

Loneliness and suicide prevention in policy and practice

Harriet Edwards
Policy Manager



Welcome and introduction

SAMARITANS

Samaritans at a glance

SOMEONE
DIES BY
SUICIDE
EVERY **90** MINUTES

SOMEBODY
CONTACTS
US EVERY **6** SECONDS

WE RESPONDED
TO OVER
5.7 MILLION
CALLS
FOR
HELP*

WE HAVE
201
BRANCHES


IT IS NOW
FREE TO
CALL US ON
116 123

THERE ARE MORE THAN
20,000
SAMARITANS
VOLUNTEERS

WE ARE OPEN
24 HOURS **365** DAYS
A DAY A YEAR

WE REACHED OVER
590,000
PEOPLE THROUGH
OUR WORK IN
COMMUNITIES

THERE ARE AROUND
1,700
TRAINED
LISTENERS
ACROSS **142**
PRISONS

 Samaritans branches
(map not showing
Festival branch or
Correspondence branch)



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* A 'call for help' is any contact made to Samaritans for support, whether by phone, text, email, face to face in branch, in prisons or through our outreach work. This figure is based on the 2016 calendar year. A 'caller' is anyone who has accessed our service, whether by phone or by any other means.

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Suicide statistics report 2017

Including data for 2013-2015

The cover features a teal map of the United Kingdom with numerous white human icons scattered across it, representing the geographical distribution of suicide statistics.

MEDIA GUIDELINES

for Reporting Suicide

Samaritans warn media

after suspected copycat suicides

The chief executive said last night she was "very alarmed" about a suspected copycat double suicide on...

© 2013 Guardian News and Media Limited

Contact Samaritans' press office
+44 (0)20 8394 8300
Out of hours: +44 (0)7943 809 162
press@samaritans.org
samaritans.org/media-guidelines
@samaritans
#reportingsuicide

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Dying from inequality

Socioeconomic disadvantage and suicidal behaviour

SUMMARY REPORT 2017

The cover shows a photograph of a person standing in a bus shelter, with a blurred background of a field.

Supported by
Pears Foundation
LOTTERY FUNDED

Public Health England

Supported by
National Suicide Prevention Alliance

Protecting and improving the nation's health

Support after a suicide: A guide to providing local services

A practice resource

The cover features a dark red background with a central map of the UK surrounded by various white icons representing health, communication, and support services.

September 2016

Did you know...

SMALL TALK SAVES LIVES?

Watch Sarah's story and find out more...

SMALL TALK SAVES LIVES

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in partnership with

The cover features a photograph of a woman with long brown hair speaking into a microphone.

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Why what we do matters

SUICIDE IS THE BIGGEST KILLER OF
MEN UNDER 50
AND YOUNG PEOPLE
AGED 20-34

IN THE UK AND ROI
6,213
PEOPLE TOOK THEIR
OWN LIFE IN 2017



3/4
OF DEATHS BY SUICIDE
ARE MEN



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Loneliness and suicide

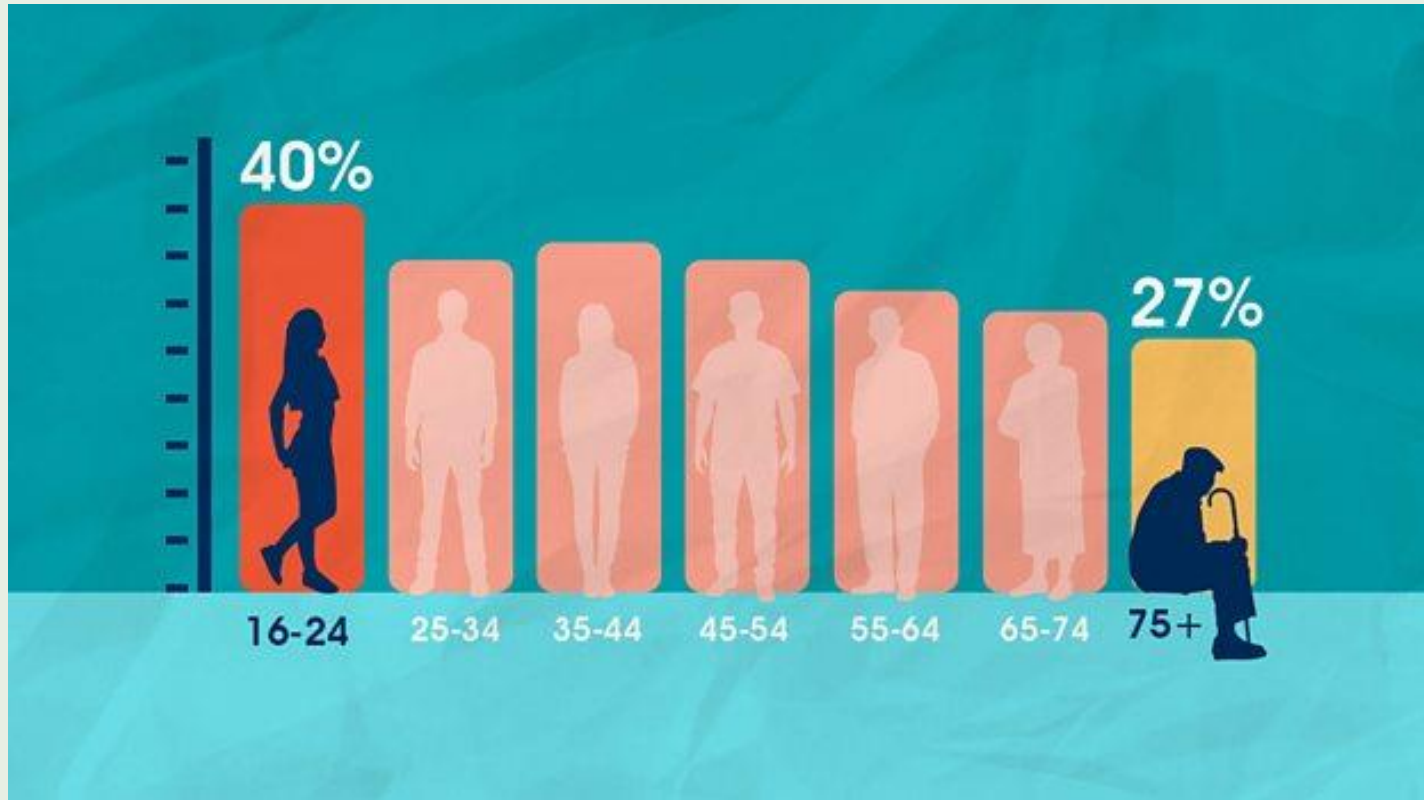
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What is loneliness?



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Who is the most lonely?



How does it link with suicide?

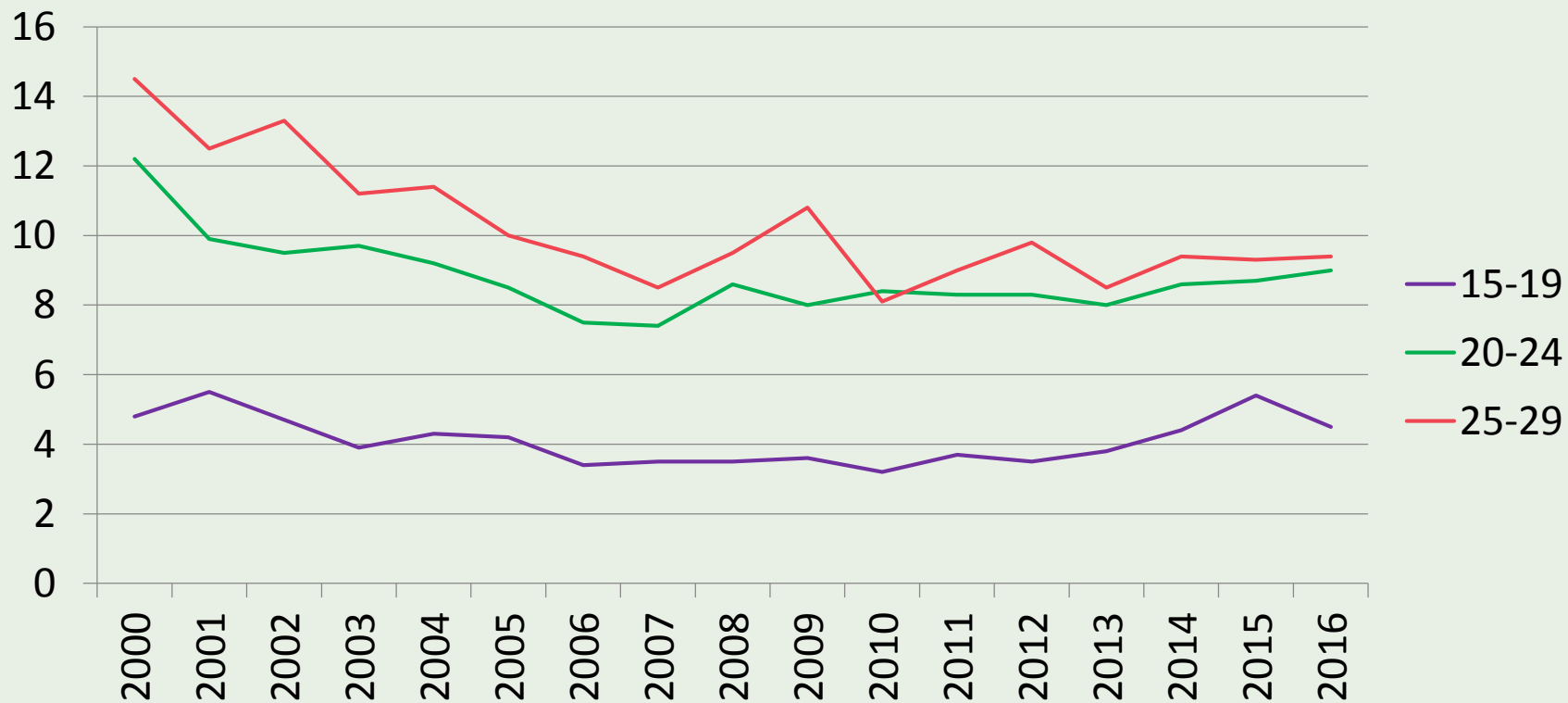
- How are suicide and loneliness connected or related?
- Does reducing loneliness reduce suicidal distress?

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**Our research with young
people**

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Suicide rates in young people 2000-16 England

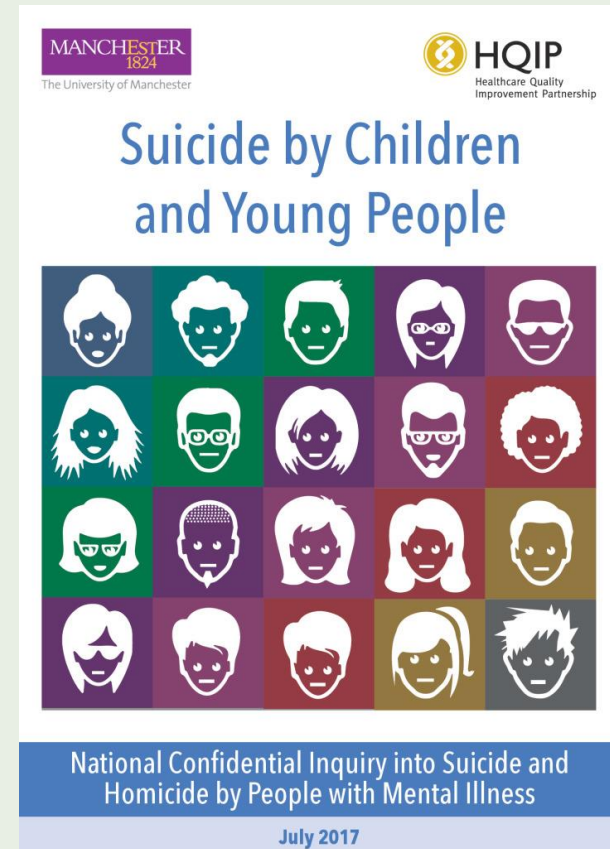


Source: Office for National Statistics
Rates per 100,000 population

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Why do young people take their own lives?

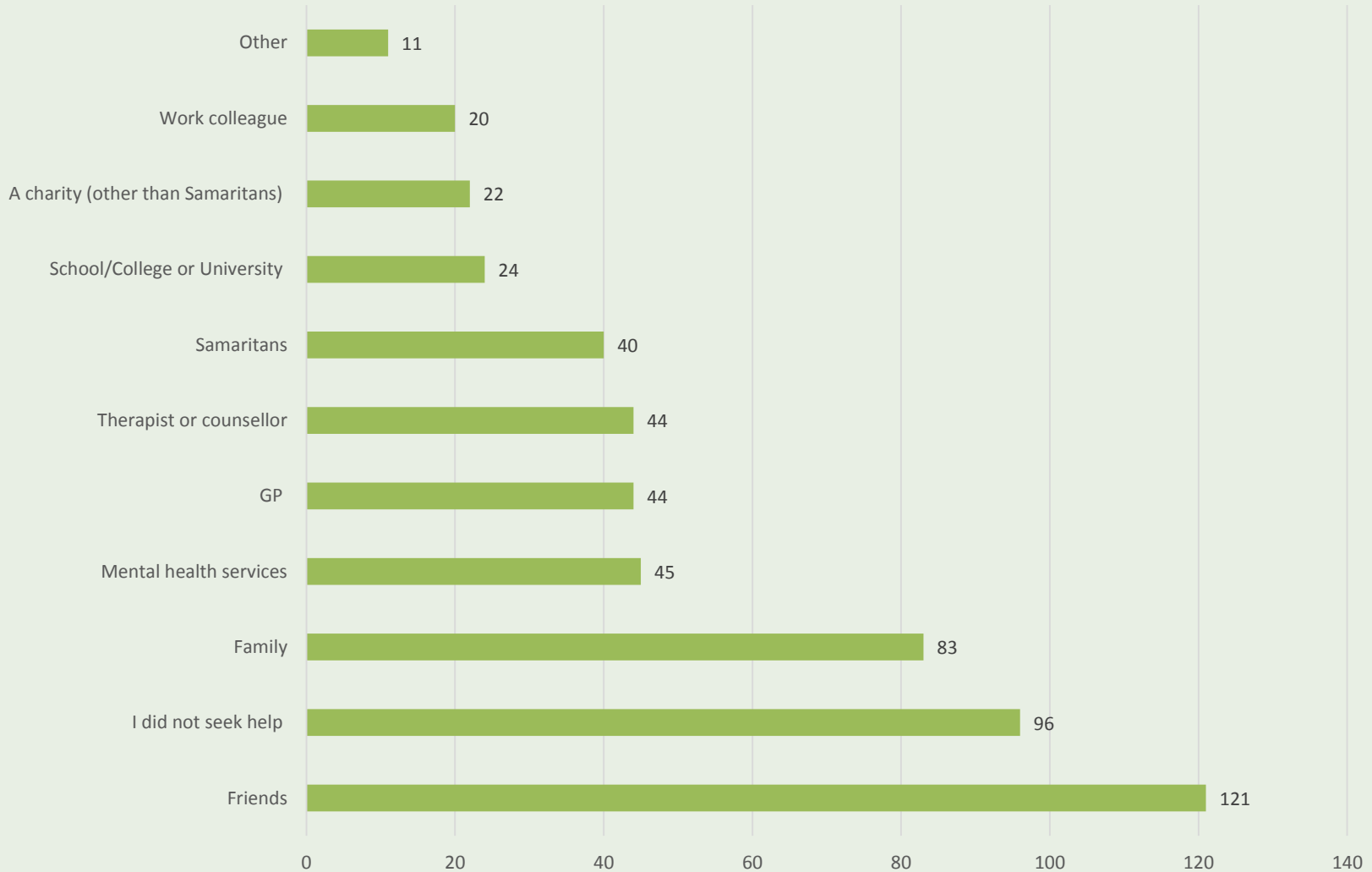
- Academic pressures
 - Bullying
 - Economic adversity
 - Housing problems
- **Cumulative risk**
- Traumatic experiences in early life
 - Adversity & risk behaviours
 - Recent stressful event



Why were the participants lonely?

- Childhood trauma and adversity
- Difficult family relationships
- Poor mental health
- Transition/s
- Lack of face-to-face communication and connection
- Isolation
- Bullying

Help-seeking : loneliness



Our findings

- Association between loneliness and suicide
- Both complex and highly personal
- Stigma is a major barrier to help-seeking
- Public health approach essential
- Education settings provide key opportunities for intervention
- Medicalisation should be avoided

**How can we tackle
loneliness?**

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There's lots going on...

Press release

New laws to make social media safer

New laws will be created to make sure that the UK is the safest place in the world to be online. Digital Secretary Matt Hancock has announced.



HM Government

A connected society

A strategy for tackling loneliness –

laying the foundations for change



A CONNECTED SCOTLAND

Our strategy for tackling social isolation and loneliness and building stronger social connections



Scottish Government
Riaghaidh na h-Aìobh
gov.scot



Transforming Children and Young People's Mental Health Provision: a Green Paper

Presented to Parliament
by the Secretary of State for Health and the Secretary of State for Education
by Command of Her Majesty

December 2017
 Cm 9523



CIVIL SOCIETY STRATEGY:
BUILDING A FUTURE THAT WORKS FOR EVERYONE

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Scottish political party leaders support campaign tackling loneliness

PA
Jan 31st 2019 1:37PM



“Loneliness and social isolation is a growing threat to public health: We must tackle it together” – Huw Irranca-Davies

Action needs to be taken to tackle loneliness and social isolation, which already impacts 1 in 5 people in Wales and is fast becoming a significant public health issue, Minister for Children, Older People and Social Care, Huw Irranca-Davies said today.

Minister for loneliness appointed to continue Jo Cox's work

© 17 January 2018



GETTY IMAGES

GPs to tackle 'epidemic of loneliness' in Northern Ireland



GPs say Northern Ireland is in the grip of a loneliness epidemic. File image posed by model

By Mark Edwards
May 23 2018



Doctors in Northern Ireland have said loneliness can be as bad for patients' health as chronic long-term illnesses, with one in five patients visiting their GP mainly because they are lonely.

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But still lots to do.



What works?



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Examples of practice



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Any questions?

h.edwards@samaritans.org

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116 123



This number is **FREE** to call



jo@samaritans.org



samaritans.org



**Chris, PO Box 90 90
Stirling FK8 2SA**



visit us – find your nearest
branch on our website



facebook.com/samaritanscharity



twitter.com/samaritans