

WORKPLACE HEALTH

A BULLETIN FOR EMPLOYERS TO SUPPORT WORKPLACE HEALTH AND WELLBEING

A FOCUS ON SUICIDE PREVENTION IN THE WORKPLACE



Let's talk about suicide prevention

Talking about suicide can be difficult, it can be hard for workplaces to know where to start on suicide prevention. Workplaces provide a crucial role in suicide prevention which includes reducing stigma and misconceptions, listening to colleagues and directing people to the right help. It is important for workplaces to promote a positive and comfortable mental health and wellbeing culture and ensure there is a suicide prevention strategy. The Baton of Hope below is a new growing movement to support workplaces on suicide prevention.

Between 2019 and 2021, 182 people died by suicide in Bedford, Central Bedfordshire and Milton Keynes. The rate in Milton Keynes was the highest with 91 people and data tells us that men in their 40s, working in routine and manual occupations are at most risk.

The Baton of Hope suicide prevention campaign

The BOH UK is designed to be the biggest suicide awareness and prevention initiative the UK has ever seen, opening up necessary conversations and prompting appropriate actions. The specially designed baton is touring UK towns and cities for two weeks this Summer, and came to Milton Keynes on 4th July 2023 to raise the profile of this issue. To find out more click [here](#)



The Baton of Hope Workplace Charter

The BOH Workplace Charter enables workplaces to support and prevent suicides in the workplace. The Charter is achievable and relevant to workplaces of all sizes and has 6 principles:

1. Make suicide awareness, support and prevention a workplace priority.
2. Use clear and consistent messaging about suicide for internal communication and induction training.
3. Implement suicide prevention, early detection and supportive services.
4. Embrace those with 'lived experience' of mental ill-health or suicide.
5. Promote crisis services and other resources providing suicide prevention advice, counselling, training and support.
6. Promote the charter to increase suicide awareness, support and prevention.

Organisations committing to the charter show employees, clients and potential recruits that they are committed to the principles and support a move towards a zero-suicide society.

Register your interest in the [Workplace Charter](#) for suicide support and prevention.

George Sullivan is a suicide survivor who is determined to raise awareness and understanding of depression, suicide and mental health as a whole. George believes everyone deserves help and advocates support in every workplace. See George's video [here](#)



You are invited to a **FREE** breakfast Workplace Health and Wellbeing event at [The Forest Centre Marston Moretaine](#) on 26th September 2023 to meet a range of Health and Wellbeing provider services, hear presentations focusing on inclusive employment and be part of the Healthy Workplace Awards.

To book please [click here](#).



See the signs

FREE

suicide awareness training

This training is an introduction to basic suicide awareness for those who live or work in, Bedfordshire, Luton & Milton Keynes. The training is delivered online, and the session is 2 hrs 30 minutes. [Book your place now.](#)

As an employer, you have a legal duty of care to your employees, but with people spending a third of their waking hours in the workplace, there is also a moral duty to support and care for your workforce. Moreover, employees need and expect sustainable and mentally healthy workplaces, which for some workplaces requires culture change.

The [Healthy Workplace Standards](#) are a framework which will support you to make these changes to the benefit of your business. [Register](#) now and the Workplace Health team will support you in your journey to improve the health and wellbeing of your workforce, and achieve a healthy workplace award.

The [Baton of Hope Workplace Charter](#) is a great way to demonstrate your commitment to achieving the [mental health standard](#).

The workplace Health Team will also connect you and your employees to a range of free [mental health and wellbeing support services](#) and [training](#).



Public Health:
Working together to improve the health and wellbeing of our communities