

Suicide Prevention Awareness for ICVs Further Reading

Please see the links below for further reading. All links are in chronological order in relation to when they are mentioned in the Bitesize training.

Why do people die by suicide:

<https://www.verywellmind.com/why-do-people-commit-suicide-1067515>

IOPC Statistics:

https://www.policeconduct.gov.uk/sites/default/files/documents/Annual-deaths-statistics-report-England-and-Wales-2022-23_0.pdf

IOPC Website:

<https://www.policeconduct.gov.uk>

Ministerial Board on Deaths in Custody:

<https://www.gov.uk/government/groups/ministerial-board-on-deaths-in-custody>

Independent Advisory Panel on Deaths in Custody:

<https://www.iapondeathsincustody.org>

APCC Website:

<https://www.apccs.police.uk>

PFDs:

<https://www.judiciary.uk/?s=&pfdrreporttype=&posttype=pfdr&order=relevance>

APCC Guidance document:

https://apccs.police.uk/media/9768/1-apcc-guidance-preventing-deaths-in-police-custody-and-apparent-suicides-following-release-june-2024.pdf?_ga=1*2mviyj*_ga*MTMxMzYzNjU2Ni4xNzlwNjUxMDAy*_ga*TC82Q15EXW*MTcyMzYyNDI4Ni41LjEuMTcyMzYyNDMxMi4wLjAuMA..

How to speak to someone with suicidal thoughts:

<https://www.mind.org.uk/information-support/helping-someone-else/supporting-someone-who-feels-suicidal/talking-about-suicidal-feelings/>

<https://www.rethink.org/advice-and-information/carers-hub/suicidal-thoughts-how-to-support-someone/>

<https://icva.org.uk/wp-content/uploads/2024/06/Speaking-To-Detainees-With-Mental-Ill-Health.pdf>

Difficult Visits Briefing:

<https://icva.org.uk/wp-content/uploads/2022/01/Difficult-Visits-Briefing-for-Schemes-and-ICVs.pdf>

Below are some links to organisations and helplines if you are struggling:

[Samaritans](#) – for everyone

Call 116 123

Email jo@samaritans.org

[Campaign Against Living Miserably \(CALM\)](#)

Call 0800 58 58 58 – 5pm to midnight every day

Visit the [webchat page](#)

[Papyrus – prevention of young suicide HOPELINE247](#)

Call 0800 068 41 41

Text 07860 039967

Email pat@papyrus-uk.org

[Childline](#) – for children and young people under 19

Call 0800 1111 – the number will not show up on your phone bill

[SOS Silence of Suicide](#) – for everyone

Call 0808 115 1505 – 8pm to midnight Monday to Friday, 4pm to midnight Saturday and Sunday

Email contact@sosilenceofsuicide.org

[Shout](#) – for everyone

Text "SHOUT" to 85258

[Counselling Directory](#)

Page on suicidal thoughts

This is not an endorsement on any counselling services. The above link outlines some helpful guidance surrounding suicidal thoughts.