

Suicide Prevention – Rail Round Up for Periods 7 to 9 2021/22



Round up (19 September 2021 - 11 December 2021)

Contents	Page
1. Round up for periods 7 to 9	1
2. News Round Up — a round up of activity that has taken place across the rail network and beyond	2
3. Research Round Up — the latest in suicide prevention news and research	4
4. Rail Round Up—messages from partner agencies and looking ahead to future activities	4
5. Directory	5

Round Up

Suspected Suicides

Period	Total suspected suicides	Males	Fe-males	Trans/F	Pending matters	Number with a mental health history	Youngest age	Oldest age
7	13	12	1		0	10	16	74
8	16	11	4	1	0	11	14	84
9	12	11	1		0	9	19	84

At the end of P9, there had been 150 suicides in the financial year to date. This is 18 fewer suicides than at the same point last year.

During the three periods there were a total of 41 fatalities. Of these, 30 of the individuals had a known mental health history. This equates to 73%.

The majority of events (83%) involved males, with females involved in 15% of events. One incident involved a transfemale.

Attempted Suicides

Period	Total attempted suicides	Males	Females	Number with a mental health history	Youngest age	Oldest age
7	6	4	2	5	21	64
8	9	6	3	8	21	69
9	6	5	1	2	18	54

For the year to date, there have been a total of 52 attempted suicides. At the same point last year there had been 21 fewer of these incidents.

Delay Minutes

Period	Total delay minutes for period
7	48,849
8	51,615
9	47,442

At the end of P9, the total delay minutes for the financial year to date stood at a total of c. 309,793 minutes.

This equates to total cost of c. £28.3 million.

Lifesaving Interventions

The BTP lifesaving interventions for each period in the year to date are shown in the table below with each figure representing the cumulative number of lifesaving interventions made by the BTP as the year progresses.

At the end of P9 last year, a total of 1,271 lifesaving interventions had been carried out by the BTP. This is 140 fewer.

1	2	3	4	5	6	7	8	9
196	369	556	737	913	1078	1210	1340	1411

Due to the sensitive nature of this document, we politely request that it is not shared beyond the rail industry and associated partner organisations.

News Round Up - activity that has taken place on the rail network and beyond

New Suicide Prevention Minister



**Gillian Keegan MP,
Minister of State for
Care and Mental Health**

Following the cabinet reshuffle, Gillian Keegan MP was appointed Minister of State for Care and Mental Health at the Department of Health and Social Care. Her role includes suicide prevention. Her portfolio also covers:

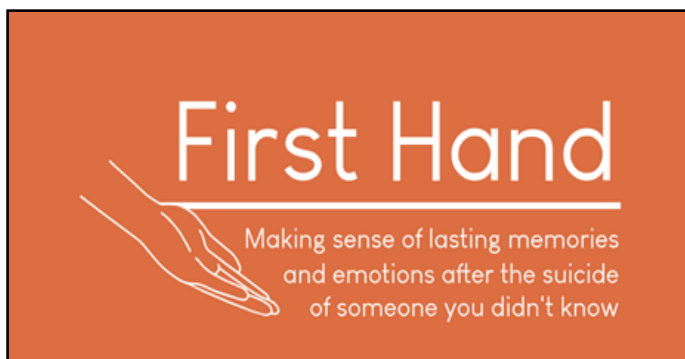
- adult social care
- health and care integration
- dementia, disabilities and long-term conditions
- NHS Continuing Healthcare
- mental health
- suicide prevention and crisis prevention
- offender health
- vulnerable groups
- women's health strategy
- bereavement

You can read more about the appointment of Gillian Keegan [here](#)

Support After Suicide Partnership (SASP) - Helping to support people who witness a suicide

SASP, Thrive LDN and Grassroots have produced a booklet called First Hand. The [booklet](#) and [website](#) aim to help people make sense of the lasting memories and emotions following the suicide of someone they didn't know.

It supports people who may have been involved as part of their profession, or as members of the public. The guides are practical, and include information on what might happen when you are being a witness at an inquest and also includes exercises for processing thoughts and emotions. It shares stories of people with lived experiences.



Samaritans Leicester Roadshow

A Community Outreach Roadshow was held in Leicester on Monday 11 October.

26 people were given emotional support by Samaritans volunteers and there were 36 general enquiries/ contacts about Samaritans. Hundreds of leaflets and contact cards were handed out plus conversations about volunteering and with the other organisations present.

Representatives from Leicester Council, Start a Conversation campaign, Richmond Fellowship Leicestershire Life Links, Survivors of Bereavement by Suicide Leicester Group, The Tomorrow Project and British Transport Police attended the event.



The Samaritans stall at the Leicester Roadshow

Samaritans celebrate World Mental Health Day

On 10 October 2021 it was World Mental Health Day, an event that encourages organisations and communities to come together and raise awareness of mental health issues. The theme of the 2021 day was 'Mental Health In An Unequal World'.

Samaritans designed a toolkit for people to share which gave advice on mental health issues, information on the 24/7 support that they provide to people in need and details on their research into inequality and mental health.

The toolkit also promoted the training Samaritans provides to the rail industry, with a particular focus on the Trauma Support Training.



R U OK? Day on the East Midlands Route

On the 23rd September Network Rail's East Midlands Route ran their annual 'R U OK?' Day.

Events took place at Nottingham, Chesterfield and Leicester stations with people from Network Rail, EMR, Mind, Samaritans, BTP and the Home Office police force taking part.

The days events helped to spread the simple message that we need to ask our friends, family and colleagues 'R U OK?'



One of the station display stands in action on the East Midlands' Route for their annual R U OK? Day

Brighter Journeys

Brighter Journeys is an industry wide campaign, tied into World Mental Health Day which is held every year on 10 October. The official launch for Brighter Journeys took place on 4 October at London Waterloo.



Brighter Journeys campaign poster

Recent research on the topic of dissuading railway suicide led to two core themes, one being re-framing the association with the railway as a place to take your life and changing the perception to a place that's full of life, community and connection.

Using the power of nature as a means of bringing happiness into the stations and people's journeys, we encouraged stations across the network to take part. The next phase of the campaign will link into National Mental Health Awareness week in May 2022.



The official launch display flowers at London Waterloo - photograph by David Parry

'Symbol Spot' on the St Albans to Bedford line

To promote the train line from Bedford to St Albans and encourage children to safely learn about the railway and its surroundings, Thameslink has partnered with Mini Map-Makers and Beds & Herts Community Rail Partnership and launched a new, interactive trail activity.

The 'Symbol Spot' scheme started on 26 October 2021 at the restored St Albans South Signal Box Museum. The trail provides children and families with an activity booklet with symbols such as letters, numbers, shapes and signs to look for and

Participants taking place in the Symbol Spot trail activity



collect at all eight stations from Bedford to St Albans. The activity has an emphasis on railway safety.

Jenny Saunders, Customer Service Director for Thameslink, said: "This is a brilliant way to get kids outdoors and exploring.....After a year and a half of restrictions and lockdowns, we're pleased to be welcoming our communities back to the railway, whilst supporting local economies".

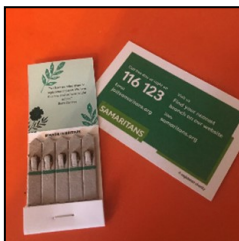
Round Up of Scotland's activities

Scotland have enjoyed a variety of activities over the three periods.

Samaritans Falkirk Branch held outreach sessions at Falkirk High and Falkirk Grahamston stations, engaging with ScotRail staff and passengers to help raise awareness of Samaritans vital services. The 4-legged team member, Mrs Doyle, stole the show!

John Casey from Glasgow Samaritans Branch was featured on BBC Scotland's 'Inside Central Station', alongside Derek Monaghan from ScotRail. Together, John and Derek raised awareness of the rail suicide prevention programme and highlighted the important public facing campaigns, Small Talk Saves Lives and Real People Real Stories.

The episode was an excellent promotion for the industry partnership and if you're interested in watching it, it is available on BBC iPlayer here: <https://www.bbc.co.uk/iplayer/episode/m0012cyl/inside-central-station-series-3-episode-5>

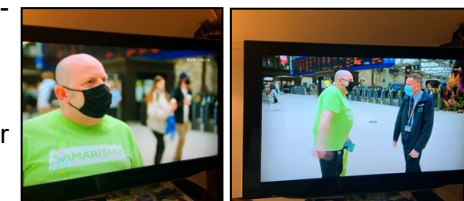


Community rail partner, Rail74, participated in random acts of kindness with support from Avanti West Coast, handing out seed sticks and Samaritans literature to passengers at Newton station in Scotland.

Seed sticks and Samaritans literature given out at Newton station



The Falkirk outreach session, starring Mrs Doyle



Glasgow Samaritans branch featuring on BBC Scotland

Mental Health e-Learning at RSSB

In collaboration with the mental health charity Mind, RSSB are offering two mental health e-learning courses designed specifically for the rail industry. The courses include mental health knowledge check assessments to help individuals or organisations measure their knowledge of mental health awareness at work. [Find out more here.](#)

There is also an online course for line managers to give them the support and capability to confidently look after the mental wellbeing within their teams. Grounded in rail specific content, this course aims to build capability to support good mental health at work and provides comprehensive guidance for practical application. [Find out more here.](#)



Research Round Up

RSSB Mental Health Matters Survey

In 2020, during the Covid-19 pandemic, RSSB ran a survey on the mental wellbeing of rail employees. The aim of the survey was to examine the prevalence of anxiety, depression, and post-traumatic stress disorders in rail employees and determine factors which can improve their mental health.

Nearly 4,000 people responded, and the results have identified key activities which



will improve mental health across the industry. The findings demonstrate an association between several important factors and mental health outcomes across depression, anxiety, and post-traumatic stress disorders.

Click here to see the [mental health survey results](#).

ONS release the suicide statistics for England and Wales

The suicide statistics for England and Wales for the period April to July 2020 were released by the Office for National Statistics on 7th September 2021. The data covers registered deaths in England and Wales from suicide, analysed by sex, age, area of usual residence of the deceased and suicide method.

You can find the ONS report [here](#) and a summary of the statistics from Samaritans [here](#).



Samaritans research: The impact of economic disruption on young adults

Samaritans have just published new research on the impact of economic disruption on young adults across the UK and Republic of Ireland. As part of their research programme into the impact of covid-19, they wanted to explore how young adults were affected by the economic disruption (including job loss, job uncertainty, drop in income) they were facing. They found economic disruption over the past year has left young adults experiencing feelings of defeat, entrapment, shame, hopelessness and suicidal thoughts; factors they know are related to suicide. You can read the full study [here](#).

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Child Suicide rates during the pandemic

A study has been conducted to identify if there has been a rise of childhood suicide during the COVID pandemic. Using data from England's National Child Mortality Database (NCMD) the characteristics and rates of children dying of suicide between April and December 2020 were compared with those in 2019. There was no consistent evidence that child suicide deaths increased during the COVID-19 pandemic, although there was a possibility that they may have increased during the first UK lockdown. A similar peak was not seen during the following months, or the second lockdown. You can read the study [here](#).



Rail Round Up - Looking ahead

West Hampstead Mural project

Members of the public have proactively approached the rail industry and requested that they revitalise a road bridge in West Hampstead.



The history of this bridge is extra special as one of the panels was previously painted by a young girl from a local school who unfortunately passed away shortly after.

The plan is to restore the original painting of her particular panel and to give the opportunity to other local school children to paint the remaining panels.

It is hoped that this project will be completed by Spring 2022.



Dates for your diary

January	February	March	April	May
17 - Brew Monday	03 - Time to Talk	01 - Self Injury Awareness Day	07 - World Health Day	09 - 15 Mental Health Awareness Week
31 - Suicide Prevention Webinar (see page 5)	07 - 03 Children's Mental Health Week	03 - University Mental Health Day	Stress Awareness Month	2022



LHSBR webinar on Suicide Prevention - 31 January 2022

The rail industry is working on several projects to identify commonalities in risk factors within vulnerable communities to ensure our signposting is appropriate, whilst also promoting positive mental health messaging and hope. A webinar to discuss the various projects is taking place.

This event is open for all, but particularly aimed at cross-industry partners and suicide prevention leads in all industries.

Join the event on the **31st January 2022** to learn about:

- The Social Media Listening Tool
- Mental Health Nurses
- Psychological Autopsies Project
- Partnership and communication campaigns with the Samaritans

There will be a chance to question the speakers and we will be providing resources for those who want to find out more.

To register, click here: [RSSB webinar | Suicide Prevention Registration, Mon 31 Jan 2022 at 14:00 | Eventbrite](#)

Directory

[Rail Suicide Prevention](#) - a rail industry website containing information and resources. Sign up using your rail employee email address to gain access to the learning tool. If your role requires access to guidance documents, statistics and other related rail suicide prevention information, please sign up and then contact Gemma.Howe@networkrail.co.uk for clearance

[Hub of Hope](#) - Resource giving information of all local support networks in any given area. Can be accessed via the website link and also downloaded as a mobile app.

BTP - Call 0300 123 9101 to request police assistance if you believe someone is at immediate risk of harming themselves on the rail network.

Text 61016 to report any non-emergency crimes or incidents.

Samaritans - For 24/7 support, dial 116 123.

Visit [Rail industry suicide prevention programme | Samaritans](#) to find out more about their partnership with Network Rail.

To enrol on the Managing Suicidal Contacts FREE training, send an email to railcompanies@samaritans.org

To report an intervention you have made on the network, please send an email to interventions@samaritans.org

If you have seen any item in this report that you would like to comment on or discuss please contact the team at suicideprevention@raildeliverygroup.com