



Sharon Lovell
Project Officer
Derbyshire



Introduction

- Need for the project
 - National Suicide Prevention Strategy aims to reduce suicide by 20%
 - Pilot in Leicester funded by DEFRA / Leicester City PCT
- Statistics
 - Approx. 4,300 people die by suicide each year in England
 - Between 2006 – 2008 deaths by suicide:
 - In Derbyshire were 130
 - In Derby City were 74 (source: East Midlands Public Health Observatory; 2010)

Introduction

- Vulnerable groups
 - Suicide is the most common cause of death in men under the age of 35
 - On average a person dies by suicide every two hours in England
 - People who suffer with mental illness are vulnerable to suicide
 - Those who have the means to take their own lives
 - Isolation, Relationship problems, Money worries

SAPT Project

- Funded by Big Lottery for 3 years (2009-12):
 - ½-day suicide awareness training sessions
 - People who work with vulnerable people
 - The general public
 - Short presentations for workplace/schools
 - Opportunity to match content to needs
 - Derbyshire, (Leicestershire & Rutland, Northants, Nottinghamshire)

Aims

- To train 2,400 people at ½ day training seminars
- 104 short suicide awareness presentations in the workplace
- To raise your awareness of suicide
- To challenge common myths / assumptions
- To provide:
 - An understanding of risk factors
 - An indication of likely suicidal behaviours
 - The confidence to help those in distress, *appropriately*
 - A networking opportunity
- Give you a resource pack for further information / future reference

What will the training cover?

Themes

- Myths / Attitudes
- Risk factors / Key messages
- Risk assessment
- Intervention - What protects / helps

Progress

- Review of training content
- First two seminars in each region facilitated by Keith Waters
- Recruitment of facilitators
- Networking and spreading the word
 - Presentations
 - Events
 - Promotional materials

Evaluation and Future Plans

- Evaluation forms
- Networking opportunities
- Focus groups
- Short presentations
- Development of information packs

Thank you for listening
Any questions?

