

Suicide Prevention

Lessons from NHS Practitioner Health







Practitioner Health

NHS PRACTITIONER HEALTH

Supporting the Health of Health Care Workers

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Supporting the Health of Health
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Suicide Prevention & Postvention Navigation Guide



Touched by Suicide

A Guide for Health and Care Professionals: Preventing, Responding, and Recovering



Worried About Yourself?

Signs to look out for, how to start a conversation, and where to get help through Practitioner Health, OH, or local crisis services.



Worried About a Colleague?

Signs to look out for, how to start a conversation, and where to get help through Practitioner Health, OH, or local crisis services.



If a Patient Dies by Suicide

Steps to take, support for clinicians, legal and clinical considerations, and how to access emotional support and reflective practice.



If a Colleague Dies by Suicide

What to do immediately, how to support your team, guidance for compassionate communication, and accessing psychological support.

**DOWNLOAD
HERE**



DON'T ASSUME PEOPLE KNOW WHAT TO DO

LESSON 1

Do

- ✓ • Ask clearly and directly if they're thinking about suicide. "Are you thinking about killing yourself?"
"Have you had thoughts of suicide?"
- Stay calm if they say yes - having thoughts does not necessarily mean they will act on them
- Support them to seek help -
"Would you like me to support you get help?" Offer to stay with them, make a call together or walk together to get support
- Share messages of hope - people can and do recover. Hearing that other people have felt the same and got better makes a difference.
- Reassure them they are not alone and you care.
- Take your concern seriously and act on it.

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Communication Toolkit

How to talk about suicide safely, avoid harm, use appropriate language, and support staff compassionately during difficult conversations.

PUT ON THE SEATBELT – SAFETY PLAN

LESSON 2



[Need Help Now? Click here...](#)



If you're struggling and you're not sure if you want to live or die, can you, just for now hold off making this decision and keep reading and watching the videos for some ideas about how to get through.

What is a Safety Plan?

and why do I need one?

[CLICK HERE...](#)

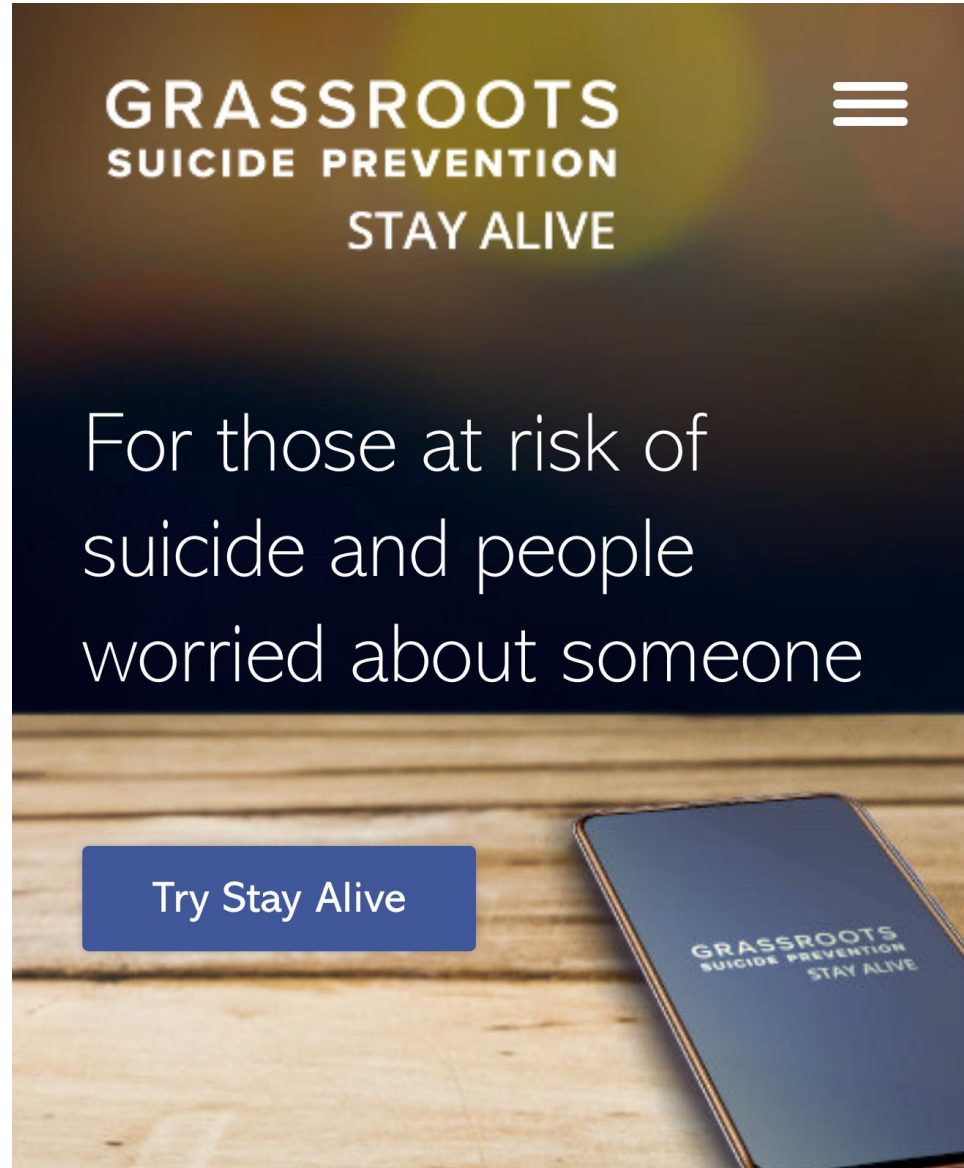
GRASSROOTS
SUICIDE PREVENTION
STAY ALIVE



For those at risk of
suicide and people
worried about someone

Try Stay Alive

GRASSROOTS
SUICIDE PREVENTION
STAY ALIVE



My Safety Plan



Getting through
right now

Making my
situation safer

Things to lift or
calm my mood

Things to
distract me

People to
support me

Who I can talk
to if I am
distressed or
thinking about
self-harm or
suicide

Emergency
professional
support

POSTVENTION MATTERS

LESSON 3

Suicide Prevention & Postvention Navigation Guide



If a Patient Dies by Suicide

Steps to take, support for clinicians, legal and clinical considerations, and how to access emotional support and reflective practice.



If a Colleague Dies by Suicide

What to do immediately, how to support your team, guidance for compassionate communication, and accessing psychological support.



Rachel was in the middle of a busy clinic when she was told that one of her long-term patients had died by suicide. She sat in stunned silence for a moment - but there were still patients waiting. So she carried on, finishing her clinic with a smile that masked the shock rising inside her.

Later, when she finally had a quiet moment, the sadness hit her unexpectedly hard. She hadn't anticipated how personally this would affect her. She kept going over the last few consultations: "Did I miss something? Should I have done more? Did I do everything I could?"

Although colleagues were kind, there was an unspoken expectation that she would just get on with things. After all, wasn't this just part of being a doctor?

What haunted her most was the looming inquest. The thought of going to coroner's court filled her with dread. She had no idea what to expect or how to prepare - and no space to say how scared she felt.

LOOK AFTER YOUR PEOPLE

LESSON 4

Wrap Plan

What things do I enjoy doing?

Things I need to AVOID to stay well

What are my warning signs when I am not at my best ?

What do I need to do less often?

What are my non negotiables?

Leaders – how can we get the best from you?

Who am I when I am at my best?

Is there anything I need others to do?

What steps can I take to stay well at work ?

What things do I know help but I am not doing right now?

What things make me feel good when I have achieved them?

Leaders - what would we do that would bring out the worst in you?

What are my daily needs to keep well?



Wellness Action Plan

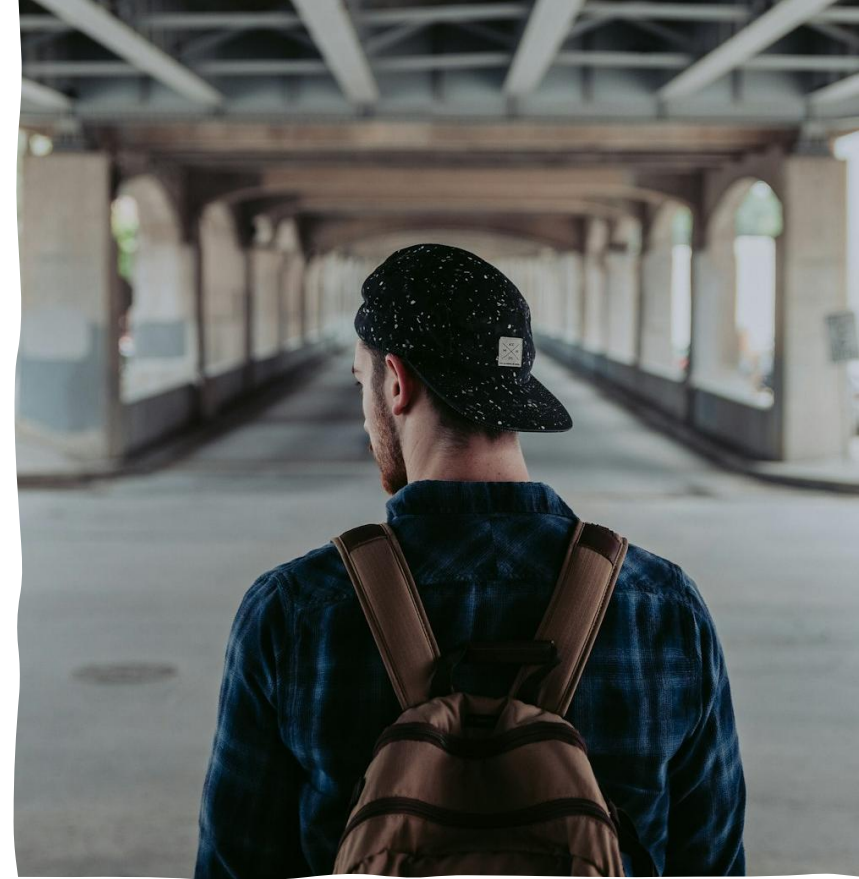
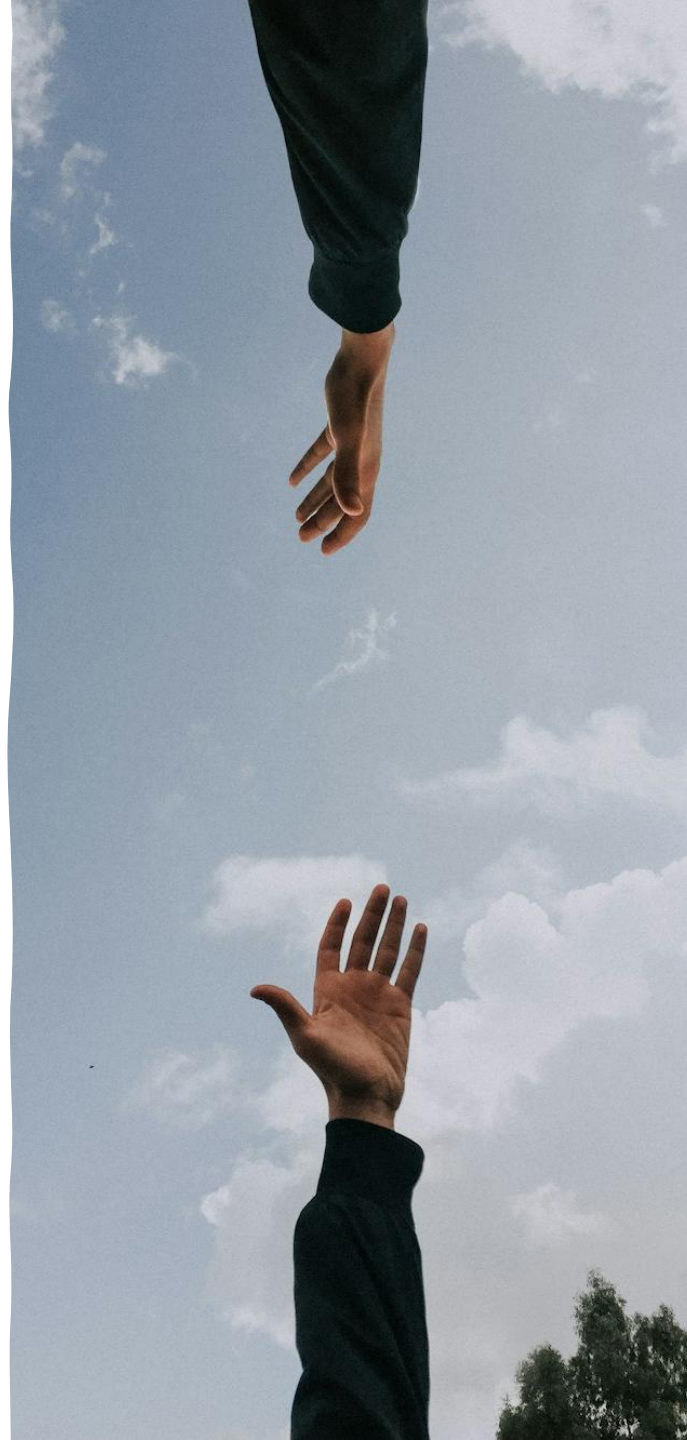
Guide for people
working in a workplace





LOOKING BACK THE SIGNS
WERE THERE

REACH IN.
ASK TWICE.
ASK OVER
TIME.



HOPE

LESSON 5

Suicide Prevention & Postvention Navigation Guide



Hope and Remembrance

Honouring those we've lost
and messages of hope.



**NATIONAL SUICIDE MEMORIAL DAY
FOR HEALTH AND CARE WORKERS
SEPTEMBER 17 2026**

**VIELE KLEINE LEUTE DIE IN VIELEN
KLEINEN ORTEN VIELE KLEINE DINGE
TUN, KÖNNEN DAS GESICHT DER WELT
MANY SMALL PEOPLE WHO IN VERÄNDERN
MANY SMALL PLACES DO MANY SMALL THINGS
THAT CAN ALTER THE FACE OF THE WORLD**

11/10 @ Jemalavi.com

Afrikanische Weisheit



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