



Compassionate, therapeutic responses to people in distress across NE & NC Suicide Prevention Network using Connecting with People Training

‘System wide competency and compassion’ across all sectors

Everyone has a role in suicide prevention

We can all make a Safety Plan and support others to make theirs too

- Community use free **StayingSafe.net**
- Professionals trained to use **SAFETool**

How we did it

- Selected Connecting with People training as emphasis on **co-production, compassion, and competency**
- **Partnership, multi-agency working**
- Recruited trainers with **‘passion and credibility’** and trainers with **lived experience**
- Safely **targeted correct modules** to different sectors: acute hospitals, MH teams (Liaison, Crisis, Home Treatment, in-patient staff) schools, university students and Wellbeing Teams
- Encouraged **own wellbeing first** before supporting others
- Harnessed **social media, website for easy booking, local champions**

Benefit and Impact



Emotional Resilience Training (delivered to staff/community) n= 523

- 95% better understand emotional wellbeing
- 98% understand connecting with trusted others
- 94% made a Wellbeing Plan
- 98% know how to access StayingSafe.net



Suicide Awareness n=1745

- 98% better understand suicide
- 95% know how to talk to someone in distress



Suicide Response Part 1 n=1555

- 95% understand value/limitations of risk factors/red-flag warning signs
- 93% co-produce a Safety Plan



Suicide Response Part 2 n=1510

- 94% understand patient/practitioner/organisational factors contribute risk assessments
- 87% can co-create long-term mitigation plan (incl. social support mapping/contingency planning)
- 98% understand importance supervision/self-care



Self-harm Awareness Training n= 478

- 97% know more about self-harm
- 97% understand the challenge supporting someone who self-harms
- 93% understand the resources available to people who self-harm



Self-harm Response Training n= 360

- 96% Understand more about the myths and stigma related to self-harm
- 98% Understand importance of building wellbeing and resilience
- 94% Know how to talk to someone who discloses they self-harm
- 94% Understand the structure and process for co-producing a Safety Plan