

Important messages from your Safeguarding team

Suicide Awareness and Prevention

Every 90 minutes in the UK a life is lost to suicide.

It doesn't discriminate, touching the lives of people in every corner of society - from the homeless and unemployed to builders and doctors, reality stars and footballers.

It's the biggest killer of people under the age of 35, more deadly than cancer and car crashes, and men are three times more likely to take their own life than women.

Social distancing measures, whilst vital to stop the spread of Covid-19, risk leaving more people feeling isolated from their loved ones, developing anxiety or depression and suffering from loneliness which can lead to suicidal thoughts.

What should you do if you think someone is at risk?

Asking someone if they are OK can feel daunting, especially if you suspect they aren't. But, stepping up and asking the question could make all the difference. It shows you care, that you're there to help and reminds them they are not alone.



This 20 minute training course covers 3 scenarios; talking to a family member, a work colleague and a stranger and shows you the signs to look out for if someone is struggling, how to talk to them about this, and how to keep them safe. Access it here: https://ww5.gloucestershire.gov.uk/staffnet/rel-uk/story_html5.html

Useful info:

www.samaritans.org tel:116 123; www.papyrus-uk.org www.thecalmzone.net www.nhs.uk

Email us at safeguarding@gloscol.ac.uk (Monday to Friday, 08:30-17:00)