



Lost Voices



Need To Talk About Suicide



Welcome

- Housekeeping
- Create a Group agreement
- Introduce the topic
- Create a signal

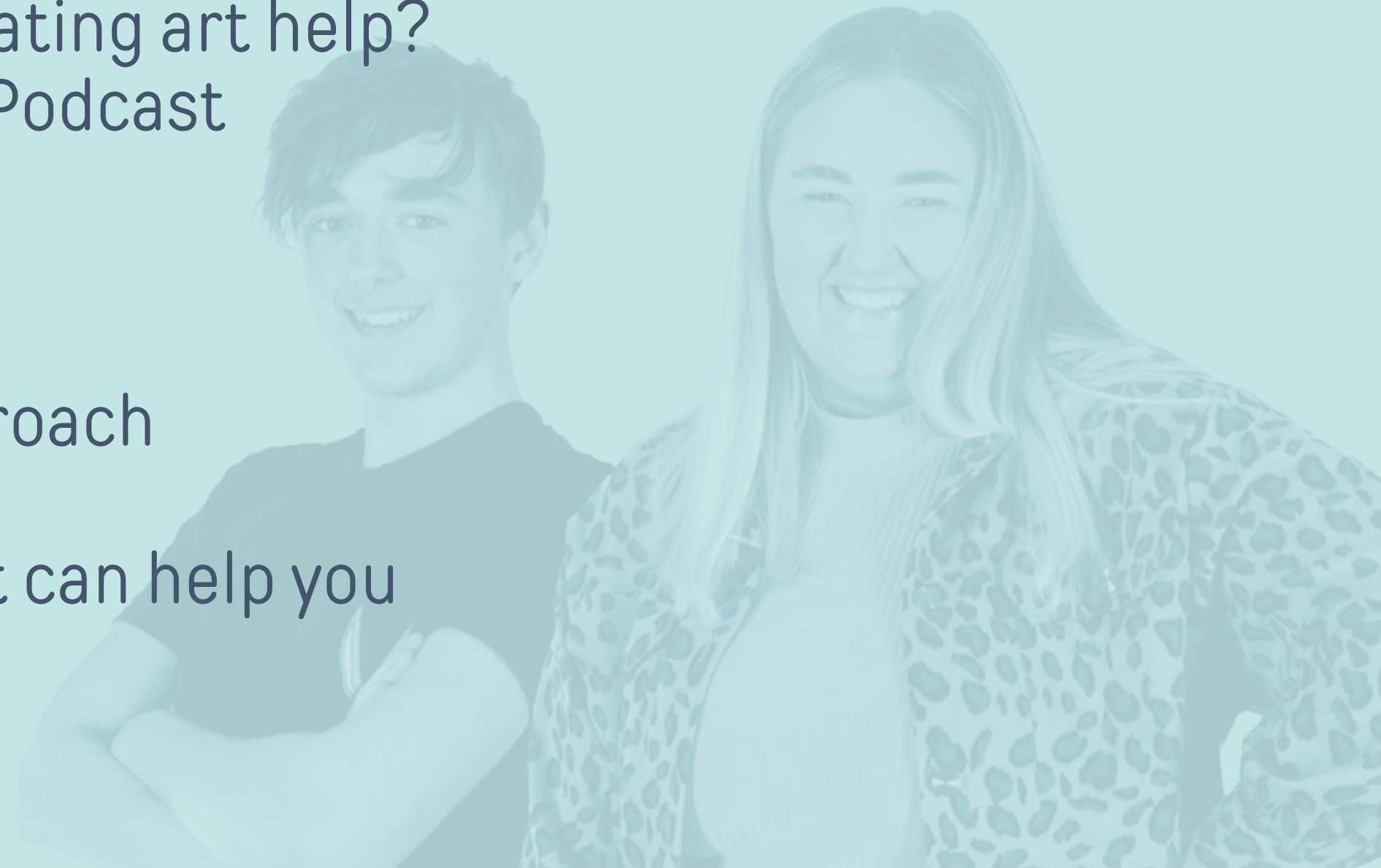
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- Our hopes for this presentation
- Icebreaker Activity
- What does suicide mean?
- What preventative measures can be taken in regard to suicide prevention?
- How can creating art help?
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- Discussion
- Statistics
- Activity
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- Conclusion
- Sources that can help you
- Discussion
- Thank You



Our Hopes for This Presentation

- A clearer understanding of what suicide is
- Prevention Techniques
- Examples of Suicide Prevention
- Understanding of ways to keep safe and feel better and hopefully support other people around us



Ice Breaker Activity –“What am I?”



Group gets into a circle



Take a post it note each



Write a noun on the note eg dog



Place on the head of the person in front of you



Each person takes turns guessing the word on their own head

What does suicide mean?



Usually individual is experiences
extreme unhappiness and
believes this is the only way to
end their suffering

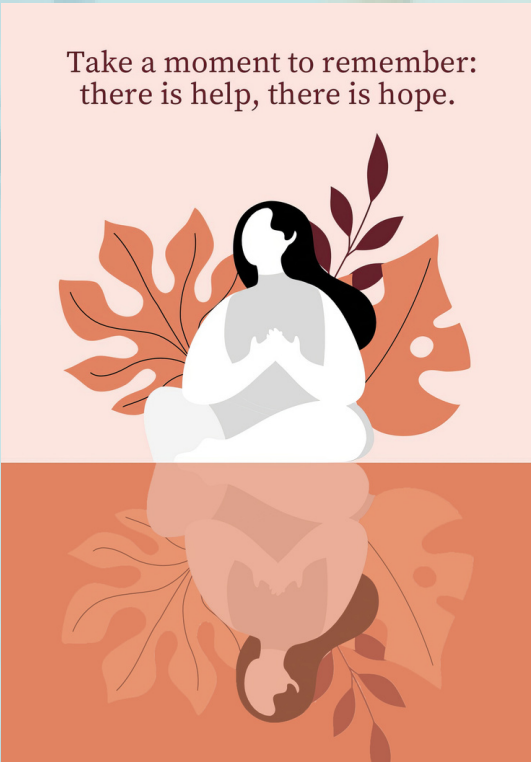
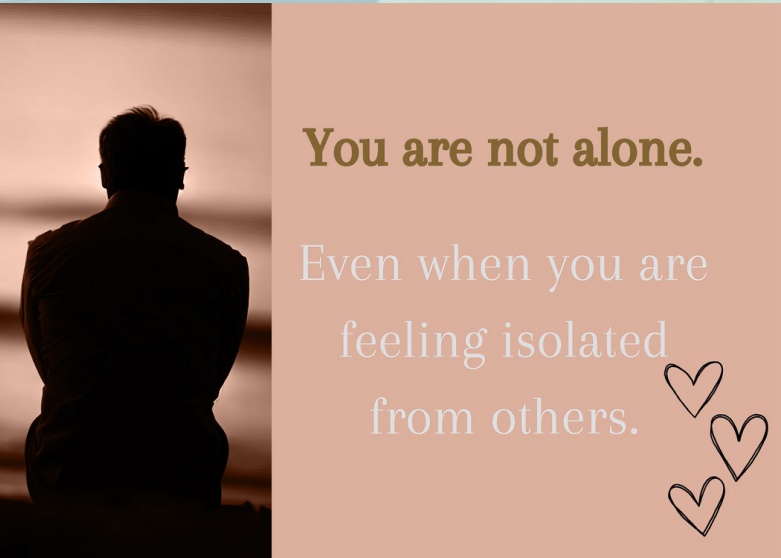
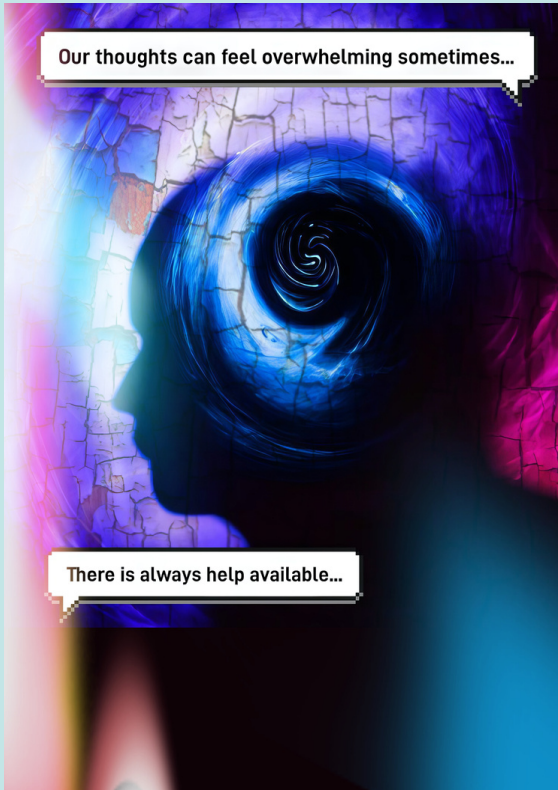
When a person intentionally or
unintentionally causes
themselves harm which causes
their own passing



What preventative measures can be taken in regard to suicide prevention?

- Suicide Prevention Training
- Actively listening to someone and their story
- Use the word suicide if you are worried for someone – "Are you feeling suicidal?"
- Connecting the individual with a professional such as a GP
- Connecting with loved and trusted connections like family or friends
- Connecting with things you or they enjoy and find comfort in
- Gain knowledge and confidence to demonstrate coping skills or encourage wellness activities
- Suicide Hotlines
- Therapy and Counselling
- Community Support Groups

How can creating art help?





Art Activity



Group A

You will be gathering and choosing images that speaks to you, this might be 1 or many images collated together to make one poster with a cohesive message. You will be thinking about:

- Colours
- Shapes
- Shadows
- Styles
- Tone
- Location
- Theme
- If a person(s) in images:
 - Age
 - Gender
 - Ethnicity etc.

Group B:

You will be choosing slogans, or text that you would like to see on a poster. These should have a clear and concise message, with the hopes to resonate with young people. They should reflect the theme, and offer direction to support (Resources) like the Lost Voices Support Page
You will be thinking about:

- Colours
- Shapes
- Shadows
- Tone
- Font
- Size
- Rhyme
- Sentence structure
- Storytelling
- Impact
- Flow

AMBER APPROACH



Let's Listen To What The Lost Voices Team Have To Say On The Topic



*Click
Here*



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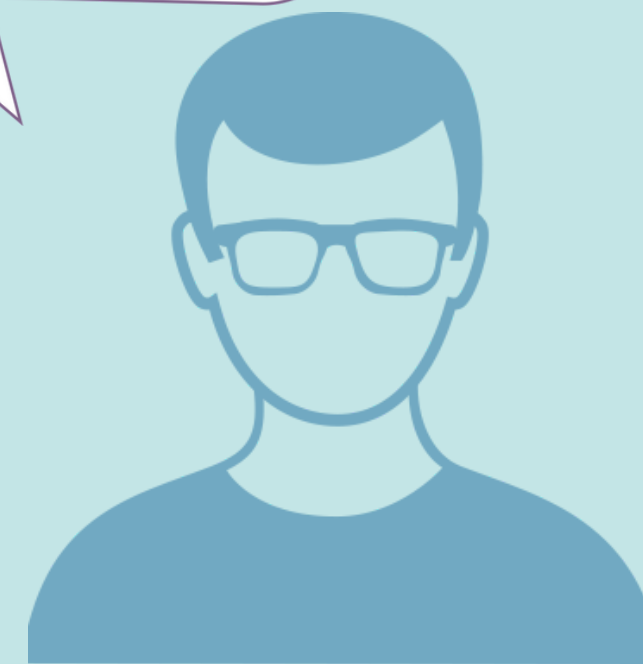




Why do you think the Lost Voices group wanted to make this podcast?

Do you think the podcast was informative/relatable?

Let's Discuss!



Do you feel more encouraged and equipped to connect with other people around this topic?

What have you taken away from the podcast?



Statistics



Majority of these deaths occurs within the Belfast Trust Area

In 2021, there were 14.3 suicide related deaths per 100,000 people in Northern Ireland.

This is a slightly higher rate than the rest of the UK

The Northern Trust had the lowest rate with 10.4 suicide related deaths per 100,000



‘Voicemail Character’

- How they Look?
- Their personality
- Their interests
- Their dislikes
- Who are the people around them/ What do their relationships look like?

Think about what you might say to them?
What are they struggling with?
What might they need to hear?



AMBER Approach

How does it relate to this topic?

How would you use it?

How would you use it to help your peers?

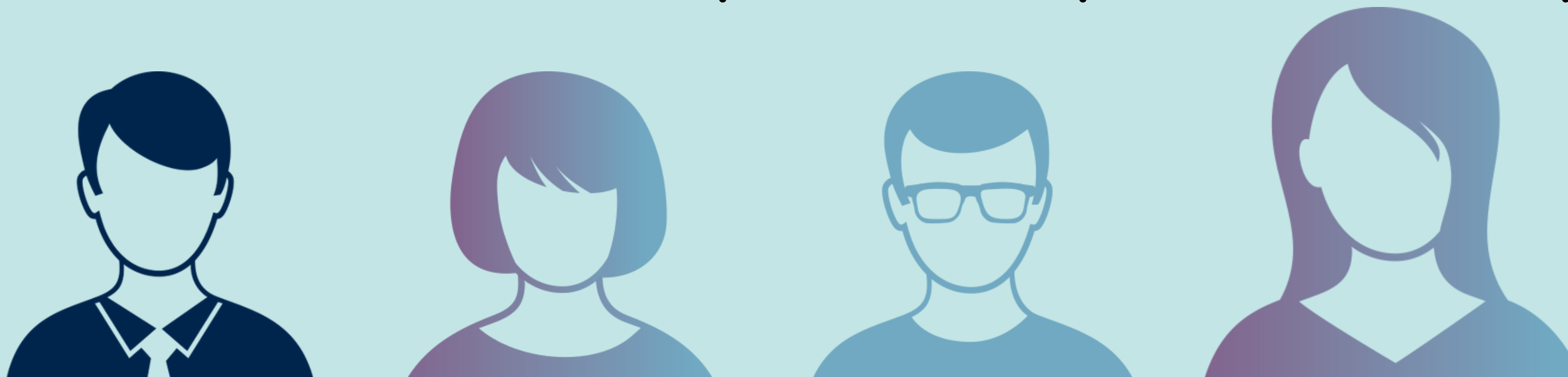


Conclusion

Suicide Prevention brings together multiple resources and approaches such as awareness, education, accessible mental health support, crisis helplines etc.

We can all make significant progress to prevent suicide in our families and communities.

It is good to keep in mind there is continuous research and evaluation needed to be able to improve suicide prevention techniques



Sources That Can Help You

- Lost Voices Support Page
- Papyrus– Prevention of Young Suicide
- Pieta House
- SP-UK – Suicide Prevention UK



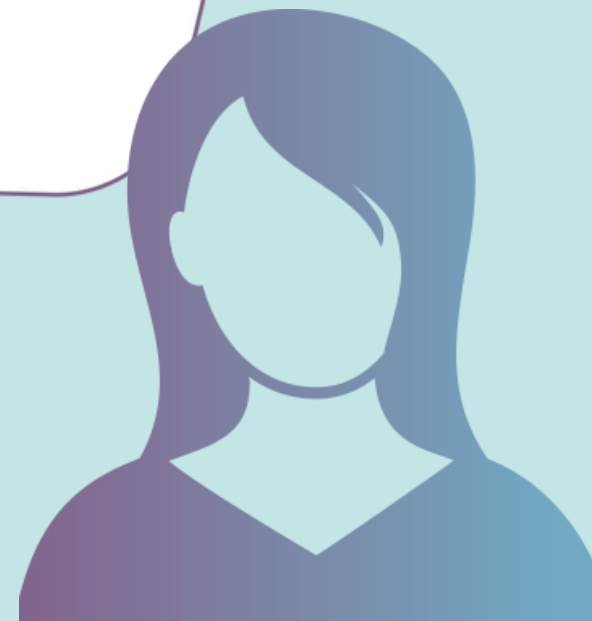
PAPYRUS
PREVENTION OF YOUNG SUICIDE



Group Discussion

Did you learn anything new from the presentation?

Was there anything that surprised you during the presentation?



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Any area that interest you the most?

Do you think these presentations are beneficial?



Thank You!

