

# **Further Resources**

## **Suicide and Homelessness**

## Further Resources

### Suicide and Homelessness

#### Contents

<b>Support for people experiencing suicidal thoughts</b>	<b>3</b>
<b>Emergency helplines</b>	<b>3</b>
<b>Online tools and resources</b>	<b>4</b>
<b>Information for those supporting others</b>	<b>4</b>
<b>Information for when a death by suicide has occurred</b>	<b>5</b>
<b>General information</b>	<b>6</b>
<b>Training</b>	<b>7</b>

# Support for people experiencing suicidal thoughts

## Emergency helplines

### **Samaritans**

Samaritans is a registered charity aimed at providing emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide throughout the United Kingdom and Ireland.

Call 116123 24 hours/365 days a year

<https://www.samaritans.org/>

### **CALM**

The Campaign Against Living Miserably (CALM) offers support to anyone who is struggling with life through their services, campaigns and community building.

Helpline 0800 585858 5pm – midnight 365 days a year.

<https://www.thecalmzone.net/>

### **Papyrus**

PAPYRUS is the UK charity for people under 35 who are feeling suicidal, or anyone concerned that a person under 35 may be having thoughts of suicide.

Call 0800 068 4141 or text 07860039967 between 9am and midnight 365 days a year.

### Online tools and resources

#### **Staying Safe from suicidal thoughts**

Resources for people experiencing suicidal thoughts to keep themselves to keep themselves safe

<https://www.stayingsafe.net/>

#### **NHS Help for Suicidal Thoughts**

Collection of resources for people experiencing suicidal feelings.

<https://www.nhs.uk/conditions/suicide/>

### Information for those supporting others

#### **CALM**

Information on how to support someone who may be feeling suicidal

<https://www.thecalmzone.net/guides/worried-about-someone>

#### **Mind – Supporting someone who feels suicidal**

Explains how to support someone who feels suicidal, including practical suggestions for what you can do and where you can go for support.

<https://www.mind.org.uk/information-support/helping-someone-else/supporting-someone-who-feels-suicidal/about-suicidal-feelings/>

#### **EASL – recorded presentations for homelessness staff**

Being with someone experiencing thoughts of ending their life – information on how to approach supporting someone.

<https://vimeo.com/homelesslink/beingwithsomeoneeasl>

Assessing risk of suicide – practical guidance for staff working with people experiencing homelessness

<https://vimeo.com/homelesslink/assessingriskeasl>

#### **Grassroots: Real Talk interactive film**

This interactive film outlines how best to approach a conversation about suicide. Whilst this is not set within a homelessness setting, the information is useful for homelessness staff

<https://prevent-suicide.org.uk/training-courses/real-talk-about-suicide/>

### **Groundswell: Supporting suicidal experiencing suicidal thoughts**

Leaflet for anyone supporting someone experiencing suicidal thoughts

[https://homeless.org.uk/documents/867/Groundswell\\_Suicide\\_Leaflet\\_WEB\\_FINAL.pdf](https://homeless.org.uk/documents/867/Groundswell_Suicide_Leaflet_WEB_FINAL.pdf)

### **Papyrus UK**

How do I know if someone is suicidal

<https://www.papyrus-uk.org/how-do-i-know-if-someone-is-suicidal/>

### **Westminster Homeless Health Coordination Project: Working with suicidal clients toolkit**

This toolkit aims to increase awareness of the signs of suicide, suggest ways to listen and learn from a suicidal client, provide guidance on how to support/create a safety plan, and provides a list of support services/additional resources for further reading.

<https://groundswell.org.uk/wp-content/uploads/2020/10/Working-with-suicidal-clients-Toolkit-1.pdf>

## Information for when a death by suicide has occurred

### **Homeless Link: Postvention after a death by suicide**

Guide for organisations on the steps to take when a death by suicide occurs.

[https://homeless.org.uk/documents/871/Postvention\\_after\\_a\\_death\\_by\\_suicide.pdf](https://homeless.org.uk/documents/871/Postvention_after_a_death_by_suicide.pdf)

### **EASL – recorded presentations for homelessness staff**

Debriefs for staff

<https://vimeo.com/homelesslink/debriefeasl>

### **Papyrus Debriefing Service**

Helpline for any professional who has an encounter with suicide.

To debrief with a suicide prevention advisers, call HOPELINEUK on 0800 068 4141,

text 07860 039967 or email [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org) 9am to midnight, 365 days a year.

### **Dying Homeless Project**

Project run by the Museum of Homelessness to remember those who have lost their lives whilst homeless.

<https://dying-homeless.museumofhomelessness.org/>

### **Westminster Homeless Health Coordination Project: Suicide Postvention Toolkit**

This toolkit provides; a list of possible actions after a suspected suicide at your service, a checklist of what tasks need to be completed immediately and soon after a client dies after a suspected suicide, suggests ways that you can support staff and clients after a suspected suicide, and provides details of national and local support services that could be useful to refer individuals.

<https://groundswell.org.uk/wp-content/uploads/2021/02/Suicide-Postvention-toolkit.pdf>

### **Westminster Homeless Health Coordination Project Supporting staff when a client dies**

This toolkit explains how grief can manifest, how to recognise grief, suggest systems you can put in place to support staff after a client dies, provides details of national/ local support services, and provides a check list of tasks that need to be completed after a client passes away.

<https://groundswell.org.uk/wp-content/uploads/2020/10/Supporting-staff-when-a-client-dies-tool-kit.pdf>

### **Ambulance service employee suicide: a postvention toolkit to help manage the impact and provide support.**

A useful guide for organisations much of which can be translated into the homelessness sector.

[https://aace.org.uk/wp-content/uploads/2021/06/Samaritans\\_AACE-postvention-toolkit-June-2021.pdf](https://aace.org.uk/wp-content/uploads/2021/06/Samaritans_AACE-postvention-toolkit-June-2021.pdf)

## General information

### **Centers for Disease Control and Prevention**

Risk factors for suicide

<https://www.cdc.gov/suicide/factors/index.html>

### **Office of National Statistics**

Suicides in the UK: 2021 registrations.

<https://www.ons.gov.uk/peoplepopulationandcommunity/birthsdeathsandmarriages/deaths/bulletins/suicidesintheunitedkingdom/2021registrations>

### **Mental Health UK**

Suicide – general information on all aspects of suicide including understanding suicide and supporting someone.

<https://mentalhealth-uk.org/suicide/>

### **Public Health England**

The Suicide Prevention Profile has been produced to help develop understanding and support an intelligence driven approach to suicide prevention. It collates and presents a range of publicly available data on suicide.

<https://fingertips.phe.org.uk/profile-group/mental-health/profile/suicide>

### **Samaritans: Suicide Facts and Figures**

Samaritans collate suicide statistics for the UK which can be viewed on their website.

<https://www.samaritans.org/about-us/our-research/facts-and-figures-about-suicide>

### **Self-harm and suicide prevention competence framework**

This framework was developed by the National Collaborating Centre for Mental Health, UCL and Public Health England. It describes the various activities that need to be brought together to support people who self-harm and/or are suicidal.

[https://www.ucl.ac.uk/pals/sites/pals/files/self-harm\\_and\\_suicide\\_prevention\\_competence\\_framework\\_-\\_public\\_health\\_8th\\_oct\\_18.pdf](https://www.ucl.ac.uk/pals/sites/pals/files/self-harm_and_suicide_prevention_competence_framework_-_public_health_8th_oct_18.pdf)

### **Shining a Light on Suicide**

Guide to best practice in language used to talk about suicide

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

## Training

### **Homeless Link training**

Offer expert training for the homelessness sector including courses [on Self-harm and Suicide](#) and [Suicide: prevention, intervention and post-incident protocols](#). Homeless Link offer both team training within individual organisations and public courses.

<https://homeless.org.uk/what-we-do/developing-the-workforce/>

### **Grassroots Suicide Prevention – training courses**

Training on mental health awareness, suicide alertness, and positive wellbeing. This page contains links to a range of training courses which provide practical support.

[https://prevent-suicide.org.uk/training-courses/#suicide\\_prevention\\_training](https://prevent-suicide.org.uk/training-courses/#suicide_prevention_training)

### **Zero Suicide Alliance**

20 minute free, online suicide prevention training with downloadable booklets

<https://www.zerosuicidealliance.com/>



## What We Do

Homeless Link is the national membership charity for frontline homelessness services. We work to improve services through research, guidance and learning, and campaign for policy change that will ensure everyone has a place to call home and the support they need to keep it.

## Homeless Link

**Minorities House**  
**2-5 Minorities**  
**London**  
**EC3N 1BJ**

[www.homeless.org.uk](http://www.homeless.org.uk)  
@HomelessLink

# Let's End Homelessness Together

