

ADASS East and Curators of Change Collective – Online Suicide Prevention Workshop 12th July 2022

Feedback and Next Steps

We encourage you to come to our next workshop focused on “Whose safety is it anyway?”

At the request of people who attended the July workshop, we will be holding our next themed event focused on “Whose safety is it anyway and why it’s important to prevent suicide”. The event will take place online on the 14th November from 11:00-2:30 and you can book here: [Event booking](#)

Introduction

Following feedback from the initial Mental Health event in April 2022, ADASS East held a themed online event focused on “why it’s important to talk about suicide” facilitated by Curators of Change in July 2022.

The people we spoke to know that suicide and suicidal thoughts are difficult topics to discuss. People wanted to explore what the difference was between the two. Contrary to common beliefs, talking about suicide does not result in more suicides but in fact, it does quite the opposite. That’s why we needed to talk about this in the Eastern Region.

Attendance

The workshop was attended by 90 people primarily within the Eastern Region to explore suicide prevention from the perspective of lived experience. It involved people accessing care and support, providers and commissioners coming together to have an open, honest discussion.

Thanks to all our key speakers and people who bravely shared their stories and experiences during the workshop and subsequently the sanctuary space.

Summary of feedback

All participants were invited to capture on a “Flinga-board” what was working well and not working well currently in relation to suicide prevention. Please see the themes below:

What works well in your experience currently?	
<ul style="list-style-type: none"> • More talking – openly and honestly • Valuing peoples real experiences • Online services and support • Greater understanding and ways of working • Better conversations and support with suicide • More and better services and support 	<ul style="list-style-type: none"> • Good campaigns/messages • Being accepted/not judged • Being listened to • Support from EPUT • GP support • Peer support • Greater awareness e.g. Neurodiversity
What is not working well currently in your experience?	
<ul style="list-style-type: none"> • Wait times • Accessibility • How it feels/Attitudes • GP support/Knowledge • Not clear or joined up • Not listened to • Not learning from those who have survived – what really helps • Diagnosis 	<ul style="list-style-type: none"> • Language used to describe things • Problems with therapies • Impact of COVID • Talking therapies • Money • Not joined up/too many services! • Judged and stigmatised • Help too late • Staff pressure/burnout

<ul style="list-style-type: none"> • Medication • Lack of emergency/crisis support when needed • Time 	<ul style="list-style-type: none"> • Not very human • Lack of family support • prevention/follow up • 111 Option 2/Automated/Virtual support • I survived because I failed
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Further Resources

Kirsty Eaton from [Reach out for Mental Health](#) , provided her words of wisdom on what to say (or more importantly NOT to say) when someone shares they are suicidal.

If someone is suicidal:

- Don't say at least
- No platitudes-every cloud
- Don't say it will all be OK/make promises
- Don't guilt trip them into staying alive-kids need their mum, your wife will be gutted....

Listen to this podcast for more from Kirsty on the Top 5 Things you should/shouldn't do when talking to someone you know is struggling:

<https://shows.acast.com/hardcorelisting/episodes/top-5-things-you-shouldshouldnt-do-when-talking-to-someone-y>

Curators of Change: Isaac Samuels, Mark Dale, Eleanor September and David Rolph provided their lived experience

Listen to a video which was created for the day: [Why it's important to talk about suicide workshop – Association of Directors of Adult Social Services Eastern Region \(adasseast.org.uk\)](#)

Websites:

The Samaritans - Whatever you're going through, a Samaritan will face it with you. Here 24 hours a day, 365 days a year. <https://www.samaritans.org/>

KOOTH - Young Peoples Mental Health & Wellbeing Hub
<https://www.kooth.com/>

QWELL - Free, safe and anonymous mental wellbeing support for adults across the UK <https://www.qwell.io/>

Hub of Hope - Finding Help and support near you <https://hubofhope.co.uk/>

Stay Alive App - The StayAlive app is a suicide prevention resource for the UK, packed full of useful information and tools to help you stay safe in crisis. <https://www.stayalive.app/>

Men's Sheds - Community spaces for men to connect, converse and create. The activities are often similar to those of garden sheds, but for groups of men to enjoy together. They help reduce loneliness and isolation
<https://menssheds.org.uk/>

Papyrus - For young people who have felt suicidal or had suicidal thoughts or ideation and giving support and Information <https://www.papyrus-uk.org/>

SHOUT - Here for you 24/7. You can text us any time, day or night. Confidential. Your messages with us are confidential and anonymous. <https://giveusashout.org/>

MIND Info Line - National Mind Help and Support. <https://www.mind.org.uk/need-urgent-help/using-this-tool/>

For further information about the workshops, please contact [Hello@curatorsofchange.com](mailto>Hello@curatorsofchange.com)