

Preventing Suicide in Adur & Worthing Social media toolkit

#preventingsuicideAW

Introduction



As the fallout from the COVID pandemic continues to have a negative impact on many people's lives, a group of local organisations - which includes West Sussex Mind, Worthing Samaritans, Olly's Future and Adur & Worthing Councils - has joined forces on a new initiative to prevent suicide in Adur and Worthing.

Launching on Friday 10th September - which is also World Suicide Prevention Day - the **Preventing Suicide in Adur & Worthing** initiative aims to raise awareness of the signs to look for that someone is in crisis, and teach people how to start a conversation that could help to save a person's life.

This will be delivered through a free online 'Talking About Suicide' training course - which is being delivered on several dates between September and December - for people who work or volunteer with the public. This includes, for example, car park attendants, volunteers at food banks and bar staff - people who are more likely to be in contact with someone who is considering suicide.

An e-learning course is also available to participants who would prefer to take the training course at their own pace.

Find out more about the Preventing Suicide in Adur & Worthing initiative at:

<https://www.westsussexmind.org/training-courses/preventing-suicide>

How you can help

You can help with raising awareness of this important initiative and encouraging people who work or volunteer with the public in Adur and Worthing to sign up for the training. Below you will find some suggested text and images that you may like to use on social media between **September 2021 and January 2022**.

You will also find some suggested text and images to use to signpost people who may be having suicidal thoughts - or are worried about someone they know - towards help and support.

LAUNCH: World Suicide Prevention Day - 10 September

Facebook

On #WorldSuicidePreventionDay, we've teamed up with @ollysfuture @start.the.conv @WestSussexMind, Worthing Samaritans and @AdurWorthingCouncils to launch a new initiative to prevent suicide in Adur and Worthing. If you work with the public, find out how you could help to save a life by taking part in a FREE training course to learn to spot the signs and have a conversation with someone who is in crisis.

www.bit.ly/preventingsuicide-aw

#PreventingSuicideAW

We're supporting a new initiative to prevent suicide in Adur and Worthing, launched today on #WorldSuicidePreventionDay. If you work or volunteer with the public, find out how you could help to save a life by taking part in a FREE training course to learn to spot the signs and have a conversation with someone who is in crisis. www.bit.ly/preventingsuicide-aw

#PreventingSuicideAW



Twitter



On #WorldSuicidePreventionDay, we've teamed up with @ollysfuture, @start_the_conv @WestSussexMind, @WorthingSams & @adurandworthing to launch a new initiative to prevent suicide in Adur & Worthing. Find out more www.bit.ly/preventingsuicide-aw #PreventingSuicideAW

Today is #WorldSuicidePreventionDay. We're supporting a new initiative to prevent suicide in Adur & Worthing by training hundreds of public-facing workers & volunteers in how to spot the signs that someone is in crisis. Learn more: www.bit.ly/preventingsuicide-aw #PreventingSuicideAW

GETTING HELP



If you're thinking about suicide or are worried about someone you know, help is available.

For advice and support, visit:

www.bit.ly/preventingsuicide-aw

#PreventingSuicideAW

If you're struggling with suicidal thoughts, help is available. For advice and support,

visit: www.bit.ly/preventingsuicide-aw

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ATTENDING A TRAINING COURSE

Do you work or volunteer with the public in #Adur & #Worthing? Find out how you could help to save a life by taking part in a FREE training course to learn to spot the signs and have a conversation with someone who is in crisis

www.bit.ly/preventingsuicide-aw

#PreventingSuicideAW

Every year, over 6,000 people in the UK & Ireland take their own lives. If you work or volunteer with the public, find out about the FREE training available for learning skills that could help prevent suicide in #Adur & #Worthing

www.bit.ly/preventingsuicide-aw

#PreventingSuicideAW

Would you know what to say to someone who was having suicidal thoughts? If you work or volunteer with the public in #Adur & #Worthing, find out about the FREE training courses to learn how to have a life-changing conversation

www.bit.ly/preventingsuicide-aw

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COURSE PARTICIPANTS



I took part in a #PreventingSuicideAW training course that could help save someone's life! If you work or volunteer with the public, find out how to sign up for a FREE training course to learn how to have a life-changing conversation.

www.bit.ly/preventingsuicide-aw

I've signed up for the #PreventingSuicideAW training course! If you work or volunteer with the public, find out how to sign up for a FREE training course and learn skills that could help to prevent suicide in #Adur and #Worthing.

www.bit.ly/preventingsuicide-aw

Images & hashtag

- You can find a range of [images to use on social media in this folder](#).
- Please use the hashtag **#preventingsuicideAW**

More information

- To find dates for and book a place on a 'Talking About Suicide' training course, visit: <http://preventingsuicideaw-launch.eventbrite.com>
- Find out more about the Preventing Suicide in Adur & Worthing initiative at: <https://www.westsussexmind.org/training-courses/preventing-suicide>
- For media enquiries, please email news@adur-worthing.gov.uk