

World Suicide Prevention Day 2020

Press release



Mates in Mind Charity launches Suicide Prevention Day support

This World Suicide Prevention Day, Mates in Mind are calling on employers to take meaningful steps to normalise conversations about mental ill-health and prevention of suicide within the workplace.

With over 6,507 suicides registered in the UK in 2018 alone*, it is vital that employers can start this conversation in the workplace and support their employees.

Here at Mates in Mind, we believe breaking the silence and stigma surrounding mental ill-health is a crucial step towards providing a safe and healthy workplace environment, which can play a vital role in suicide prevention.

Mates in Mind Managing Director, James Rudoni comments:

"We know that the effect on those impacted by suicide is lasting and we believe that every suicide is a preventable death. Mental health can be a difficult topic to address, but anything mentionable is manageable."

What we know from data previously reported by the ONS (2018) is that the risk of suicide is elevated in some sectors of the economy, such as construction, which is three times the national average for site workers, which is why we exist, to help support these sectors in bridging the mental health gaps and supporting their workforces.

Opening up an honest conversation about mental health in the workplace continues to be the most immediate and effective starting point. We cannot underestimate this important first step – helping to provide clear language, create general awareness and help people to recognise that everyone has mental health the same way that they have physical health. In this space, part of the messaging is about people recognising the signs in themselves, but awareness also is about enabling people to spot the changes in behaviour in others, combined with having increased confidence to know how to appropriately open up a conversation with a colleague.

Our experience in supporting hundreds of organisations has shown us that the work we do here at Mates in Mind can make a meaningful difference to the wellbeing of an organisation and its people. This awareness day provides an opportunity for workplaces and sites across the country to get involved and start a conversation which could save a life"

Research suggests that open and honest communication about mental ill-health supports steps towards suicide prevention, because these important conversations have the power to increase awareness and understanding, remind people they are not alone and help break the stigma which can be a barrier for those seeking help. In light of this, we are encouraging workplaces across the UK to use this opportunity to #StartTheConversation within the workplace.

To support these conversations, we are launching our Suicide Prevention Day hub, with resources and information to support these vital discussions. Find out more at:

<https://www.matesinmind.org/news/news-and-updates/world-suicide-prevention-day-2020.html>

*Office for National Statistics, *Suicides in the UK: 2018 registrations*

-ENDS-



Notes to editor

About Mates in Mind

1. Mates in Mind is a registered charity working in the UK that aims to provide clear information to employers on available support and guidance on mental health, mental illness and mental wellbeing, and how they can address this within their organisations. Mates in Mind looks to make sense of what options and support are available to employers wishing to promote improved mental health within their workforce.
2. Mates in Mind is a collaboration of founding partners: Health in Construction Leadership Group and the British Safety Council. It is also supported by construction industry charities and bodies and has various Mates in Mind business champions, including Balfour Beatty; DE Group; Galliford Try; Mineral Products Association; RSE Group; Sellafield; Tarmac; and Tideway. Quotes of support from these organisations are available on request.
3. Mates in Mind also works alongside organisations from across the Transport and Logistics sector including Focus Group Logistics, Maersk UK and Ireland, Port of London Authority.
4. Mates in Mind was the result of a Health in Construction Leadership Group summit in early 2017 for construction industry CEOs and senior leaders who voted overwhelmingly to improve the mental wellbeing of its workforce. At an event in January 2017, Mates in Mind was launched, and the pilot phase was started. Mates in Mind was featured in the Thriving at Work report published in October 2017.
5. More details on Mates in Mind is available at www.matesinmind.org
6. Mates in Mind must only be referred to in acronym form as MinM.

Mates in Mind's networks

- Website: www.matesinmind.org
- Twitter: www.twitter.com/matesinmind
- Facebook: www.facebook.com/matesinmind
- LinkedIn group: www.linkedin.com/company/matesinmind
- Instagram: @matesinmind

Media requests

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