



Hinckley

ACADEMY

Suicide Policy

Date of last review:	September 2021
Reviewed by:	Mrs Klaire Wright, Director of Student Welfare and DSL
Approved by Governors on:	October 2021
Frequency of review:	Annually
Date of next review:	September 2022

Introduction

This policy explains Hinckley Academy practice in terms of Suicide prevention, attempts of suicide and suicide. It seeks to minimise the distress and disruption to any student involved by:

- Ensuring teachers and Trustees have knowledge of suicide matters inclusively and sensitively.
- Ensuring all students are aware of where to get help in relation to suicide matters and the service available for them to access both in and out of the school community.
- Develop better universal strategies which will help inform Hinckley Academy staff to better support our young people in relation to suicide matters.

2. Suicide

What are suicidal feelings?

They are feelings around being frightened and can be painful for the person who is experiencing it. Other people/supporters who are also affected could be their partner, family members, friends and colleagues/peers.

Suicide feelings can appear suddenly or develop gradually over time.

Typical suicide feelings may include:

- Thinking and believing death is the only choice.
- Feeling overwhelmed
- Unable to cope
- Anger directed at themselves
- Feeling isolated and lost
- Feeling of inner turmoil i.e. whether they want to live or die
- Feeling of low self-esteem and not feeling understood by others
- Feeling that life won't get any better

What causes suicidal feelings?

There could be a range of different reasons associated with feeling suicidal or there could be no reason. See below for a list of factors which could be contributing to a young person's mental health:

- Difficult life experiences e.g. losing a family member or friend, the end of a relationship or trauma
- Experiencing discrimination, prejudice or through being excluded socially by others
- History of self-harming – either by accident or intentionally
- Long term physical illness
- Long term mental health problems e.g. anxiety, depression or psychosis
- Physical or sexual abuse

3. What can I do to help?

Warning Signs:

- Someone taking less care of themselves
- Feelings of shame
- Giving away possessions
- Someone talking about ending their life or about suicide in general
- A marked change of behaviour – e.g. if the young person is unusually withdrawn and has difficulty communicating
- Difficulty sleeping e.g. waking up early
- Loss of self esteem
- Isolation or loneliness
- Use of suicide-promoting websites
- Stressful events e.g. failing exams
- Experiencing loss or bereavement

How do I talk about suicide safely with a young person?

“First of all, it’s not uncommon to have thoughts of suicide. With help and support many people can work through these thoughts and stay safe”.

“There are organisations that offer support like POPYRUS HOPELineUK. I can give you their contact details”.

“You’ve shown a lot of strength in telling me this. I want to help you find support. There is hope. There is help available and we can find it together”.

“It sounds as though things are really hard at the moment... Can you tell me a bit more”?

“Things must be so painful for you to feel like there is no way out. I want to listen and help”.

“Take your time and tell me what’s happening for you at the moment”.

“It’s hard and scary to talk about suicide but take your time and I will listen”.

“Can you tell me more about why you want to die”?

“I am so sorry you’re feeling this way. Can you tell me more about how you are feeling”?

What to do in an emergency?

If you feel a young person is at immediate risk of taking their own life:

1. Stay with the person. Try to remain calm.
2. Contact the emergency services.
3. Inform the young person’s parents and the Safeguarding Lead.

Safeguarding Lead will:

- 1) Make contact with the Parent/Carer.
- 2) Make recommendations/have meeting with parents for actions to take.
- 3) Ring First Response (01163050005) if the child is over the age of 16 and wants confidentiality.
- 4) Recommend emergency doctor's appointment- contact child's GP services.

Post Care Procedures:

- 1) Gather information from Parents/Guardian's/Multi-Agencies in regards to the child.
- 2) Heads of Year or Pastoral Leaders to create a support plan specific to the young person's individual needs with support from Health and Wellbeing staff.
- 3) Safeguarding team to be notified, along with records updated on a regular basis in line with CPOMS.
- 4) Any concerns to be reported immediately keeping communication open to all relevant support services i.e. Parents or Guardians, GP, Heads of Year, Pastoral Leaders, Support Worker, Social Worker.

Useful contacts:

Internal:

Hinckley Academy - 01455 632183

External agencies and support groups:

Investigate what's in the community:



useful contacts sheet for
suicide

4. Legislation and Data Protection Suicide Act 1961:

An Act to amend the law of England and Wales relating to suicide, and for purposes connected therewith. The rule of law whereby it is a crime for a person to commit suicide is hereby abrogated. Reference: <http://www.legislation.gov.uk/ukpga/Eliz2/9-10/60>

Government Prevention Policy:

Preventing suicide in England: A cross-government outcomes strategy to save lives.

This strategy sets out our overall objectives:

- A reduction in the suicide rate in the general population in England; and
- Better support for those bereaved or affected by suicide.

The Government have identified six key areas for action to support delivery of these objectives:

- 1: Reduce the risk of suicide in key high-risk groups
- 2: Tailor approaches to improve mental health in specific groups
- 3: Reduce access to the means of suicide
- 4: Provide better information and support to those bereaved or affected by suicide
- 5: Support the media in delivering sensitive approaches to suicide and suicidal behaviour
- 6: Support research, data collection and monitoring.

Reference: <https://www.gov.uk/government/publications/suicide-prevention-strategy-for-england>

For further information:

Data Protection Act (1998):

The Data Protection Act controls how your personal information is used by organisations, businesses or the government.

Everyone responsible for using data has to follow strict rules called 'data protection principles'. They must make sure the information is:

- used fairly and lawfully
- used for limited, specifically stated purposes
- used in a way that is adequate, relevant and not excessive
- accurate
- kept for no longer than is absolutely necessary
- handled according to people's data protection rights
- kept safe and secure
- not transferred outside the European Economic Area without adequate protection

5. School Attendance

HAJC6 will make reasonable adjustments including being discreet and confidential i.e. appropriate coding on register

6. Training

The Curriculum

The issues related to suicide and suicide prevention will be visited for all students during the PSHE programme. These issues will also be touched upon during other courses.

In addition

Hinckley Academy will offer internal support through Heads of Year, Pastoral Leaders, Health and Wellbeing Officer and Learning Advisors to students where necessary. Parents and carers must be involved with this if the student/young person is under our care and provision being offered by Hinckley Academy. This will be made transparent and communication will be recorded as minutes. Parents will be included in their child's support.

This policy is subject to change.

Department for Education (DfE) (2017). *Preventing and tackling bullying*. [ONLINE] Available from:

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/623895/Preventing_and_tackling_bullying_advice.pdf [Accessed 03 July 2018]

GOV.UK. (2016). *Bullying at school*. [ONLINE] Available from: <https://www.gov.uk/bullying-at-school/bullying-a-definition> [Accessed 30 September 2016].