

# Suicide prevention on the GB rail network

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Prevention



# A quick update on some of the Programme's successes

- The Small Talk Saves Lives campaign – a bystander campaign which encourages passengers to intervene and support those in crisis
- Milton Keynes and Bletchley case study – Working with those responsible for preventing suicide in the wider community e.g. local authorities

- Phase I - November 2017 - national
- Phase II - April 2018 – priority locations
- Phase III - November 2018 - national



Life-saving question #1

DO YOU NEED ANY HELP?

Used by Andrew Wellbeloved to help save a man's life in the North West of England



Find out more at [samaritans.org/smalltalksaveslives](https://samaritans.org/smalltalksaveslives)

#SmallTalkSavesLives A registered charity

Life-saving question #2

I'M MICHAEL, WHAT'S YOUR NAME?

Used by Michael Budd to help save a man's life in Essex



Find out more at [samaritans.org/smalltalksaveslives](https://samaritans.org/smalltalksaveslives)

#SmallTalkSavesLives A registered charity

Life-saving question #3

IT'S A WARM EVENING, ISN'T IT?

Used by Damon Lightwood to help save a woman's life in Sussex



Find out more at [samaritans.org/smalltalksaveslives](https://samaritans.org/smalltalksaveslives)

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Life-saving question #4

WHAT TRAIN ARE YOU GOING TO GET?

Used by Ben West to help save a man's life in South London



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| <p><b>DO YOU MIND IF I SIT HERE?</b></p> <p>Small talk in a cafe on a Monday ...</p> <p>... could help save a life on a Wednesday</p> <p><i>If you think someone might need help, trust your instincts and start a conversation – or find a member of staff.</i></p> <p>Find out more at <a href="https://samaritans.org/smalltalksaveslives">samaritans.org/smalltalksaveslives</a><br/>#SmallTalkSavesLives</p> | <p><b>CAN'T BELIEVE THIS WEATHER!</b></p> <p>Small talk at the school gates on a Tuesday ...</p> <p>... could help save a life on a Thursday</p> <p><i>If you think someone might need help, trust your instincts and start a conversation – or find a member of staff.</i></p> <p>Find out more at <a href="https://samaritans.org/smalltalksaveslives">samaritans.org/smalltalksaveslives</a><br/>#SmallTalkSavesLives</p> | <p><b>QUIET HERE TODAY ISN'T IT?</b></p> <p>Small talk in the gym on a Friday ...</p> <p>... could help save a life on a Sunday</p> <p><i>If you think someone might need help, trust your instincts and start a conversation – or find a member of staff.</i></p> <p>Find out more at <a href="https://samaritans.org/smalltalksaveslives">samaritans.org/smalltalksaveslives</a><br/>#SmallTalkSavesLives</p> |
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**You have all the experience you need to help save a life**

Find out how a little small talk can make a big difference

**SMALL TALK SAVES LIVES**

**SAMARITANS**

In partnership with



**55%** of train passengers **recall** seeing the STSL campaign

**85%** of those that saw the campaign **agreed** that a little small talk  
can be all it takes to interrupt someone's suicidal thoughts

**64%** who saw the campaign **feel confident** about what to say to a  
person in distress

**74%** who saw the campaign said they were **likely to approach**  
someone in distress

# **Cross-sector working to reduce suicides on the rail network**

Milton Keynes and Bletchley case study

# Background

Seven suicides occurred in two locations within close proximity between July – Nov 2017

All of the incidents were reviewed by British Transport Police (BTP) and there were no links between any of the individuals concerned

As an industry we were already working with the Local Authority and they were aware of the incidents through the 'Real Time Data Surveillance Process' they have in place

In Oct 2017, the rail industry escalated one of the locations as there had been three incidents at the location within a 12 month period



# Multi-agency Group

- A multi agency group was established to identify actions that could be undertaken in both the stations and the wider community
- The Public Health England Document - Preventing suicides in public places was used to create an action plan using the following headings
  - I. Restrict access to the site and the means of suicide**
  - II. Increase opportunity and capacity for human intervention**
  - III. Increase opportunities for help seeking by the suicidal individual**
  - IV. Change the public image of the site**

# Multi-agency members



# Good practice and lessons learnt

- To date Milton Keynes and Bletchley railway stations, have experienced:
  - **0 further suicides**
  - **18 life-saving interventions**
- Get a multi-agency group in place as soon as the incidents have occurred and work collaboratively towards a common goal
- The importance of information sharing between appropriate organisations and stakeholders is not to be underestimated
- Creating a joint media report as soon as possible
- Be creative and think beyond the railway, what can be carried out within the community?
- Look at the local issues, resources etc. what can be utilised to provide additional support?



Thank you

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