

Suicide Prevention – Rail Round Up for Periods 10 - 13 2021/22

Round up (12 December 2021 - 31 March 2022)

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Round up for the year 2021/22

Period	Suspected suicide	Attempted suicide	Pending classification
1	23	3	1
2	15	8	0
3	27	4	0
4	14	5	1
5	19	5	0
6	17	6	2
7	19	6	1
8	19	10	0
9	15	5	2
10	23	5	1
11	25	4	1
12	17	7	1
13	21	5	0
TOTAL	254	73	10

Suspected and Attempted Suicides

At the time of writing there have been 254 suspected suicides for 2022-23, and 73 attempted suicides. Ten fatalities are still pending a classification.

The table below shows the total suspected suicide figures for previous years.

2014/15	2015/16	2016/17	2017/18	2018/19	2019/20	2020/21	2021/22
286	251	236	251	268	283	247	254

The suspected suicide figures for 2021/22 are back to the lower levels of those experienced in the pre-pandemic era of 2017/18, despite the inclusion of ALL suicide fatalities and attempts that have taken place on the network and not just those that involved being struck by a train.

The network has seen an increase in people using its railway infrastructure to jump from a height and in order for the Central Suicide Prevention Team to maintain a broad understanding of all suicidal activity taking place in specific locations, these 'non-train' fatality incidents are now recorded and included in the overall periodic figures.

This year, deaths involving methods other than being struck by a train accounted for 26 of the total suspected suicides and 39 of the total attempted suicides. Although excluding these incidents from the figures would equate to the least number of rail fatalities since records began, the full picture in terms of suicide activity in specific locations would be not be being gathered and used to inform bespoke preventative work in locations of concern.



BTP Interventions for 2021/22

The table below shows the number of life-saving interventions carried out by the BTP in each period over the financial year.

BTP interventions for this financial year surpassed the 2000 mark for the first time since 2018/19.

1	2	3	4	5	6	7	8	9	10	11	12	13
196	369	558	741	919	1086	1220	1362	1528	1660	1156	2060	2223

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

Brighter Journeys – Campaign Outcomes

The Brighter Journeys campaign was launched on 4 October at London Waterloo and further events took place across the network in the following weeks. The concept behind the campaign was to make the railway feel like a place that's full of life, community and connection. The industry partnered with the charity Chasing The Stigma, promoting their Hub of Hope app on seeded paper that was handed out to station users. It was hoped that through promoting the app, downloads of it would increase and the public would be made aware of the railway's commitment to mental health.

Following the end of the first phase of the campaign, the assessment outcomes showed the following:

Objective area	Metric	Saw the campaign	Did not see campaign	Difference
Promoting stations as positive places (primary)	Railway stations are happy places	56%	43%	+13
	Railway stations are lonely places	22%	36%	-14
Encourage help-seeking behaviour (primary)	Net: would take action if experiencing mental health issues	96%	88%	+8
	After seeing 'Brighter Journeys', would be more likely to seek help if experiencing issues	48%	33%	+15
Promote rail industry credentials in mental health (secondary)	Network Rail cares about passengers' mental health and wellbeing	52%	33%	+19

Downloads of Hub of Hope app increased by 20 per cent in October 2021 – this can be tracked to areas where the campaign was targeted in paid media, showing that the campaign message had the desired effect.

Research showed that 81% of those who saw the campaign believe Network rail cares about passengers compared to 61% of those that didn't see the campaign.

The second phase of the Brighter Journeys campaign is being launched alongside Mental Health Awareness Week, which is 9 – 15 May 2022.



Brew Monday – 17 January 2022

Brew Monday was held on Monday 17 January 2022.

The third Monday in January is sometimes referred to as 'the most difficult day of the year'. Samaritans and the Brew Monday campaign aims to encourage people to connect with others and talk about how they are feeling, as well as remind people that the Samaritans are always there to help and not

just for a moment of crisis.

Stations across the country held events with London Waterloo and Liverpool Street holding 'hero events' and Stevenage station hosting a pop up event. Network Rail managed stations displayed Brew Monday messaging on their OIC screens and played a special recorded message through station PA systems. In total, 120 stations took part in the day and a total of 145,000 tea bags were ordered for the event!

Sky News broadcast live from London Waterloo's flagship event and the event gained good coverage in both regional and national news outlets, with 31.1% of articles mentioning the positive railway connection, an improvement of the figure of 10.9% seen in 2021.



Lions Barber Collective at Newton Abbott station

Newton Abbot Station (Network Rail's Western Route, Wales and Western region) hosted a pop-up barbershop on Monday 11 January, offering a free haircut for men, along with the opportunity to discuss their mental health at the same time.

It was one of the first pop-ups to be hosted by The Lions Barber Collective following a £25,000 grant from Great Western Railway.

Three barbers, trained to recognise signs of poor mental health in their clients, were on hand to cut hair, trim beards and provide a listening ear.

They were joined at the station by South Devon Samaritans volunteers, who were handing out cuppas to passengers, ahead of the charity's annual Brew Monday campaign on Monday 17 January.

Torquay-based barber Tom Chapman founded The Lions Barber Collective in 2015 following the death of a close friend. Recognising that barbers and hair professionals are often a friendly ear to their customers, Tom collaborated with experts to develop a training programme for hair and beauty professionals to support their clients and communities. The clinically-backed BarberTalk programme gives barbers the skills to direct questions to trigger conversation and to signpost clients to the support they need.

GWR was able to provide funding from its Communities and Education Programme. As part of its franchise agreement with the Department for Transport, the train operator has a pot of money to assist schools, colleges, community and other not-for-profit organisations. GWR Community Manager Emma Morris said:

"The Lions Barber Collective carries out vital work in helping to open up conversations around mental health and we believe these pop-up barber-shops could be of real benefit to some of our customers and colleagues. We look forward to working with the Collective to bring more of these events to our stations."



Real People, Real Stories signage in Lancaster

Network Rail's North West and Central Region have designed and purchased bespoke Real People, Real Stories signs and installed them to the River Lune/ Carlisle bridge in Lancaster.

The structure is owned by Network Rail and a decision was made to display early intervention help-seeking information as it is a bridge that has previously seen people present in crisis and threaten to jump into the river from the footbridge. These incidents do not directly affect the railway but can often lead to the Coastguard and Emergency services attending the scene.

The Foamex Real People Real Stories posters used for display at stations were not suitable due to the bridge fencing allowing them to be punched or kicked through. Instead, a sturdy metal sign was produced and attached with jubilee clip fixings to the railings at the entrance point on each side of the bridge and also visible to people walking past. The bridge has previously come under Police and Local MP scrutiny and an Ethnography study and report was conducted at the location in 2019.



Statement from Gillian Keegan Minister of State for Care and Mental Health

In a recent statement from Gillian Keegan, Minister of State for Care and Mental Health, the Minister outlined her commitment to work with the sector over the coming year to review the 2012 Suicide Prevention Strategy for England. An additional £1.5 million is being made available to top-up the existing £4 million grant fund, to help support the suicide prevention voluntary and community sector to meet the needs of people at risk of suicide, or in crisis. You can read the full statement [here](#).



Chasing the Stigma win Digital Leader Impact Award

Congratulations to the mental health charity Chasing the Stigma who recently won the Mental Health and Wellbeing Award at the 2022 Digital Leaders Impact Awards, for their Hub of Hope app. The awards celebrate technological innovations that improve people's lives and the world around us. The

Hub of Hope is the nation's biggest and most comprehensive mental health database, enabling people to search for mental health support in their local area via their postcode or by concern. Chasing the Stigma and the Hub of Hope are rail industry partners, and we send them our warmest congratulations!

All On Board – Suicide Prevention Conference 2022

Network Rail's Central Suicide Prevention Team hosted a free two-day conference at the Birmingham NEC on 02-03 March 2022.

On the first day, a mix of speakers from the rail industry, BTP, Samaritans, Middlesex University, the NHS and Local Authorities provided presentations on a variety of suicide-related topics. The second day was dedicated to group work, with guests being placed into small working groups

and attending five workshops, covering a variety of topics from data sharing and best practice to 'out of the box' creative thinking sessions.

The event was well-attended at the venue, with the first day also being accessed as a virtual event by over 100 attendees.

The numerous outputs from this conference are being gathered together and will be shared with the industry at a later date.



GP surgeries mail shot campaign

Over 1,600 GP surgeries, pain clinics and addiction centres located within 8km of a railway have been sent a pack containing posters and business cards that advertise the Hub of Hope, along with a supply of wellbeing booklets that give advice and support on how to seek help for a variety of mental health issues.

The vast majority of individuals who end their life on the railway line have travelled under 8km in order to reach the railway and have had some kind of contact with their GP in the months preceding their death. It is hoped that by providing these signposting and support tools to surgeries and clinics in this catchment area, staff who work in them will be able to offer vulnerable people a choice of the right mental health assistance.

The feedback from clinics who have received a pack has been extremely positive and a large number of surgeries have contacted the CSPT to offer thanks and request more collateral.

There are future plans to target hairdressers, barber shops and tattoo parlours in the same catchment areas with similar wellbeing information packs.



Research Round Up



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research briefing: Suicide Prevention: Policy and Practice

This briefing paper, published in the House of Commons Library, provides a picture of suicide prevention policies and strategies throughout the UK. Whilst predominantly focused on England, it provides a helpful overview of the key differences in the nations. The paper outlines the chronology of strategy development and progress in the cross government workplan, as well as providing links to important related strategy documents in other policy areas. They also include key statistics and data where available.

Read the briefing [here](#).

Autism and Autistic Traits in Those Who Died By Suicide in England



A study has explored the prevalence of autism (diagnosed and undiagnosed) in people who died by suicide, to identify risk factors for suicide in this group. They analysed 372 coroners' inquest records, covering the period 1 January 2014 to 31 December 2017 in two regions of England for evidence that the person who died had diagnosed autism or undiagnosed possible autism. They conducted 29 follow-up interviews with the next of kin of those who died to

gather further evidence of autism and autistic traits. They found evidence of autism and elevated autistic traits in 10.7% of those who died by suicide – 11 times higher than prevalence of autism in the UK general population.

Read the report [here](#)

Intervening to prevent suicide at railway locations: findings from a qualitative study with front-line staff and rail commuters

For every suicide on the British railway network, at least six potential attempts are interrupted by front-line staff or rail commuters. However, the factors that maximise or hinder the likelihood and effectiveness of such interventions are poorly understood. This study aimed to shed light on the experience of intervening to prevent a suicide at a railway location, including how and why people intervene, and their feelings and reflections in the aftermath.

Read the study [here](#).



Rail Round Up - Looking ahead

May 2022

Mental Health Awareness Week 09 – 15 May
(Brighter Journeys Phase 2 launch)

June 2022

Volunteers Week	01 – 06 June
Loneliness Awareness Week	13 – 17 June
Men's Health Week	13 – 19 June
World Wellbeing Week	27 June – 01 July

09 – 15 May 2022 - Mental Health Awareness Week

The Mental Health Foundation have confirmed that the theme for this year's Mental Health Awareness Week 2022 is loneliness.

The week will run from Monday 9th May until Sunday 15th May 2022 and will raise awareness of the impact of loneliness on our mental wellbeing, as well as the practical steps that can be taken to address it.

You can find out more about the campaign and how to get involved [here](#)



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