

# CHANGE THE NARRATIVE

World Suicide Prevention Day  
10 September

[# StartTheConversation](#)



## World Suicide Prevention Day: 10<sup>th</sup> September



This is a day organised globally by the International Association for Suicide Prevention. It aims to encourage understanding and raise awareness, it is an opportunity to speak with people around you and check in with them.

Did you know:

**20.3%** of 8- 16 years olds experiences a mental health disorder

In the last three years, the likelihood of young people having a mental health difficulty has increased by 50%

**One in four** young people may struggle with thoughts of suicide at any one time. Suicidal thoughts can impact anyone and can be for all sorts of reasons.



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NARRATIVE** 

## The theme this year is: CHANGE THE NARRATIVE.

The aim is to raise awareness about the importance of reducing stigma and encouraging open conversations about mental health to prevent suicides.

Changing the narrative helps us to move from a culture of silence and stigma to one of openness, understanding, and support.

Every conversation, no matter how small, contributes to a supportive and understanding society. By having conversations about our mental health, we can break down barriers, raise awareness, and create better cultures of support.



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# What can I do?



- Ditch the stigma – talk about mental health with you son/daughter.
- Check in with them regularly
- Talking about mental health, self harm, suicide is not going to make them more likely to harm themselves, in most cases it does the opposite
- Side by side conversations, in the car, out on a walk, whilst doing an activity often make for better environments to have tricky conversations
- Watch out – if you notice behaviour changes, speak to them and check they're okay
- All parents have access to login to The Wellbeing Hub, here you will find helpful resources and information, linked are two very useful articles.

<https://club.teentips.co.uk/qas/i-am-concerned-my-child-is-having-has-expressed-suicidal-thoughts-what-should-i-do-2/>

<https://club.teentips.co.uk/resources/what-to-do-if-you-suspect-your-child-is-self-harming-by-alicia-drummond/>

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**REMEMBER:** Conversations about mental health can be difficult, but they are essential and can make a life-saving difference.



# Your Wellbeing while you are at College



We're here to listen.

Got questions about mental health, or want to talk to someone about your mental health & wellbeing?

Speak to your Tutor

Speak to your pastoral manager



Speak to your Head of Year

Speak to Miss Surrage, Safeguarding & Wellbeing Manager

If you feel unable to speak with someone you can email [help@heathfieldcc.co.uk](mailto:help@heathfieldcc.co.uk)

**CHANGE THE NARRATIVE** An orange awareness ribbon icon, symbolizing mental health awareness.

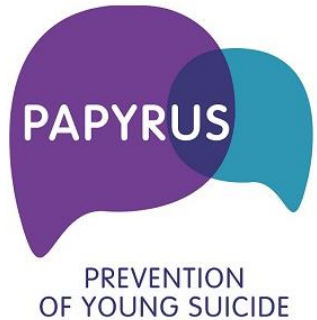
*If you are concerned about your mental health, and thoughts relating to suicide, or someone else's mental health and thoughts relating to suicide, please speak to Miss Surrage.*

**YOUNG MINDS**

- **Text YM to 85258** (Young Minds 24/7 text response – texts are free)
- **Call Childline 0800 1111**
- **Log in to Childline for online chat** <https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/>



- **Call Sussex Mental Health Helpline: 0800 0309 500** (24 hours)



- **Call Samaritans: 116 123** (24 hours)



- **Papyrus HOPELineUK (Suicide prevention charity)**  
Tel: 0800 068 4141 (Mon-Friday 10am-5pm & 7pm-10pm; Sat-Sun 2pm-5pm) Website: [www.papyrus-uk.org](http://www.papyrus-uk.org)

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