

## 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.

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| <b>Date Issued:</b> 19 October 2017 | <b>Date(s) applicable:</b> 26 October 2017 |
| <b>Issued by:</b> Victoria Clent    |  |

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| <b>Applicable route/operator:</b> | Sussex / Govia Thameslink Railway |
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| <b>Local suicide prevention representatives:</b> | Tobi Shear-Smith (Network Rail) - 07730 361934<br>Patrick Clements (GTR) - 07711 149254 |
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| <b>Nature of alert:</b><br><u>On 26 October 2016, a 17 year old student took her life at East Worthing station at approximately 13:55</u><br>Depression led to this young girl tragically taking her own life. Subsequent to her death family and friends have been active in fundraising for a charity set up in her name. There is concern that this has kept the event prominent in people's minds and that the first anniversary of her death might see: <ul style="list-style-type: none"><li>vulnerable people being attracted to the same location to take their own lives</li><li>mourners arriving at the site to hold vigils, which may impact upon the safety and operation of the railway</li><li>memories being triggered for rail staff involved in the incident</li></ul> | <b>Recommended action:</b><br>Consideration should be given to Network Rail, staff of operators or BTP officers visiting the location of the incident around the time it took place to be on the look-out for: <ul style="list-style-type: none"><li>persons showing signs of distress or upset who may be at risk of suicide, or mourners gathering in an acts of remembrance</li><li>any tokens of remembrance, which in line with industry guidance should be removed</li></ul> In addition it may be advisable to alert all FOCs and TOCs that have services passing through East Worthing station of the potential for mourners.<br>Managers of staff who may have been involved in the incident or could be affected by its anniversary should look for signs of trauma amongst them and offer support as per their organisation's welfare arrangements. |
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| <b>Support and additional information</b><br>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>  | The compiler of this alert should forward it to the NRNOC Duty Manager at: <a href="mailto:generic-NCC@networkrail.co.uk">generic-NCC@networkrail.co.uk</a>                                    |