**School/College Guidance:**

**Responding in the Event of a Suspected Pupil Suicide**

**Updated November 2021**

# Introduction

Suicide is a leading cause of death for young people in the UK[[1]](#footnote-1). Sadly, it is always a possibility that a pupil, parent/carers or member of staff might take their own life. For young people especially, exposure to suicide may lead to increased risk of their own suicidal thoughts.

Schools and colleges play an important role in reducing the likelihood of ‘copycat’ behaviour and in supporting recovery by preparing and responding to the situation appropriately[[2]](#footnote-2).

This guidance aims to ensure that your school/college is prepared and can react within 48 hours to a suspected pupil suicide\*\*. It outlines a planned response that will help to rebuild the wellbeing within your school/college community and reduce the risk of further suicides. This document should be used in conjunction with The Suspected Pupil Suicide Community Action Plan.

This guidance has been developed in accordance with national guidance, best practice, and professional advice, and can be used to develop your school/college policy for responding to a suspected pupil suicide[[3]](#footnote-3).Information in this document will also provide support in the event of a traumatic death of a pupil/staff member e.g., accident

# Definition of suicide

**Suicide** refers to a death caused by self-directed injurious behaviour with any intent to die as a result of the behaviour[[4]](#footnote-4).

A pupil who is defined as **high risk for suicide** is one who has made a suicide attempt, has the intent to die by suicide, or has displayed a significant change in behaviour suggesting the onset or deterioration of a mental health condition. The pupil may have thought about suicide including potential means of death and may have a plan. In addition, the pupil may exhibit feelings of isolation, hopelessness, helplessness, and the inability to tolerate any more pain.

Contagion suicide is the risk associated with the knowledge of another person’s suicidal behaviour, either first-hand or through the media. Suicides that may be at least partially caused by contagion are sometimes called “copycat suicides.”[[5]](#footnote-5)

National guidance from The Samaritans[[6]](#footnote-6) recommends that schools/colleges should aim to respond to a suspected suicide within 48 hours. This is necessary to maintain the structure and order of the school/college routine, while facilitating the expression of grief.

\*\*Note: The coroner’s or medical examiner’s office must first confirm that the death was a suicide before any school/college official may state this as the cause of death. It is recommended, therefore that **the term ‘suspected suicide’ is always used**, until the verdict has been made public.

# Recommended Content for a School/College Policy

**Responding in the Event of a Suspected Pupil Suicide**

1. **School/College statement of purpose:**

* We are aware that suicide is one of the leading causes of death in young people
* We play a vital role in helping to prevent young suicide
* We want to ensure that children and young people at our school/college are as suicide safe as possible and that our governors, parents and carers, teaching staff, support staff, pupils and other key stakeholders share our commitment to this policy
* We are committed to tackling suicide stigma. In our language, and in our working relationships, we will promote open, sensitive talk that does not stigmatise and perpetuate taboos
* Our governors and leadership team are clear about how we will respond in

the event of a suicide. Each member of our named response team has a defined responsibility.

1. **School/College Notification Received**

Notification of a suspected suicide will be made to *(Head Teacher name or nominated emergency contact)* by Central Bedfordshire Children’s Social Care using the emergency contact list for all schools/colleges held by Social Care (updated details will be notified to CBC by the Head Teacher or nominated representative).

**Where the pupil is under 18 years**, the Child Death Overview manager will maintain links with the family, child health services and the multi-agency Child Death Overview Panel (CDOP). The *(Head Teacher name or nominated emergency contact)* will be invited to a CDOP Rapid Response Meeting, within 48 hours. Information sharing will be with the prior agreement of the family. The CDOP process is not activated for students aged 18+ years.

The Public Health Suspected Suicide Lead will liaise with *(Head Teacher or nominated contact name)* to discuss available support for the school/college and its community and will mobilise the Rapid Support Team (CAMHS, CHUMS, The School Nursing Service and The Samaritans service). A Whole System Response meeting will be arranged in agreement with *(Head Teacher or nominated contact name)* to be held at the school/college, within 3 days of notification, to coordinate the support required. Agencies present will include:

* CAMHS school worker (name and contact details)
* CHUMS Bereavement Specialist
* Educational Psychologist
* School Nursing Service
* Central Bedfordshire Social Care
* LSCB Business Unit
* Samaritans Step by Step service
* CBC Early Help
* Local Authority Communications
* Children’s Service Social Care and Safeguarding

Follow up meetings will be arranged by the Public Health Suspected Suicide Lead in agreement with *(Head Teacher or nominated contact name)* as required.

A 6-month learning review meeting will be arranged by the Public Health Suspected Suicide Lead in agreement with *(Head Teacher or nominated contact name)*

1. **School/College Next Steps**

**Step 1. Contact the family**

As soon as formal notification has been received as detailed in the Community Action Plan, *Head Teacher name/ Person nominated by Head Teacher name*) will contact the parents to offer condolences and discuss their wishes.

**Step 2. School/College co-ordination group notification**

*Head Teacher name/ Person nominated by Head Teacher name*) will notify the school/college co-ordination group, consisting of the following school/college staff:

* (Contact name and emergency contact details) e.g. Welfare Lead
* (Contact name and emergency contact details )e.g. Safeguarding Lead
* (Contact name and emergency contact details) e.g. Head of Year
* (Contact name and emergency contact details)
* (Contact name and emergency contact details)

**Step 3. School/college staff notification**

After liaising with the pupil’s family, *(Name of staff member/ Head Teacher*) will notify other staff members and Governors using guidance below and with the understanding that details shared may be unsubstantiated and/or sensitive and may need to be kept confidential at this stage. Notification will initially be made directly to those involved with the deceased, followed by other staff members.

The *(Name of staff member/ Head Teacher*) will notify the school/college administration team to ensure standard pupil correspondence to the family is stopped.

**Step 4. Pupil notification**

After liaising with the pupil’s family, pupils close to the deceased will be informed by a familiar member of staff- ideally face to face.

Other pupils will be informed concurrently in (class groups/tutor groups/other), information will be restricted to the facts and in line with the family’s wishes.

1. **Guidance for notifying pupils and staff**

* Acknowledge that there are rumours about suicide but only use the term suspected suicide when given permission to disclose this by the family
* Only include the pertinent facts about the death without the details of the method of death as agreed with the family
* Normalise the emotions experienced in response to the death
* Encourage caring for each other and letting staff know if anyone has concerns about other pupils
* Encourage positive ways of managing distress
* Let staff/pupils know that support is available and how to access – i.e School Nurse ‘Drop-In’ days; the school’s CAMHS worker contact days; school’s counsellor contact details
* Share useful resources with staff/pupils via printed cards, the school/college website or on notice boards

1. **Identifying those pupils most at risk of suicide, following a suspected pupil suicide in the community**

*(Pastoral Lead/Safeguarding Lead name)* will liaise with CAMHS and other specialists to identify those most at risk of suicide for specific support. These may include:

* those closely involved
* pupils who identify with the deceased (same club, class, team or interests)
* close friends, relative or partner
* those affected by depression, substance misuse, who self-harm, who have already experienced suicide, who have had adverse childhood experiences or who lack family or social support

1. **Recommended actions to support pupils and staff**

* Avoid talking about the specific case but discuss the topic of death and suicide in more general terms
* Liaise with the LA Public Health Suspected Suicide Lead and engage in the Whole System Response Team meetings
* Attend the Child Death Overview Panel Rapid Response meeting within 48 hours of the death
* Provide facilities for students/colleagues who require a quiet area and offer opportunities for further support
* Ensure that relevant support resources are communicated to all staff and to the school/college community
* Reassure pupils that grief is a normal response to death, and there is no wrong or right way to grieve. Take everyone’s expression of grief seriously and offer support
* Recognise that it is natural for pupils and staff to discuss the event but encourage all pupils and staff to be mindful that any communication on social media must be respectful as it is in the public domain and that any messages, they read may not be factual
* Recognise that pupil distress might manifest in their behaviour and/or performance
* Continue the conversation about the death in a reassuring and safe way to reduce stigma and encourage openness. Use helpful language when talking about suicide
* Liaise with local support agencies including Samaritans, Early Help, CAMHS, CHUMS and the School Nursing Service to develop a plan to support colleagues and pupils
* Debrief colleagues and ‘check in’ with pupils and encourage an ethos of care and support throughout the school/college
* Ensure that staff are familiar with this policy and receive relevant training
* what to do if there is a concern about a colleague or pupil
* Ensure that staff know what risk factors and signs to look out for in colleagues and pupils including self-harm
* Strike a balance between sensitivity to those who are grieving and in shock with the need to maintain the school/college routine
* Be sensitive to the impact of the death within different faiths
* Consult with the family about disseminating the funeral arrangements
* Consult with the family about a short-term memorial site but avoid romanticising suicide with a prolonged memorial site. A whole school/college assembly may not be appropriate
* Be aware that longer term issues may arise, particularly for those at risk and at the anniversary of the young person’s death and facilitate appropriate discussion and appropriate support
* Support for staff may be required. The Bedfordshire Wellbeing Service and the Samaritans Service will be able to provide this support
* Provide resources to support emotional awareness and listening as well as other mental health and wellbeing

1. **Communicating with parents/carers, and community groups**

*(Head Teacher name/ Person nominated by Head Teacher name*) will notify pupil’s parents by letter, or by alternative appropriate means, following agreement with the family of the deceased. The family will agree the content of the letter with an understanding that any information contained within it may be used by the press.

The school/college will liaise with the Whole System Response Team to identify and inform relevant community groups.

1. **Working with Services and Partners**

*(Name of staff member/ Head Teacher*) will engage with Joint Agency Response Meeting (JAR) convened by lead Consultant Pediatrician and Child Death Overview Panel (CDOP).

*(Head Teacher name/ Person nominated by Head Teacher name*) and members of the co-ordination group will liaise with the LA Public Health Suspected Suicide Response Lead to arrange and attend a Whole System Suspected Suicide Response Team meeting.

*(Name of staff member/ Head Teacher*) will liaise with the parents of the deceased to agree notification of the following to enable increased vigilance and awareness:

* feeder school/college(s)
* school/college/university attended by deceased’s siblings or close relatives
* any other relevant school/college within the local community, whether in the local authority or over the border.

1. **Media notification and social media coverage**

*(Head Teacher name/ Person nominated by Head Teacher name*) will initially discuss the need to respond to the press with the parents of the deceased and subsequently at the Whole System Response Team meeting.

All media enquiries will be directed to *(named person appointed by Head Teacher)* and all other staff and students will be asked not to respond to journalists.

If social media communication is considered appropriate, responses will be in accordance with the guidance at Appendix C.

1. **Suggested media response**

A young person’s suspected suicide may attract attention from the media – this could be from either local or national news organisations.

Social media platforms mean that news of such incidents can travel quickly, and you may find yourself being contacted by a journalist seeking a comment within a short period of time.

Whether you are contacted by email, telephone or face to face, it is important that you don’t feel under any obligation to make any statement without having a chance to properly consider your position.

Two key issues need to be thought about before issuing any communications:

1. Whether information about the death is in the public domain and whether the family would be content for you to make any statement that will essentially confirm the death;
2. Whether the death could be subject to any police investigation, in which case you may be restricted in making any comment.

Assuming that these key issues have been considered, it would be prudent to prepare a statement in consultation with the family as soon as possible.

If you have not had an opportunity to do so when approached for a comment, it is entirely appropriate for you to say that you are not yet able to share a statement but will do as soon as possible, committing to get back to them directly.

In drafting a statement, you may wish to consider:

* Acknowledging the tragic loss of the young person’s life and explaining that the thoughts of the teaching staff and governing body are with their family at this very difficult time;
* Reflecting on the unique qualities of the young person, perhaps referencing any particular characteristics or contributions they have made to school/college life;
* Explaining the support that you will be giving to the pupils of the school/college (particularly relevant for direct communications with parents/carers).
* Avoid details of the method used or the location;
* Avoid speculation about the ‘trigger’ for the death;
* Avoid making the deceased appear heroic or brave or that his/her death was a solution to a problem;
* Avoid endorsement of myths around suicide;
* Bear in mind the language used;
* Do not over emphasise the school/college
* Community’s expressions of grief;
* Be sensitive to the beliefs and feelings of family and friends;
* Encourage sharing helplines and support organisation details;
* Bear in mind that interest is sometimes generated by campaigning groups/bereaved families, with the aim of raising awareness of the issues.

1. **Sharing and updating the school/college policy**

Once the school/college policy has been drafted, consulted upon by staff, pupils, parents and Governors and finalised, the policy will be **updated annually, or when contact information changes**, by the nominated Emotional Health and Wellbeing Lead in collaboration with:

* Safeguarding Lead
* Pastoral Care Lead(s)
* Vulnerable Learners Lead (Designated Teacher)
* Members of our senior leadership team
* (Other staff members as appropriate)
* School Nurse
* CAMHS school/college worker
* Students/pupils
* parents and carers.
* Emotional wellbeing Lead Governor

1. **Links to our other policies**

* Safeguarding
* Emotional wellbeing and mental health
* Supporting pupils with medical conditions
* SEND
* PSHE
* Behaviour and attendance (disruptive, withdrawn, anxious behaviour may be related to unmet emotional or mental health need)
* (Others)

**Appendix A**

# Guidance for parents/carers when talking to their children about a suspected suicide or death

* Children can react very differently to news of a death, some may appear to carry on almost without reacting, while others may cry and be completely overcome by their feelings. It is good to remember that there is no right or wrong way to grieve and no rule book to follow.
* Be honest when talking about the death and use sensitive but honest language.
* Try not to overwhelm your child with information or give more information than asked for. Children may when receiving news of a death, ask a few questions at a time in order to process the information. Children may need to ask the same questions repeatedly.
* It is ok to acknowledge the rumours that the young person took his/her life but try to avoid speculating on things that may have been said, especially on social media.
* Reassure your children that you are available to listen and talk about the death.
* If your child is concerned and upset by how they are feeling it can help to know that other people often feel shocked, numb, angry, sad and overwhelmed by the death.
* Encourage your child to ask for support in school/college if needed.
* If you are concerned about the emotional and mental health of a child or adult contact a professional. If not school/college, contact your GP.
* If they or you are worried about them harming themselves, ask them direct questions, such as “sometimes when people feel like you do, they think about suicide and harming themselves, is that what you are thinking about”?

**Appendix B**

# Examples of Appropriate Language

Whist the right language is helpful, the most important response is one which is non-judgmental, caring and calm.

|  |  |
| --- | --- |
| Examples of things **you could** say to pupils | Examples of what **NOT TO** say to pupils |
| How are you feeling? | Avoid cliches such as: “Life goes on”, “Time heals everything” or “They are at peace now”. |
| We are all so sad and shocked. Would you like to tell me about how you’re feeling? | Avoid assuming the faith and beliefs of the pupil and their family; “They are in a better place”, or “It was God’s will” or “They are looking down on you”. |
| This is so sad and awful. It is ok to be so upset/confused/angry. | Avoid assuming you understand how they are feeling, they may not understand how they feel: “I know how you feel…” |
| It is hard to know what to say isn’t it? I am here if you want to talk. | Avoid using judgmental statements such as; “They were selfish to do that” or “They took the easy way out”. |
| I can’t imagine what you’re going through but I wanted to let you know that I’m here if you’d like to talk. |  |
| I’m not sure what to say but I’m here to listen |  |
| Is there anything I can do to help you? |  |
| Would you like to go for a walk together? |  |
| I miss (name of the pupils who died)…how are you? |  |

**Appendix C**

# Schools/College Sources of Support

|  |  |  |  |
| --- | --- | --- | --- |
| **Organisation** | **Contact Details** | **Website** | **Background Information** |
| The Bedfordshire School Nursing Service | **Tel:** 0300 555 0606  **Email:** [ccs.bedsandlutonchildrenshealthhub@nhs.net](mailto:ccs.bedsandlutonchildrenshealthhub@nhs.net) | [www.cambscommunityservices.nhs.uk](https://www.cambscommunityservices.nhs.uk/bedfordshire/services/school-nursing) | School nurse team, part of the Bedfordshire Community Health Services 0-19 team, who can support the physical and emotional health of school aged children. |
| Samaritans | **Tel:** 116 123  **Email:** [jo@samaritans.org](mailto:jo@samaritans.org) | [www.samaritans.org](https://www.samaritans.org/) | Step by Step is a Samaritans service that provides practical support to help schools prepare for and recover from a suspected or attempted suicide. |
| Papyrus (Hopeline UK) | **Tel:** 0800 068 4141  **Text:** 07860 039 967  **Email:** [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org) | [www.papyrus-uk.org](https://www.papyrus-uk.org/) | Papyrus is a national charity dedicated to the prevention of young suicide. Hopeline UK, part of the Papyrus offering is a confidential support and advice service for children and young people who are experiencing thoughts of suicide or for anyone concerned that a young person could be thinking about suicide. |
| Childline | **Tel:** 0800 1111 | [www.childline.org.uk](https://www.childline.org.uk/) | Childline is a free, confidential services for anyone under the age of 19, to talk about any concerns or issues they may have. |
| YoungMinds | **Text:** YM to 85258 | [www.youngminds.org.uk](https://www.youngminds.org.uk/) | Young people’s mental health charity offering support for young people and parents/carers. Training and resources are also available for schools and organisations. |
| YoungMinds Parents Helpline | **Tel:** 0808 802 5544 | [www.youngminds.org.uk](https://www.youngminds.org.uk/parent/parents-helpline-and-webchat/) | YoungMinds Parents Helpline for advice, emotional support and signposting about a child or young person up to the age of 25. |
| CALM | **Tel:** 0800 58 58 58 | [www.thecalmzone.net](https://www.thecalmzone.net/) | The Campaign Against Living Miserably (CALM) is a charity campaigning to spread awareness of suicide and the impact it has on others. They also offer a helpline and webchat and support for those bereaved by suicide, through the [Support After Suicide Partnership (SASP).](https://supportaftersuicide.org.uk/) |
| Harmless |  | [harmless.org.uk](https://harmless.org.uk/) | A national service for self-harm, working to support people that self-harm, their friends and family, people in crisis and people bereaved by suicide. |
| Open Door | **Tel:** 01234 360388 | [www.bedfordopendoor.org.uk](https://www.bedfordopendoor.org.uk/) | A free, confidential counselling service for young people aged 13 -25 years living in Bedford Borough or North Central Bedfordshire. |
| CAMHS North | **Tel:** 01234 893301 or 01234 893300 | [camhs.elft.nhs.uk](https://camhs.elft.nhs.uk/service_detail.aspx?ID=201) | The Child and Adolescent Mental Health Service (CAMHS) provides outpatient assessments, support and treatment for children and young people up to the age of 18 experiencing moderate to severe mental health problems. |
| CAMHS South | **Tel:** 01582 708140 | [camhs.elft.nhs.uk](https://camhs.elft.nhs.uk/service_detail.aspx?ID=174) | The Child and Adolescent Mental Health Service (CAMHS) provides outpatient assessments, support and treatment for children and young people up to the age of 18 experiencing moderate to severe mental health problems. |
| Relate Bedfordshire and Luton | **Tel:** 01234 356350 | [www.relate.org.uk](https://www.relate.org.uk/) | National charity providing relationship support to all ages. |
| Sorted Counselling Services | **Tel:** 01582 363040 | [sortedbedfordshire.org.uk](http://sortedbedfordshire.org.uk/) | Free and confidential counselling service for young people aged 10-25. |
| CHUMS | **Tel:** 01525 863924  **Email:** [info@chums.uk.com](mailto:info@chums.uk.com) | [chums.uk.com](http://chums.uk.com/) | **Mental health and emotional wellbeing support for children, young people and their families, with other services specifically supporting adults; Babyloss Bereavement Service and Bedfordshire Suicide Bereavement Service.** |
| TACTIC | **Tel:** 01525 373838 | [www.leightonlinslade-tc.gov.uk](https://www.leightonlinslade-tc.gov.uk/tactic-centre/) | TACTIC (Teenage Advice Centre-Teenage Information Centre) is a specialist young people’s service for 12 - 19-year-olds in Leighton Buzzard, Linslade and surrounding villages. |
| TOKKO Youth Space | **Tel:** 01582 554990 | [tokko.co.uk](https://tokko.co.uk/) | Provides informal learning activities and supporting bespoke programs for young people aged between 13 and 19 in Luton town centre. |
| Autism Bedfordshire | **Tel:** 01234 350704 | [www.autismbedfordshire.net](https://www.autismbedfordshire.net/) | A local charity supporting people with autism and their families. |
| Bedfordshire Wellbeing Service | **Tel:** 01234 880 400  **Email:** [elt-tr.bedfordiapt@nhs.net](mailto:elt-tr.bedfordiapt@nhs.net) | [www.bedfordshirewellbeingservice.nhs.uk](https://bedfordshirewellbeingservice.nhs.uk/) | **The Bedfordshire Wellbeing Service offers a range of free and confidential talking therapies and specialist support to help you feel better.** |

**Appendix D**

# Staff, Pupils, Parents Sources of Support

|  |  |  |  |
| --- | --- | --- | --- |
| **Organisation** | **Contact Details** | **Website** | **Background Information** |
| CAMHS | **Tel:** 020 7655 4000 (switchboard) **Email:** [elft.communications@nhs.net](mailto:elft.communications@nhs.net) | [camhs.elft.nhs.uk](https://camhs.elft.nhs.uk/) | The Child and Adolescent Mental Health Service (CAMHS) provides outpatient assessments, support and treatment for children and young people up to the age of 18 experiencing moderate to severe mental health problems. |
| CHUMS | **Phone:** 01525 863924 **Email:** [info@chums.uk.com](mailto:info@chums.uk.com) | [chums.uk.com](http://chums.uk.com/) | **Mental Health and Emotional Wellbeing support for Children, Young People and their families, with other services specifically supporting adults; Babyloss Bereavement Service and Bedfordshire Suicide Bereavement Service.** |
| Samaritans | **Free Tel:** 116 123  **Email:** [jo@samaritans.org](mailto:jo@samaritans.org) | [www.samaritans.org](https://www.samaritans.org/) | Step by Step is a Samaritans service that provides practical support to help schools prepare for and recover from a suspected or attempted suicide. |
| Papyrus (Hopeline UK) | **Tel:** 0800 068 4141  **Text:** 07860 039 967  **Email:** [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org) | [www.papyrus-uk.org](https://www.papyrus-uk.org/) | National charity dedicated to the prevention of young suicide. Hopeline UK, part of the Papyrus offering is a confidential support and advice service for children and young people who are experiencing thoughts of suicide or for anyone concerned that a young person could be thinking about suicide. |
| Childline | **Tel:** 0800 1111 | [www.childline.org.uk](https://www.childline.org.uk/) | Childline is a free, confidential services for anyone under the age of 19, to talk about any concerns or issues they may have. |
| YoungMinds | **Text:** YM to 85258 | [www.youngminds.org.uk](https://www.youngminds.org.uk/) | Young people’s mental health charity offering support for young people and parents/carers. Training and resources are also available for schools and organisations. |
| CALM | **Tel:** 0800 58 58 58 | [www.thecalmzone.net](https://www.thecalmzone.net/) | The Campaign Against Living Miserably (CALM) is a charity campaigning to spread awareness of suicide and the impact it has on others. They also offer a helpline and webchat and support for those bereaved by suicide, through the [Support After Suicide Partnership (SASP).](https://supportaftersuicide.org.uk/) |
| Calm Harm App |  | [calmharm.co.uk](https://calmharm.co.uk/) | App developed by teenage mental health charity stem4 to help young people to resist or manage the urge to self-harm. |
| Mind, Self- Harm Resources |  | [www.mind.org.uk](https://www.mind.org.uk/information-support/types-of-mental-health-problems/self-harm/useful-contacts/) | Explains self-harm, including possible causes and how you can access treatment and support. |
| PSHE Association | **Tel:** 020 4538 1509 | [www.pshe-association.org.uk](https://www.pshe-association.org.uk/) | National association for PSHE education professionals. |
| DEAL | **Free Tel:** 116 123  **Email:** [jo@samaritans.org](mailto:jo@samaritans.org) | [www.samaritans.org/how-we-can-help/schools/deal/](https://www.samaritans.org/how-we-can-help/schools/deal/) | DEAL (Developing Emotional Awareness and Listening) is a free resource for teachers and other educational professionals designed to help develop resilience in young people. |
| Child Bereavement UK | **Tel:** 0800 02 888 40 | [childbereavementuk.org](https://www.childbereavementuk.org/) | Child Bereavement UK helps children up to the age of 25, parents and families to rebuild their lives when a child grieves or when a child dies. |
| The Bedfordshire School Nursing Service | **Tel:** 0300 555 0606  **Email:** [ccs.bedsandlutonchildrenshealthhub@nhs.net](mailto:ccs.bedsandlutonchildrenshealthhub@nhs.net) | [www.cambscommunityservices.nhs.uk](https://www.cambscommunityservices.nhs.uk/bedfordshire/services/school-nursing) | School nurse team, part of the Bedfordshire Community Health Services 0-19 team, who can support the physical and emotional health of school aged children. |
| Open Door | **Tel:** 01234 360388 | [www.bedfordopendoor.org.uk](https://www.bedfordopendoor.org.uk/) | A free, confidential counselling service for young people aged 13 -25 years living in Bedford Borough or North Central Bedfordshire. |
| Relate Bedfordshire and Luton | **Tel:** 01234 356350 | [www.relate.org.uk](https://www.relate.org.uk/) | National charity providing relationship support to all ages. |
| Sorted Counselling Services | **Tel:** 01582 363040 | [www.sortedbedfordshire.org.uk](http://www.sortedbedfordshire.org.uk/) | Free and confidential counselling service for young people aged 10-25. |
| TACTIC | **Tel:** 01525 373838 | [www.leightonlinslade-tc.gov.uk](https://www.leightonlinslade-tc.gov.uk/tactic-centre/) | TACTIC (Teenage Advice Centre-Teenage Information Centre) is a specialist young people’s service for 12 - 19-year-olds in Leighton Buzzard, Linslade and surrounding villages. |
| TOKKO Youth Space | **Tel:** 01582 554990 | [tokko.co.uk](https://tokko.co.uk/) | Provides informal learning activities and supporting bespoke programs for young people aged between 13 and 19 in Luton town centre. |
| Autism Bedfordshire | **Tel:** 01234 350704 | [www.autismbedfordshire.net](https://www.autismbedfordshire.net/) | A local charity supporting people with autism and their families. |
| Bedfordshire Wellbeing Service | **Tel:** 01234 880 400  **Email:** [elt-tr.bedfordiapt@nhs.net](mailto:elt-tr.bedfordiapt@nhs.net) | [www.bedfordshirewellbeingservice.nhs.uk](https://bedfordshirewellbeingservice.nhs.uk/) | **The Bedfordshire Wellbeing Service offers a range of free and confidential talking therapies and specialist support to help you feel better.** |

**Contact us**

Sarah Lawrence- Public Health Senior Practitioner Children and Young People

Public Health – a shared service across Central Bedfordshire, Bedford Borough and Milton Keynes

Central Bedfordshire Council**,**Priory House, Monks Walk, Chicksands, Shefford, Bedfordshire, SG17 5TQ

Direct Dial: 0300 300 6247 |   Internal: 76247|   Email: sarah.lawrence2@centralbedfordshire.gov.uk

Find us online at [www.centralbedfordshire.gov.uk](http://www.centralbedfordshire.gov.uk/), [Twitter](http://www.twitter.com/letstalkcentral), [Facebook](http://www.facebook.com/letstalkcentral) and [Instagram](http://www.instagram.com/centralbeds)



1. Papyrus, available online: https://www.papyrus-uk.org/ [↑](#footnote-ref-1)
2. Help When we Needed it Most; How to prepare for and respond to suicide in schools and colleges. Samaritans, available online: https://www.safeguardingchildren.co.uk/wp-content/uploads/2020/07/Samaritans-Schools-advice-2018.pdf [↑](#footnote-ref-2)
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