

Lancashire and South Cumbria Integrated Care System World Suicide Prevention Day Social Media Toolkit

August 2020

All the images are linked to the full resolution versions hosted on the Lancashire and South Cumbria Integrated Care System website. Please follow the links and download the images rather than taking them from this document.

Social media posts

We are encouraging people to take part in a 40 second silence at 11.40. You may wish to post about this. Here is a suggested post:

At 11.40 we will hold a 40 second silence to remember those we have lost. Every 40 seconds someone in the world dies by suicide. Together we can prevent these deaths.

#WSPD #SuicidePrevention #40Seconds



Post option 1

Today is World Suicide Prevention Day. Every 40 seconds, someone dies by suicide. Help prevent suicide, take the @ZeroSuicideAlliance online training - it only takes 20 minutes and could save a life.

Access the free training here: zerosuicidealliance.com/training

#WSPD #SuicidePrevention

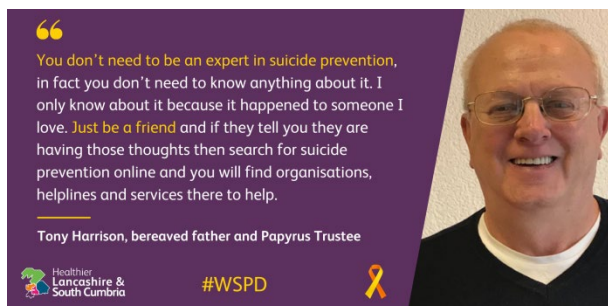
Post option 2

PAPYRUS is the national charity dedicated to the prevention of young suicide. Their vision is for a society which speaks openly about suicide and has the resources to help young people who may have suicidal thoughts.

Find out more about @PAPYRUS_tweets here: papyrus-uk.org/

@tonyharrison57

#WSPD #SuicidePrevention

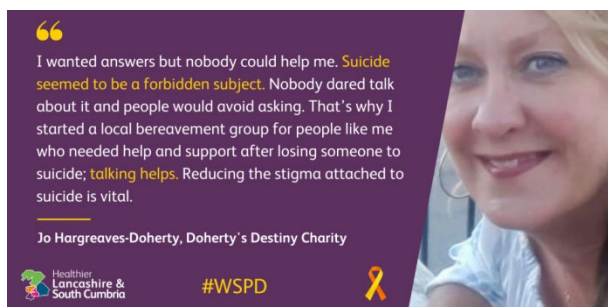


Post option 3

If you have been bereaved by suicide there is support and help available. Talking can really help. Find a bereavement support group near you: healthierlsc.co.uk/suicide/bereaved

#WSPD #SuicidePrevention

@dohertysdestiny



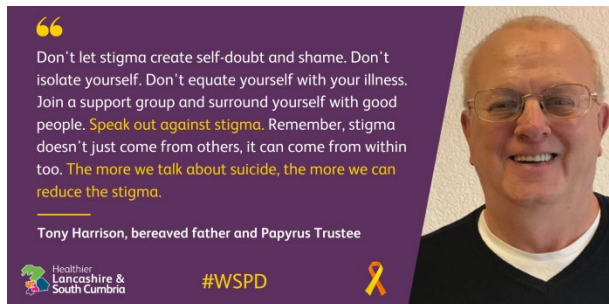
Post option 4

Don't let the fear of stigma prevent you getting the help you need. If you are having thoughts of suicide there is help available, you are not alone.

Call @Samaritans on 116 123 or visit the website: [samaritans.org/](https://www.samaritans.org/)

@tonyharrison57

#WSPD #SuicidePrevention



Post option 5

If you need someone to talk to, contact the Lancashire and South Cumbria Foundation Trust Wellbeing Helpline and Texting Service. The service is a Freephone out of hours, person centred listening environment for people requiring emotional support in relation to their own mental health or that of someone they know.

Call: 0800 915 4640

Text: 07860 022846

Find out more about the service: lscft.nhs.uk/Mental-Health-Helpline

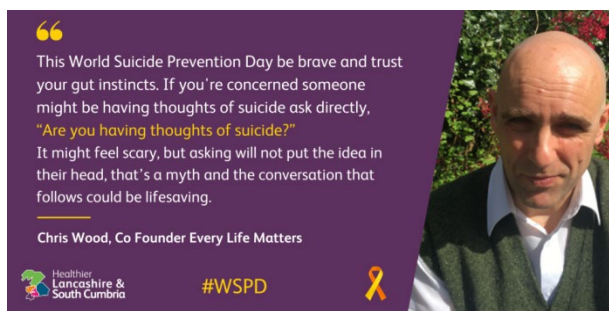
@WeAreLSCFT

Post option 6

If you are concerned someone may be having thoughts about suicide, it's OK to ask them directly, "Are you thinking about suicide?" It might be the prompt they need to start talking.

Take the free online suicide awareness training today:
zerosuicidealliance.com/training

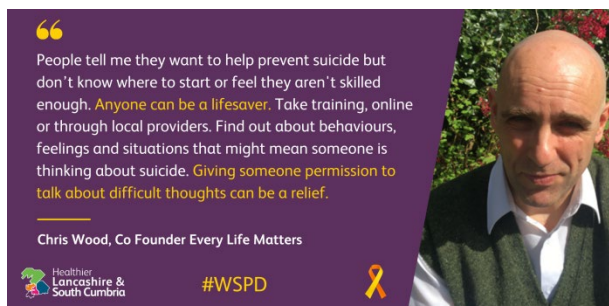
#WSPD #SuicidePrevention



Post option 7

Don't be scared to talk about suicide. Giving someone permission to talk can be a relief. Take a look at suicide prevention resources and support available online here:
healthierlsc.co.uk/suicide

#WSPD #SuicidePrevention



Post option 8

It's not just the NHS, there are lots of community groups, organisations and charities out there to support your mental health. Take a look at this list to find one near you: healthierlsc.co.uk/MentalHealthSupport

#WSPD SuicidePrevention #Community

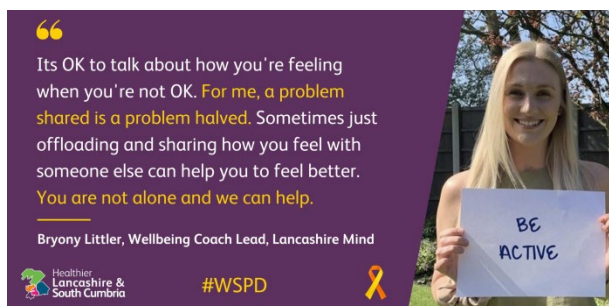


Post Option 9

Working with people of all ages, @LancsMind aim to build resilience, wellbeing and knowledge of mental health for local people across Lancashire.

Visit their website to find out more: lancashiremind.org.uk

#WSPD #SuicidePrevention #MentalHealth

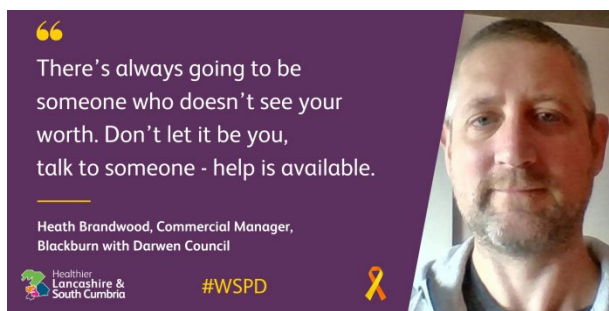


Post option 10

There are lots of resources and support available online if you or someone you know are having thoughts about suicide. Take a look at the mental health resources on our website: healthierlsc.co.uk/MentalHealthSupport

If you need help now @Samaritans are available 24 hours a day, 7 days a week, 365 days a year. Call them: 116 123.

#WSPD #SuicidePrevention



Post option 11

.@Zer0suicide provide a range of awareness training options, which provide a better understanding of the signs to look out for and the skills required to approach someone who is struggling, whether that be through social isolation or suicidal thoughts.

Take the training here: zerosuicidealliance.com/training

#WSPD #SuicidePrevention

