

## 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(s) applicable:</b> 26 October 2018       |  |
| <b>Date Issued:</b> 05 October 2018              |  |
| <b>Issued by:</b> Victoria Clent                 |  |
| <b>Applicable route/operator:</b>                | Sussex / Govia Thameslink Railway  |
| <b>Local suicide prevention representatives:</b> | Matt Eagles (Network Rail) - 07718 004149<br>Barry Millward (Govia Thameslink Railway) - 07814 419 868 |

### Nature of alert:

**On 26 October 2016, a 17 year old student took her own life at East Worthing station at approximately 13:55**

This young woman was suffering from depression and since her death, family and friends have been active in fundraising for a charity set up in her memory. There is concern that this charity work may have kept the event prominent in people's minds and that the anniversary of her death might lead to:

- attracting vulnerable people to the same location to take their own lives
- encouraging mourners to attend the site for vigils which may impact upon the safety and operation of the railway
- triggering memories for the rail staff involved in the incident

### Recommended action:

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:

- persons showing signs of distress or upset who may be at risk of suicide, or mourners gathering in an acts of remembrance
- any tokens of remembrance, which in line with industry guidance should be removed

It might also be appropriate to promote the industry's *Small Talk Saves Lives* campaign locally around this time to heighten community awareness of suicide prevention.

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.

### Support and additional information

Should you wish to comment on the content of this alert please contact Victoria Clent at [victoria.clent@networkrail.co.uk](mailto:victoria.clent@networkrail.co.uk)



**Individuals requiring emotional support** can call Samaritans any time, free from any phone on **116 123**

The rail industry's award winning suicide prevention Learning Tool can be found at: [www.nspsglearningtool.co.uk](http://www.nspsglearningtool.co.uk). 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: [suicideprevention@raildeliverygroup.com](mailto:suicideprevention@raildeliverygroup.com)

### BTP Suicide Prevention

**Hotline** - 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 **0300 123 9101**

The compiler of this alert should forward it to the NRNOC Duty Manager at:

[generic-NCC@networkrail.co.uk](mailto:generic-NCC@networkrail.co.uk)