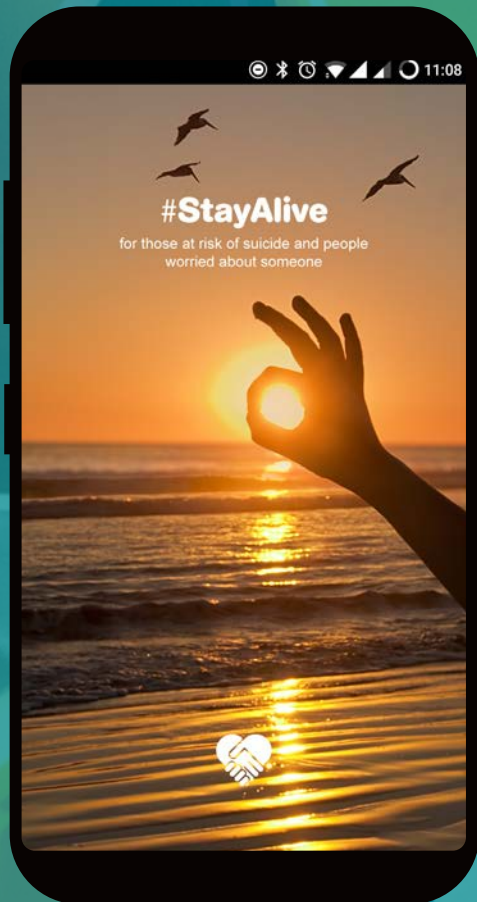


Stay Alive App

Essential suicide prevention
for every day life.



REAL♥TALK
conversations that save lives

Brought to you by



There were 6,639 suicides in the UK and Republic of Ireland in 2015.

The highest suicide rate in the UK was for men aged between 40-44.

In England and the UK, female suicide rates are at their highest in a decade. Rates have increased in the UK by 3.8%.

Male rates are consistently higher than female rates across the UK and Republic of Ireland – most notably 5 times higher in ROI and around 3 times in the UK.

About Grassroots

Grassroots is a UK leader in the suicide prevention space, known for its pioneering and innovative approach. Working with communities, organisations and individuals, both locally and nationwide, we provide the resources, skills, and confidence to save lives.

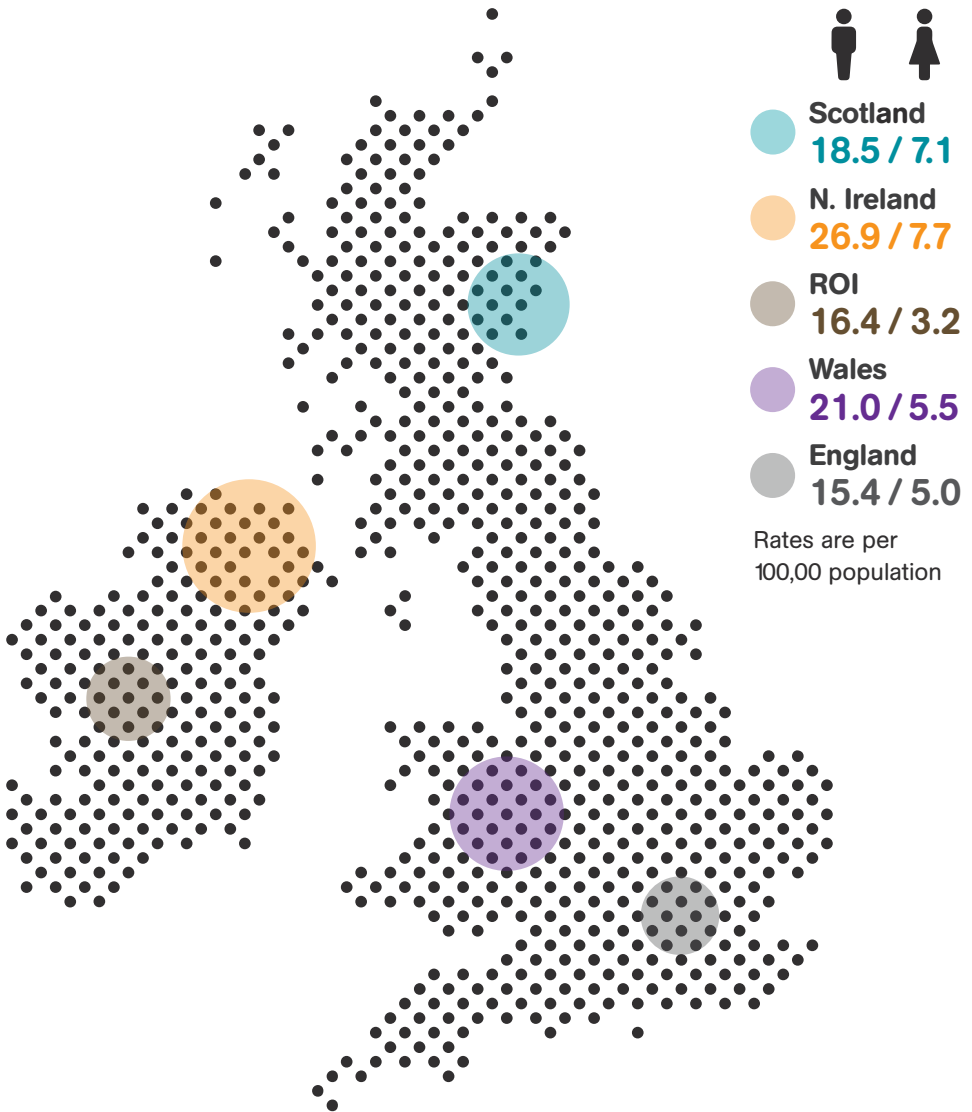
We believe that suicide can be prevented through open, direct and honest conversations.

We call this Real Talk.

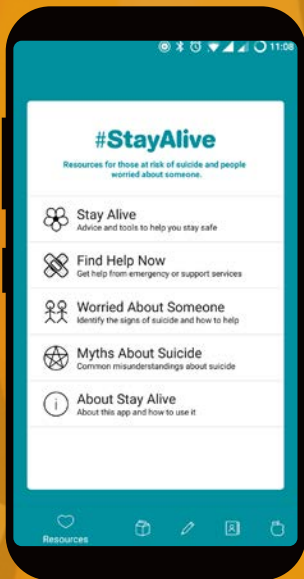
Since forming in 2006 we have trained over 9,000 people in suicide prevention and mental health awareness. But that's not all. We create change, we promote recovery, and we believe strongly that suicide is preventable. We can all make a difference.

Real Talk, Real people, Real life.

Suicide rates in the UK and Republic of Ireland



Statistics based on ONS data for 2013-2015. Please note not all nations collect data on suicide in the same way and therefore rates are not necessarily comparable.



Packed full of useful information and tools to help you stay safe



Create a LifeBox where you can store images that are important to you

Stay Alive is a Real Talk product brought to you by Grassroots. A free, award-winning suicide prevention resource. The first of its kind in the UK.

The Stay Alive app has been developed with you in mind. It draws on the ideas, skills, and collective wisdom of the whole community.

As the needs of Real people change, the app will evolve to meet those needs. Real people in Real life, who need Real Talk about suicide. You don't need to be a professional caregiver - the Stay Alive app is for everyone. If you are thinking about suicide or worried about someone else, the Stay Alive app is for you.

We hope you will use the app and share it with your family and friends. We know it has helped others, and we hope it will be part of your recovery too. We want you to know that thoughts of suicide can change, and recovery is possible.

We know that each person has their own unique experience. With this in mind, we have created an app that can be personalised to reflect your own journey, what matters to you, and enabling reminders of the things that might help your recovery.

Testimonials

“This weekend I found the online support list and the keeping safe for now section helpful and made me feel less lonely. Unlike so many mental health apps yours is not patronising and doesn't claim to 'fix' anyone. No app will ever be able to fix me but it kept me company during a very long, dark weekend. Thank you for that.”

“The app helped me help someone else to stay alive by introducing and making clear the option of 'stay safe for now'. This was so helpful for the young person I was working with who felt as if she had no choice other than to try and kill herself given how hopeless she felt.”

Anonymous, online survey

Anonymous, via Facebook

Download the free app at:



Key features include:

- Quick access to national and local crisis resources
- Tips on how to stay grounded if you're feeling overwhelmed
- Create your own personalised Safety Plan
- Suicide myth-busting
- Select your own reasons for living
- Relaxing guided-breathing exercises
- An interactive Wellness Plan
- How to help a person thinking about suicide
- Suicide bereavement resources

How has it been used so far?

The app makes an important contribution to coordinated efforts to prevent suicide across the UK.

It's a key feature in local authority suicide prevention plans. It improves help-seeking pathways in specific local areas where a license has been secured. We know from feedback that the app has a wide range of users including:

- By a range of health professionals including GP's and A&E staff.
- By mental health practitioners in clinical and non-clinical settings.
- By health and social care workers including those in housing, residential, children and young people services, and in substance misuse services.
- By the front-line emergency services including police, paramedics and fire service personnel.
- By transport staff including train, buses and taxi services.
- By everyday people like you and me.

Is it safe to use?

Many people wrongly believe that asking or talking about suicide makes it worse, or even puts the idea in someone's mind. This is not true. Talking openly about suicide takes courage. Thoughts of suicide are more common than you might think. Talking openly and honestly about suicide creates an opportunity to make a difference.

"We want to use every method available to us to make Sussex, and beyond, a place where people thinking about suicide are supported and helped in their workplace and their community."

Emma Wadey,
Executive Director of Nursing
and Patient Experience

Support from the Suicide Prevention Community

Over

50,000

total downloads

Winner of a national Patient Safety Award

for using technology and IT
to improve patient safety

Winner of an Innovation Award

from the Sussex Clinical
Commissioning Groups

National Inspiration

listed as a national
inspiration on the Crisis
Care Concordat website

‘The world’s best suicide prevention app’

- Unsuicide Twitter account

“

We have seen the app
and recognised it is a
brilliant and innovative
way of supporting people
to stay safe.

We are delighted that
we have now adapted it
for the communities of
Leicester, Leicestershire
and Rutland. We will be
launching it for the people
of Leicester, Leicestershire
and Rutland in September
2017, and encouraging as
many people as possible to
download and use it.

We have a paper-based
version of the personal
safety plan for people
who do not have access to
the technology.

We think the app will
make a positive difference
to many people in our
communities, keeping
them safer.

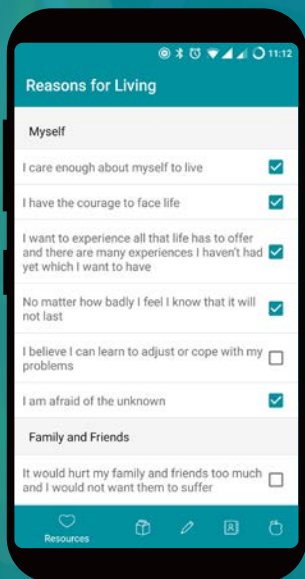
”

**Leicestershire NHS
Partnership Trust**

**Kathy Feltham, Lead Nurse
MHSOP, Community Health
Services Division**



If you are thinking about suicide
a safety plan can help you



Select reasons that are important
to you, or add your own

The app sections in more detail

Educational and informative

Thinking About Suicide

Learn five simple steps on
staying safe from suicide.

My Safety Plan

Fill in for use in times of
crisis, and share with others.

Reasons for Living

A customisable list of reasons
for staying alive.

Wellness Plan

Create your own plan: a
place for positive thoughts,
inspirations and ideas.

Suicide Prevention Resources

Emergency or support
services directly from the app.

Suicide Bereavement

Online support information
and where to get help.

Supporter Guidebook

Identify potential warning
signs and learn how to help.

Myths About Suicide

Common misunderstandings
are highlighted and explained.

Self-care and self-management

Self Help Ideas

How to cope with your thoughts and feelings.

Breathing Exercises

Breath in time with a moving circle to calm you and distract from negative thoughts.

LifeBox

Store memories important to you, such as photos and inspirational quotes.

Emergency support

Quick access to crisis support helpline numbers and services: Local and UK.

Safety Contacts

Add helpful contacts who can support you if you're having thoughts of suicide.

Download the app for free at:



A life saving story...

"A few months ago I found myself in a position where my thoughts of suicide were so strong and prominent, that I needed immediate help to avoid another suicide attempt.

Fortunately, when I was trying to think if there were options other than suicide open to me, I remembered that I have the app and that it might help.

I was able to immediately dial through to a helpline using the crisis resources on the 'find help now' section of the app and they were able to support me and keep me safe in the short term, until further help could be reached.

I think perhaps without the app and its ability to help me to find help, strong suicidal thoughts would have become another suicide attempt. I believe that it is a unique resource which I carry with me everywhere I go, which gives it an unbelievable scope to help."

- Brighton resident

How can I get involved?

Help us raise essential funds for the app development program. This ensures that the app will always be free to download and can develop to meet the needs of your community. You can visit our fundraising page for fundraising ideas and resources. We would love to work with you.

Do you have a strategic role in preventing suicide?

You may be a lead in Public Health, Mental Health or Clinical Commissioner. You can purchase a license to promote your services within the Stay Alive app.

How does this work?

Licensing the app for your network or area couldn't be easier. We can help you promote your crisis services directly those who need it.

Each provider can get up to three pages within the 'Find Help Now' section of the app. By linking those at risk of suicide and their carers to support, you can help reduce suicide in your locality.

Please get in touch to find out more -

office@prevent-suicide.org.uk

Reasons to license the Stay Alive App



Who have downloaded Stay Alive have had **thoughts of suicide**



Said the app has helped **someone else stay safe** from suicide



Use it with someone they provide a **professional service** for e.g. GP, Mental Health Nurse



Downloaded because they thought a **friend or family member** had thoughts of suicide



Said the app **helped them stay safe** from suicide



Have used the app to **help a stranger**

Results from the app evaluation: (figures based on a survey of 233 people)

Contact us

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GrassrootsSP



GrassrootsSP



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Grassroots Suicide Prevention is a registered charity number 1149873 and a company limited by guarantee 5687263