



In this month's newsletter:

1. [NSPA news and activities](#)
2. [Top suicide prevention stories](#)
3. [Featured member](#)
4. [New alliance members](#)
5. [Updates from our members](#)
6. [Latest research news](#)
7. [Upcoming events](#)

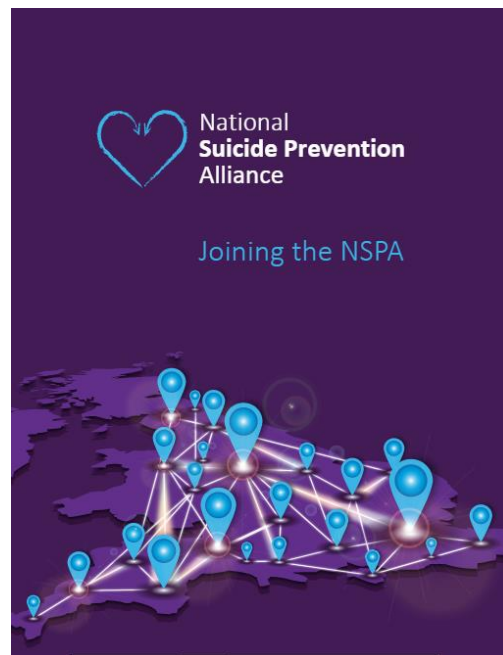
[NSPA news and activities](#)

Elections to the NSPA Steering Group

We have several vacancies coming up on our Steering group, which guides the strategic direction of NSPA and oversees our work. Nominations will be opening in the next couple of weeks for anyone who wants to stand for election. The lead contact in your organisation will receive an information pack with details on what being a member of the Steering Group involves, how to stand for nomination and how the election process will work. Please do think about standing for election, and check with the lead contact in your organisation for more information soon!

Become a member

If you are not already a member of the NSPA now is a great time to join us. You will become part of a rapidly growing alliance (now over 1500 members) of those working in suicide prevention. Being a member is free and will give you access to events and resources as well as opportunities to showcase your work and connect with others. **Please encourage any organisations you are working with to join too.**



[Join here](#)

[Top suicide prevention stories](#)

Online Safety Bill - new revisions

The UK Government's [Online Safety Bill](#) was finally presented to Parliament in March having undergone revisions since the publication of its draft form. The Bill represents an opportunity to make the internet a suicide-safer place by reducing access to means whilst also tackling stigma and enabling supportive content to flourish online. Whilst the revised Bill has categorised illegal suicide content as a priority area, there remains a lack of provision to address content that is legal but harmful, particularly for users over the age of 18. Samaritans have responded to the publication of the Bill, calling for the Bill to go further in

protections for all, on all platforms when it comes to harmful suicide and self-harm content. You can read Samaritans' press release [here](#).

[Featured member](#)

THE DEAF HEALTH CHARITY SIGNHEALTH

SignHealth are working towards a future where there are no barriers to good health and wellbeing for all Deaf people. They deliver their own services to reach Deaf people in their shared language, British Sign Language (BSL), in their moment of need, through domestic abuse support, psychological therapy, advocacy and residential services. Deaf people are twice as likely to experience mental health challenges such as depression and anxiety compared to hearing people. SignHealth are proud to share that they were recently awarded a ground-breaking national NHS England contract to deliver NHS Talking Therapies for Deaf people, removing a major funding barrier to vital mental health support delivered in BSL. Learn more [here](#).

[New alliance members](#)

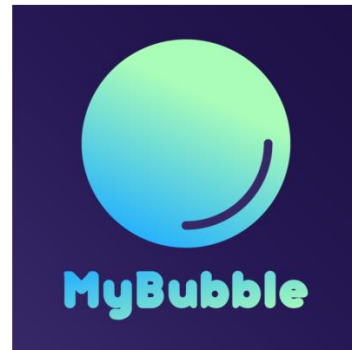
Since our last newsletter:

Advocacy for All and MyBubble

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.



[Updates from our members](#)

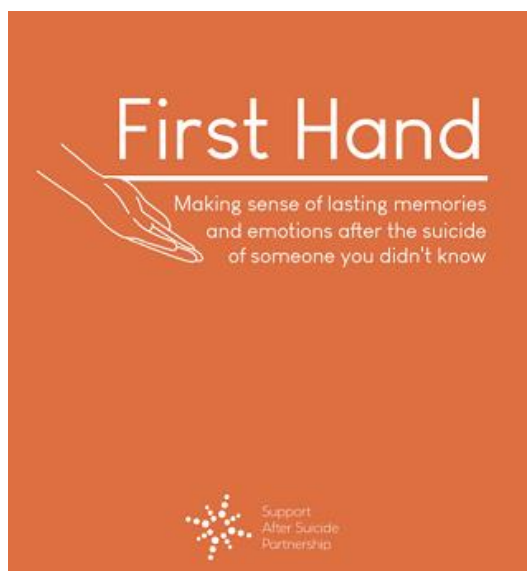


Chasing the Stigma - winners of the impact awards

Congratulations to mental health charity Chasing the Stigma who recently won the Mental Health and Wellbeing Award at the 2022 Digital Leaders Impact Awards, for their Hub of Hope app. The awards celebrate technological innovations that improve people's lives and the world around us. The Hub of Hope is the nation's biggest and most comprehensive mental health database, enabling people to search for mental health support in their local area via their postcode or by concern. You can find the Hub of Hope [here](#).

Grassroots Suicide Prevention, Thrive LDN and the Support After Suicide Partnership - new resource

First Hand, a new guide created by the Support After Suicide Partnership, Thrive LDN, Grassroots and Sussex Health and Care Partnership, is designed to support anyone affected by witnessing a suicide of someone they did not know. Read it [here](#).



Kent and Medway CYP Suicide Prevention Network Audit Sub Group - new report

Three features and four golden threads of positive practice when supporting care leavers who express suicidal thoughts

This report was developed by the Kent and Medway children and young people suicide prevention network audit subgroup. The group was established in January 2021, to improve the support for children and young people at risk of suicide and self-harm. Practice can be improved by identifying and sharing when things go well. This report celebrates best practice and demonstrates the effectiveness of the support available to children and young people. Read the report [here](#).

Rethink & Gloucestershire Council - new support service for adults bereaved by suicide

A new Gloucestershire Support after Suicide Service (GSASS) is now available to anyone over 18 who has been bereaved by suicide and lives within the county of Gloucestershire. The service is predominantly for families and partners, however they can offer support to anyone who may have been affected by a death by suicide. Their support consists of a mix of one to one sessions, peer support groups, bereavement counselling, signposting and the provision of a Gloucestershire online peer support platform called Clic. Find out more [here](#).

Samaritans report - From ‘they’ to ‘we’ Reflections on working as lived experience advisors

From “they” to “we” is a report that explores the reflections of lived experience advisors and researchers who worked together on a Samaritans research project. The research explored the benefits and risks of peer support for people who self-harm. The advisory group was formed specifically for this research, and so all the advisors had lived experience of non-suicidal self-harm.

Both the advisors and the researchers found there were a range of benefits to involving people with lived experience in the research, including helping the advisors overcome stigma. The advisors also developed a set of principles for meaningful and appropriate lived experience engagement with people who self-harm. These principles are rooted in the successes, challenges, and learnings of this research project. Read the report [here](#).

[Latest research news](#)

Intervening to prevent suicide at railway locations: findings from a qualitative study with front-line staff and rail commuters

Katsampa, D., Mackenzie, J., Crivatu, I., & Marzano, L. (2022). *Intervening to prevent suicide at railway locations: Findings from a qualitative study with front-line staff and rail commuters*. BJPsych Open

For every suicide on the British railway network, at least six potential attempts are interrupted by front-line staff or rail commuters. However, the factors that maximise or hinder the likelihood and effectiveness of such interventions are poorly understood. This study aimed to shed light on the experience of intervening to prevent a suicide at a railway location, including how and why people intervene, and their feelings and reflections in the aftermath. Read the study [here](#).

[Upcoming Events](#)

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

26th April 2022	Preventing Suicide in Children and Young People	Online
--------------------	---	--------



NSPA is an organisation hosted by Samaritans, registered charity number 219432 and SC040604.

Copyright Samaritans 2021

Our mailing address is:

National Suicide Prevention Alliance
The Upper Mill
Kingston Road
Ewell, Surrey KT17 2AF
United Kingdom

