

## Action to Prevent Suicide Policy

At Daisy and Rainbow Childcare we are aware that we will be not only meeting the needs of the young children we care for but will also have a duty of care to the parents and our colleagues who may come to us and share their personal issues and concerns. In the course of our work with children any member of our team may find themselves in a situation, either invited or otherwise, when a parent may share that they have had, or are currently, experiencing suicidal thoughts. It is also possible that a parent may share a concern with us about a spouse or other family member. We are keen that a member of staff will be able to respond to the individual with compassion and care and in an appropriate manner. We are also concerned that a member of staff will know how to share this with another appropriate colleague to get support for themselves.

As an extended part of our service Daisy and Rainbow Childcare provides student placements for trainee counsellors so have a duty of care to them that they are clear about this policy. We recognise that the counselling relationship is such that suicidal thoughts may be more likely to be shared in a safe therapeutic environment.

## How to recognise someone who may be suicidal

- People who get to the point of emotional crisis can be very able at hiding their thoughts and feelings.
- There is no such thing as a “suicidal type”
- People suffering emotional crisis may be Quiet, Brooding, Withdrawn or distant, Not making eye Contact, Agitated, Irritable or rude, Drinking a lot, Talking about suicide or saying it is all hopeless....they may also.....
- ..Be busy, chirpy, living life as normal, going to work, laughing and joking, talking about future plans, telling you not to worry about them

The following Suicide risk factors may be used to assess the level of concern – NOTE however that these can be confounded by the individual when they are asked....

1. PLAN – has the individual a plan to commit suicide including time place and method – how insistent, loud, compulsive are the thoughts?
2. ACCESS / MEANS – do they have access to the means or method, and do they have it now?
3. SELF ABUSE – are they self-medicating with drugs or alcohol? – do they self-harm in other ways? – what form does their risk-taking behavior take?
4. HISTORY – Has there been a history of suicide attempts – is there a history of physical or emotional abuse? – is there a family history of suicide?
5. FUTURE – Do they have plans for the future, next week, tomorrow? – Do they have any hope?

6. CIRCUMSTANCES – Do they live alone? What are their home circumstances? – Are they in a place of safety? – Do they have care of small children?
7. EMOTIONAL STATE – On a scale of 1-10 how suicidal do they feel? - (1 is happiness 10 is immediate physical danger) – how desperate are they? - Do they have contributing factors i.e. depression, anxiety, a recent bereavement, significant loss?
8. SOCIAL FACTORS – What do they consider the consequence of their suicide to be for their family, society, themselves? - Are they socially isolated without an effective support system? - Are they in a social risk category i.e. by age, occupation, ethnicity etc.?

The safest way to find out if someone could be contemplating suicide is to – Ask Them

If someone is suicidal, they are likely to be feeling, cut off from everyone around them, frightened and ashamed about wanting to die, desperate for help yet afraid to ask. Asking them will give them permission to talk and opportunity not to be alone with their dark thoughts. It can be scary, hard or painful to talk about suicide however Saying the word “suicide” will not put it in to a person’s head nor will it make it happen. It reduces the stigma and is often the first step in someone’s recovery.

### How to Ask

1. If something bad has happened ask –

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| <ul style="list-style-type: none"> <li>• how has it made you feel? how bad is it? What’s that like?</li> </ul> |
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2. Do not deny what they are telling you or pretend you know how they feel.

3. If they say they are feeling hopeless and cannot see the point of going on, ask ...

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| <ul style="list-style-type: none"> <li>• Are you having any thoughts of suicide?</li> </ul> |
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| <ul style="list-style-type: none"> <li>• Are you telling me that you want to kill yourself? End your Life? Die? Die by suicide?</li> </ul> |
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| <ul style="list-style-type: none"> <li>• Sometimes when people are feeling the way you are, they think about suicide. Is that what you are thinking about?</li> </ul> |
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| <ul style="list-style-type: none"> <li>• It sounds like you are thinking of suicide is that right?</li> </ul> |
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| <ul style="list-style-type: none"> <li>• It sounds like life feels too hard for you right now and you want to kill yourself, is that right?</li> </ul> |
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Do not be too quick to accept denials or joking responses.

### If someone says that they feel suicidal...

1. Listen to them and allow them to express their feelings. They may feel a huge sense of relief that someone is willing to listen to their darkest thoughts.

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| <ul style="list-style-type: none"> <li>• It sounds as though things are hard at the moment...can you tell me a bit more?</li> </ul> |
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| <ul style="list-style-type: none"> <li>• Things must be so painful for you to feel like there is no way out. I want to listen and help.</li> </ul> |
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| <ul style="list-style-type: none"> <li>• Take your time and tell me what is happening for you at the moment.</li> </ul> |
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- I am so sorry you are feeling this way. Can you tell me more about how you are feeling?
- Can you tell me more about why you want to die?
- What has brought you to this place to feel this way?
- It's hard and scary to talk about suicide but take your time and I will listen

1. Seek permission from the individual to share your concerns for them with another senior member of staff and a medical professional- Advise them that you have a "moral duty of care" – if they do not give consent there is no legal responsibility for you to share your concerns unless you believe that a child may be at risk of harm. In which case this should be shared with the individual so that they understand why you are making the disclosure. MASH should be contacted if there is an immediate concern for a child's wellbeing – Phone 0345 155 1071.

- It's not uncommon to have thoughts of suicide. With help and support many people can work through these thoughts and stay safe.
- There are organisations that offer support like PAPYRUS HOPELineUK and Samaritans . I can help you find their contact details
- You have shown a lot of strength in telling me this. I want to help you find support.
- There is Hope. There is help available and we can find it together

2. If permission is refused, and there is no safeguarding concern for a child, then give them the information they need to make contact with medical services and/or Samaritans. In this instance by continuing to talk with them it may be possible to get the consent you need.

If the person is accepting help.....

- Ensure the person is not left alone – advise another member of the staff team what is happening
- Remove any items which could be used to take their own life
- Get immediate medical help – GP, 999 or take to A+E
- Ensure you talk to someone else about your own feelings – if permission has been denied then this can be secured by getting anonymous and confidential support from the Samaritans or via clinical supervision.

#### Organisations that can help individuals in need of support

- Samaritans <https://www.samaritans.org/how-we-can-help/contact-samaritan/>  
Phone 08457 90 90 90 FREEphone 116 123
- PAPYRUS HOPELineUK Prevention of Young suicide for people under the age of 35years – PHONE 0800 068 4141 Text 07786209697 or email [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)  
website <https://papyrus-uk.org/>
- CALM campaign against Living miserably. Phone 0800 58 58 58  
<https://www.thecalmzone.net/>
- SANE Phone 0845 767 8000 <http://www.sane.org.uk/>

- MIND Phone 0300 123 3393 <https://www.mind.org.uk/>
- Maytree A sanctuary for the suicidal Phone 020 7263 7070 <http://www.maytree.org.uk/>
- Letters of hope from Recovery Devon <https://recoverydevon.co.uk/2015/letter-of-hope/>

Organisations to refer to if someone has suffered a bereavement due to suicide

- Pete's dragons <http://www.petesdragons.org.uk/> Can offer Resource packs, Listening and Practical advice, talking and holistic therapies, wellbeing workshops, children and family fun days and Hug in a hamper and possible comfort grants

Further training and information Available from.....

- Action to Prevent Suicide <https://actiontoprevent suicide.org/about/http://tasc-uk.org/>
- The alliance of suicide Prevention societies <https://www.nspa.org.uk/home/our-work/>
- Petes's Dragons – suicideTALK – ASIST  
[http://www.petesdragons.org.uk/Suicide\\_Prevention\\_Training\\_15345.aspx](http://www.petesdragons.org.uk/Suicide_Prevention_Training_15345.aspx)

Date of Policy \_\_\_ Oct 2019 \_\_\_\_\_

Signed J Westacott  
13<sup>th</sup> November, 2019