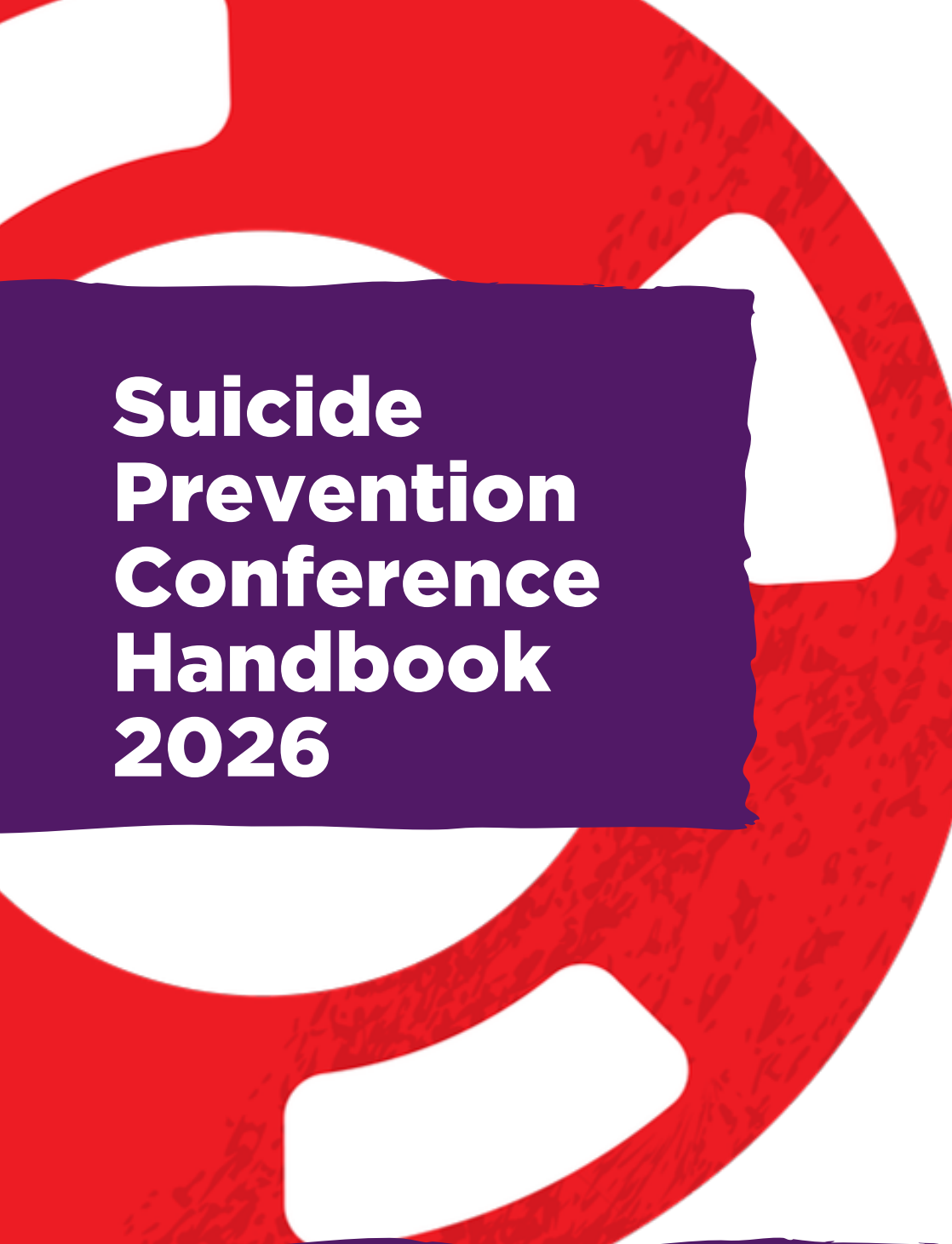




Suicide Prevention Conference Handbook 2026

Every life matters ...



Room locations

Blencathra

Left of the Café
Past the large Pillar Lift
Tea, coffee and lunch served here

Pennine

Directly above Blencathra
Take the Pillar Lift straight up or
the stairs at the back of Blencathra
Lunch also served here

Screen 2

Go down the small stairs next to
the Café or use the Pillar Lift, turn
left and follow signs marked
CINEMA

Blue, Pink & Green Rooms

Stairway route
Main foyer → Escalator up
Turn right towards Create
Before Create, turn left through
blue double doors (Meeting
Rooms) Go up stairs, turn right at
tablet stand, continue upstairs
Blue Room: left
Pink & Green Rooms: follow
corridor, right

Accessible route

Take lift to 2nd floor → Gallery
Walk through Gallery into Create
Turn right through two sets of
double doors
Take lift to top floor
Follow long corridor
Pink & Green Rooms: left
Blue Room: follow corridor
around, right

Quiet Space

The Green Room upstairs is
available as a quiet space. If
you'd like support at any
time, please come to the
registration desk and we'll
be there for you.

Walking route

Fancy a quick lunchtime
walk? There's a short route
nearby – our registration
desk will happily point you
in the right direction.



Content

Page 3: Room locations

Page 4: Content

Page 7: Context

Page 8: Suicide interventions

Page 9: Suicide in the community

Page 11: Suicide and men

Page 12: Suicide Safer Schools

Page 14: Autism and suicide prevention

Page 15: Suicide prevention in the workplace

Page 17: Suicide prevention in the farming community

Page 19: Supporting long-term suicidality

Page 20: Understanding suicide bereavement

Page 23: Build support

Page 24: Actions against suicide

Page 26: Suicide prevention training

Page 31: Notes

Page 32: Feedback



A close-up photograph of a person's arm holding a white tote bag. The person is wearing a brown and tan plaid shirt with the sleeve rolled up. The tote bag has a white upper section and a tan lower section. The text "Take action. Prevent suicide." is printed in bold black font on the white section. Below it, on the tan section, is the text "Every life matters" in a smaller black font, preceded by a small rainbow flag icon.

**Take action.
Prevent suicide.**

 **Every life matters**



Take action. Prevent suicide.

Suicide remains the biggest killer of men and women under 35 and thinking about suicide in response to challenging life circumstances is still prevalent in our society. Despite being a significant cause of early death, stigma means we still struggle as a society to talk openly about suicide, and many of those living with thoughts of suicide still struggle to reach out for help when they need it most.

1 in 15

people will
have thoughts
of suicide in
any given year.

1 in 4

people will have
thoughts of
suicide in their
lifetime.

Cumbria has some of the highest suicide rates in England. Despite being preventable, there were 66 suicides registered in the county in 2024 – the equivalent of six full football teams. On average, someone in Cumbria takes their own life every five days. Each of these deaths is an individual tragedy, leaving a profound impact on families, friends, workplaces, and communities across the county.

Established in 2019 in response to the ongoing high levels of suicide in Cumbria, Every Life Matters aims to reduce our county's suicide rates through education, training, campaigning and starting conversations about suicide across our local communities. And we aim to ensure that individuals, families and communities bereaved and impacted by suicide get the services and support they need, when they need them.

**The Big Question:
Understanding
Suicide in Cumberland**



Join us in this mission.

Suicide interventions

Around 1 in 4 of us will have thoughts of suicide during our lifetime. It is a common response to stressful and overwhelming life events. We believe that suicide prevention is everyone's business, and that anyone in our communities can be alert to when someone is at risk of suicide, and to support that person to take the first steps towards getting help.

Take action

"Are you thinking about suicide?"

- **Be aware**

Most people who are thinking about suicide do try and ask for help. We need to be helpfully nosy and be willing to pick up on 'invitations' – the clues or signs that someone may be thinking about suicide.

- **Ask directly**

We need to be willing and able to ask confidently and directly about thoughts of suicide. You will not put the idea in someone's head!

- **Listen compassionately**

We know that talking can really help, so we need to be willing to listen. You don't have to fix but listen compassionately.

- **Build support**

There is support out there. We need to know what support is available locally and nationally so we can signpost people.

“

"We can all gain the skills to make a difference, and keep people safe."



Book your suicide prevention training now:

Suicide crisis support in the community



Understanding the range of local third sector services and their approaches to crisis support is essential, as anyone can play a meaningful part in helping someone through a suicidal crisis.

Compassion, kindness, simple interruptions or distractions, creating safety, developing safety plans, and supporting someone to access appropriate services are all valuable interventions that anyone can offer. Crucially, crisis support is not solely the responsibility of NHS Mental Health Services—there is significant support available within the community, and we all have an important role to play in keeping one another safe.

Take action

● **Be a compassionate interrupter**

When someone seems overwhelmed or distressed, be prepared to intervene and connect them to support. Your compassion can create hope.

● **Map local support**

Identify and share the key crisis support services in our local area so you know where to direct someone quickly.

● **Share the message locally**

Help others understand that there is local crisis support beyond NHS provision.

Link to our
Support Directory:



For more details about local and national support and services visit our website
www.every-life-matters.org.uk

BEER			% ABV
WELL - LIGHT - DRY ROSE GOLDEN ALE	38	5.00	
WELL - TROPICAL SALTIC - TROPICAL ALE	38	4.50	
WELL - LIGHT - SWEET BERRY - DRY ALE	4	4.50	
WELL - LIGHT (BROWN) - DRY ALE	4	5.20	
WELL - BARK - Low-Jones Ale	0.5	5.00	
WELL - LIGHT - PINEAPPLE - DRY ALE	4.2	6.00	
WELL - SWEET BERRY - DRY ALE	4.5	5.50	
WELL - DRY STOUT - DRY ALE	1.0	7.00	
WELL - BARK - DRY ALE	4.5	7.00	
WELL - DRY STOUT - DRY ALE	5.0	6.60	
WELL - DRY STOUT - DRY ALE	4.2	5.00	
WELL - BARK - DRY ALE	3.9	4.50	



Suicide and men

Thoughts of suicide often reflect the depth of pain a man may be experiencing, alongside a loss of hope that the pain or the circumstances causing it will improve. Men who have lived with suicidal thoughts frequently describe feelings of shame, self-hatred, emotional numbness, being a burden, and feeling trapped. Distress may be communicated through subtle or indirect “invitations”, making it important to address suicide risk openly and directly. Side-by-side approaches to support, alongside strong protective factors such as connection, purpose and belonging, play an important role in helping keep men safe.

Take action

● Start the conversation

Ask about suicide directly, be helpfully nosy and show you care.

● Explore together

Find out where they can get help, and offer practical support in accessing that help.

● Be encouraging

Practically help them take up social, activity-based contact with others, including exercise, to reconnect with others, and develop a structured routine.



Every Life Matters
Worried
about someone?



CALM
Worried about a
friend or
family member?



Samaritans
Worried
about someone?

Suicide safer schools

Suicide prevention is now part of the national curriculum. Schools have an opportunity to build a suicide-safer culture through a whole-school approach. Staff should be trained so they feel confident using consistent language and responding to disclosures, supported by clear prevention, intervention and postvention policies. Parents and carers should be informed and given an opt-out, with follow-up communication signposting support. Lessons should be planned so pupils have time and safe spaces to talk to staff afterwards if needed. A tiered approach works well: younger pupils focus on emotional literacy, coping skills and help-seeking, while older pupils learn to recognise warning signs and involve a trusted adult when supporting a friend. Messages should emphasise hope, recovery and where to get help.

Take action

● Start the conversation in your school

Review how suicide prevention is currently addressed and whether staff training, policies and support pathways are in place.

● Build a whole school approach

Ensure staff, pupils and parents understand help-seeking routes and how concerns should be raised.

● Promote protective factors

Encourage activities that strengthen connection, emotional literacy and help-seeking

Find out more about our Suicide Safer Schools programme on our website.

To discuss further details of the programme and how it can work at your school, contact Sarah Cameron at sarah.cameron@every-life-matters.org.uk



The Ollie Foundation - Guidance for Educational Settings Following a Suicide or Sudden Death





Autism and suicide prevention

Autistic people face a higher risk of self-harm and suicide, yet suicide prevention work is rarely centred in their lived experience. Many autistic individuals encounter barriers to being understood, believed or supported, and may mask distress or communicate it differently from neurotypical people. Listening to autistic voices is essential in challenging assumptions, recognising the depth and complexity of their experiences, and shaping responses that feel safe, respectful and accessible.

“

“Suicide is a leading cause of early death within the autistic community. Autistic people are substantially more likely to consider, attempt, and die by suicide than other groups.”

Autistica Action Briefing

Take action

- **Communication**

Be specific, avoid assumptions

- **Environment**

Involve autistic people in shaping support pathways

- **Support**

Encourage people to talk about their thoughts and feelings, remembering that some autistic people may struggle to name their feelings

Safety planning

To better support autistic individuals in suicide safety planning, we need to make reasonable adjustments and use autism-adapted safety plans. By understanding autistic traits and tailoring communication – including clear expectations and visual tools – we can create more effective, inclusive support that ensures everyone can access the help they need.

**Find more
information
& resources
on our website**



Suicide prevention strategy in the workplace

Last year, BSI standards were introduced for reducing suicide in the workplace, but what does this mean for our workforces?

Employers have a duty of care to protect the health and safety of their staff, including psychological safety. Effective suicide prevention goes

beyond ticking boxes and requires meaningful, organisation-wide commitment—from policies and training to visible leadership, champions and a supportive workplace culture. Suicide prevention is everyone's business, and creating safer workplaces means making it an integral part of how organisations operate every day.

**BS 30480
Suicide
and the
Workplace**



Take action

● Review workplace culture

Start conversations within your organisation about psychological safety and how suicide prevention fits into staff wellbeing.

● Use the toolkit

Introduce or share the Every Life Matters Workplace Toolkit with managers or HR teams.

● Become a champion

Encourage simple actions such as displaying support information, normalising conversations about suicide, and identifying workplace wellbeing champions.

Please get in touch to find out more about our Suicide Prevention Toolkit and to discuss how we can help you implement a complete Suicide Prevention Strategy in your workplace. **Contact info@every-life-matters.org.uk**



Suicide Prevention in the Farming Community



Agriculture faces unique pressures that place farmers at increased risk of suicide, yet stigma continues to prevent open conversations and help-seeking.

Farming is rarely recognised as a distinct cultural group within suicide prevention strategies. Recognising this enables tailored, industry-informed suicide prevention that better supports farming communities.

Farming communities face unique challenges, and while individuals are often more likely to seek support from trusted peers or those who understand agricultural life, talking about suicide does not increase risk but instead creates important opportunities for early intervention and prevention; as a result, the role of the “accidental counsellor” is inevitable, making awareness of appropriate support organisations and access to them essential, alongside the need for tailored suicide prevention approaches that reflect the distinct culture and nuances of farming.

Take action

● Don't wait – check in early

If something doesn't feel right, start the conversation. Early conversations can prevent crisis.

● Build your local support map

Know who supports farmers in your area before you need it.

● Use your influence to reduce stigma

Challenge unhelpful attitudes and model open conversations about mental health in farming contexts.

Addressing Suicide in Agriculture
Supporting and preventing the biggest hidden danger today
Lucia Slack, 2025 Nuffield Farming Scholar





Supporting people living with long-term suicidality

Supporting someone who lives with long-term thoughts of suicide can be emotionally demanding, requiring sustained patience, connection and collaboration. Understanding when to escalate concerns, noticing small steps forward and bringing calm, human presence can make a significant difference. It is equally vital for supporters to recognise their own needs—acknowledging the impact of vicarious trauma and compassion fatigue, and accessing support themselves—so they can continue offering care that is compassionate, steady and sustainable.

Take action

● Encourage safety planning

Support individuals to develop a personalised safety plan using tools such as Jay's Safety Planning Toolkit.

● Walk alongside people

Focus on consistent support over time, recognising small steps forward and maintaining connection.

● Look after yourself

Build habits of talking to someone you trust, peer support or reflection to reduce compassion fatigue when supporting others.

Safety Planning
Every Life Matters



Jay's Safety Planning Toolkit
NIHR



Find out more about how you can support
someone with Thoughts of Suicide



Understanding suicide bereavement

Suicide bereavement is a unique loss. It has been described as one of the most difficult and lonely experiences a person can have, being left with an overwhelming jumble of feelings and thoughts.

It is as individual as a fingerprint. Each person will be affected in their own way – even within the same family. We know that it impacts much wider than the immediate family.

Cerel (2018) wrote that for every death by suicide, 15-30 are emotionally impacted and 135 are significantly impacted (SBUK report “From Grief to Hope”).

**“It’s grief
with the
volume
turned up.”**

Take action

- **Be present and compassionate**

Offer time, listening and patience to someone who has been bereaved by suicide, recognising that grief may be complex and long-lasting.

- **Share support pathways**

Familiarise yourself with organisations such as Every Life Matters and signpost people to appropriate bereavement support.

- **Help reduce stigma**

Encourage open and respectful conversations about suicide bereavement within your workplace, community or organisation.



**Find more information and
resources about suicide
bereavement on our website:**



Understanding suicide bereavement in toddlers and young children

By approaching each child's or young person's grief with a compassionate first aid approach and understanding, we can help them navigate this difficult time with love and support.

-  Children are never too young to grieve
-  Suicide bereavement is 'grief with the volume turned up'
-  Young children will 'puddle jump'
-  It is best to be open and honest
-  You have all the skills you need to work alongside these young children
-  You don't need to fix – you can't fix this, but you can be present
-  Each one of us can make a difference: be brave, be kind and give hope

Take action

● Use clear and honest language with children

Avoid confusing phrases such as “gone to sleep” or “passed away.” Use simple, age-appropriate explanations that help children understand what has happened.

● Create safe spaces for expression

Provide opportunities for young children to talk, draw, play or ask questions about their feelings, recognising that grief may appear in short bursts or “puddle jumping” between emotions and normal activities.

● Be consistently present and compassionate

Focus on listening and offering reassurance rather than trying to fix the situation. Small acts of kindness, patience and stability can make a meaningful difference to a grieving child.





Build support

Building support starts with being prepared, being honest, and encouraging open conversations about how people are really feeling, including thoughts of suicide. GPs are often a good first point of contact, but we need to be realistic with this – waiting lists are long, and sometimes it is hard to get someone help in a crisis. Knowing where support is available, how to stay safe in the meantime, and keeping regular check-ins all matter.

Safety Planning

Safety plans have a specific role – keeping someone safe from acting on their thoughts of suicide; so are specific and relevant to an individual.



Self-harm

Self-harm is when someone intentionally hurts themselves. It is relatively common – with at least 10% of adolescents reporting self-harm – can affect anyone, and should always be taken seriously.



If thoughts of suicide are becoming difficult to manage, a person should call the: **NHS Mental Health 24/7 crisis lines on 111, option 2**

Imminent risk? Call 999

Helplines, apps & online

Samaritans

Call: 116 123
24/7 365 days a year

Shout

Text Shout to 85258
24/7 Crisis Text Line

CALM

0800 58 58 58
Helpline 5pm-Midnight

HOPELINE247

0800 068 4141
Young people's helpline 24/7

For details about local and national support and services, visit our website
www.every-life-matters.org.uk



12 actions against suicide

Get sharing

Be your own suicide prevention campaign. Talk about your own mental health or living with thoughts of suicide, about where you found support and how you found hope. Inspire others to do the same. Let's normalise the conversation.

Get educated

Shed the stigma, and find out more about suicide. Learn the warning signs, why it's important to have direct conversations and understand what role you can play in supporting someone living with thoughts of suicide.

Get support

Know where you or others can go for help. Share information about services and support, and what to do in a mental health/suicide crisis. Share Every Life Matters and the Hub of Hope's support directory.

Get a safety plan

Be prepared for those tough moments. If you live with thoughts of suicide, make your own safety plan. Encourage others experiencing thoughts of suicide to do the same. Know what you will do when crisis point hits can really help.

Get talking

Be an ambassador for suicide prevention. Start the conversations wherever you can. Share information on your socials, in your workplace and in your community. Organise events, bring people together.

Get campaigning

Get your MP and local Councillors involved. Educate them about the impact of suicide, challenge the stigma, and share your personal stories. Lobby them for more profile, resources and funding for suicide prevention and support for the bereaved.

Get fundraising

Suicide prevention is under-resourced, and fundraising can be fun! Think about where your money goes. Cumbria has many charities and community groups that need funds, from supporting frontline services to campaigning. Think local, keep it local.

Get involved

Get your workplace, sports club, community group involved and engaged in suicide prevention. Join Cumbria United. Lobby your employer to host training. Raise funds. Start the conversations.

Be kind

Compassion and kindness really matter. Each of us can help and make a difference. If you are worried about someone, check in with them. Be helpfully nosey. Let them know why you are concerned. Don't take "I'm OK" for an answer. Ask and ask again.

Be brave

Stigma can kill. Stigma stops us talking about suicide and it stops people reaching out for help. If you are at all worried about someone maybe having thoughts of suicide, be brave and ask them directly. It won't put the idea in their head and the conversation that follows can be a lifesaver.

Give hope

Hope is a lifeline for anyone grappling with thoughts of suicide. Life can be really tough at times, we might not be able to see any way out of our problems, but things can improve. Things do get better. Be that person that nurtures hope for others.

Keep going

Reducing deaths by suicide is a long-term project. There are no quick fixes, no easy wins. Suicide prevention is a series of many, many small actions that we can all take, all be a part of. Let's hold hope together that we can make a difference.

Suicide Prevention Training

At the heart of our approach to suicide prevention is the belief that all members of our local community can have a part to play in suicide prevention. Our training aims to reduce the stigma attached to suicide, increase understanding of when someone is at risk of suicide, raise awareness of how to practically support someone, and the range of services and resources available for people in our communities experiencing suicidal thoughts.

Free training for Cumbria online and face-to-face

Suicide Alertness: half-day training that qualifies individuals for the countywide Orange Button scheme

Suicide Alertness Bitesize: 1-hour training

Safety Planning: 2.5 hours training

Self-harm Alertness: half-day training

Scan here to search and book our FREE open courses:



Bespoke employer programme

We are a leading UK provider of suicide prevention training across the public, private, education and third sectors. Our trainers excel at empowering people to gain the skills and knowledge to make a difference, to potentially save a life.

Download our

full employer programme:



Our offer includes:

- Suicide prevention training
- Mental health training
- Responding to an employee suicide training
- Developing an in-house suicide prevention campaign
- Review following an employee suicide
- Individual and group support after an employee suicide
- Developing a suicide prevention and employee suicide response strategy

For other commissioned in-house sessions, training at cost or other enquiries, please email **training@every-life-matters.org.uk**



Fundraise for us

There are many ways you or your company can support us – from hosting a fundraising event or choosing us as your Charity of the Year, to making a one-off donation or taking part or sponsoring one of our vital projects and events.

Every pound you give helps us save lives and support those affected by suicide in Cumbria.



Where does your money go?

£500

funds 100 self-harm safe kits for young people in schools

£1000

pays for 5 families to receive suicide bereavement support

£2000

funds suicide prevention training for all staff and 3 year groups of pupils at a local secondary school

£15,000

pays for 1,000 Cumbrians to receive suicide prevention training



Stride Against Suicide 2026

**Registration
is now open**

Stride with us

This annual event is not just a run or walk: it's a powerful movement to raise awareness and funds to reduce suicides in Cumbria.

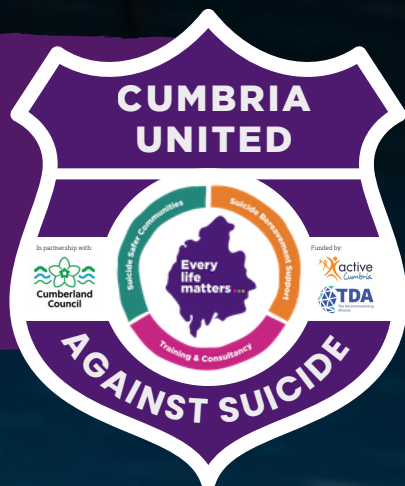
Last year, 300 people took part and completed a total of 1,410 laps in memory of a loved one, showing that every lap matters because Every Life Matters. Get involved by becoming a sponsor or registering a team to take part.

Find out more:



Let's tackle suicide in Cumbria

A free county-wide project uniting sports clubs, coaches, and athletes to take a stand against suicide



Sign up!

Join Cumbria United and play your part in preventing suicide. We support you with resources, opportunities for free in-house or online training and more. Use QR code or contact info@every-life-matters.org.uk



My Notes:

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Feedback

We would kindly ask you to complete a brief evaluation about the conference. Your feedback is extremely valuable and helps us to improve future events. Thank you for taking the time to share your thoughts.

Go to survey:



**Every
life
matters**...

 every-life-matters.org.uk
 07908 537541
 info@every-life-matters.org.uk

 [everylifecumbria](https://www.instagram.com/everylifecumbria)
 [EveryLifeCumbria](https://www.facebook.com/EveryLifeCumbria)