



National Centre for
Suicide Prevention
Education & Training



SFA
Suicide First Aid

MONEY
ADVICE TRUST

Suicide First Aid® Approaches

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About us



National Centre for

Suicide Prevention

Education & Training

NCSPET's Core Purpose is:

“To contribute to reducing suicides through empowering communities, equipping people with knowledge, skills and confidence: Teaching them how to have a caring conversation that may help save a life.”



About us



SFA
Suicide First Aid

- **400+ Tutors delivering UK and Internationally**
- **Over 20,000 people trained to date**
- **Trauma informed**
- **Externally audited by City and Guilds / RSPH**
- **Specialist courses for a range of sectors**
- **Partnerships with a range of large organisations**



The current picture

- 1 in 20 people think about suicide
- Reported suicides have increased
- Suicide is the 4th leading cause of death among 15-29 year olds globally.
- 9% of employees have experienced suicide thoughts
- 3X more likely to think of suicide if you are experiencing financial stress

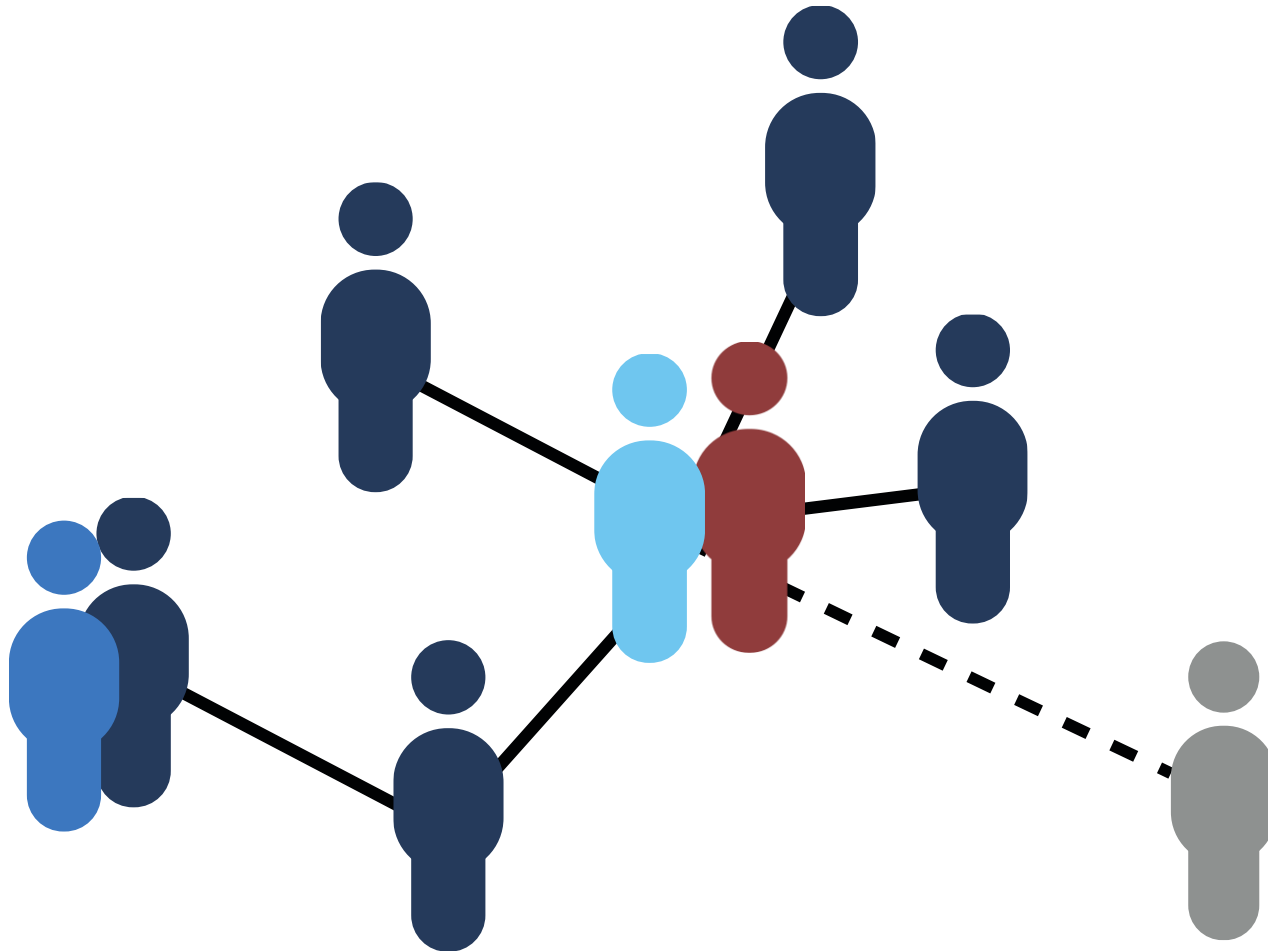


The current picture

Staff experience (Vulnerability: a guide for debt collection, March 2017)	Customer vulnerability (A silent killer: Breaking the link between financial difficulty and suicide, 2018)
<p>Staff (n=1573)</p> <ul style="list-style-type: none">• 1 in 4 received serious disclosure• 657 opportunities save life• 1 in 4 didn't know what to do• 1 in 5 no clear organisational process• 1 in 4 unable signpost help• 1 in 3 insufficient training	<p>Customer (n= 7500)</p> <ul style="list-style-type: none">• 3x more likely think suicide• 13% had thought about suicide• 3% done suicide behaviour (attempt)• 400,000 suicide thoughts• 100,000 suicide attempts



Suicide First Aid® Approach



Suicide Safety Guide

A three-step conversation that can save a life:



Recognise
& Ask



Listen
& Explore



Helping
You Cope



Step 1: Recognise the Signs



Overt Disclosure: An open declaration that a customer is thinking of suicide



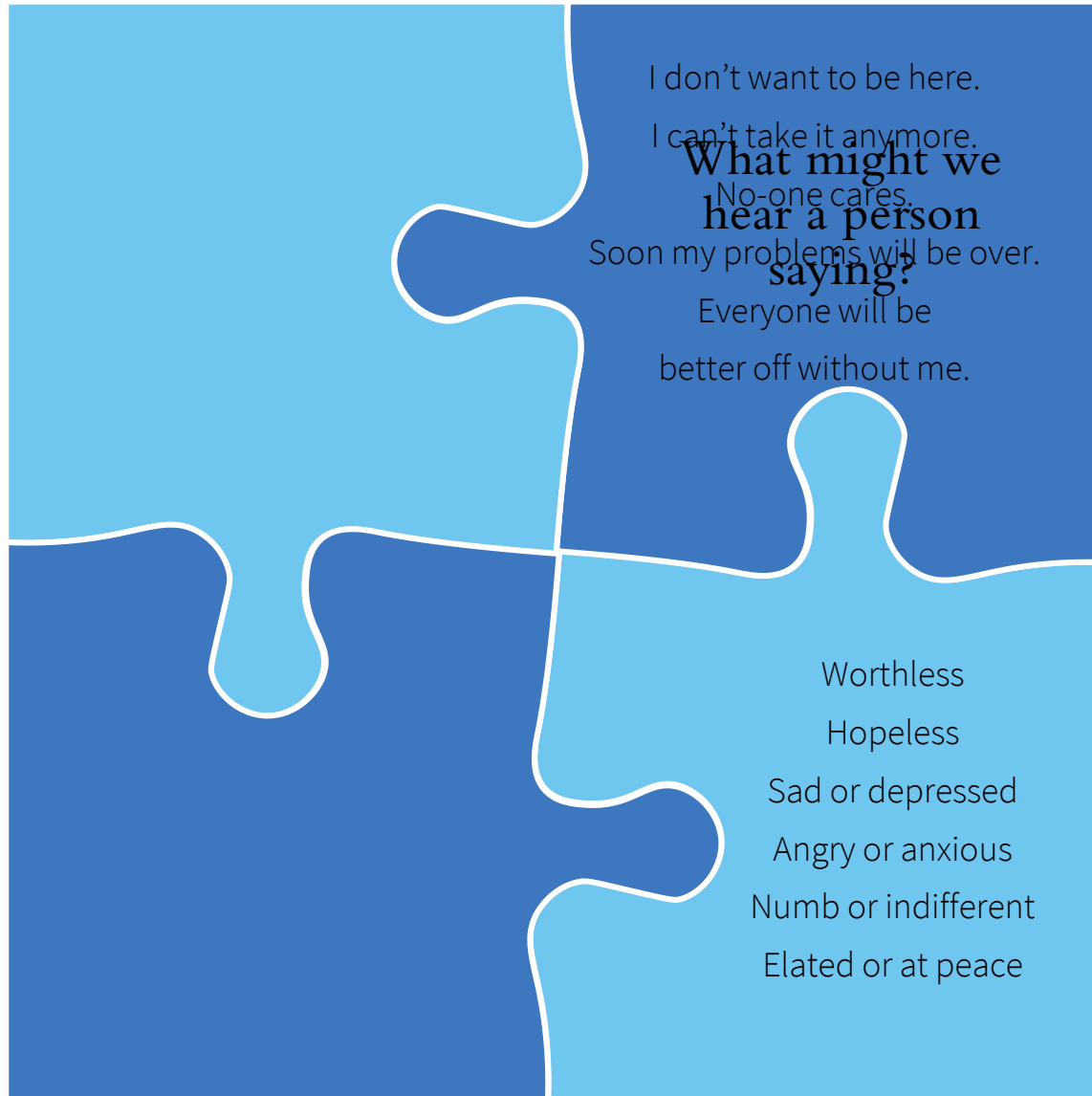
“I just don’t know what to do... sometimes I just think everyone would be better off if I just killed myself..”



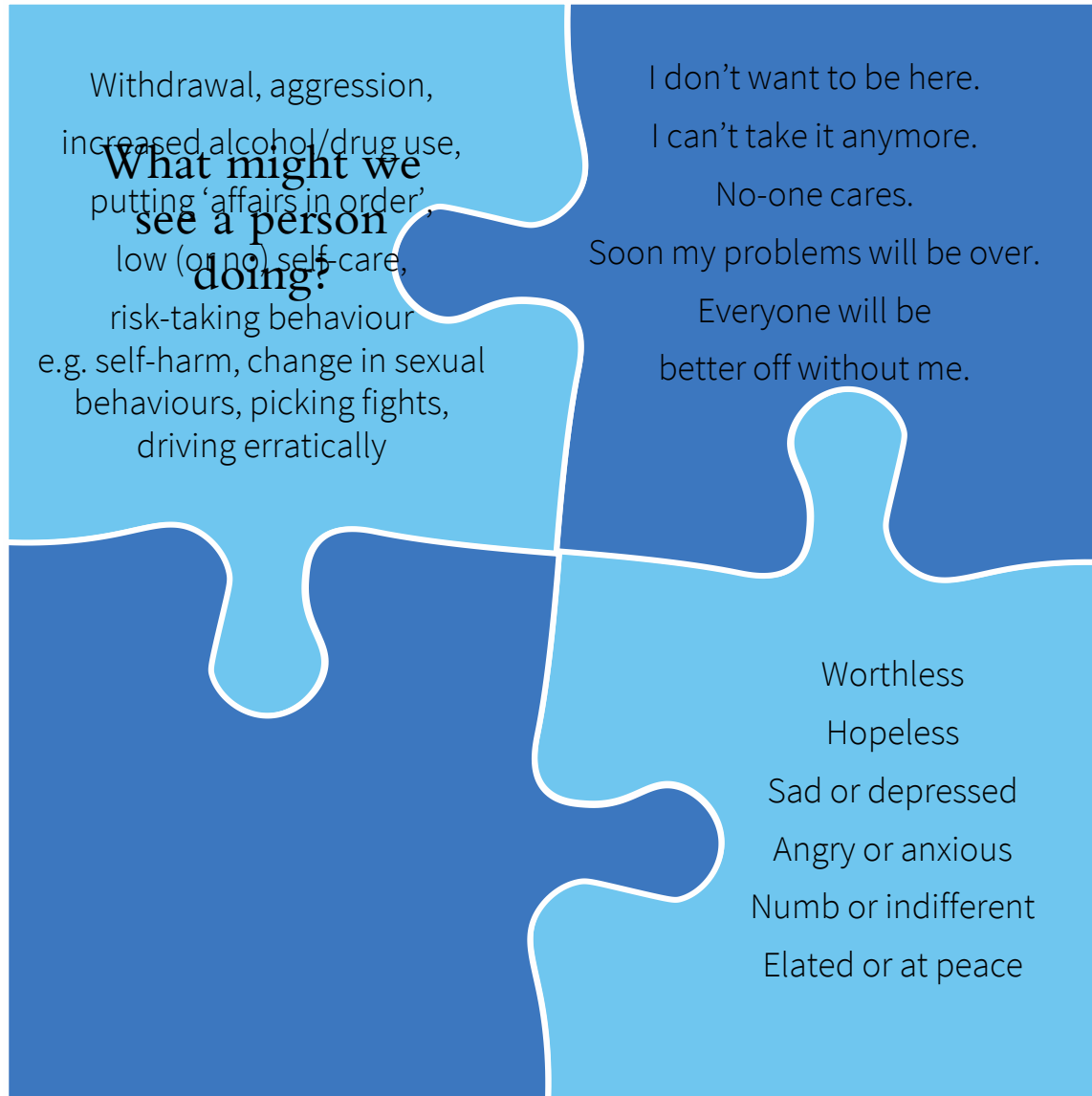
Step 1: Recognise the signs



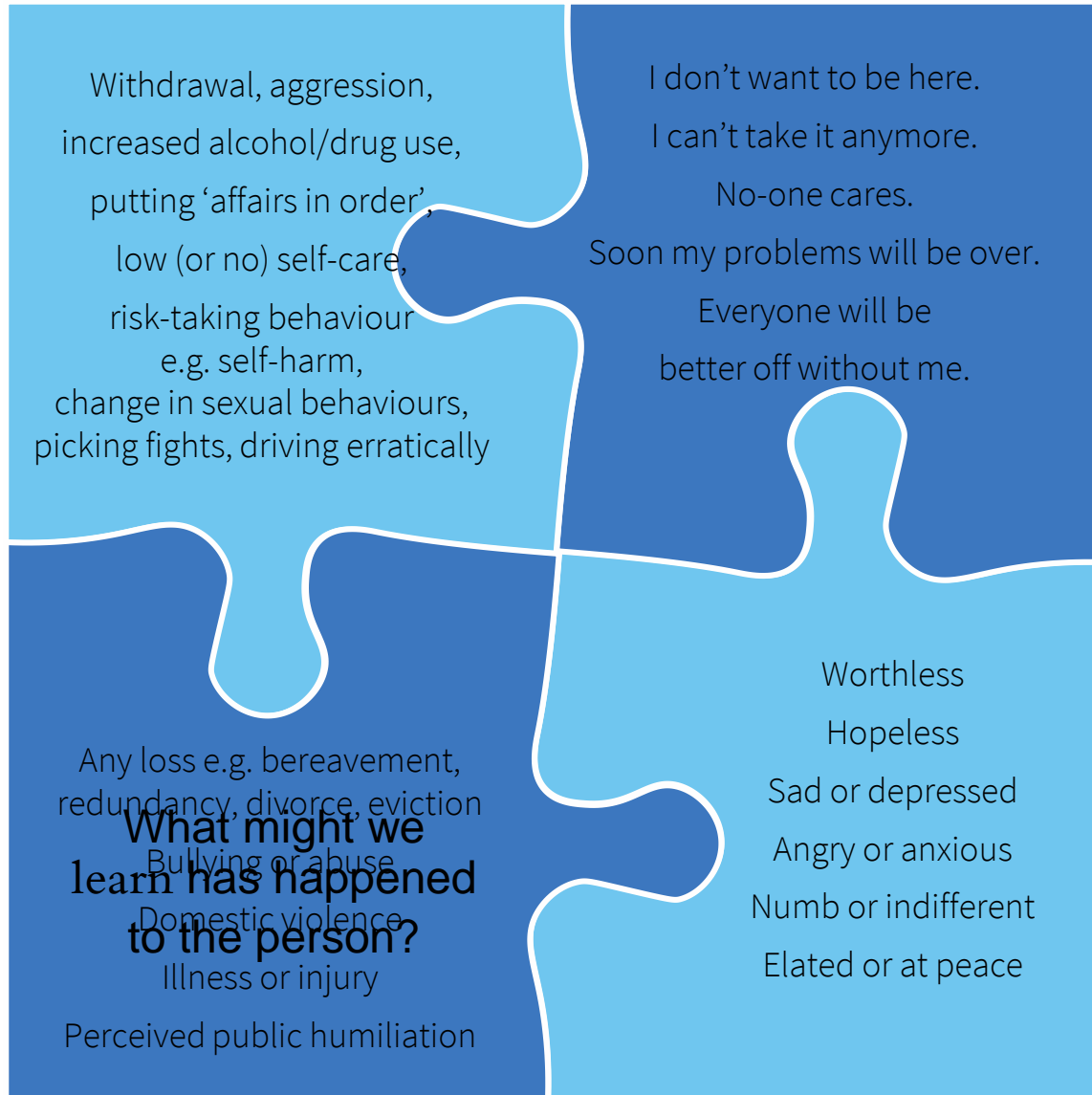
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What's happening in workplaces currently?





- Mental Health on the boardroom agenda has increased
- First steps of suicide prevention is about bolstering what is already happening, not to trivialise creating spaces for colleagues and managers to take time to listen and talk about wellbeing in regular 1-1's.
- Employers have a duty of care and there is a spotlight on how organisations provide wellbeing support
- Conversations are happening – employees are creating a culture of care, people are talking more and people are listening.

Building an Understanding on Suicide Prevention







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Thank you for all your time and attention today.

If you are interested in Suicide First Aid® Training for your organisation please contact: info@ncspt.org.uk
