SUICIDE PREVENTION:
A MULTI-SECTORAL CHALLENGE

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A ‘call for help’ is any contact made to Samaritans for support, whether by phone, text, email, face to face in branch, in prisons or through our outreach work. This figure is based on the 2016 calendar year. A ‘caller’ is anyone who has accessed our service, whether by phone or by any other means.
SUICIDE IN GREAT BRITAIN - 2016

5,668 people died by suicide in GB

4,287 men (76%)

1,381 women (24%)

322 people in Wales

4,575 people in England

727 people in Scotland

SAMARITANS
CRISIS POINT

BACKGROUND

Biological factors, psychological factors, life events, mental illness

Unbearable Pain
THOUGHTS
ACTION
Suicidal behaviour
Goal oriented response
NETWORK RAIL PARTNERSHIP: OUR MODEL

**Coordinated** national approach

- Education and Training
  - Ripple effect of peer education

- Prevention
  - Highly effective

- Postvention
  - Also as a form of prevention
AREAS FOR IMPROVEMENT

• There is no official record of the number of road-related suicides or attempted suicides taking place in the UK (either nationally or locally).

• There is a lack of awareness about it, meaning that it is given absolutely no priority nationally.

• It is not clear where responsibility lies for tackling road-related suicide.

• Most areas of the country now have suicide prevention plans, but it is rare to see anything on road-related suicide included.

• There are some local initiatives taking place, but collaboration is poor
POLICY RECOMMENDATIONS

• **Creation of a database** for suicide on UK roads.

• **Research evidence** on suicide on the road network so that industry, the Government and the third sector can develop plans to tackle it.

• The **burden of proof** should be lowered in order that deaths which are overwhelmingly likely to be suicide are recorded as such by coroners.

• Focus on the issue in **national suicide prevention strategies**.
PRACTICAL ACTION

Adapting the model from the rail industry across the transport industry:

- Training for staff
- Prevention through reducing access and promotion of support services
- Good occupational health programmes that include mental health

Using expertise and influence of the transport sector to help:

- Improve data collection and evidence
- Ensure local action plans are in place
- Increase places of safety