

## Suicide-Safer Policy

### 1. Purpose

This policy outlines Little Hiccups' commitment to creating a suicide-safer environment for staff, volunteers, and the families we support. It provides guidance on recognising, responding to, and supporting individuals who may be at risk of suicide, and aligns with our existing safeguarding policy.

### 2. Beliefs and Principles

- Suicide is preventable.
- Talking about suicide does not increase risk.
- Stigma surrounding mental health and suicide must be challenged.
- Everyone has a role in suicide prevention.
- Support should be compassionate, non-judgmental, and timely.

### 3. Roles and Responsibilities

All staff and volunteers share responsibility for promoting emotional wellbeing and responding to concerns. The Designated Safeguarding Officer (DSO) will act as the Suicide Intervention Lead. Concerns should be escalated to the DSO or Deputy DSO following safeguarding procedures.

### 4. Intervention Procedures

If a staff member or volunteer becomes aware that someone may be at risk of suicide:

- Remain calm and listen without judgment.
- Ask directly about suicidal thoughts if appropriate.
- Do not promise confidentiality—follow safeguarding protocols.
- Contact the DSO or Deputy DSO immediately.
- Refer to external services such as HOPELINE247 or CAMHS as needed.

### 5. Postvention Guidance

In the event of a suicide within the Little Hiccups community:



- Provide immediate support to affected individuals.
- Communicate sensitively and respectfully.
- Follow safeguarding and crisis response procedures.
- Offer access to counselling and external support services.
- Review organisational response and update procedures as needed.

## 6. Confidentiality and Information Sharing

While confidentiality is respected, safeguarding concerns—including suicidal ideation—must be shared with the appropriate safeguarding leads. Information will be handled professionally and securely, in accordance with the Data Protection Act 2018 and Little Hiccups' safeguarding policy.

## 7. Training and Awareness

All staff and volunteers will receive the opportunity for suicide awareness training as part of their Continual Professional Development. Ongoing training opportunities will be provided to ensure confidence in recognising and responding to suicide risk.

## 8. Resources and Support

Support services include:

- PAPYRUS HOPELINE247: 0800 068 4141
- Samaritans: 116 123
- NHS Crisis Services
- Local CAMHS teams
- NSPCC Helpline: 0808 800 5000

Policy agreed by Trustees on:

Signed by Chairperson:

To be reviewed:



## Amendments

Date	Amendment Made	By whom

