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### **Would you like to help shape the strategic direction of the NSPA? Co-Chair opportunity (Voluntary role)**

As our current Co-chair's term in post has now come to an end, we are looking for a new Co-Chair to work alongside us. This role shares leadership of the NSPA Steering Group and will need to chair NSPA meetings and to be ultimately responsible for the strategic direction of the alliance. You will also act as Co-Chair of NSPA's annual national conference in January. A full role

description and detail of how to apply can be found on our website [here](#). The closing date is **9th October**.

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## **NSPA Conference 2023 - save the date - 24 Jan 2023**

We will be holding our next annual conference on Tuesday 24th January so please save the date! This will be a fantastic opportunity to see each other in person again, as we plan to hold it at the Kia Oval in London. Tickets will go on sale in October, so please put it in your diary, and we look forward to seeing you there.



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## **Notes from member online discussion on the new Suicide Prevention Plan**

In July we held an online discussion for our members on the new Suicide Prevention Plan, thank you to everyone who took part. The discussions focused on what drivers of suicide and self-harm are the most important to tackle, and which at-risk groups need more focus in the new Suicide Prevention plan and what actions should be taken to better support people at risk of suicide who are struggling financially.

**A summary from this discussion is available on our website [here](#).**

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## World Suicide Prevention Day 2022

WSPD took place on Saturday 10th September . This year the international theme was 'Creating Hope Through Action' and our project team focused on the actions that individuals and organisations use to create hope for themselves and others. You can still read the personal reflections and case studies of the work that people undertake to create hope [here](#). Thank you to everyone who shared their work and engaged with us on Twitter on the day - especially our project team of members and people in our lived experience network.

**World Suicide Prevention Day:**  
**Creating hope through action**

10 September 2022 #WSPD

Supported by



National  
**Suicide Prevention**  
Alliance



## **NSPA Lived Experience influencer speaks at the Labour Party Conference**

On 26<sup>th</sup> September, Chris, one of NSPA's Lived Experience Influencers spoke at the Labour Party Conference in Liverpool, as part of an event hosted by Samaritans. Chris was joined on a panel by Shadow Minister for Mental Health, Dr Rosena Allin-Khan, and Lambeth Cabinet Member for Healthier Communities, Jim Dickson.

Chris shared parts of his own lived experiences related to mental health and suicidal thoughts and attempts, and spoke about what he thinks is important for government and policy makers to include in suicide prevention. This included the need for mental health to be available at an earlier stage, before crisis; how beneficial peer support is in the voluntary sector; and how decisions made across all departments in Government has an impact on the lives of people affected by suicide. In particular, Chris spoke about the need for economic disadvantage and economic inequality to be addressed, thinking about the impact of housing, employment and the impact of cost-of-living crisis.

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## **NSPA and Support After Suicide Partnership: new resource Working with people with lived experience in suicide prevention**

NSPA's Lived Experience Network is striving to ensure that suicide prevention activity across the country is underpinned by the voices of people with lived experience and that knowledge of those with lived experience is valued and respected. You can find out more about how we do this [HERE](#).

As well as working directly with people with lived experience ourselves, we also want to encourage and support those working in suicide prevention to work with people with lived experience in a meaningful way.

### **What we are doing?**

NSPA and Support After Suicide Partnership (SASP) are working together to develop a frequently asked questions resource about working with people with lived experience in suicide prevention. To help us do this in a way that is useful and informative, we are putting a call out to our members to contact us with suggestions or questions to include in the FAQ.

- If you are working in suicide prevention and have questions or areas that you feel less confident about that you would like to see covered in the FAQ, please do get in touch with these
- If you have lived experience yourself and there are questions or areas that you think those working in suicide prevention need to know when involving people with lived experience in their work

We will use responses to inform our next steps in developing the FAQ.

Please email [livedexperience@nspa.org.uk](mailto:livedexperience@nspa.org.uk).

[Top suicide prevention stories](#)

## **GovConnect**

The Minister of State for Care and Mental Health will be delivering the keynote

address at the Mental Health 2023 Conference which is now on May 17th 2023 at the Royal Society of Medicine.

This event will focus on how they deliver whole pathways of care, NHS led collaboratives and targeted approaches to deliver the key Mental Health commitments within the Long Term Plan.

They are awarding fully funded bursaries strictly to NHS & Public Sector staff to attend. Register [here](#).

### [New alliance members](#)

Since our last newsletter:

**Violet Project, Time to Talk, National Support Network and PTSD UK**  
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](#)



### **End Stigma Surrey - relaunch mental health anti stigma campaign**

End Stigma Surrey, a county wide campaign in Surrey commissioned by Surrey County Council Public Health are relaunching their mental health awareness and anti-stigma campaign with drama, audience interaction, real stories and discussion on Wednesday 19th October 2022. This event is for all residents in Surrey, including those with lived experience and health care professionals. Find out more and reserve your place [here](#).

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### **Hounslow Council - 'Just Say Something' campaign**

Hounslow Council Public Health team produced a short film for World Suicide

Prevention Day. The film, 'Just Say Something' features a range of people who live and work in Hounslow and encourages people to speak out when they're in distress and reach out for support when they are struggling with their mental health. The team hope it will also motivate people to take the Zero Suicide Alliance free, online 20-minute training course to teach them the skills and confidence to have a potentially life-saving conversation with someone they're worried about. They also have a version in which Just Say Something is spoken in the many different languages across the borough. You can view the films and training [here](#).

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## **Ministry of Justice**

### **Innovation in suicide prevention for those on probation supervision event; 22<sup>nd</sup> November 2022**

Nottingham Trent University, in partnership with the Ministry of Justice, will be hosting a one-day event which draws together national and local stakeholders to consider ways to prevent deaths in those under community probation supervision, with a particular focus on suicide prevention. The event will explore the critical risks and needs within this population including the high-risk period during transition out of prison, the specific needs of community offenders as well as exploring how to enhance partnership working and existing suicide prevention ambitions to collaboratively support a reduction in suicide within this high-risk group.

They welcome NSPA members who would like to contribute to action plans to join them at this event (live-stream observation is also available). Register [here](#).

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## Samaritan's 'saving lives can't wait' campaign

Samaritans are calling on the Secretary of State for Health and Social Care, Thérèse Coffey, to commit to taking the strong, decisive action that will achieve the lowest national suicide rate ever recorded in England. They are petitioning the government to:

- Aim to achieve the lowest national suicide rate ever recorded, through strong, decisive action.
- Make sure every Government department takes responsibility for the impact they may have on suicide risk.
- Provide proper funding for all local and national suicide prevention activity.
- Address the impact of economic inequality in suicide.

You can get involved by signing the petition [here](#).

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## **We Mind & Kelly Matters - 'Stamp out Stigma' campaign and world record attempt**

We Mind & Kelly Matters are asking you to pledge your support to 'Stamp out Stigma' and support more conversations around suicide prevention. They need 20,000 signatures before 10th of October for a new world record.

They are asking you to use your voice and pledge to support real people, the 1 in 5, who have thoughts and feelings about suicide, the 1 in 20, who will make a suicide attempt, and 800,000 people worldwide who die every year from suicide. Please sign, pledge, and share [here](#).

[Latest research news](#)

## **Supporting general practitioners in the assessment and management of suicide risk in young people: an evaluation of an educational resource in primary care**

Michail, M., Cairns, A., Preece, E., & Mughal, F. (2022). *Supporting general practitioners in the assessment and management of suicide risk in young people: An evaluation of an educational resource in primary care*. Primary Health Care Research & Development.

This study aimed to conduct a local evaluation of the use of the [RCGP Suicide in Children and Young People: Tips for GPs](#) resource in practice and its impact on GPs' clinical decision making. The evaluation took place across two Clinical Commissioning Groups. Twenty-one per cent (21%; 13/62) of the sample confirmed that they had used the RCGP resource "Suicide in Children and Young People: Tips for GPs" in practice since launch. Of those, 46.1% used the resource for information and 15.4% for assessing a young person. The majority of GPs (67.7%; 42/62) who completed the survey had not used the educational resource. This study highlights the need for continued education in suicide risk assessment and management of young people in primary care. Read the full study [here](#).

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## **Assessing and Responding to Suicide Risk in Children and Young People: Understanding Views and Experiences of Helpline Staff**

Williams AJ, Kloess JA, Gill C, Michail M. 2022, *Assessing and Responding to Suicide Risk in Children and Young People: Understanding Views and Experiences of Helpline Staff*. International Journal of Environmental Research and Public Health.

The study explored the views and experiences of helpline organisations on identifying, assessing, and managing suicide risk among children and young people. Thirteen professionals from three UK-based helplines and online counselling services took part in semi-structured interviews between November 2020 and January 2021. The interviews identified three key themes associated with identifying, assessing and managing suicide risk among service users (SUs). These were: (i) Starting conversations about suicide; (ii) Identifying and responding to "imminent" suicide risk; and (iii) Responses to suicide risk in relation to safeguarding. The key message from all participants was ensuring a

good relationship and open dialogue which included suicide, this was thought to best engage young people to disclose any risk. You can read the study [here](#).

## [Upcoming Events](#)

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

6/10/22	<p><b>Preventing Suicide, Saving Lives Healthcare online conference</b></p> <p>Chaired by Dr Phil Moore of Thrive London's Suicide Prevention Group. Speakers include Joy Hibbins, Chief Executive of Suicide Crisis and Nicola Sanderson, Deputy Director of Nursing Leeds &amp; York NHS Partnership Trust.</p> <p>HCUK are offering a 20% discount for NSPA Members with code hcuk20nspace</p>	<p>Virtual Conference <a href="#">Click here for more info</a> or to book</p>
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24/01/23	<p>NSPA Conference SAVE THE DATE Tuesday 24th January 2023</p> <p>An informative line up of speakers with plenty of interactive workshops &amp; time to network with peers.</p> <p><b>Tickets on sale next month. Join the NSPA in advance to receive a discount. <a href="#">Click here</a>.</b></p>	<p>Kia Oval, London</p>
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