

# Towards Zero Suicide

## Preventing Suicide, Saving Lives

10% card payments discount\*  
15% group booking discount\*\*

Friday 29 September 2017 De Vere West One Conference Centre, London



Chaired by:

**Lisa Rodrigues**

*Writer, coach and mental health campaigner*

[www.LisaSaysThis.com](http://www.LisaSaysThis.com)

Supporting Organisations



# Towards Zero Suicide

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Join us for this one day conference focusing on Suicide Prevention and achieving the Zero Suicide ambition.

*“Zero Suicide reflects a commitment by healthcare leaders to strive to make suicide a ‘never event’ so that not one person dies alone and in despair” Zero Suicide, An International Declaration for Better Healthcare*

This Suicide Prevention event will provide you with national updates, practical case studies, extended focus sessions and interactive discussions. Throughout the day you will take an in depth look at the effectiveness of suicide interventions, the importance of effective early intervention and crisis aversion. You will have the opportunity to discuss your concerns and hopes for improving your own service and learn how other organisations have made advancements, along with practical tips from expert speakers on how you can implement changes within your organisation.

*“Suicide is the biggest killer of men under 50 and a leading cause of death in young people and new mothers, so it is vital that we make every contact with the NHS and care services count. There is some brilliant work already taking place in mental health but more needs to be done to make care more consistent across the country. I am committed to transforming suicide prevention services and our updated suicide prevention strategy sets out to do more to help those groups at greatest risk.” Health Secretary Jeremy Hunt*

*“The National Strategy is based on the best available evidence. We know that, for people who have self-harmed, skilled psychosocial assessment leads to better outcomes, yet currently only around 60 per cent of patients receive an assessment. We know that in mental health services, key components of suicide prevention are safer wards, early follow-up on hospital discharge and crisis resolution home treatment teams. We know that supporting young people at risk is a job for primary care, schools, the justice system and third sector as well as mental health services. Similarly, a central theme of this year’s report is the need for local suicide prevention plans in every area, put together by the joint working of public health, mental healthband the many agencies that support vulnerable and high risk people.” Professor Louis Appleby, Chair, National Suicide Prevention Strategy Advisory Group*

*“Suicide is complex. No one individual, organisation or factor is responsible and many people who take their own lives will not be in contact with mental health services. The bigger issue is the public health issue. Many government departments are spending money on areas that relate to suicide prevention. We need this issue to be higher up the agenda in all policy work. There’s a level of ignorance where people somehow believe that suicide is inevitable. All the evidence is that it is preventable. But there’s a need for more strategy, more visibility and more accountability for suicide prevention at a local and national level. We need to understand the good work that is being done and what best practice is so that it can be shared.” Ruth Sutherland CEO Samaritans*

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## 10.00 Chairman's introduction

**Lisa Rodrigues CBE** *Writer, coach and mental health campaigner* [www.LisaSaysThis.com](http://www.LisaSaysThis.com)

## 10.10 National Suicide Prevention National Strategy: where are we now

**Keith Waters**

*Member National Suicide Prevention Alliance Steering Group*

*Director of Centre for Self-harm & Suicide Prevention Derbyshire Healthcare NHS Foundation Trust*

## 10.40 Evaluating the 'Aiming for 'Zero Suicides'' Programme implemented across four CCGs in the East of England

**Sarah Hughes**

*Chief Executive*

*Centre for Mental Health*

## 11.00 Keeping the focus on suicide prevention: National Update

**Dr Ann Marie Connolly**

*Director of Health Equity and Mental Health Division*

*Public Health England*

- national Update from PHE
- the Local suicide prevention planning resource
- support after a suicide: a guide to providing local services
- how PHE can give on-hand support to local and national organisations working suicide prevention

11.25 *Question and answers, followed by tea & coffee at 11.35*

## 11.55 Working towards zero suicide on British railways

**Philippa Smith**

*Deputy Inspector*

*Suicide Prevention and Mental Health*

*British Transport Police*

- progress so far in achieving zero suicide
- reactive vs proactive
- creating multi-agency partnership arrangements to lead change

## 12.20 EXTENDED SESSION: Suicide Mitigation: early intervention and averting crisis

**Dr Alys Cole-King**

*Consultant liaison psychiatrist Betsi Cadwaladr University Board*

*& Co-Founder Connecting with People*

- combining compassion and clinical governance to save lives
- risk management or risk mitigation?
- early intervention and averting crisis: what works?
- safe and effective triage, referral and response to people at risk of suicide
- Safety Plans: collaborating with people at risk of suicide and their carers to instill hope, build resilience and resourcefulness to mitigate the risk of suicide

13.00 *Question and answers, followed by lunch at 13.10*

## 14.10 How a UK Suicide Crisis Centre Has Achieved Zero Suicide

**Joy Hibbins**

*Founder and CEO*

*Suicide Crisis*

- the value of lived experience of mental health crisis in creating an effective service
- how the Suicide Crisis Centre operates and why clients survive
- the reasons why so many men feel able to access the service
- the Trauma Centre and early intervention

## 14.45 Interactive Panel Discussion: The challenges faced in preventing suicides, how we overcome barriers and ways to move forward

This interactive panel discussions gives delegates and speakers the opportunity to discuss individual perspectives and evaluate objective based solutions

**Sarah Hughes** *Chief Executive Centre for Mental Health*

**Iain Murray** *Choose Life co-ordinator Aberdeen and Aberdeenshire Scottish Association for Mental Health (SAMH)*

**Joy Hibbins** *Founder and CEO Suicide Crisis*

**Keith Waters** *Member National Suicide Prevention Alliance Steering Group Director of Centre for Self-harm & Suicide Prevention Derbyshire Healthcare NHS Foundation Trust*

15.15 *Question and answers, followed by tea & coffee at 15.25*

## 15.35 The use of technology in suicide prevention: The Choose Life, Prevent Suicide app

**Iain Murray**

*Choose Life co-ordinator Aberdeen and Aberdeenshire*

*Scottish Association for Mental Health (SAMH)*

- creating a suicide prevention online presence
- the use of technology in saving lives
- providing instant information and support to those thinking about suicide
- our experience

## 16.05 Reducing Male Suicide: Men's Minds Matter

**Dr Luke Sullivan**

*Clinical Psychologist Lambeth Crisis Resolution Home*

*Founder Men's Minds Matter*

- working to better the psychological well-being of men and boys
- how to help prevent suicide and crisis in men
- our experience

16.35 *Question and answers, followed by close*

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**Venue**  
De Vere West One Conference Centre, 9-10 Portland Place, London, W1B 1PR. A map of the venue will be sent with confirmation of your booking.

**Date** Friday 29 September 2017

**Conference Fee**

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