

Suicide Crisis News

Suicide Crisis is a registered charity which runs Suicide Crisis Centres

- **Joy is named in the Independent's "Happy List"**
- **Allan's story: From suicidal crisis to Volunteer of The Year award** at "The Pride Of The Cotswolds"
- **"Being With Nature Helped Me Survive Suicidal Crisis: It Helped Me Stay Connected With life"**
- **Rachel's story:** What happens when someone outside our area contacts our service
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Joy is named in the Independent's "Happy List"

Joy, our Founder and CEO, was named in The Independent newspaper's Happy List for 2019.

The list was created as an "antidote to awards that celebrate wealth or celebrity" and focuses on celebrating people across the UK who give. Joy was listed in particular for kindness.

Our Allan: From suicidal crisis to Volunteer of The Year award at "The Pride Of The Cotswolds" local newspaper awards

Allan was one of our first clients. He accessed our Suicide Crisis Centre in 2013, shortly after it had opened. He was assessed as being at high risk of suicide.

As he started to recover, he took a counselling course and a suicide intervention skills course. He started volunteering for Suicide Crisis as a support worker, accompanying a member of our team out to emergency situations, and on regular home visits to clients. He was hugely dedicated and supportive.

Eventually Allan became a trustee of the charity.

Allan's lived experience of suicidal crisis has been hugely important in giving people greater insight and understanding of male suicidality. Many of you will have heard him speak at our conferences locally and in other parts of the UK.

"Being with nature helped me survive suicidal crisis: It helped me stay connected with life"

Joy's latest article explains how nature helped her survive suicidal crisis.

She explains how she disconnected from people, but was able to still stay connected "to the living world, and to life itself" through her connection with nature.

Extract: "In a depressive episode, your self esteem may plummet to the point where you feel that you have no place in this world. You may feel that you have no worth or value. You may feel unacceptable. The natural world still embraces you. It accepts all that you are. It welcomes you still.

When I walked among trees or across fields, I felt a part of that world, despite feeling that I no longer belonged in the human world.”

This is the link to the article: <https://www.savinglives.blog/uncategorized/being-with-nature-helped-me-survive-suicidal-crisis-it-helped-me-stay-connected-with-life/>

Rachel’s story: What happens when someone from outside Gloucestershire contacts our service

Currently, we only provide services in Gloucestershire, but we are regularly contacted by people in crisis from other parts in the UK. We always try to provide emergency help on the day they call, and link them to local services in their area.

Rachel recently created a Justgiving fundraiser after being helped by our charity. This is what she has written about her experience:

“20th May 2018, I was beyond any feeling, I was numb to the core. My presence was no longer needed for the world, nothing mattered. After months of trying to access help and support and being constantly told to take responsibility for my own actions, that's exactly what I did.

Suicide Crisis supported me, they gave me the right tools to seek better help, they provided constant support from afar, offering their skills to speak to services in this area on my behalf. They heard my struggle, but it’s one they hear time and time again.

No judgement, just compassion, and very clear understanding of someone on the edge of life. I'm one of many they have helped.

The way they work is something that should be available to all communities, and I hope one day that will come.”

The full transcript is on Rachel’s page at Justgiving here:

<https://www.justgiving.com/fundraising/rachel-carr1980>

Rachel has also written a powerful blog about her mental health:

<https://blackdog758.wordpress.com/>

Caroline joins our team and gives a powerful reading of “The Starfish Story” on World Suicide Prevention Day

We’re delighted to welcome Caroline Holmyard, who has recently started working with a member of our team, supporting clients in crisis.

Many of you will have met Caroline before, as she has previously volunteered at our conferences and events, greeting people when they arrived and providing a supportive presence.

Caroline gave a beautiful reading at a multi faith service at Gloucestershire Hospitals NHS Foundation Trust. She read the Starfish Story, a poignant story which highlights the difference which we can all make:

“You see, what that young man's actions represent is something that is special in each and every one of us. We have all been gifted with the ability to make a difference.”

Vacancies for volunteer clinical advisers (including advising psychologist) in our charity

We are keen to take on some additional volunteer **clinical advisers** – particularly an advising psychologist. We may be able to take on some additional psychiatric advisers, too (such as a psychiatric nurse manager).

You don't have to live locally as it's possible to undertake this role via phone and email. Please see the advert for more details: <https://www.glosjobs.co.uk/social-care-volunteer-jobs-in-gloucestershire/advising-clinicians-psychologist-psychiatric-advisers-voluntary-positions-480215/>

We're also looking for an additional volunteer **counselling supervisor** to provide supervision to members of our team. This would be for a few hours a month. All our team members apart from one are fully qualified, BACP-accredited counsellors. We are looking for a qualified and experienced supervisor. This could be provided by telephone, and so the role may appeal to those outside as well as inside Gloucestershire.

Save Cheltenham's A&E department: what you can do to help

Urgent care versus emergency care

There are ongoing concerns about the risk of losing Cheltenham A&E department. We share these concerns, as Gloucestershire Hospitals NHS Foundation Trust managers only appear to be giving a commitment to providing urgent care (rather than emergency care) in the Fit For The Future documents.

The NHS differentiates between “**urgent**” and “**emergency**” care. “Urgent care” can be a Minor Injuries Unit. We have already lost our overnight A&E department in Cheltenham. From 8pm to 8am it becomes a Minor Injuries Unit. We feel there is a real risk that we could lose daytime A&E services in the town, too.

Suicide Crisis has written to Gloucestershire Hospitals NHS Foundation Trust to express our concerns. This relates in particular to the impact on people who are in mental health crisis or in suicidal crisis, if the A&E department is closed.

Suicide Crisis will also be giving a half hour presentation at a Fit for the Future engagement meeting in Gloucestershire towards the end of October. Please contact us if there is any evidence (from personal experience) that you would like us to share, relating to your views on the need for an A&E department in Cheltenham. We can share this anonymously, if you wish.

Please also see this **survey** below by One Gloucestershire. One Gloucestershire is the name given to the partnership between local NHS services and care services.

It is so important that hospital bosses hear your voice. We hope that as many people as possible in Gloucestershire will complete the survey. Please remember that urgent care may be different from emergency care.

Survey link: <https://www.smartsurvey.co.uk/s/fitforthefuture/>