



December 2021

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[NSPA news and activities](#)

NSPA Conference 2022 - moved to online only

Following recent government guidance and concerns about Covid, we have taken the sad decision to hold this year's conference entirely online. We have prepared for this possibility and have a great virtual event platform set up that worked so successfully last year, and look forward to welcoming you online on 27th January.

If you have booked to attend in person you will have heard from us about partially refunding your ticket. If you haven't booked a ticket yet, there's

still time to join us – you can book [here](#). Please do email us at events@nspa.org.uk if you have any questions or concerns.

[Buy tickets here](#)

Online discussions in December

In December we held discussions on reaching and supporting LGBTQ+ people and reaching and supporting Black, Asian and other minoritized people. There was huge interest in these discussions, and summaries will be available on our website in the new year.



We would like to take this opportunity to wish all our members a relaxing and peaceful Christmas

Christmas is a joyful time, full of festivities, but it can also be a difficult time of year. **Please take care of yourselves over the Christmas period. If you are struggling, you can contact Samaritans at any time over the Christmas period on 116 123 or at jo@samaritans.org.**

[Top suicide prevention stories](#)

Government launch £4m grant fund for suicide prevention VCSE organisations

The Department of Health and Social Care (DHSC) has made available £4 million for a grant fund to support suicide prevention VCSE organisations across 2021 to 2022. A portion of the grant fund will be ring-fenced specifically to help support small community-led and user-led groups and organisations. The application portal for the grant fund opened on 2 December and will close on 16 January 2022. You can view a webinar explaining the application process [here](#). And read more about the fund [here](#).

Opportunity to share evidence with MPs about rural mental health

The Environment, Food and Rural Affairs Select Committee has recently opened an inquiry about rural mental health. **The inquiry will be taking evidence submissions until the 7th of January.** This is an important opportunity for the Committee to hear evidence about mental health from

people and organisations in rural communities, so it can effectively hold government to account. Anyone can [submit evidence](#) to the inquiry. The Committee will report its findings to the House of Commons and will expect a response from Government within 60 days. Individual evidence submissions will also be published on the Committee's website, and you can submit yours anonymously if this is a concern.

[Updates from our members](#)

Reach Out: Start to End Suicide (START) - peer to peer creative arts support group

START have set up a peer to peer creative arts support group, the group is for anyone who is recovering from a suicide attempt, experiencing or have experienced suicidal thoughts and/or ideation. The sessions are built around basic skill sets that will be built upon each week, seeing you conceptualise, design, plan and create your own works, with all materials being supplied free. The group takes place Fridays at START, Salford. For more information or to register please email dennisb@startinspiringminds.org.uk



Samaritans - new research: The impact of economic disruption on young adults

Samaritans have just published new research on the impact of economic disruption on young adults across the UK and Republic of Ireland. As part of their research programme into the impact of covid-19, they wanted to explore how young adults were affected by the economic disruption (including job loss, job uncertainty, drop in income) they were facing. They found economic disruption over the past year has left young adults experiencing feelings of defeat, entrapment, shame, hopelessness and suicidal thoughts; factors they know are related to suicide. You can read the full study [here](#).

Suicide Bereavement UK - Emergency Services Evidence-Based Training

Suicide Bereavement UK (SBUK) are launching evidence-based and practice-based 'Responding To Suicide' (RTS) training. This training offers emergency services professionals an opportunity to build knowledge, confidence and skills in responding to and better supporting those bereaved or affected by suicide. Attention is also paid to the personal impact these traumatic events can have on emergency personnel. More information is available [here](#).

[Latest research news](#)

Child suicide rates during the COVID-19 pandemic in England

David Odd, Tom Williams, Louis Appleby, David Gunnell, Karen Luyt, 2021, *Child suicide rates during the COVID-19 pandemic in England*, Journal of Affective Disorders Reports

This study aimed to identify if there had been a rise of childhood suicide during the COVID pandemic. Using data from England's National Child Mortality Database (NCMD) the characteristics and rates of children dying of suicide between April and December 2020 were compared with those in 2019. They found no consistent evidence that child suicide deaths increased during the COVID-19 pandemic although there was a possibility that they may have increased during the first UK lockdown. A similar peak was not seen during the following months, or the second lockdown. Read the study [here](#).

[Upcoming events](#)

Don't forget to take a look at the [NSPA Events page](#).

27/1/22

[NSPA's 8th Annual
Conference](#)

Online



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Our mailing address is:

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January 2022

In this month's newsletter:

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NSPA Conference 2022, 27th Jan, online - last chance to buy tickets

We are looking forward to seeing many of you at our 2022 conference '*Suicide prevention at the heart of the Covid recovery*' on 27th January. If you have not yet booked a ticket, there's still time.

This year's conference will include plenary talks on:

- the national strategy and the impact of Covid-19
- valuing lived experience in suicide prevention
- equality and diversity in suicide prevention

Workshops will include preventing student suicide, implementing real-time surveillance, alcohol dependency and suicide, online harms and safety planning. You can read more [here](#) and find a full programme [here](#).

[Buy tickets here](#)

NSPA Conference - instructions for delegates

We have a great virtual event platform set up, and all attendees will be emailed joining instructions and further information about it on Monday 24th January. You will then be able to sign in ahead of the day and familiarise yourself with the virtual venue.

[Top suicide prevention stories](#)

NICE - Draft guideline on self harm: assessment, management and preventing recurrence open for consultation

The National Institute for Health and Care Excellence (NICE) have produced draft guidelines on Self harm: assessment, management and preventing recurrence. These guidelines are now open for consultation. If you would like to comment or find out more, the [consultation page](#) has all the information and documents you need. **The consultation will close at 5pm on 1 March 2022.**

[Featured member](#)



High Peak CVS

Community & Voluntary Support



High Peak CVS

High Peak CVS is a charitable infrastructure organisation that supports local voluntary and community groups across the High Peak area. They run bereavement support groups and the local social prescribing service. As an organisation, their staff and volunteers directly support those that are particularly vulnerable, as well as supporting services and groups that are on the frontline of community action. Their social prescribing service supports those that have mild mental health issues and could be at risk of suicide. You can read more about their work [here](#).

[New alliance members](#)

Since our last newsletter:

London Borough of Hounslow and Hertfordshire Constabulary
have joined the NSPA.

Please join us in welcoming them.

If you'd like to learn more, click their logo below to visit their membership page



**London Borough
of Hounslow**



[Updates from our members](#)

James' Place - open day

James' Place are hosting their next London centre (Clerkenwell) open day on 1 February. Please email london@jamesplace.org.uk if you would like to attend or for more information. [James' Place](#) is a centre that offers a clinical intervention to men over the age of 18 who are experiencing a suicidal crisis.



Mind & Rethink Mental Illness - Time to Talk Day 3/2/22

Time to Talk Day 2022 is run by [Mind](#) and [Rethink Mental Illness](#) in England, in partnership with [Co-op](#). Time to Talk Day is the nation's biggest mental health conversation. The day is all about creating supportive communities by having conversations with family, friends, or colleagues about mental health. If you would like to take part in the day you can order a free conversation starter pack to help you talk about mental health in your community. Find out more [here](#).

Mental Health Foundation - Mental Health Awareness Week

The Mental Health Foundation have confirmed that the theme for this year's Mental Health Awareness Week 2022, is loneliness. The week will run from Monday 9th May until Sunday 15th May 2022 and will raise awareness of the impact of loneliness on our mental wellbeing, as well as the practical steps that

can be taken to address it. You can find out more about the campaign and how to get involved [here](#).

Samaritans - join their Online Harms Lived Experience Advisory Groups

Samaritans is looking for people aged 18+ who live in the UK and have lived experience of self-harm or suicidal thoughts to join their Online Harms Lived Experience Advisory Groups. They are also looking for young people aged 18 to 25 with lived experience of supporting others online with self-harm or suicidal thoughts to take part.

These lived experience advisors will work alongside the Online Harms team and will be paid £15 per hour for their time and expertise. These roles are home-based, and all activities will take place online. The closing date for applications is Monday 7th February 2022 at 10am.

Find out more about these lived experience roles and how to apply [here](#).

Samaritans - Can you spare 45 minutes to help Samaritans develop tools on internet safety?

Samaritans are looking for practitioners to take part in 45 minute interviews to discuss issues around online use, suicide and self-harm.

The interviews will shape a new digital learning offer for practitioners on how to support service-users to stay safe online.

- Interviews will only last 45 minutes.
- They can offer different times including mornings and evenings to suit your availability.
- Samaritans will credit anyone who takes part in the final resources

They want to interview different professionals working across NHS, voluntary and community services. It doesn't matter how much you currently know about internet use, suicide and self-harm. The interviews will be a chance to explore different practitioner needs. To arrange an interview please email onlineharms@samaritans.org.

Suicide Bereavement UK - publish new study -

Ethnic Minority Groups' Experiences of Suicide Bereavement: A Qualitative Exploratory Study

Suicide Bereavement UK have published their first academic article associated with the national suicide bereavement study, which focuses on the experiences of 227 people from ethnic minority groups bereaved by suicide in the UK. This is the first study in the UK to engage with ethnic minority groups and provide a preliminary understanding of their experiences and needs in relation to suicide bereavement. You can read the study [here](#).

[Jobs](#)

Samaritans/Support After Suicide Partnership

The Support after Suicide Partnership is looking for an Executive Lead and a

Membership and Communications Officer, hosted by Samaritans.

Support After Suicide Partnership (SASP), Executive Lead

To lead the Support After Suicide Partnership, manage the SASP team and work with the SASP Steering Group to deliver against the strategy and business plan. Read more about the role and how to apply [here](#).

- Full time / Perm
- Based in Ewell (Surrey) with a mix of home working and office work

SASP Membership and Communications Officer

To support the development of the Support after Suicide Partnership by providing an excellent service to SASP members and the general public, developing and maintaining high quality communications.

Read more about the role and apply [here](#).

- Full Time / 12 month fixed term contract
- Based in Ewell (Surrey) with a mix of home working and office work

Closing date for both roles is 28th January 2022.

[Latest research news](#)

Suicide by homeless patients in England and Wales: national clinical survey

Paul Culatto, Lana Bojanić, Louis Appleby, Pauline Turnbull, 2021, *Suicide by homeless patients in England and Wales: national clinical survey*, Cambridge University Press.

This study used data from the National Confidential Inquiry into Suicide and Safety in Mental Health to examine demographic and clinical characteristics of

homeless people who died by suicide and were in recent contact with mental health services. Homeless patients who died by suicide more often had known risk factors for suicide than patients in stable accommodation. As a result of the higher percentages of post-discharge and in-patient suicides in homeless patients as well as the high prevalence of substance misuse, this study recommends closer integration of services as well as awareness of risks during in-patient admission and in the weeks immediately after discharge. You can read the full study [here](#).



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