

**You are not
alone. We're
here to talk.**



- **Safe Connections App**
- **Safe Connections Community Hub**
- **Safe Connections Grief in Pieces
Suicide Bereavement Services**
- **Safe Connections Community
Protectors**

If you are concerned you can speak to someone or you
can access the Safe Connections App
using the QR code.



0300 561 0115



 **mind**
in North East
London

Safe Connections App



Thoughts of suicide can be frightening and confusing. The Safe Connections App has been developed to connect you quickly to safe spaces and support services in your local area.

- Interactive app which works off mobile, tablet and PC
- Allows users to access relevant information quickly linked to the type of support they need and their location
- Includes contact information for urgent support lines and range of community resources
- Includes interactive map for ease of location of resources

Safe Connections App



0300 561 0115

Safe Connections Community Hub

Safe Connections Community Hub aims to support people who are experiencing suicidal thoughts to access the right service at the right time.

We offer a safe space for people to talk about their feelings and concerns and explore the underlying reasons as to why someone may feel suicidal. Our connectors provide a mixture of emotional and practical support and tailored signposting to help meet the individual's needs.

Anyone wanting support can call the free helpline number: **0300 561 0115** and speak to one of our Connectors.

We understand that for some people making the first call can be difficult, and so alternatively, people can email: **safeconnections@mithn.org.uk** to request a call at a convenient time for them.

Ways you can access the Safe Connections Community hub:

- Self-refer
- Live in Barking and Dagenham, Hackney, Waltham Forest, Havering, Newham, Redbridge or Tower Hamlets
- Are concerned about or having thoughts of suicide
- Aged 18+
- Our telephone lines are open from 9.30am – 4.30pm, Monday – Friday

Grief in Pieces: Suicide Bereavement Services.

People and families who have experienced the loss of a loved one to suicide find that they require a specialised type of support, different from typical bereavement interventions.

Grief in Pieces offers this support through a range of options:

- A support group co-facilitated by a mental health practitioner and a peer who has also experienced suicide loss. It will cover topics such as ***the grief process, suicide and traumatic grief responses, while normalising emotions and fears, in a confidential, empathic and safe space.***
- Crisis Response Service in the immediate aftermath of the loss of a loved one to suicide which would include: ***one to one or family intervention, practical and emotional support as well as support to access and navigate local services***

Let us support you on your journey of healing and recovery

Postvention

For more info, contact
supportforsuicideloss@mindchwf.org.uk or

0208 525 2337



Training to Professionals

Learning and development (delivered virtually & face to face) including:

- Suicide Awareness training through safeTALK and Suicide First Aid Lite
- Skills based training to identify and help someone suicidal. This is delivered through Applied Suicide Intervention Skills Training (ASIST) and Suicide First Aid Training
- Tailored learning for GPs on the ten minute consultation and identifying suicidal tendencies
- Understanding self harm workshops
- Supporting those bereaved through suicide

Training

For more info, contact

suicidepreventiontraining@mindchwf.org.uk

A Network of Protectors – Training for the Community



- Suicide Awareness and Prevention training - bespoke to North East London community audiences
- Raises suicide awareness and understanding among voluntary and community services, community-based projects, and self-help initiatives, in particular, amongst vulnerable groups and in high-risk areas.
- Gatekeeper training for people who have contact with those at elevated risk of suicide - clergy, emergency service personnel, barbers, first responders, pharmacists, carers, people employed in schools.
- Identification of signs and symptoms of suicidal ideation
- How to intervene in a mental health crisis
- How to approach, help and support into appropriate services
- A Safe Space Community Resource

For more info, contact
nelseuicidepreventiontraining.co.uk