes of the course. Received feedback from digital survey:

<b>Priorities</b>	<b>What are we doing?</b>	<b>Who inputs into this work?</b>	<b>Frequency</b>	<b>Short term outcomes</b>
<b>Self-harm Awareness Training 2025</b>	<p>Develop a booklet resource for frontline staff supporting Adults. <b>(Appendix 5)</b></p> <p>Source train the trainer suicide prevention training and secure funding.</p> <p>Source train the trainer with self-harm awareness and secure funding.</p> <p>Self Harm Awareness course reviewed and delivered to 3 cohorts (20 delegates) in 2025</p> <p>Public Health and Healthy Young Minds Alliance review and contribute towards an evaluation.</p>	<ul style="list-style-type: none"> <li>- Healthy Young Minds Alliance</li> <li>- Public Health</li> <li>- Visyon</li> </ul>		<p>Develop and deliver a self-harm training offer for CYP professionals.</p> <p>Increase capacity of trainers delivering free courses to frontline staff.</p>
<b>Supporting those bereaved by suicide and monitoring the media.</b>	<p>A postvention service is in place to provide specialist bereavement support to those who are exposed to or affected by suicide. Community response framework to respond to any suicide clusters. Continue to share information on the specialist bereavement services.</p> <p>A specialist support group (SoBS) offered in Crewe and opened in Macclesfield 2024.</p> <p>Explore postvention guidance documents for organisations and schools.</p>	<ul style="list-style-type: none"> <li>- Amparo</li> <li>- 2Wish</li> <li>- Survivors of Bereavement by Suicide (SoBS)</li> <li>- Samaritans (Step by Step for Education settings)</li> <li>- Self-Harm and Suicide Prevention Board members</li> <li>- Martin Gallier Project</li> <li>- Samaritans Media support service</li> <li>- Cheshire East Council (CEC) Communications Team</li> </ul>	Ongoing	<p>Increased awareness and uptake of the specialist postvention support offer.</p> <p>Increased numbers of professionals attending Amparo training.</p> <p>Raised awareness of 2Wish bereavement support of a child (0-25 years)</p> <p>Increase awareness of guidance for schools document and step by step offer</p>

<b>Priorities</b>	<b>What are we doing?</b>	<b>Who inputs into this work?</b>	<b>Frequency</b>	<b>Short term outcomes</b>
	<a href="#">Step by Step Samaritans</a> support offer – introduce training 2025.			Data monitoring on engagement of support services. Continued monitoring of the media and training offer to communication professionals.

<b>Strategies/Guidelines/Information</b>	
<b>National</b>	<b>Regional/local</b>
<p>National suicide Prevention 5-year cross sector strategy (2023) <a href="#">Suicide prevention in England: 5-year cross-sector strategy - GOV.UK (www.gov.uk)</a></p> <p>National Confidential Enquiry (2022) <a href="#">NCISH   Annual report 2022: UK patient and general population data 2009-2019, and real-time surveillance data - NCISH (manchester.ac.uk)</a></p> <p>NICE Guidelines 2018 <a href="#">Recommendations   Preventing suicide in community and custodial settings   Guidance   NICE</a></p>	<p>Cheshire and Merseyside Suicide Prevention Strategy <a href="#">Suicide-Prevention-Strategy-2022-2027-compressed.pdf (champspublichealth.com)</a></p> <p>Cheshire East Joint Local Health and Wellbeing Strategy and Five-Year Plan <a href="#">Layout 1 (cheshireeast.gov.uk)</a></p> <p>Cheshire East Place Mental Health Plan (All Age Strategy). <a href="#">Cheshire East Place Mental Health Plan</a></p> <p>Cheshire East Livewell Information page <a href="#">Suicide Prevention, Support, and Information (cheshireeast.gov.uk)</a></p>

## ***Appendix 1 – List of organisations who have contributed.***

We wish to thank all organisations who have contributed to the development of this action plan and look forward to working together to address suicide prevention.

Organisations are listed A-Z.

### **Organisations**

- Active Cheshire
- CE Parent Carer Forum (CEPCF)
- AMPARO
- Beacon Counselling Trust – Gambling Harms
- Big Life Group
- The Bridgend Centre
- Care community representatives
- Change Grow Live (CGL)
- Central Cheshire integrated Care Partnership – Mental Health and Social Prescribing
- Cheshire East Council – Communications
- Cheshire East Council – Communities
- Cheshire East Council – Education Welfare Service
- Cheshire East Council – Youth Work and Participation
- Cheshire East Council – Social Care
- Cheshire East Council – Swab Squad
- Cheshire East Council – Public Health
- Cheshire and Merseyside Integrated Care Board (ICB)– Mental Health
- Cheshire and Merseyside Local Authority Suicide Prevention Group (Chair)
- Cheshire Police
- Cheshire without Abuse (myCWA)
- Cheshire and Wirral Partnership (CWP) - Children Services
- Cheshire and Wirral Partnership (CWP) – Community Mental Health
- Citizens Advice Bureau
- Councillors

- Department of Work and Pensions (DWP)
- Healthwatch
- Holy Trinity Hurdsfield
- Lived Experience Network (LEN) Cheshire and Merseyside Coordinator
- Mid Cheshire Hospital Foundation Trust
- Survivors of Bereavement by suicide (SoBS)
- Social Prescribers (PCN)
- The Samaritans
- Visyon

***Appendix 1b – List of organisations who have contributed March 2025***

***Review***

- Active Cheshire
- CE Parent Carer Forum (CEPCF)
- Cheshire East Council – Communities
- Cheshire East Council – Education Welfare Service
- Cheshire East Council – Domestic Abuse
- Cheshire East Council – Youth Work and Participation
- Cheshire East Council – Mental Health
- Cheshire East Council – Public Health
- Cheshire East Council – Public Health Commissioning
- Cheshire East Council - Highways
- Cheshire East Council – Safeguarding Adults
- Cheshire and Merseyside Integrated Care Board (ICB)– Mental Health
- Cheshire Police
- Cheshire and Wirral Partnership (CWP) - Children Services
- Cheshire and Wirral Partnership (CWP) – Community Mental Health
- CVS Cheshire East
- Department of Health and Social Care (OHID)
- Department of Work and Pensions (DWP)
- East Cheshire Hospital Trust

- Lived Experience Parent Carer Forum
- Martin Gallier Project
- Mentell
- Mid Cheshire Hospital Foundation Trust
- Survivors of Bereavement by suicide (SoBS)
- Social Prescribers (PCN)
- The Samaritans
- Visyon
- Vesta
- Wirral Community Care 0-19 Cheshire East

## ***Appendix 2 – Risk factors to suicide***

The following risk factors were highlighted during an online workshop with professionals and people with lived experience that took place on the 20<sup>th</sup> of January 2023. Responses were collected through Mentimeter (an online tool to collect feedback from attendees).

These have subsequently been grouped into the following themes:

Risk factors are sorted A-Z.

### **Individual and family risk factors**

- All forms of addiction (e.g., substance misuse, gambling)
- All forms of abuse (e.g., domestic abuse, sexual abuse)
- Bereavement
- Bullying
- Carers
- Criminal justice system
- Employment problems (e.g., poor quality and conflict)
- Ethnicity and culture
- Gender
- Homelessness
- Individuals with debt and money issues
- Lack of physical exercise

- Living on your own
- Loneliness and social isolation
- Mental health conditions
- Nationality
- Neurodevelopment conditions
- Older people
- Perinatal mental health
- Poor physical health
- Refugee and asylum seekers
- Relationship breakdowns
- Self-harm
- Sexuality
- Side effects of prescription drugs
- Social care involvement with family
- Stigma
- Stress and poor mental health
- Unemployment
- Young people

#### **Environmental risk factors**

- Access to means (e.g., readily available access to paracetamol in shops)
- Access to services and the reduction of services (such as libraries closing)
- Arriving in the country as a Refugee, Asylum seeker, Migrant
- Cost of living
- Housing (quality and affordability)
- Impact of the Covid-19 pandemic
- Natural disasters and climate change
- Neighbourhoods and where people live
- Transition from child to adult services



### ***Appendix 3 – Schools Guidance Document reviewed 2024***

Suicide Prevention Statement for Schools can be downloaded using the link below:

#### **Suicide Prevention Statement for Schools of Cheshire East**

##### **Guidance**

OCTOBER 2019

Insert name SCHOOL

\*Insert school logo here\*

Last Updated: November 2024

Resources in Appendix



### ***Appendix 4 – Mentell Evaluation 2024***



[Mentell Evaluation- Farming Rural Community 23\\_24](#)



[Lightworks rural community evaluation Cheshire East 2024.pptx](#)

OFFICIAL

## Appendix 5 – Responding to Suicide Risk A5 booklet

Public Health - Cheshire East Council



### Professionals and **Self-care...**

It is essential for all staff to practice self-care, this **avoids burn out, stress and poor mental health.**

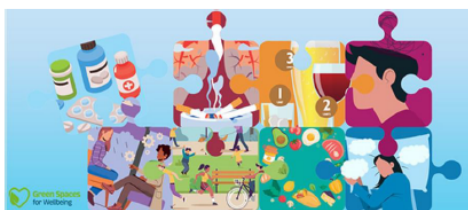
If you need to talk – the Samaritans offer confidential emotional support at any time of the day or night to anyone in distress, including people who may feel suicidal. They also have a Self-help app that can be accessed via their website. [Self-Help | Samaritans](#)

Helpline 116 123 (free)

Email [jo@samaritans.org](mailto:jo@samaritans.org) / [www.samaritans.org](http://www.samaritans.org)

**“Lifestyle change can lead to better health. By making changes, however small, you can make a big difference to your health and wellbeing.”**

Resources and support are available from [lifestyle on prescription \(cheshireeast.gov.uk\)](#)



Review date - 2025

OFFICIAL-SENSITIVE

### Responding to Suicide Risk

Guidance supporting residents or colleagues

This booklet offers guidance and information to help recognise and support someone who is feeling suicidal.

#### Reaching out can save a life!

*“Evidence shows, by asking someone if they're suicidal can protect them. They feel listened to, and hopefully less trapped. Their feelings are validated, and they know that somebody cares about them.”*

Ref: [Myths about suicide \(samaritans.org\)](#)

This resource has been developed based on the CHAMPS Suicide Prevention Training. If you would like to attend this FREE training.

Please use the booking system: [How to apply for a training course \(cescp.org.uk\)](#)

More information / local services visit the Livewell website: [self-harm and suicide prevention and support \(cheshireeast.gov.uk\)](#)

[Suicide Risk Guidance for Professionals\\_CEC\\_24 FINAL\\_.pdf](#)

## Appendix 5 – Inside page of A5 booklet

Public Health – Cheshire East Council



### Starting the Conversation...

If you are a professional delivering support over the phone or face to face, it is important to introduce who you are and what organisation you work for.

Every situation is different but here are some suggestions to help you start a difficult conversation.

Once a person feels at ease, they will talk to you.

"I would like to help you the best I can."

"Can you tell me how you have been feeling lately?"

"Have you had any negative thoughts?"

"Can I ask if you have had thoughts of ending your life?"

"Do you want to act on these thoughts and have a plan to take your own life?"

"Have you told anyone else how you feel?"

From this conversation it is important to offer reassurance and bravery, especially if it is the first time, they have disclosed how they feel. If the conversation continues, listen, and say that you will get them support. This will be determined by exploring their **Protective Factors**.

Review date :2025

OFFICIAL-SENSIT

### Responding to Suicide Risk

All disclosures of suicidal thoughts, feelings and planning to take their own life is **risk** that needs immediate support.

This support may include signposting to their GP for an emergency appointment, offering information on local support services or they may require emergency help.

It is essential that **all professionals respond to suicide risk**.

**No confidentiality applies and you have a duty of care to pass this information on to your line manager.**

**Increasing Protective Factors:** Follow on the conversation with these questions:

Do they have a family member who lives with them and understands their suicide risk.

**Call 0800 145 6485 or NHS 111 select Mental Health for advice and appropriate referral to support services**

If there is domestic abuse, they can call the **Domestic Abuse Hub 0300 123 5101**

Can they make an appointment with their GP?

Advise on 24/7 support and complete a safety plan

**If they have no protective factors or you feel they are in immediate danger ring 999 and request emergency help**

**Ask if you can contact them in the next 24 hours to check in**

[Suicide Risk Guidance for Professionals\\_CEC\\_24 FINAL\\_.pdf](#)

## Appendix 6 – Responding to Self-Harm and Suicide Risk in Children A5 booklet

Public Health - Cheshire East Council



### Professionals and **Self-care...**

It is essential for all staff to practice self-care, this **avoids burn out, stress and poor mental health.**

If you need to talk – the Samaritans offer confidential emotional support at any time of the day or night to anyone in distress, including people who may feel suicidal. They also have a Self-help app that can be accessed via their website. [Self-Help | Samaritans](#)

Helpline **116 123 (free)**

Email [jo@samaritans.org](mailto:jo@samaritans.org) / [www.samaritans.org](http://www.samaritans.org)

**"Lifestyle change can lead to better health. By making changes, however small, you can make a big difference to your health and wellbeing."**

Resources and support are available from [Lifestyle on prescription \(cheshireeast.gov.uk\)](#)



Review date - 2025

OFFICIAL-SENSITIVE

### Responding to Self-Harm Suicide Risk in Children

Guidance for professionals

"People self-harm for many different reasons. Some people find it hard to explain why they do it, but often it's a way for people to let out feelings that are hard to explain or control."

Lucas 19

[Young Minds website](#)

Hyper-links embedded to documents below:



## Appendix 6 – Inside page of A5 booklet

Public Health – Cheshire East Council



### Starting the Conversation.

Asking about **self-harm and suicide** helps to get children the right support at the right time.

Self-harm is common in children and young people and often in secret.

"I would like to help you the best I can."

"Can you tell me how you have been feeling lately?"

"Have you had thoughts of or have harmed yourself?"

"Can I ask if you have had thoughts of ending your life?"

"Do you want to act on these thoughts and have a plan to take your own life?"

"Have you told anyone else how you feel?"

Do they have a family member who lives with them and can support them? And can you offer information/guidance:

Young Minds – The TIPP technique on distraction/managing self-harm

Charlie Waller – guidance and advice

Childline – 121 support, advice and coping technique

Review date :2025

OFFICIAL-SENSIT

### Responding to Self-Harm

All disclosures of self-harm suicidal thoughts, feelings and planning to take their own life is **risk** that needs immediate support.

This support may include signposting to their GP for an emergency appointment, offering information on local support services or they may require emergency help.

It is essential that **all professionals respond to suicide risk. No** confidentially applies and you have a duty of care to pass this information on to your line manager.

**Increasing Protective Factors:** Follow on the conversation with these questions:

Do they have a family member who lives with them and understands their self-harm / suicide risk.

**Call 0800 145 6485 or NHS 111 select Mental Health for advice and appropriate referral to support services NHS My Mind – urgent support information**

If there is domestic abuse, they can call the Domestic Abuse Hub 0300 123 5101

Can they make an appointment with their GP?

Advise on 24/7 support and complete a Safety Plan

**If they have no protective factors or you feel they are in immediate danger ring 999 and request emergency help**

**Ask if you can contact them in the next 24 hours to check in**