



World Suicide Prevention Day

10th September 2019



In support of World Suicide Prevention Day 2019, organisations and charities that work in suicide prevention and postvention will be at Gloucester Royal Hospital and Cheltenham General Hospital to reflect and offer guidance and support to anyone who needs it, and to explain more about what their charity provides.

Gloucester Royal Hospital	Time	Organisation
	11.00	Launch
	11.00 - 11.30	SOBS
	11.30 - 12.00	Suicide Crisis
	12.00 - 12.30	Winston's Wish
	12.30 - 1.00	Cruse Bereavement
	1.00 - 1.30	Sunflowers Suicide Support
	1.30 - 2.00	Samaritans

Please turn over to find more information about these organisations.

Each organisation will have a 30 minute slot to speak in the chapel at Gloucester Royal Hospital, and then move to a quiet space outside of the chapel where they will be on hand to answer any questions. There will also be an area in the chapel for quiet reflection or to light a candle.

Nathanael from Kingfisher Treasure Seekers will be at the event to promote Glos Talks. As part of this campaign he will be asking people to 'join the movement' by taking a selfie with the 'I'm talking mental health, I'm fighting stigma' selfie frame and posting it on social media.



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Cheltenham General Hospital

At Cheltenham General Hospital, representatives from some of the below organisations will be available to reflect and offer guidance and support from 12-2pm. They will also be handing out leaflets, and there will be an opportunity for quiet reflection or to light a candle in the chapel.

Here is more information about the organisations involved in World Suicide Prevention Day 2019, who can offer support to Gloucestershire residents:

SOBS is a self-help organisation that aims to provide a safe, confidential environment in which bereaved people can share their experiences and feelings, giving and gaining support from each other.

Suicide Crisis provide face-to-face support to anyone who is feeling suicidal.

Winston's Wish support bereaved children, their families and the professionals who support them, including therapeutic help in individual, group and residential settings.

Cruse Bereavement offer support groups, friendship groups, telephone support, individual support and information to anyone who has experienced the death of a loved one and is struggling to cope with life without them.

Sunflowers Suicide Support provide email, telephone or face to face practical support offering guidance and help to anyone that has been bereaved by suicide, and can signpost to further support services.

Samaritans is dedicated to reducing the feelings of isolation and disconnection that can lead to suicide. As well as offering a listening service to anyone needing emotional support, they also offer workplace training and local/national campaigning.

Glos Talks is a county wide campaign to address stigma around mental health and prevent suicide by spreading a simple message: it is okay to talk about mental health!



Gloucestershire Suicide
Prevention Partnership



Gloucestershire
COUNTY COUNCIL