

Suicide Prevention Resource Tins

Accessible, community based suicide prevention and self-harm resources for those in need, and those offering support

Thoughts of suicide are a common response to challenging life circumstances - around 1 in 17 people will have thoughts of suicide each year - but while they are more common than we think, we still need to take them seriously.

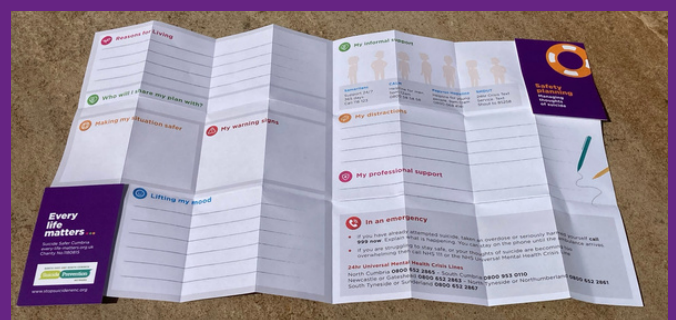
We know having access to the right information, at the right time, can make all the difference in getting individuals the help and support they need.



Our FREE Suicide prevention resource tins provide vital at-hand information to offer someone experiencing thoughts of suicide or who is self-harming, as well as where to get help and support, both in a crisis and longer term.

They provide information for people who are worried about someone else, and what they can do to practically help, as well as information for people who have experienced a suicide bereavement.

Our resources tins also contain simple safety plans that can help people begin to manage their thoughts of suicide or urges to self-harm, and find the information and support they need to prevent them feeling they have no other option than to consider suicide.



Recommended Tin Locations

- Pharmacies, GP surgeries, wards, A&E depts, care homes, and health settings.
- Police stations, fire stations, ambulances, and other emergency service settings.
- Schools, colleges, universities and other youth focused settings.
- Workplaces, job centres, hostels, foodbanks, churches, libraries
- Community halls, gyms, hairdressers, and other community settings.

What we ask of Tin Hosts

- To share these resources with anyone you are concerned about or anyone who may be supporting someone that they are concerned about.
- To check the tin regularly and ensure contents are replaced.
- As a host you will be contacted twice a year and asked for feedback about usefulness of the Tins and for rough numbers of resources distributed. .

Suicide Prevention Training

- We recommend any organisation hosting a Resource Tin gets some of its staff on our FREE Suicide Prevention and/or Self-Harm Training.
- Visit our website for more details.

For any more information or to order a resource tin for your organisation please email:

Ian.alcock@every-life-matters.org.uk



Talking about suicide saves lives

How to order a Resource Tin

- Please email ian.alcock@every-life-matters.org.uk with your details. Delivery will take up to three weeks.
- Resource Tins are supplied free of charge.

Replacement materials

- For replacement materials visit www.every-life-matters.org.uk/tins
- Someone will respond and we will aim to have replacement materials with you within a few weeks.
- New resources will be added on a regular basis

Adding local resources

- The contents of the tins have been specially developed to ensure people have access to the best information, however adding other local and national resources might be helpful
- If you find other useful resources to add please reach out to us, as it may be something we can look to include in all resource tins across your area.