

Schools Guidance Document

Suicide Aware Prevention and Postvention Policy suggestions

This policy guidance document is for professionals within education settings, to ensure that effective suicide prevention and postvention approaches are in place.

For children and young people, it is important to have a three-pronged approach through prevention, intervention and postvention support.

Promotion of good mental health and wellbeing in a supportive, safe, and positive environment.

Early intervention that will support early recovery, enabling self-help tools, access to effective interventions and referral processes.

Postvention support is vital for children, young people, and staff to ensure that they receive bereavement support which is timely and effective to meet their needs and reduce their risk of suicide later.

Prevention

In addition to engaging with the key areas of the Suicide Aware Prevention and Postvention Charter our school will complete the following interventions

1. Our school has a suicide awareness policy in place which is owned and understood by the whole school community and is reviewed on a regular basis.

Papyrus have provided schools with a resource '[Building Suicide Safer Schools](#)' to support this.

2. Our school has taken up the free Herts Mind Network Spot the signs for CYP training and engaged with the '[Spot the Signs and Save a Life](#)'. This is a suicide prevention campaign run in partnership with the Hertfordshire Partnership University NHS Foundation Trust, Mind in Mid Herts and Hertfordshire Mind Network. We have also engaged with the Ollie Foundation Suicide Prevention Training Courses, and other relevant training (suicidepreventionherts.org.uk)



3. Our school has a whole school approach in line with the DfE [Promoting children and young people's mental health and wellbeing \(publishing.service.gov.uk\)](https://publishing.service.gov.uk) 8 principals, which supports prevention, identification, early support and access to specialist for emotional wellbeing and mental health throughout the school community. We have a whole school approach action plan which is reviewed annually.

4. Supporting mental health is of paramount importance to our school community; we recognise that academic performance can be impaired by mental ill health.

5. All staff are aware of and promote The StayAlive App which is a pocket suicide prevention resource for the UK, packed full of useful information to help you stay safe. It can be used if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide. In addition to the resources, the app includes a safety plan, customisable reasons for living, and a life box.

*All guidance and information within the app are reviewed and updated every 6 months to check all resources are updated and links are in working order

6. Our school ensures that Staff Wellbeing is a key priority and provides staff with access to peer support/supervision or other external support. Our whole school approach to Mental Health and Wellbeing includes staff wellbeing as one of its key elements and is reviewed regularly. We are aware of and signpost to the following resources:

- [Education Support helpline - free and confidential emotional support for teachers and education staff](#) (A national free service)
- [NHS Hertfordshire and Mid Essex Talking Therapies \(hpft.nhs.uk\)](http://hpft.nhs.uk)
- [Togetherall](#)
- [Ten ways to support school staff wellbeing | Anna Freud](#)
- Anna Freud National Centre for Children and Families
- [Every Mind Matters - NHS \(www.nhs.uk\)](http://www.nhs.uk)
- [Mindful Teachers](#)
- [Education Support, supporting teachers and education staff](#)

The Education Support Partnership also provides a staff survey

[Mental health & wellbeing resources for schools and colleges \(educationsupport.org.uk\)](http://educationsupport.org.uk) for schools

Postvention support

7. We will engage with the (funded) crisis services provided by the [Educational Psychology Service \(ISL\) Educational Psychology Service \(hertfordshire.gov.uk\)](https://www.hertfordshire.gov.uk/education/psychology-service) and Safe Space Counselling [Counselling in schools and mentoring | Hertfordshire County Council](https://www.hertfordshire.gov.uk/education/counselling)

We will ensure that the pupils and families affected are aware of CHUMS the suicide bereavement service commissioned to provide support for Hertfordshire & West Essex and support them to contact the service for support if they wish.
8. We will consider how to appropriately communicate with parents/ carers following a suicide if needed. Support and signposting should be offered to the wider parent/ carer network to enable them to support their children/young people and the parent of the individual will require compassion, honesty and appropriate time to process the event.
9. In the event of a suicide or attempted suicide within our school community we will deliver support when needed to everyone that needs it, for as long as it is needed.
10. We will ensure discussion of suicide is not glamorised or glorified. Accounts will be factual with appropriate information (i.e. not including method or place of suicide) in order to minimise exposure.

We will consider the use of language when talking about suicide. Staff should ensure to use language that dispels the stigma of suicide (e.g. died by suicide' instead of 'committed') and gently and appropriately encourage pupils to do the same, much like staff would challenge discriminatory language
11. We will consider how to honour and remember pupil, staff, or other adults, at future events in a way that is respectful but not triggering e.g. end of year celebrations
12. In the event of a suicide or attempted suicide within our school community we will conduct a thorough review and implement appropriate changes to our Suicide Aware strategy and our whole school approach to mental health and wellbeing.