

For Immediate Release

Suicide Prevention Campaign: You Are Not Alone

Mind in Brighton and Hove and NHS Brighton and Hove launch a new campaign aimed at reducing suicides in the city

This Friday at the Jubilee Library, a city-wide suicide prevention campaign will be launched. The aim of the campaign is to reach out to those who may struggle with suicidal distress at some time in their lives.

Brighton and Hove has the 2nd highest suicide rate in the UK. People over the age of 40 are particularly at risk of attempting suicide: especially people who are unemployed or at risk of losing their jobs, people who are homeless or at risk of losing their homes and people who are socially isolated.

This campaign is to offer those struggling with suicidal distress options of who they can talk to.

Talking really does help and there are lots of agencies and groups who provide support who are a phone call away or available over the internet. If you feel burdened, ashamed, lonely or desperate it can be a huge relief to talk to someone who is not part of your family or one of your friends. Many people find that a supportive, understanding ear can help them when they feel most in crisis.

Mind and Brighton and NHS Brighton and Hove are working together to reduce deaths due to suicide in the city and this campaign is a major part of that, following on from a very successful campaign we ran last year targeting men over 40.

Mind offers advice, information, advocacy and group support for people who experience suicidal distress and / or any other mental health issues. Please do call us on 01273 749600 for more information. Organisations such as the Samaritans offer 24 hr emergency help lines for people who are feeling desperate. Many people find that talking to their GP can be very helpful.

Jason Saw, suicide prevention worker from Mind Brighton and Hove said *“Mind and NHS Brighton and Hove are delighted to be launching this very important campaign and helping people reach the support they need. Please do come along to the library on Friday to find out more and do pick up one of our information cards in case you or someone you know might need it.”*

If you or someone you know is struggling with life you can contact: Samaritans 08457 90 90 90 NHS Direct 0845 46 47 Or you can ask your GP to refer you to see a mental health worker. There is also more information on sources of support/self help on Mind in Brighton and Hove’s website www.mindcharity.co.uk

*****ENDS*****

Notes to the Editor

- Mind Brighton and Hove is a charity that provides support, advice and services for people experiencing mental distress in Brighton and Hove and across Sussex. For more information please contact: Sarah Danily, Director sarah.danily@mindcharity.co.uk Tel: 01273 722 550 or Deniz Keskin Communications & Media Relations denizkeskin@live.co.uk
- LGBTandOver 40s Suicide Prevention is a mental health project run by Mind Brighton and Hove and delivered in partnership with key local agencies. These agencies include the PCT, Brighton and Hove City Council, the Samaritans, Rethink and the University of Brighton. For more information please contact: Jason Saw, Suicide Prevention Worker jason.saw@mindcharity.co.uk, Helen Jones, Services Manager helen.jones@mindcharity.co.uk Tel: 01273 722550 / 01273 739847 or Deniz Keskin, Communications & Media Relations denizkeskin@live.co.uk