

# Every life matters...



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Suicide Safer Communities

Support After Suicide

Training and Consultancy

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# 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](http://www.every-life-matters.org.uk)

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life  
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Suicide is everyone's business