Nobody really wants to talk about suicide until it happens….

…then everyone talks about it. We need to talk about suicide to make it OK for people to share their suicidal thoughts without fear of judgement. Just like divorce and redundancy – never mentioned a few years ago - talking about it reduces the taboo and makes it OK to mention. Reducing the taboo around suicide and being trained in suicide prevention & intervention skills saves lives.

Why do we need to provide training in our farming community?

6507 people took their own lives in the year 2017-2018 (ref:ONS). In our farming and agricultural community, at least 1 suicide per week. When you add unreported suicides and people with suicidal behaviours and thoughts, the total figure grows to some 650,700 people at risk. The pressure on current mental health services has never been higher therefore people with thoughts of suicide need friends, family and colleagues who are informed and able to safely support them. Evidence shows that people with suicidal thoughts are more likely to talk to family and friends than healthcare professionals.

What would you do if someone approached you?

You do not need any medical training to support someone with suicidal thoughts. Following a research-based pathway is safe for them and you. The time to do this training is …. NOW…. Before you need it. A bit like a Fire Drill for suicide, you practice ahead of time so when you need the knowledge, it is already there.

What can you do today?

Firstly, look after your mental fitness. Takes the pressure off by participating in safe behaviours, use practical methods to overcome feelings of being overwhelmed and communicate with those who can help you.
You can build mental fitness in a similar way to building physical fitness with goals, support and a step by step measurable plan. Help others to do the same.
Secondly, decide who you would contact if you felt suicidal. Tell them and tell others to also make their choice. Knowing what you will do ahead of time, if you ever need to, takes some pressure off.
Thirdly, become familiar with how to contact support avenues, and understand what they do, already promoted through Farmwell.org.uk so you can quickly contact additional help for yourself or signpost for someone near to you.
Last but certainly not least, consider taking training in how to safely talk to and intervene when someone is having suicidal thoughts. More information about training is available through The Wellbeing Portal
After your training, please remember to tell people you have done it so they know you are willing to help and know how to support them.

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the wellbeing portal

The Wellbeing Portal at The Changing Room
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