



Do Now

Suicide and Prevention

What do we need to know?



Harry has suffered from depression for years. He has a steady job and lots of friends – but has just split up from his girlfriend after five years together. No one's worried about him though, as he *seems* to be ok. He hasn't talked about the split, but, as his friends have said – maybe he's got over her really quickly.

Discuss: Should Harry's friends be worried about him? Why?



Explain how this Do Now links with today's lesson question.

I think the starter story may link to the lesson question because...

Suicide and Prevention

What do we need to know?

Learning outcomes:

Correctly identify warning signs from those who may intend on suicide, describe ways we can support those with depression.

Describe the factors that contribute towards some people taking their own lives, the biggest risk factors and what we can do to aid prevention.

Suicide - the act or an instance of taking one's own life voluntarily and intentionally.

Depression – a mental health condition with symptoms of feelings of severe sadness, emptiness or hopelessness.



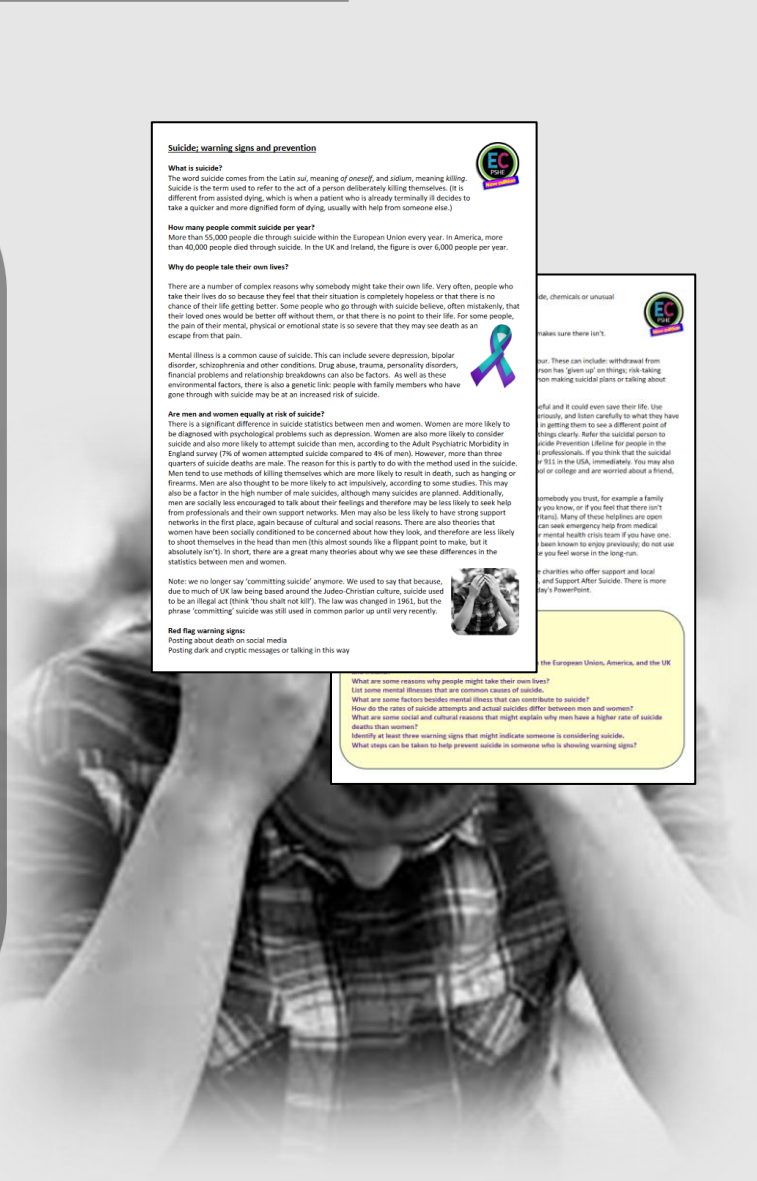
Suicide and Prevention

What do we need to know?

In your booklet you have information, which you will need for today's activities. Before we get started, let's read it through.

THORN DEN THREE READING!

This is very important content – and you never know when you will need this information, possibly to help a friend in future. With this in mind, ensure you give this information your full attention.



Suicide: warning signs and prevention

What is suicide?
The word suicide comes from the Latin sui, meaning of oneself, and sidium, meaning killing. Suicide is the term used to refer to the act of a person deliberately killing themselves. (It is different from assisted dying, which is when a patient who is already terminally ill decides to take a quicker and more dignified form of dying, usually with help from someone else.)

How many people commit suicide per year?
More than 55,000 people die through suicide within the European Union every year. In America, more than 40,000 people die through suicide. In the UK and Ireland, the figure is over 6,000 people per year.

Why do people take their own lives?
There are a number of complex reasons why somebody might take their own life. Very often, people who take their lives do so because they feel that their situation is completely hopeless or that there is no chance of their life getting better. Some people who go through with suicide believe, often mistakenly, that their loved ones would be better off without them, or that there is no point to their life. For some people, the pain of their mental, physical or emotional state is so severe that they may see death as an escape from that pain.







Mental illness is a common cause of suicide. This can include severe depression, bipolar disorder, schizophrenia and other conditions. Drug abuse, trauma, personality disorders, financial problems and relationship breakdowns can also be factors. As well as these environmental factors, there is also a genetic link: people with family members who have gone through with suicide may be at an increased risk of suicide.

Are men and women equally at risk of suicide?
There is a significant difference in suicide statistics between men and women. Women are more likely to be diagnosed with psychological problems such as depression. Women are also more likely to consider suicide and also more likely to attempt suicide than men, according to the Adult Psychiatric Morbidity in England survey (7% of women attempted suicide compared to 4% of men). However, more than three quarters of suicide deaths are male. The reason for this is partly to do with the method used in the suicide. Men tend to use methods of killing themselves which are more likely to result in death, such as hanging or firearms. Men are also thought to be more likely to act impulsively, according to some studies. This may also be a factor in the high number of male suicides, although many suicides are planned. Additionally, men are socially less encouraged to talk about their feelings and therefore may be less likely to seek help from professionals and their own support networks. Men may also be less likely to have strong support networks in the first place, again because of cultural and social reasons. There are also theories that women have been socially conditioned to be concerned about how they look, and therefore are less likely to shoot themselves in the head than men (this almost sounds like a flippant point to make, but it absolutely isn't). In short, there are a great many theories about why we see these differences in the statistics between men and women.

Note: we no longer say 'committing suicide' anymore. We used to say that because, due to much of UK law being based around the Judeo-Christian culture, suicide used to be an illegal act (think 'Thou shalt not kill'). The law was changed in 1962, but the phrase 'committing' suicide was still used in common parlance until very recently.

Red flag warning signs
Posting about death on social media
Posting dark and cryptic messages or talking in this way

What are some reasons why people might take their own lives?
List some mental illnesses that are common causes of suicide.
What are some factors besides mental illness that can contribute to suicide?
How do the rates of suicide attempts and actual suicides differ between men and women?
What are some social and cultural reasons that might explain why men have a higher rate of suicide deaths than women?
Identify at least three warning signs that might indicate someone is considering suicide.
What steps can be taken to help prevent suicide in someone who is showing warning signs?



Suicide; warning signs and prevention

What do we mean by suicide?

Suicide is the term used when a person dies as a result of intentionally harming themselves. The word comes from Latin and simply means “of oneself.”

It is different from **assisted dying**, which refers to situations where someone who is already terminally ill chooses to shorten the end of their life, usually within a legal and medical framework.

How common is suicide?

Sadly, suicide affects many families and communities around the world. Each year:

1. Over 55,000 people die by suicide across the European Union
2. Around 40,000 people die by suicide in the United States
3. In the UK and Ireland, the figure is over 6,000 people per year

These numbers remind us why understanding mental health and looking out for one another really matters.

Why might someone feel this way?

There is never just one reason why someone might think about ending their life. It is usually the result of many complex factors coming together.

People who experience suicidal thoughts often feel:

1. Overwhelmed or trapped
2. That their situation will never improve
3. That they are a burden on others
4. That the emotional or physical pain they are experiencing is unbearable
5. Mental health conditions such as depression, bipolar disorder, and schizophrenia can increase risk, as can experiences like trauma, substance misuse, financial stress, or relationship breakdowns. Family history can also play a role for some people.

Importantly, these thoughts are not a sign of weakness. They are a sign that someone is struggling and needs care, understanding, and support.

Are men and women affected in the same way?

Suicide statistics show differences between men and women. Women are more likely to experience diagnosed mental health conditions and are more likely to report suicidal thoughts or attempts. However, men account for the majority of suicide deaths.

There are many possible reasons for this, including differences in how people seek help, social expectations around expressing emotions, and levels of support. What matters most is recognising that anyone can struggle, regardless of gender, and everyone deserves support.

Language matters

You may hear people say “committed suicide,” but we now avoid this phrase. Suicide was once illegal in the UK, and the word “committed” links it to crime. Today, we use phrases like “died by suicide” to reflect understanding and compassion.

Possible warning signs

1. Some people show clear signs that they are struggling, while others may hide how they are feeling. Warning signs can include:
2. Talking or posting about death or feeling hopeless
3. Withdrawing from friends, family, or usual activities
4. Big changes in mood or behaviour
5. Ongoing self-harm or a history of depression
6. A significant life event or loss
7. Sometimes, there may be no obvious signs at all, which is why taking concerns seriously is so important.

How can suicide be prevented?

Looking out for changes in someone's behaviour can make a real difference.

Signs of concern might include:

1. Feeling hopeless or trapped
2. Giving up on things they once cared about
3. Risk-taking behaviour
4. Talking about wanting to disappear or not be here

If you are worried about someone:

1. Talk to them and listen without judgement
2. Use open questions like, *"How have things been feeling for you lately?"*
3. Take what they say seriously
4. Encourage them to speak to a trusted adult or professional

If someone is in immediate danger, emergency services should be contacted straight away. In school, concerns about a friend should always be shared with someone on the safeguarding team.

If you are struggling yourself

If you are having thoughts about harming yourself, you are not alone, and help is available.

You could:

1. Talk to someone you trust, such as a family member, friend, or teacher
2. Contact a confidential helpline like The Samaritans, which is available 24/7
3. Speak to a GP or mental health professional
4. Try to stay connected with others and avoid drugs or alcohol, which can make feelings harder to manage
5. Asking for help is a sign of strength.

Support after a suicide

If you have been affected by the death of someone through suicide, specialist support is available. In the UK, organisations such as **Cruse**, **UKSOBS**, and **Support After Suicide** offer help for people who are grieving.

Further support information can be found at the end of this presentation.

Now complete the questions your booklets:

1. What is the origin of the word 'suicide'?
2. How does suicide differ from assisted dying?
3. Approximately how many people die by suicide each year in the
4. European Union, America, and the UK and Ireland?
5. What are some reasons why people might take their own lives?
6. List some mental illnesses that are common causes of suicide.
7. What are some factors besides mental illness that can contribute to suicide?
8. How do the rates of suicide attempts and actual suicides differ between men and women?
9. What are some social and cultural reasons that might explain why men have a higher rate of suicide deaths than women?
10. Identify at least three warning signs that might indicate someone is considering suicide.
11. What steps can be taken to help prevent suicide in someone who is showing warning signs?



Aspirin, weapons, internet searches about weapons or suicide, chemicals or unusual medicines.
Self-harm and a history of depression.
A major event to upset the person.
Sometimes there are no signs at all - the person in question makes sure there isn't.

What can be done to prevent suicide?
Look out for the warning signs of suicide in a person's behaviour. These can include withdrawal from friends and family, anxiety, hopelessness, a sense that the person has 'given up' on things, risk taking behaviour, being irritable, sudden changes in mood, the person making suicidal plans or talking about wanting to take their lives.

Talk to the person about their suicidal feelings. This can be useful and should never mean that they, the carer questions like, 'how do you feel about...?'. Take them seriously, and listen carefully to what they have to say. However, do not blame yourself if you are not successful in getting them to see a different point of view, sometimes, mental illness makes it very difficult to see things clearly. Refer the suicidal person to helplines such as The Samaritans in the UK, or the National Suicide Prevention Helpline for people in the USA. Encourage the suicidal person to seek help from medical professionals. If you think that the suicidal person has seriously harmed themselves, call 999 in the UK or 911 in the USA, immediately. You may also need to call a crisis mental health team. If you are at school or college and are worried about a friend, you should tell a parent and immediately.

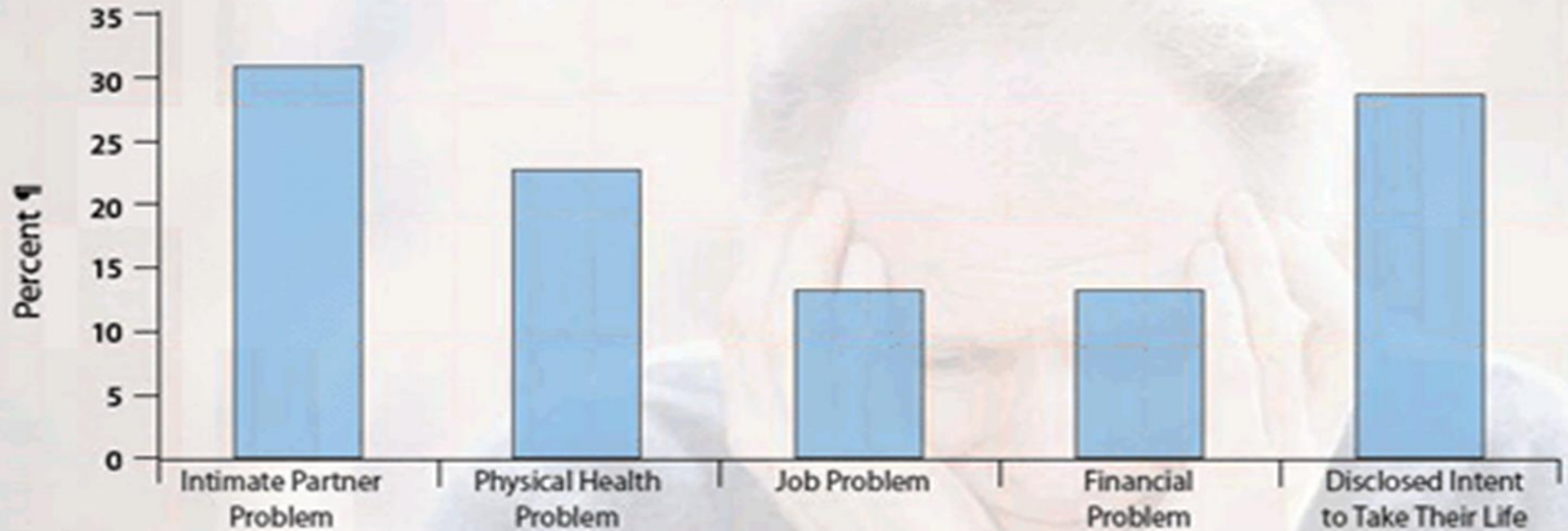
If you are the person who is having suicidal thoughts, talk to somebody you trust, for example a family member or a close friend. If you don't want to talk to anybody you know, or if you feel that there isn't anyone you can talk to, you can ring helplines (e.g. The Samaritans). Many of these helplines are open 24/7, so that you never have to face your feelings alone. You can seek emergency help from medical professionals, for example from your local doctor's surgery, or mental health services if you have one. Try to remember yourself with suicide. Do things that you have been known to enjoy previously, do not use drugs or alcohol as these may cloud your judgement and make you feel worse in the long run.

If you have been affected by the suicide of a person, there are charities who offer support and local bereavement groups. In the UK, these include Crisis, SODAS, and Support After Suicide. There is more information on further help and information at the end of today's PowerPoint.

Questions (complete in your book):
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Precipitating Circumstances* for Suicide†



- What is the most + least common reason for suicide in the US?
- Is there anything about this graph that surprises you? Why / why not?
- ‘Disclosed intent’ means the people had already told someone they were going to do this – but what might the reasons they gave have been?
- Analyse what other causes might contribute.
- Analyse why even after a disclosure had been made, these people couldn’t be or weren’t stopped..

Suicide and Prevention

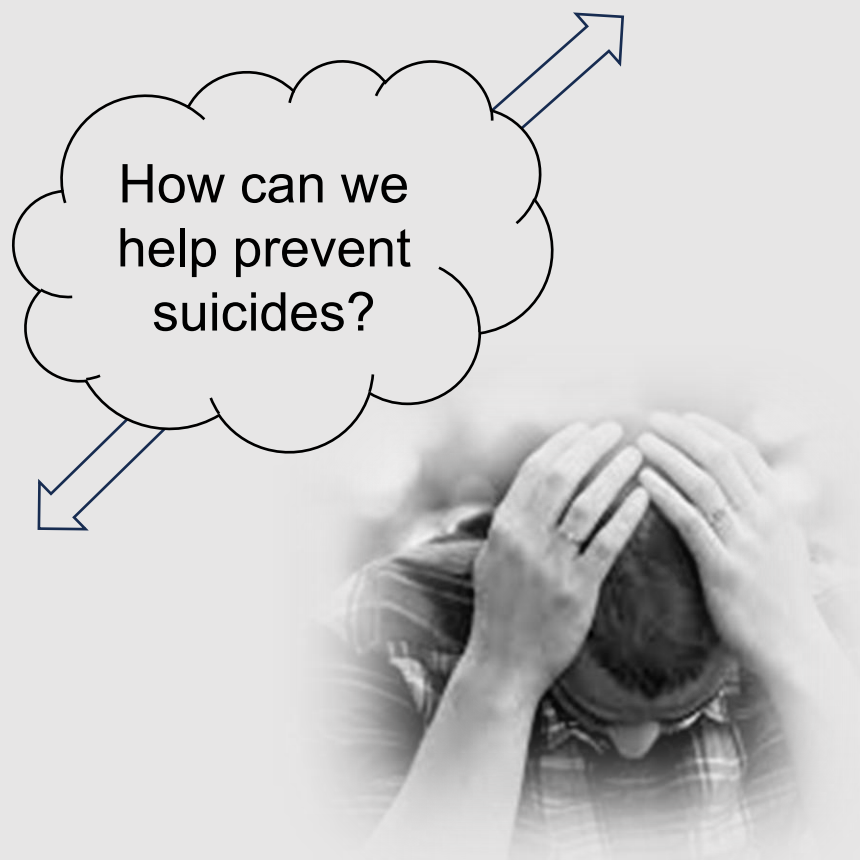
What do we need to know?

Watch the clip from the NHS Psychotherapist. As you are watching, write down six tips for helping a person who is having suicidal thoughts. At the end of the clip, we will collate our ideas to make sure we have as much useful advice shared as possible.

One way we can help prevent a potential suicide is...

How can we help prevent suicides?

https://www.youtube.com/watch?v=xOo8EcPw5_4



Suicide and Prevention

What do we need to know?



Useful, legitimate and appropriate helplines and charities:

<https://www.samaritans.org/how-we-can-help/contact-samaritan/> or call 116

Immediate help and advice for anyone who needs it, not just those considering suicide

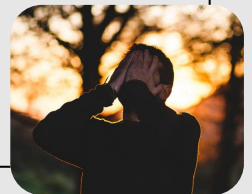
Young Minds. Child and adolescent mental health charity for teens Call: 0808 802 5544

Teen Line | Teens Support hotline - Connect, talk, get help! Teen Line's highly trained teen listeners provide support, resources and hope to any teen who is struggling.

SANE. National out-of-hours mental health charity offering emotional support, guidance and information. Call: 0300 304 7000 (4.30pm to 10.30pm)

<https://www.nhs.uk/> The National Health Service website

111 / 999 - None health emergency and real health emergency phone numbers



Reporting a Concern at Thornden School

- It is important to us that all of you feel safe, happy and belong at Thornden.
- We also know that sometimes it is not as easy as simply telling a member of staff
- It could be:
 - A friend you are worried about
 - Someone being unkind to you
 - Something you have heard and think we should know

How can you report anything you are worried about?

- Speak to a member of staff or parent / carer
- Visit the Well Being Den or Head of Year area
- On Satchel each week you will be sent a link to a form to share any worries you have
- On our school website homepage there is a 'Report a Concern' link.
- In the Student Bulletin there is a 'Report a Concern' link
- On all school desktops there is a 'Report a Concern' logo to click and report anything

Need Support? You're Not Alone

If anything in today's lesson has affected you, or you want to talk to someone, there is help available.



Mental Health & Low Mood

YoungMinds – <https://www.youngminds.org.uk>

Kooth – <https://www.kooth.com>

Mind – <https://www.mind.org.uk>

Talk to Someone

Your Tutor or Head of Year – We're here to help.

Wellbeing Team and School Nurse

Report a Concern on Satchel

Safeguarding Team with the Purple lanyards

Healthy Lifestyle

NHS Every Mind Matters – <https://www.nhs.uk/every-mind-matters>

Change4Life – <https://www.nhs.uk/change4life>

Apps That Can Help

Calm – For mindfulness and sleep.

Headspace – Meditation and stress relief.

Clear Fear – Manage anxiety (designed for young people)

MeeTwo – Anonymously talk to other teens, moderated by experts.

Eating Concerns

Beat Eating Disorders –

<https://www.beateatingdisorders.org.uk>

NHS Live Well – Eating Disorders –

<https://www.nhs.uk/mental-health/conditions/eating-disorders/>