

People Health and Wellbeing

Suicide Prevention - September 2022

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 effected.

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 and 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 visit:
[SafetyPlan.pdf](#)

How to support someone you're 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

Stress Risk Assessment for Managers



Friday 2nd September
9:30am - 11:30am

Mental Health Management Workshop



Friday 9th September
1pm-3pm

Wellbeing Champion Training



Monday 12th September
9am - 1pm

Menopause Awareness



Tuesday 13th September
1pm-3pm

September Wellbeing Workshops

Compassion and Self-Care



**Friday 16th September
9:30am- 11:30am**

Long Covid Peer Support Group



**Monday 19th September
1pm-2pm**

Employee Health and Wellbeing Q&A



**Tuesday 20th September
1:30pm - 3pm**

Induction to Assertiveness



**Friday 23rd September
1pm-3pm**

September Wellbeing Workshops

Menopause Café



**Wednesday 28th
September
1pm - 2pm**

Low Mood Workshop



**Friday 30th September
9:30am - 10:30am**

For more information about up and coming workshops visit our Eventbrite page by scanning the QR code below:



Information Drop in session:

Tuesday 20th September
Hafan y Coed (UHL) - Board room
12 - 2pm

Tuesday 27th September
Lakeside Staff Haven (UHW)
12- 2pm

Network Meetings:

OneVoice:

Thursday 22nd September 1:30pm - 3pm

Access Ability Network:

Wednesday 28th September 9am - 10am

LGBTQ+ Peer Support Network Meeting

Thursday 29th September 4pm-5pm

To receive the link for the teams meetings contact the networks directly.

For more information regarding our workshops or drop ins you can find more on our twitter page or by scanning our website QR code:



@EWS_CAVUHB



 EWS Website

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

Remploy offers a free, confidential service to any employee with mental health difficulties that affect their work. Call: 0300 456 8025 or email waleswhp@mail.www.remploy.co.uk.

Coming up in October

In October the newsletter will focus on Mental Health Awareness.



PEOPLE HEALTH &
WELLBEING SERVICE
Occupational Health
Occupational Physiotherapy
Employee Wellbeing
Health Intervention



GIG
CYMRU
NHS
WALES

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



Bwrdd Iechyd Prifysgol Caerdydd a'r Fro
Cardiff and Vale University Health Board
**Rhwydwaith LHDTC+
LGBTQ+ Network**

Rhwydwaith Anabledd
Access Ability Network



One
Voice

OnevoiceCAV@wales.nhs.uk