



Suicide

It's ok to talk about it

Nottingham and Nottinghamshire
Suicide Prevention Charter

information pack

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Introduction

People with lived experiences of suicidality or bereavement by suicide have come together to develop the Suicide Prevention Charter which outlines the key values and principles which matter to them. This document embodies the fundamental values and principles crucial to those directly impacted by suicide. It acknowledges the profound significance of lived experiences and advocates for their central role in shaping local suicide prevention initiatives.

The Charter comprises a series of 'I' and 'We' statements, articulating both personal expectations and the responsibilities of organisations and services in addressing these needs. Central to its ethos is a message of hope and a reminder that recovery is possible.

Embedded within our Nottingham and [Nottinghamshire Self Harm and Suicide Prevention Strategy](#), the Charter serves as the guiding framework for Nottingham and Nottinghamshire's collective vision for suicide prevention. The Strategy can be viewed on our Suicide Prevention webpage: www.nottinghamshire.gov.uk/suicide-prevention

The Suicide Prevention Charter will only be impactful if the statements translate into tangible actions. This is where organisations and stakeholders have an important role in championing the Charter.

This information pack sets out how you can pledge support and uphold the values of the Suicide Prevention Charter and embark on this vital journey toward a future where every individual impacted by suicide feels valued, supported, and hopeful.

Organisations can also choose to pledge their commitment to both the Nottingham and Nottinghamshire Self Harm and Prevention Strategy and the Charter by completing the 'Suicide Prevention Charter and Self Harm and Suicide Prevention Strategy Agreement' included with the Strategy (www.nottinghamshire.gov.uk/suicide-prevention). This is a helpful way for organisations to set out what actions they can take to help reduce self harm and suicide.



Suicide Prevention Charter

This charter sets out the voice of people with lived experiences and the values and principles which are important to them. We ask organisations, partners, and stakeholders to 'pledge' their support and commitment to the charter.

What we want	Your promise to us
"I want my mental health to be prioritised and supported at an early stage to avoid having to wait until a crisis to receive appropriate help".	We will prioritise your mental health and provide support as early as possible.
"I want to have a safety plan in place and a good support network around me".	We will co-develop a safety plan with you and help you to identify, access and create a support network.
"I want to be asked about my personal story and wellbeing at an early stage so the right help can be given, but then want to avoid having to repeat my story unnecessarily".	We will discuss your personal story and wellbeing with you to ensure the right help can be given but will ensure that you do not have to repeat your story unnecessarily.
"I want to be listened to, treated with respect, and supported in a caring and friendly way".	We will listen to you, treat you with respect, give you enough time and support you in a caring and friendly way.
"I want language to be used which is respectful, reduces shame, and supports me to have a conversation on suicide where I can openly express my emotions and feelings without being judged".	We will use respectful and appropriate language which validates your feelings and supports you to have a conversation on suicide, and we will not judge your emotions and feelings.
"I want clear, accurate and transparent information on my options including medication and waiting times and receive practical advice to support my mental health in the meantime".	We will give clear, accurate and transparent information and provide practical advice to support your mental health in the meantime.
"I want friends and family to be included, and for them to be treated with respect and compassion".	We will include friends and family unless you tell us otherwise, listen to them, and treat them with respect and compassion.
"I want to live the life I want and do the things I enjoy, and not be defined by a single experience".	We will support you to live the life you want and help you to do the things that are important to you

How to implement

There are several ways you can pledge your support to implement the Charter. The table below provides some ideas. We encourage organisations to complete as many of these relevant actions to maximise the impact and reach of the Charter. We request that organisations describe below how they have evidenced action against each completed pledge. This will help us share ideas across organisations about how the Charter can be implemented successfully. This is not an exhaustive list, and we ask organisations to consider and share any other ideas.

Pledge	Has this been actioned? (Y/N)	Evidence
Promote and distribute the Suicide Prevention Charter poster (included in this pack) online and on site.		
Display and distribute the Suicide Prevention Charter poster in patient areas e.g. waiting rooms		
Incorporate the Suicide Prevention Charter into the commissioning and procurement of services e.g. Embedding charter statements in service specifications, quality assurance frameworks, provider interviews and contract review meetings.		
Incorporate the Suicide Prevention Charter in the evaluation of services and routinely collect feedback from people with lived experiences.		
Integrate the Suicide Prevention Charter in suicide awareness/bereavement/mental health awareness training for staff.		
Request a senior leader within the organisation to sign the charter agreement (included in this pack) and email this to suicide.prevention@nottscg.gov.uk		
Co-develop and co-produce services with people with lived experiences.		
Watch, share and promote the Stories of Hope films. https://www.nottinghamshire.gov.uk/care/adult-social-care/mental-health-wellbeing/suicide-prevention		
Ensure staff complete the relevant training highlighted in this pack.		

Training, Support, Resources

Training

There is a range of training available to support organisations to increase knowledge and skills on suicide prevention, self-harm prevention, suicide bereavement and mental health awareness.

[20 minute suicide awareness training](#)- It is recommended that everyone completes the free online suicide prevention training from Zero Suicide Alliance. This gives an overview of what you need to know and to equip you with some skills for talking to someone about suicide.

[Mental Health Awareness Videos](#)- Nottinghamshire County Council Public Health have commissioned short animations on five topics: What is mental health, spotting the signs, signposting, looking after your wellbeing and having a conversation about mental health.

[The Academy at Harmless](#)- Nottinghamshire County Council and Nottingham City Council Public Health, on behalf of the Suicide Prevention Strategic Steering Group have commissioned suicide prevention, self-harm, suicide bereavement and mental health awareness modules. These are four-hour sessions delivered virtually.

[Safety planning training](#) – 40 minutes online training (provide your email details to access) equips participants with the skills and confidence both to make their own Safety Plan and to encourage and support others to do the same.

Support

[Nottingham and Nottinghamshire Suicide Prevention Stakeholder Network](#)- Join this network to receive information and updates through our newsletters, as well as invites to the quarterly online meetings.

Email questions or queries to suicide.prevention@nottscc.gov.uk

Training, Support, Resources

Resources

Language & myths

Emma Nielsen – [Mind your ‘C’s and ‘S’s: The Language of Self-harm and Suicide \(and why it matters\) | IMH Blog \(Nottingham\) \(wordpress.com\)](#)

<https://shiningalightonsuicide.org.uk/wp-content/uploads/2021/04/Language-guide-for-talking-about-suicide.pdf>

Safety Planning

[Creating a ‘safety plan’ | Samaritans](#)

[StayAlive - Essential suicide prevention for everyday life](#)

Crisis Services

Crisis Line Nottinghamshire 24/7 Crisis Helpline **0808 196 3779** Help in a crisis (nottinghamshirehealthcare.nhs.uk)

Crisis Sanctuaries available 7 days per week 6pm-11pm in various locations.

www.nottinghamshirecrisissanctuaries.tv or telephone **0115 844 1846** during these hours.

Samaritans, 24/7 – Whatever you’re going through, a Samaritan will face it with you, 24 hours a day, 365 days a year. Call 116 123

Text SHOUT to **85258** (available 24/7). Shout is a 24/7 UK crisis text service available for times when people feel they need immediate support.

Key websites

[Suicide Prevention | Nottinghamshire County Council](#)

[Protecting and improving your mental wellbeing | Nottinghamshire County Council](#)

<https://www.nottalone.org.uk/> Local mental health advice and help for everyone in Nottingham and Nottinghamshire, all in one place

Suicide Prevention Charter

The Suicide Prevention Charter was created by residents to set out the key values and principles which matter to individuals with lived experiences of suicidality or bereavement by suicide. Suicide prevention is everybody's business, and anyone can be affected. The Charter advocates for these important voices to shape and influence local suicide prevention activity.

"I want my mental health to be prioritised and supported at an early stage to avoid having to wait until a crisis to receive appropriate help."

"I want to be asked about my personal story and wellbeing at an early stage so the right help can be given, but then want to avoid having to repeat my story unnecessarily"

"I want language to be used which is respectful, reduces shame, and supports me to have a conversation on suicide where I can openly express my emotions and feelings without being judged"

"I want friends and family to be included, and for them to be treated with respect and compassion."

"I want to have a safety plan in place and a good support network around me."

"I want to be listened to, treated with respect, given enough time and supported in a caring and friendly way."

"I want clear, accurate and transparent information on my options including medication and waiting times and receive practical advice to support my mental health in the meantime."

"I want to live the life I want, do the things I enjoy, and not be defined by a single experience."

You won't increase the risk by talking about it.



Scan the QR code to find out more about the Charter and how to get involved.

Nottingham and Nottinghamshire Suicide Prevention Charter Agreement

The Suicide Prevention Charter sets out the key values and principles which matter to individuals with lived experiences of suicidality or bereavement by suicide. Suicide prevention is everybody's business, and anyone can be affected. The statements below are in response to the priorities set out by people with lived experiences which can be viewed by scanning the QR code. By signing this agreement, your organisation will strive to deliver on the statements below which your organisation can impact.

- 1.** We will prioritise your mental health and provide support as early as possible.
- 2.** We will co-develop a safety plan with you and help you to identify, access and create a support network.
- 3.** We will discuss your personal story and wellbeing with you to ensure the right help can be given but will ensure that you do not have to repeat your story unnecessarily.
- 4.** We will listen to you, treat you with respect, give you enough time and support you in a caring and friendly way.
- 5.** We will use respectful and appropriate language which validates your feelings and supports you to have a conversation on suicide, and we will not judge your emotions and feelings.
- 6.** We will give clear, accurate and transparent information and provide practical advice to support your mental health in the meantime.
- 7.** We will include friends and family unless you tell us otherwise, listen to them, and treat them with respect and compassion.
- 8.** We will support you to live the life you want and help you to do the things that are important to you.

Signed:

Position:

Organisation:

Once signed, please email to suicide.prevention@nottsc.gov.uk

Scan the QR code to find out more about the
Charter and how to get involved.



Thank you

Thank you for pledging your support and commitment to the Suicide Prevention Charter. Suicide has a devastating impact on the lives of many, and this Charter is an important step which champions the voices of those affected. Hope and lived experiences are central to this charter, and with your help, this can be championed across Nottingham and Nottinghamshire.

We are keen to measure the impact of the Charter and will request updates on progress with embedding the Charter in your organisation. We would also love to hear from you directly, so please email us at suicide.prevention@nottsc.gov.uk and share your success stories.





email: suicide.prevention@nottsc.gov.uk