

Appendix B

Preventative services at a community level, that may reduce risk factors around suicide

1. [Primary Care and Social Prescribing](#) support people's mental and physical health and social prescribing can link people to wellbeing activities and referring patients to non medical interventions that support wellbeing and address loneliness and isolation. info@mertonconnected.co.uk 0208 685 1771
2. [Merton Uplift](#) provide a range of mental health support including CBT and other psychological treatments to address common mental health issues such as anxiety and depression. Services that can keep people well and support good mental health are an important preventative part of the overall services that support the wider community. 0203 513 5888
mertonupliftreferrals@swlstg.nhs.uk
3. [Good Thinking](#) is an online resource providing digital services to tackle anxiety, stress, low mood and sleep issues. www.good-thinking.uk
4. [Tuned In](#) at Merton Arts Space is a weekly music project giving the opportunity for people to play music together. Led by famous musicians Jah Wobble and John Klein it allows an opportunity to meet new people and play music. The project has received funding from South-West London ICB as part of their suicide prevention activity to support Men's Sheds and address loneliness and isolation amongst middle aged men (Tuned in is open to all ages and genders). Other services such as Merton's Befriending Service run by Age UK Merton and Wimbledon Guild for older people, provide one to one support for older people. Registration needed at [Tuned in with Jah Wobble Survey](#) (surveymonkey.co.uk)
5. [Be Well Hubs](#) aim to help tackle the cause of mental ill-health, promote access to mental health services and support people in the community. This will include Be Well Champions trained on mental health issues. The Hubs aim to strengthen the capacity of community organisations to support on mental health issues and improve links between the community and health services. In Merton there are Be Well hubs in all of Merton's libraries as well some faith organisations. Contact via [Contact 1 — South London Listens](#)
6. [Citizen's Advice Merton and Lambeth](#) and other community and voluntary sector partners, housing associations as well as Merton Council all support residents on welfare and benefits, debt, housing issues, food poverty and the cost of living crisis. This is relevant to suicide prevention as debt, financial insecurity, housing insecurity and unemployment are all risk factors for suicide, especially for middle aged men. Phone 0808 278 7831 or [Advice Contact Form - CAML](#)

Services that support those at greater risk of suicide, those in crisis or focus on suicide prevention

7. South-West London and St Georges Mental Health Trust (SWLSTG MHT) provide a range of [crisis support](#) for people in mental health crisis. This includes 24-hour crisis line (0800 028 8000) which offers emotional support and advice to people who are affected by urgent mental health issues. It is open to all ages.
8. For those struggling with their mental health SWLSTG MH Trust also commission Recovery Café's in Wimbledon Chase and in Tooting. These are open 6-11pm weekdays and 12 noon to 11pm weekends and bank holidays. They provide a safe space and support including listening, companionship, therapeutic support and activities. . Sunshine Café 0208 872 8217 info@sunshinerecoverycafe.org / Tooting Recovery café 07794 394 920 recoverycafe@hestia.org
9. There is also a 'crisis house' available to Merton patients. This is usually used as 'step down' accommodation for those leaving hospital but is also available as an alternative to hospital admission for those in mental health crisis but who don't need hospital admission. Patients can stay for up to one week.
10. [Focus 4 1](#) is a mental health user led organisation that supports Merton residents experiencing mental health problems or distress. Services include peer support, wellbeing activities, the opportunity to share experiences and a support line. info@focus-4-1.co.uk 07870 898 811.
11. [Westminster Drug Project](#) (WDP) support and treat Merton residents affected by substance misuse issues. In Merton this includes an outreach service with homeless people. People with substance misuse issues and rough sleepers are both at increased risk of suicide. info.merton@wdp.org.uk
12. [Thrive London](#) is a citywide partnership led by the Greater London Authority (GLA) to ensure all Londoners have good mental health. Suicide Prevention is one of four area of activity. Work includes campaigning as well as specific projects, such as working with ICB's and local authorities on real time surveillance.
13. There are also national resources available to Merton residents in crisis. The [Samaritans](#) offer a 24 hour phone line (116 123) jo@samaritans.org and listening and support to people in crisis as well as campaigning on suicide prevention. [Shout](#) provide a 24 hour text line (text 85258) whilst online and phone support is available through the campaign against living miserably [CALM](#) 0808 58 58 58 or webchat at [Homepage | Campaign Against Living Miserably \(CALM\)](#) (thecalmzone.net) .

Young People's Services

14. Designated Safeguarding Leads within schools speak to young people on issues around self-harm and suicidal ideation. They will form part of an initial response and gather information, support any immediate physical health

needs (self-harm) and discuss how the young person can and would like to be supported, this can include completion of an interim safety plan as appropriate at an early help and low risk level. They will also refer onwards to services.

15. School nurses deliver frontline support to schools and their pupils with health-related matters, including: physical, mental, and emotional. Nurses provide weekly drop-in sessions in most secondary schools, which are confidential and will support pupils with a range of health issues. Emotional problems and self-harm feature significantly in their workload.
16. [Merton CAMHS](#) service is provided by South West London and St Georges Mental Health Trust and supports young people experiencing mental health challenges. This includes working with young people on issues such as depression, post traumatic stress disorder and self-harm and suicidal ideation. CAMHS also support young people with a serious mental health condition, such as Bi-Polar disorder. The crisis support line outlined in the adults section is also available for young people out of office hours. Crisis Line 0203 228 5980

A number of teams within Merton CAMHS include

17. Single Point of Access (SPA) who discuss onward referrals and can provide advice. MertonSPArefferrals@swlstg.nhs.uk 0800 292 2505
18. Merton NHS Education Wellbeing Services are now based in all Merton mainstream primary and secondary schools, as well as offering support to specialist schools, providing support and advice to children, young people, parents and staff. Wellbeing Practitioners are offering 1:1 Guided Self-Help Programs for Supporting Young People in Secondary Schools with common mental health challenges such as mild-moderate anxiety and low mood. This provides a high level of preventative support for children who may be at risk of deteriorating with more severe mental health challenges and/or self-harm and suicidal ideation. All Wellbeing Practitioners are also trained in supporting with safety and wellbeing plans collaboratively with young people and their families should these concerns arise. Additional workshops and groups provide support during times of acute stress such as transitional support and support during exam stress periods.
19. CAMHS 'Getting More Help' Team where a young person has been accepted and is being offered support through CAMHS.
20. There is also a SW London CAMHS Emergency Care Service (CECS) who support young people in crisis who present at local hospitals including Kingston, St Georges and St Heliers.
21. [Off the Record](#) provide a range of services that support young people. These include a [Merton Schools Wellbeing Team](#) that provide a confidential and non-judgemental space for young people to explore difficulties, 1:1 sessions and workshops for parents to help them to support their young people. Off the Record also provide free counselling to young people, text based counselling and online webinars for young people and workshops to support parents around young people and self-harm. Support line 0800 980 7475

22. [Catch 22](#) provide a 'Risk and Resilience Service' aimed at mitigating risk and promoting resilience in young people. The service aims to reduce harm to young people aged 24 and under and who are at serious risk of harm. This includes work around substance misuse, sexual health and work with young people at risk of exploitation. msm@catch-22.org.uk 0203 701 8641.
23. [KOOOTH](#) offer online counselling and support information for young people who want someone to understand them or need advice for a friend. South-West London ICB have a Winter 2022 campaign with KOOOTH promoting good mental health. Join KOOOTH at [Kooth is available in many areas across the UK - Kooth](#)
24. [Papyrus](#), a youth suicide awareness and prevention charity provide online resources and 'HopelineUK' a support line (phone 0800 068 4141, text 07860 039967 or email pat@papyrus-uk.org) for young people open 9am to midnight. There is also an advice line and information for Parents – advice about having difficult conversations and supporting young people who are experiencing suicidal thoughts: 0800 068 4141. Papyrus also run a range of suicide prevention training and campaign to reduce suicide amongst young people.
25. There are a range of national digital resources such as the Stay Alive app developed by Brighton Charity, Grassroots. [StayAlive - Essential suicide prevention for everyday life](#). The app includes a safety plan, customizable reasons for living, and a life box where the young person can store photographs that are important to them.