

EARLY INTERVENTION PATHWAYS

Suicide prevention begins long before anyone reaches a point of crisis and early intervention is key

Early Intervention Support available for UHDB Staff



Employee Assistance Programme [EAP] from Health Assured

Confidential support & guidance for a range of personal/
professional related problems



Counselling

Access a range of counselling services including Cognitive Behavioural Therapy (CBT),
trauma intervention and support for anxiety and depression

Financial Support

Information, help and guidance for financial issues such as debt management, budgeting, mortgage
advice, benefits and grants

Legal Information

Support with legal matters such as divorce, wills and probate, motoring issues and personal injury, in
addition to consumer, property, or neighbour disputes that can cause emotional distress

Bereavement Support

Advice, guidance, and counselling for grief in bereavement, as well as legal support for grief related legal
matters

Helpline

Speak to a trained and experienced counsellor or access practical information, support and guidance by
calling the free, confidential UK based helpline on **0800 028 0199** available 24/7/365

The EAP also gives you exclusive access to its bespoke Wisdom App, helping you to track wellness,
improve your mental and physical health, and stay resilient during tough times.



Occupational Health

Delivers a range of services designed to promote your health, safety and wellbeing,
including assessments & in-house short-term counselling

Email: uhdb.occhealth@nhs.net

Call: **01332 788 331**



Joined Up Care Derbyshire [JUCD] Wellbeing

Access a range of services to support your physical, mental and social wellbeing.

Email: UHDB.GetHealthyStayHealthy@NHS.net

Call: **01332 787 703**

Website: joinedupcarederbyshire.co.uk/wellbeing



Zero Suicide Alliance Training

FREE online training course to support lifesaving conversations.

This 20-minute comprehensive training is easy to do and just 20 minutes of your
time could potentially help to save a life.

www.zerosuicidealliance.com/suicide-awareness-training

Keeping Safe

The following resources provide easy-to-navigate suicide prevention information and tools, to help those having thoughts of suicide or for those concerned about someone who might be at risk.



Staying Safe

A website offering free resources for anyone distressed, thinking about suicide, or worried about someone they care about. Includes a comprehensive safety plan template.

If you are experiencing suicidal thoughts, developing a safety plan (at a time when not highly emotionally distressed) can help to keep you safe.

Staying Safe
from suicidal thoughts

stayingsafe.net



Stay Alive App by Grassroots

Download this pocket suicide prevention app for the UK, packed full of useful information and tools to help people stay safe in crisis. Includes an online safety plan.

Search 'Stay Alive' on your phone's app store



Crisis Support

The following resources provide easy-to-navigate suicide prevention information and tools, to help those having thoughts of suicide or for those concerned about someone who might be at risk.



Derbyshire Mental Health Helpline - 0800 028 0077

Open 24 hours a day, seven days a week
A freephone helpline service
Available to young people and adults living in Derbyshire.

Support for you, or those you are concerned about, who may be having thoughts of suicide.



Derbyshire Healthcare
NHS Foundation Trust

Safe Haven

Derby Safe Haven is a responsive and tailored mental health service for anybody experiencing a mental health crisis and in need of immediate support.

Opening Times: 4:30pm – 12:30am, 365 days a year, to anybody 18 years or above

Self-referrals: Call **03300 083 722** Drop-in Service **309 Burton Road, Derby, DE23 6AG**



**DERBY
SAFE
HAVEN**



Derby and Derbyshire Emotional Health and Wellbeing Website

This signposting website offers a wealth of easy-to-navigate local and national suicide prevention support services; signposting you to the right support when you need it most.

derbyandderbyshireemotionalhealthandwellbeing.uk/suicide-prevention/get-help-now

