

A close-up portrait of a middle-aged man with short, graying hair, blue eyes, and a prominent brown mustache. He is wearing a light blue denim shirt and has a slight smile. The background is a plain, light-colored wall.

WORKING TOGETHER TO REDUCE SUICIDE IN TRANSPORT

Ruth Sutherland CEO

7 December 2015

SAMARITANS

SAMARITANS

- Our vision is that fewer people die by suicide
- Suicide is complex but it isn't inevitable
- We are there for those who need us
 - ➔ Free to call 116 123
 - ➔ Developing digital access
 - ➔ Affordable, accessible, relevant, appropriate
 - ➔ 21,000 volunteers
 - ➔ 5 million calls for help every year

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REDUCING INEQUALITY

- Human contact
- Support
- Information
- Education



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UNDERSTANDING SUICIDE

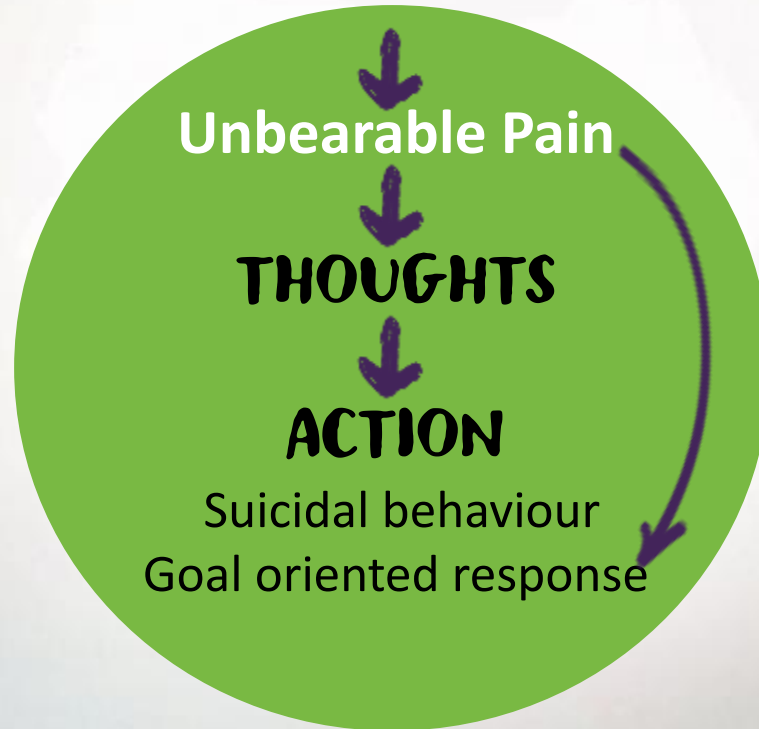
- 6,000 per year and rates rising
- A matter of inequality
 - Men in middle age
 - Lowest socio-economic groups and most deprived areas
 - Mental health, feelings of entrapment and helplessness

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CRISIS POINT

BACKGROUND

Biological factors, psychological factors,
life events, mental illness



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SUICIDE IN TRANSPORT

- Nearly one person every day on the railways
- 1,500 recorded incidents on roads (April 2013 – December 2014)
- High ratio of male employees in transport
- Reasons are complex
- Prevention and intervention are effective
- Address under-reporting 'accidents'

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SUICIDE IN TRANSPORT – IMPACT

- Emotional impact is significant – staff, families, witnesses...
- £67mn cost to rail industry
- Delays, closures, compromised passenger safety
- ‘Hotspots’/clusters/contagion

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SOLUTIONS

Network Rail and Samaritans partnership model

Coordinated national approach

**Education
and Training**
Ripple effect
of peer education

Prevention
Highly effective

Postvention
Also as a form
of prevention

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RAIL INDUSTRY PROGRAMME RESULTS

- 1,000 lives saved
- 10,000 staff trained
- 9,000 minutes reduced delay times – huge cost savings
- Wide reach of media campaign with great results
- Health and social care liaison and outreach work stream with BTP



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TAKING ACTION

- o Adapting the model from the rail industry across the transport industry
 - Training for staff
 - Prevention through reducing access and promotion of support services
 - Responsible reporting
 - Good occupational health programmes that include mental health

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TAKING ACTION

- o 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
- o Get involved – www.nspa.org.uk

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THANK YOU



116 123

FREE

This number is **FREE** to call



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samaritans.org



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visit us – find your nearest
branch on our website