Every life matters ••••

Suicide Safer Communities

Support After Suicide

Training and Consultancy

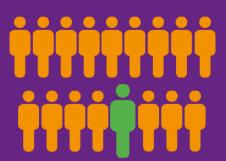


Thoughts of suicide are common

In Cumbria's Current population of 498,888



1 in 5 people will have thoughts of suicide in their lifetime - 99,778



1 in 17 people will have thoughts of suicide in any given year **– 29,346**

Cumbria - Deaths by Suicide 2016-18

	Total Deaths	Deaths per 100,000
England	14,047	9.6
Cumbria	165	12.4
Allerdale	33	12.7
Barrow	28	15.4
Carlisle	38	13.7
Copeland	24	12.9
Eden	11	6.8
South Lakes	31	10.5



Suicide Safer Communities

- Campaigning and Awareness Raising
- Community Projects and Local Action
- Training Delivery
- Support for High Risk Communities
- Suicide Bereavement Support
- Local Leadership and Strategy



Support After Suicide

- Early intervention and support for bereaved families
- Community and Workplace Support
- Training and Awareness Raising
- Developing local Suicide Bereavement Partnerships



Training and Consultancy

- Free Suicide Prevention Training across Cumbria
- Accredited and Bespoke Mental Health Training
 available at cost profits supports our organisations
 core suicide prevention work in Cumbria
- Delivered by an experienced team of 8 trainers



For employers

- Support to develop Suicide Safer Workplaces
- Suicide Prevention Training across your workforce
- Policy and Procedural development
- Orange Button Programme
- Workplace Resources

www.every-life-matters.org.uk

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