Suicide Awareness and Prevention

Suggested Text and SNOMED codes for AccuRx Messages

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| **Suggested name** | **Suggested text** | **Suggested SNOMED term and code** |
| **Suicide Prevention: CRISIS and Wellbeing Plan** | Please follow the link below to "My Plan":  <https://bit.ly/4cCnGUq>  This contains lots of useful resources and some spaces for you to make personal to you. Developing your own plan to help support you with your mental health is important. It aids recovery and then helps to keep you well. Many people find working with a trusted other person helps support them to develop their own plan. | **Mental health crisis plan**  **(736253002)** |
| **Suicide Prevention: SHOUT & SP-UK Helpline videos** | Things may be difficult for you right now. You may even feel you have no hope. But things can change, you can get to a better place. For that to happen you need to stay alive. If you can, share your feelings with someone you trust and let them help keep you safe. Click these video links to see how services can support you:  <https://youtu.be/eGQcaKqgYWg>  Text “IMATTER” or "SHOUT" to 85258 for support:  <https://youtu.be/cWyBoKdqCQU?si=NaElBa4MvqXTKp9v> | **Signposting to resource**    **(975171000000102)** |
| **Suicide Prevention: Crisis Support** | Crisis can feel hopeless but it doesn't last forever. To stay alive, contact any of these services, here to support you:  Mental Health Number 0800 448 0828  Papyrus HOPELINE247 0800 068 4141 (< 35y) SAMARITANS 116 123  CALM 0800 58 58 58 (5-12pm)  SP-UK 0800 689 5652 (6-12pm)  Text "IMATTER" to 85258  Text "HOPE" to 88247 (<35y)  Crisis Cafés:<https://www.nhft.nhs.uk/crisis-cafe/venue/crisis-caf-northampton-410/>  NHS 111 or 999 in an emergency | **Signposting to helpline**  **(1085331000000103)** |
| **Suicide Prevention: Websites** | Here are some websites that you may find helpful:  <https://prevent-suicide.org.uk/>  <https://www.spuk.org.uk/>  <https://www.thecalmzone.net/>  <https://www.papyrus-uk.org/>(Prevention of Young Suicide)  Always dial 999 in a life-threatening emergency. | **Provision of support for self-management**    **(733810001)** |
| **Suicide Prevention: Safety Plan** | A Safety Plan is your personal plan for how to stay safe in a suicidal crisis. It will help you feel more in control when everything feels out of control. The resources below can help you make a plan when you are not in a crisis, so it's there, just in case. You may like to ask a trusted friend to help you:  <https://stayingsafe.net/><https://www.stayalive.app/>  (or the STAY ALIVE App)<https://www.papyrus-uk.org/suicide-safety-plan/>(under 35s) | **Safety education**    **(385981004)** |
| **Suicide Prevention: Self-harm** | Check out these great resources!  Apps to help you resist or manage the urge to self-harm:  Calm Harm:  <https://calmharm.co.uk/>  distrACT:  <https://www.expertselfcare.com/distract/>  Blue Ice:  <https://www.oxfordhealth.nhs.uk/blueice>  Advice websites to help you manage self-harm: Papyrus:  <https://www.papyrus-uk.org/self-harm/>  Heads Above the Waves:  <https://hatw.co.uk/>  Wellbeing help and advice for young people:  <https://youngminds.org.uk/> | **Self-harm behavior management**  **(386523003)** |
| **Suicide Prevention: Talking Therapy (IAPT)** | Self-refer to Talking Therapy  <https://www.nhft.nhs.uk/talkingtherapies/>  0300 999 1616  Talking Therapy is a free, NHS service to help you manage mild to moderate stress, anxiety or depression. They offer individual or group sessions, either face to face, telephone, video or online. They can arrange an interpreter and some therapists speak more than one language, if required. Check out their website for info incl option of a Welcome Webinar. | **Signposting to IAPT service**  **(1053791000000108)** |
| **Suicide Prevention: Service finder** | For Council Services, visit:  <https://www.westnorthants.gov.uk/>for Northampton, Daventry and South Northants  <https://www.northnorthants.gov.uk/>for Kettering, Corby, East Northamptonshire, Wellingborough and Rushden  Here are the details for two further websites that can be used to help you find services nearby: The Wellbeing Launchpad  <https://www.wellbeinglaunchpad.com/>  The Hub of Hope  <https://hubofhope.co.uk/>  Or download the Hub of Hope App | **Signposting to self-management support service**    **(1083411000000101)** |
| **Suicide Prevention: Carers** | We understand that you are supporting someone going through a difficult time. You may be feeling overwhelmed or lonely looking after someone with a physical or mental illness. Please be aware you are not alone. We'd like to help support YOU and YOUR wellbeing, which is important too. We hope you find the following useful:  <https://bit.ly/4eXJzyN> | **Provision of information on services for carers**    **(839291000000101)** |
| **Suicide Prevention: Postvention Support** | Help Is At Hand - Public Health England resource booklet with practical advice to help you during this difficult time:  <https://supportaftersuicide.org.uk/resource/help-is-at-hand/><https://supportaftersuicide.org.uk/>  <https://www.suicideandco.org/>  <https://www.thecalmzone.net/bereaved-by-suicide>  <https://www.papyrus-uk.org/suicide-bereavement-support/>  <https://uksobs.com/> | **Signposting to bereavement support service**    **(1085351000000105)** |
| **Suicide Prevention:Healthcare Practitioner support** | Practitioner Health is a free, confidential NHS primary care mental health and addiction service for healthcare professionals:  <https://www.practitionerhealth.nhs.uk/>  Doctors in Distress is a charity that promotes and protects the mental health of all healthcare workers and prevents suicides in the medical profession:  <https://doctors-in-distress.org.uk/>  Nurse Lifeline is for nurses and midwives:  <https://www.nurselifeline.org.uk/helpline> | **Signposting to service**  **(975151000000106)** |