

People Health and Wellbeing

Suicide Prevention - September 2023

The rates of deaths by suicide are climbing across the world.

- Over 800,000 people die by suicide every year across the world – that's one person every 40 seconds.
- It is estimated for each suicide, around 135 people are affected.

Suicide does not discriminate and impacts everyone including our NHS staff.

How suicidal thoughts might present themselves

- Feeling sure that you want to die.
- Not caring if you live or die and taking more risks or living recklessly.
- Not actively wanting to kill yourself but would welcome death if it happened.
- Not knowing why you are having suicidal thoughts or suicidal feelings and feeling completely powerless to know what to do about it.

If you are at risk

If you feel like you might attempt suicide, or may have seriously harmed yourself, it is important you seek urgent help:

- Call 999 for an ambulance
- Go straight to A&E, if you can

Or call your local crisis team, if you have their number. If you can't do this by yourself, ask someone to help you.

Additional support

- The Samaritans can be contacted 24 hours a day, 7 days a week by calling 116 123 or you can visit www.samaritan.org
- SHOUT can be contacted 24 hours a day, 7 days a week by texting SHOUT to 85258

Mental health crisis and emergencies are serious. You are not a burden, and you are not wasting anyone's time.

How to support yourself

There are a number of places where you can get support. Both MIND and the Samaritans have articles on ways to support yourself.

You can also help yourself by answering some of the following questions/statements:

What do I need to do to reduce the risk of me acting on the suicidal thoughts?

What warning signs or trigger make me feel out of control?

What can I do to help calm and soothe myself?

What would I say to a close friend who was feeling this way?

Who can I call? Friend, health professional, helpline?

To find more information about creating safety plans, click here: [SafetyPlan.pdf](#)

How to support someone you are worried about

Many people struggle to cope at one point or another in their lives. Reaching out to someone could help them know that someone cares, that they are valued, and help them access the support they need.

How to support someone who has been impacted by suicide

Have patience:
It may take time and several attempts before a person is ready to open up.

[How to help someone with suicidal feelings - Mind](#)

Suicide Awareness Training

[How to help someone seek mental health support - Mind](#)

[How to support someone you're worried about - Samaritans](#)

[Support groups for people bereaved by suicide Samaritans](#)

September Wellbeing Workshops

Introduction to Assertiveness (IN PERSON)



Wednesday 6th September
9:30 am - 11:30 am

Stress Risk Assessment for Managers (IN PERSON)



Wednesday 13th September
11:30 am - 1:30 pm

Mental Health Awareness Workshop
(ONLINE)



Tuesday 19th September
1:00 pm - 2:00 pm

Introduction to Compassion and Self-Care (ONLINE)



Wednesday 20th September
9:30 am - 12:30 pm

September Wellbeing Workshops

Menopause Awareness workshop (ONLINE)



Tuesday 26th September
1 pm - 3 pm

Menopause Café (ONLINE)



Wednesday 27th September
9:30am - 10:30am

For more information about our upcoming workshops, visit our Eventbrite page and webpage by scanning the QR codes below:



EWS Eventbrite



EWS Webpage



@EWS_CAVUHB

Further Support for everyone

Cultural Cwtsh

A suite of fun and stimulating online resources made by artists as support for the health care workforce in Wales, to assist on the recovery from the intense pressures of working throughout a pandemic. Offering an alternative, additional approach to supporting wellbeing and the wider package of resources that HEIW (Health Education Improvement Wales) is developing to support our frontline health care staff.

The Employee Wellbeing Service can provide support through counselling, guided self-help and signposting to other resources or services. Contact the Employee Wellbeing Service on 02921 844465 or employee.wellbeing@wales.nhs.uk.

Canopi offers a free, confidential service that provides mental health support to NHS and social care staff working in Wales.

Samaritans offer a free, confidential telephone helpline where you can talk to someone about anything that is troubling you. The helpline is open 24 hours a day, 365 days a year. Call: 116 123

Maximus offers a free, confidential service to any employee with mental health difficulties that affect their work. Call: 0300 456 8114 or email atw@maximusuk.co.uk

Coming up in October

In October the newsletter will focus on Stress Awareness and ways to manage stress.



PEOPLE HEALTH &
WELLBEING SERVICE
Employee Wellbeing
Occupational Health
Occupational Physiotherapy



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro
Cardiff and Vale
University Health Board