



Brent, Wandsworth  
and Westminster

# SWL Suicide Prevention

# Who are we?

## **Jodie Ferris**

Suicide Prevention Coordinator (Communities)

## **Ana Djurdjevic**

Suicide Prevention Coordinator (Children and Young People)

## **Helen Baly**

Team Leader – Suicide Prevention Support Services (SPSS)

Suicide Postvention and Prevention Support Services (NW & SW London)



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# Where do we work?

**This service is available for those in the following boroughs:**

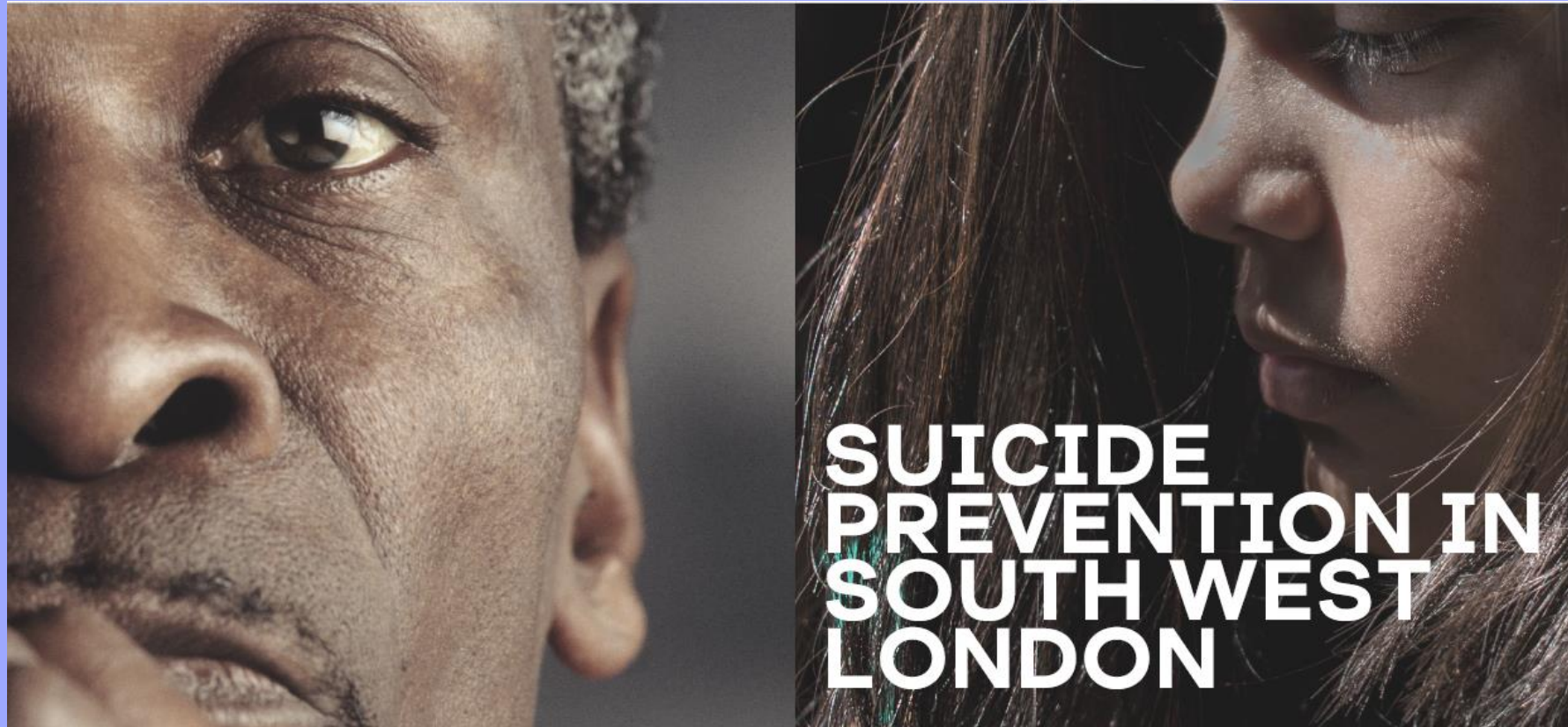
- Sutton
- Richmond
- Wandsworth



- Croydon
- Merton
- Kingston

# Who do we support?

- 1) Children and Young People
- 2) Communities



# Children and Young people

Focus on **educational settings**, including state funded, grammar and private schools.

Working closely with the population in these settings to ensure that they prevent suicides among children and young people.

Engaging with **non-MSHT schools** (school nurses/counsellors, teaching and non-teaching staff, pastoral teams etc.)

Train/upskill school staff so that they can support CYP who may be at risk of suicide, asking the challenging questions that can help prevent suicide plans being acted upon.

# Communities

Focus on the **wider community**, including **middle aged men** as a higher risk group.

Working closely with organizations that come into contact with those who may be at risk, to prevent suicides amongst **adults**.

Engaging with employment agencies and job centres, homelessness and housing agencies, advice centres and drug and alcohol services.

Train/upskill staff and volunteers so that they can support anyone who may be at risk of suicide.

Recruiting **Suicide Prevention Champions** to build a network across the community.

# What we do?

**GUIDANCE** – Mental health and suicide prevention awareness including the delivery of a 30-minute or one hour session. Learn to recognize the signs and initiate a conversation if you are worried about someone.

**SIGNPOSTING** – Providing relevant resources and information on local services including monthly updates. Stay informed of local services and effectively signpost.

**CONTACT POINT** – Connecting services and building a network of support. To support you to actively promote mental wellbeing and a conversation around suicide.



Guidance



Signposting



Contact  
point

# Suicide Prevention Awareness session

- 30-minute up to 1 hour
- In-person or via Zoom
- Flexible dates





# Content of sessions

- What is suicide, values and attitudes around suicide
- Myths and truths about suicide
- Warning signs of those at risk of suicide
- Initiating conversations about suicide
- Trauma and suicide
- Risks of suicide, including risks associated with Covid-19
- Training opportunities including Zero Suicide Alliance Training
- Signposting and awareness of local services
- Looking after yourself and conversation about boundaries

# Suicide Prevention Champion Role

- Being aware of and able to recognize the signs if someone needs help
- Initiating conversations if they are worried about someone
- Staying informed of local services so they can signpost those they come into contact to relevant services
- Actively promoting mental wellbeing and attending relevant training
- Supporting the delivery of suicide prevention and wellbeing activities within their organisation
- Networking with other Suicide Prevention Champions



# Available Training

- [Zero Suicide Alliance Training](#), free, 20-minute suicide prevention training.
- [Papyrus, Prevention of Young Suicide](#), SP-AEK training offer for school staff and Suicide Prevention Champions.

# Suicide Bereavement Support

- The service is a single point of contact providing practical support to individuals, families and others bereaved and affected by suicide.
- It can also refer on to other appropriate services. Referrals are initially received from the Police via The Thrive Hub database.
- Working across 6 boroughs in the South West of London and 8 across North West London.
- The service has two Suicide Postvention Officers in NW London and one officer in SW London.



# Contact details

- **Postvention:**

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