

## Suicide – a Strategy to Make Durham University a Safer Place



Our Suicide - a Strategy to Make Durham University a Safer Place and action plan have been produced with students, staff and external partners, and are designed to make Durham University as safe as we can. Following the Universities UK *Suicide-Safer Universities* model, our strategy covers suicide **Prevention**, **Intervention** and **Postvention**. Taking both a whole University approach as well as more targeted interventions, it's our aim that every student has a positive and fulfilling university experience, being supported to enjoy good mental health and wellbeing.

To achieve this, we will:

- **Raise awareness, dispel myths and destigmatise talking about suicide**

*Many people experience suicidal thoughts and feelings. Raising awareness aims to catch people before they start to plan or attempt suicide*

- **Promote and encourage students and staff to undertake suicide awareness training**

*Awareness training will help our staff and students to recognise the signs of suicidal ideation, and know where to go for support*

- **Encourage early help-seeking behaviour**

*Our students must know about the support services available and how to access them*

- **Respond to those at risk**

*Effectively respond through the development and implementation of clear pathways for those requiring support*

**Suicides are rare but are everyone's business. All of us can play a key role in trying to prevent them.**

Together we can understand and do all we can to prevent suicide, as well as support those who are deeply affected by cases of suicide. Learning about it, talking about it, and knowing what to do when someone needs support are key.

### What can I do?

Please undertake the free online training module. It only takes 20 minutes and could help save a life.



Student training scan QR or click [here](#)



Staff training scan QR or click [here](#)

