

TBT 1: Suicide Awareness and Reasons



Suicide Awareness

In the UK, **suicide rates are rising** and the effects to different sites can be catastrophic; from the normal, happy, customer-friendly atmosphere to one of death, major injury and trauma with the associated human consequences of shock, depression and mental effects requiring professional counselling.

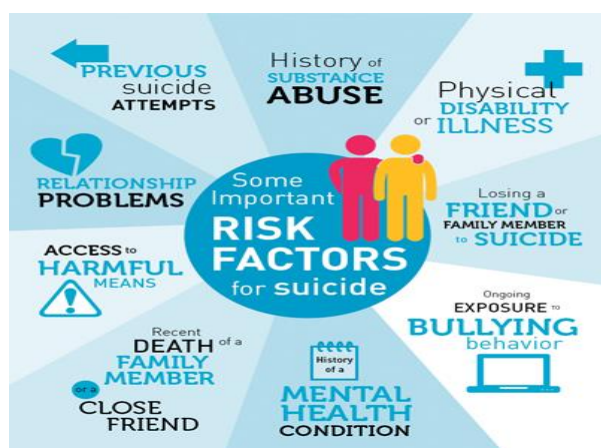
Positive actions may well prevent the suicide and therefore remove the negative effects a suicide will have on sites, its staff and its customers. **Car parks** are a particular example of an area of the shopping centre ideal for **suicide attempts** where such physical prevention is an almost impossibility unless it is a new build.

Reasons

- Economic recessions bring human suffering as people are made redundant.
- Debts increase or families face the threat of eviction.
- Bullying or discrimination or isolation and loneliness.
- Mental health problems or domestic abuse.
- long-term physical pain or illness and the end of a relationship.
- **There could be many other reasons that could cause suicide.**
- It is against this background that there is increasing number of people choosing to take their own lives and often chose a shopping centre environment.

Some Suicide Warning Signs

- Excessive **sadness** or **moodiness**: Long-lasting sadness, mood swings, and unexpected rage.
- **Hopelessness**: Feeling a deep sense of hopelessness about the future, with little expectation that circumstances can improve.
- **Withdrawal**: Choosing to be alone and avoiding friends or social activities also are possible symptoms of depression, a leading cause of suicide. This includes the loss of interest or pleasure in activities the person previously enjoyed.
- Recent **trauma** or **life crisis**: A major life crises might trigger a suicide attempt. Crises include the death of a loved one or pet, divorce or break-up of a relationship, diagnosis of a major illness, loss of a job, or serious financial problems.




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TBT 1: Suicide Awareness and Reasons

Questions

Question 1:

Suicide rates are constantly rising in the UK. (circle the correct answer)

- a) True
- b) False

Question 2:

Can a shopping centre be ideal area for suicides? (circle the correct answer)

- a) True
- b) False

Question 3:

What could be the reasons for someone to commit suicide? (circle the correct answer)

- a) Debts increase
- b) Bullying or discrimination
- c) Mental health problems
- d) Domestic abuse
- e) All the above

Question 4:

Can positive actions help to prevent suicide? (circle the correct answer)

- a) True
- b) False

TBT 2: Suicide Prevention

Prevention

- Most sites aim to **remove aids to climb up to ledges, balustrades, balconies** and other areas where jumping from a significant height is a possibility and the most likely form of suicide to prevent.
- Parts of buildings where people could **gain access to high levels and jump should be examined**. Anything which enables them to get into this position should be removed. Features to limit access should also be considered in known hotspots.
- Anyone working on a duty should be on the **lookout for strange behaviour**; the same person often visiting the same area or people who seem to be in a daze or agitated. Report it to your line manager immediately.
- Site security should **monitor CCTV** looking for possible suicide attempts. This is especially important at night in public car parks where access may still be allowed.
- Every site will have an **operational plan** prepared to help deal with this situation. Staff members should ensure they are familiar with these procedures.
- Free Samaritans helpline is here to help when you are feeling down or desperate. They are here to listen confidentially, call **116 123**. **You are not alone**.



Dealing with a Suicide attempt

- ✓ In all cases of threatened suicide or self-harm where an individual is in imminent risk of serious harm or death the police negotiator must be requested to attend. **Under no circumstances must you knowingly enter an area where an individual is known to be threatening suicide or engage the individual.**
- ✓ In cases where you accidentally enter an area where an individual is threatening self-harm you should retreat and leave the area. You should not attempt to engage the individual; in cases where the individual engages with you, stay as far away as possible and await the **arrival of the Police negotiator**.
- ✓ **Under no circumstances should you try to talk the individual down**, simply listen to the individual and remain neutral. The Police will relieve you when they arrive at the scene.
- ✓ You should try and assess the incident and identify potential risks to yourself, staff, customers and retailers. **Do not put yourself or others at risk!**

Dealing with a Suicide attempt

Witnessing serious injury or death is a traumatic experience for centre staff or members of the public. Psychological first aid may well be required, and staff should, in the first instance, seek help from their GP.

On the day of the incident be aware that some members of staff may be unfit for further duty or to drive. ABM can offer support programmes. Support will be continuous for as long as the member of staff needs it.

TBT 2: Suicide Prevention

Questions

Question 1:

Sites can remove aids to climb up to ledges, balustrades, balconies and other areas to reduce suicide attempts risk. (circle the correct answer)

- a) True
- b) False

Question 2:

We must always report any strange behaviour immediately. (circle the correct answer)

- a) True
- b) False

Question 3:

Under no circumstances must you knowingly enter an area where an individual is known to be threatening suicide or engage the individual. (circle the correct answer)

- a) True
- b) False

Question 4:

We should wait for the Police to arrive and not try to take the individual down who is threatening to commit suicide. (circle the correct answer)

- a) True
- b) False