

*This Alert is confidential and its content should not be divulged to people or organisations outside the railway group.*

**Alert No.:** 0030

## Suicide Awareness Alert

This alert has been issued because of specific intelligence relating to suicide activity on the rail network which it is believed may prompt individuals to take their own lives.

<b>Date Issued:</b> 2 March 2017	<b>Date(s) applicable:</b> April 2017
<b>Issued by:</b> Victoria Clent	
<b>Applicable route/Operators:</b>	All Network Rail routes/All train Operators
<b>Network Rail suicide prevention contact:</b>	Victoria Clent Tel.: 07730 359657

<b>Nature of alert:</b> <b><u>Annual 'spike' in suicide numbers - period 1</u></b> In 2015/16 and 2016/17 the number of suicide events occurring on the network in period 1 have been higher than for any other period in those respective years. In total circa 14% of all suicides for both those years have occurred in this one period.  There is no obvious explanation for this phenomenon but there is a concern that a trend is emerging where suicide events are peaking at this time each year.  This alert has been issued to raise awareness of this trend and allow stakeholders to consider how they might collaborate in arresting it at the start of 2017/18.	<b>Recommended action:</b> Consideration should be given to 'at risk' locations on each Network Rail route to ensure appropriate suicide mitigation measures are in place. A local analysis of suicide trends over the last five years might also identify key areas that warrant special attention during the period.  Encouraging rail staff to actively look out for individuals who may be at risk of suicide and approaching them (is safe to do so) is a particularly effective suicide prevention measure. BTP can be called to provide assistance if required on <b>0300 123 9101</b> .  Increasing the possibility of an intervention through high visibility 'patrols' is also an effective prevention measure.
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<b>Support and additional information</b> Should you wish to comment on the content of this alert please contact Victoria Clent at <a href="mailto:victoria.clent@networkrail.co.uk">victoria.clent@networkrail.co.uk</a>	<b>BTP Suicide Prevention Hotline</b> - If rail staff have an immediate concern that a person might harm themselves or be at risk on the railway they can call the BTP on <b>0300 123 9101</b>
 <b>Individuals requiring emotional support</b> can call Samaritans any time, free from any phone on <b>116 123</b>	
The rail industry's award winning suicide prevention Learning Tool can be found at: <a href="http://www.nspsglearningtool.co.uk">www.nspsglearningtool.co.uk</a> . Watching the 30 minute briefing module might just save someone's life	
To find out more about the rail industry's suicide prevention programme contact: <a href="mailto:suicidepreventionprogramme@networkrail.co.uk">suicidepreventionprogramme@networkrail.co.uk</a>	<i>The compiler of this alert should forward it to the NRNOC Duty Manager at:</i> <a href="mailto:generic-NCC@networkrail.co.uk">generic-NCC@networkrail.co.uk</a>