



The Salvation Army

Suicide Harm Reduction Toolkit



Prevention



1. Mood diary – scale

Mood diaries are an effective tool to allow people to gain a better understanding of their mood on a day to day basis. Rating from 1 to 10, with 1 being low in mood and 10 being the best, mark where your mood has been on that day. It can be helpful to do at a similar time each day, or perhaps you would like to record both your morning and evening mood levels to see if there are any variations dependant on the time of day. There is also space to note good things that have happened on that day, and challenges that have been faced.

This tool is used to recognise any trends and triggers in our moods and to help us understand where our emotions originate from.

2. Mood diary – feelings

Feelings mood diaries are similar to the scale above, however rather than rating our mood from 1 to 10, this tool is intended to be used as a journal to allow people to record their feelings/emotions and identify the intensity of the emotion. It also helps to identify if we are feeling the same emotions at particular days and times, again allowing people to identify potential triggers and trends in their feelings/emotion.

This tool is intended to allow people to not only identify the intensity of the emotion but also encourages people to dig deeper into understanding the factors that have contributed to the feeling/emotion in the comments section using the prompts provided.

3. Safety agreement

The safety agreement is a useful tool to help someone who is navigating suicidal thoughts and feelings. It can also be a helpful way for the support worker and individual to plan how to communicate and check in with each other in a safe way moving forward.

The agreement should be supportive and realistic for the individual, identifying what support and resources the individual has in place already, and what further harm reduction techniques can be used to support them to be as safe as possible.

Intervention



4. Risk factors

The table of risk factors identify potential situations or challenges that could increase the risk of a person considering or attempting suicide. The World Health Organisation categorise the range of risk factors into four levels - individual, relationship, community and societal.

5. Building protective factors

Many factors can reduce the risk of a person considering or attempting suicide. Again, there are a range of protective factors at an individual, relationship, community and societal level. These skills, strengths and resources enhance people's resilience and help to reduce the risk factors.

6. Safer alternatives

At times people's feelings can become overwhelming to manage and the only way that they can manage is to hurt themselves. These alternatives, if the person is ready to consider, have been suggested by people with lived experience of self-harm. Some alternatives simulate self-harm, others allow for people to vent their feelings in a safe way to reduce harm.

7. CPR (assessment)

The CPR model is a simple and effective model for assessing the risk of suicide to ensure the person is safe. By assessing the current plan, prior behaviour and resources it helps us to understand the level of risk and respond appropriately.

Staff wellbeing



8. Reflecting

Taking time to reflect after managing any situation is important both individually and as a team. The reflective model from Rolfe (2001) allows us to evaluate the experience, consider our reflections and acknowledge any learning from the situation by asking: What? So What? and Now What?

9. Five ways to wellbeing

It is important for us to maintain our wellbeing, particularly when working tirelessly to ensure that people who engage with our services are supported. Evidence has suggested that there are five steps that we can all take to improve our health and wellbeing (NHS). Implementing these in our daily lives could make a positive difference to how you feel and they are completely free.



1. Mood diary – scale

Monday									
1	2	3	4	5	6	7	8	9	10
Challenges today...					Good things today...				

Tuesday									
1	2	3	4	5	6	7	8	9	10
Challenges today...					Good things today...				

Wednesday



1

2

3

4

5



6

7

8

9



10

Challenges today...

Good things today...

Thursday



1

2

3

4

5



6

7

8

9



10

Challenges today...

Good things today...

Friday



1

2

3

4

5



6

7

8

9



10

Challenges today...

Good things today...

Saturday



1

2

3

4

5



6

7

8

9



10

Challenges today...

Good things today...

Sunday



1

2

3

4

5



6

7

8

9



10

Challenges today...

Good things today...



2. Mood diary – feelings

Day and time	Feeling / Emotion Rate intensity of emotion from 1 - 100%	Comments What was happening, where, who with? What went through your mind (thoughts/images)? What were you doing before and/or after you felt this way?

3. Safety agreement

Between _____ (name/initials) & _____ (Service)

Date: _____ Staff present: _____

Objective of agreement

- For _____ (name/initials) to feel supported
- For service staff to know when extra assistance will be needed for _____ (name/initials)
- For service staff to be made aware of how _____ (name/initials) deals with _____ (behaviour)
- _____ (name/initials) responsibilities in informing staff and when to ask for assistance
- Service's agreement in the management of _____ (name/initials) and _____ (behaviour)

Control measures that _____ (name/initials) currently has in place are:

If the above stages are gone through by _____ (name/initials)
and they have not worked _____ (consequence).

The current harm minimisation techniques that _____
(name/initials) has in place are:

Harm Minimisation techniques:

_____ (name/initials) needs after _____ (behaviour):

_____ (name/initials) agreement:

Service's agreement:

4. Risk factors

Societal

- Difficulties accessing or receiving care
- Access to means of suicide
- Inappropriate media reporting
- Stigma associated with mental health, substance use or suicidal behaviour

Community

- Poverty
- Experiences of trauma
- Experiences of disaster, war, conflict
- Experiences of discrimination

Relationships

- Isolation and lack of social support
- Relationship breakdown
- Loss or conflict

Individual

- Previous suicide attempts
- Self-harm behaviours
- Chronic pain
- Poor mental health
- Substance use
- Financial loss
- Family history of suicide

5. Building protective factors

Societal

Does the service user have the ability to easily access when needed:

- Mental health support
- Support with their physical health
- Addiction support

Community

Does the service user have:

- Employment or volunteering opportunities
- Meaningful activities
- If there are children are they attending school

Relationships

Does the service user have:

- Positive relationships with family or friends
- Strong social connections
- Feel part of the community they live in

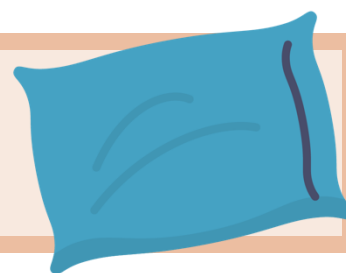
Individual

Does the service user have:

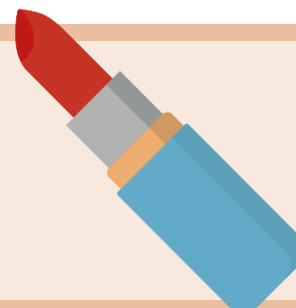
- Problem solving skills
- Healthy coping strategies
- Feelings of hope and optimism

6. Safer alternatives

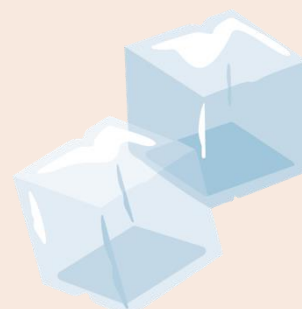
Find a safe punching bag,
like some pillows



Using a red felt tip marker
or lipstick to mark the part
of the body instead of cutting



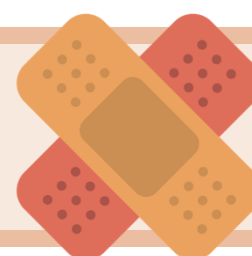
Putting hands into a bowl
of ice cubes for a short time
or rubbing ice on the part of
the body you feel like injuring



Putting a rubber band around
the wrist and flicking it



Putting sticking plasters on the
parts of the body you want to injure



7. CPR (assessment)



Current Plan



- Are they thinking about suicide?
- Have they made preparations to do so?
- Do they have the means?
- Have they made arrangements for after their death?



Prior Behaviour



- Have they attempted suicide before?
- Have they self-harmed before?
- Have they increased engaging in risk-taking behaviour?



Resources



- Do they have personal supports such as friends, family, hobbies, work, etc.
- What protective factors have you identified?

8. Reflecting

Taking time to reflect after managing any situation is important both individually and as a team. The model below is a simple reflective model from Rolfe (2001), it allows us to evaluate the experience, consider our reflections and acknowledge any learning from the situation:



Experience What?



What happened? Try to be as objective as possible about the experience.

Include as many details as possible including;

- Who was present?
- Who did what?
- What was the environment like?
- How did the other person involved in the experience behave and what did they say?
- How did they appear to feel?
- What physical sensations was I aware of during the experience?

Reflection So what?



Self-reflection is taking the time to think about, evaluate and take a serious look at your behaviours, thoughts, attitudes, motivations, and desires. It's the process of diving deep into your thoughts, emotions and motivations and determining the great, "Why?" behind them.

Some starting questions might include:

- Why might the other person have behaved the way they did?
- What might they have been feeling, thinking at the time? Why might they have felt that way?
- How did I feel during this experience? How do I feel about it now?
- Where might my feelings and thoughts about this be coming from?
- Does this experience remind me of any other events in my life? Does the other person involved remind me of anyone else in my life, past or present?
- What was good or bad about the experience?
- Looking back, what sense can I make of the event?

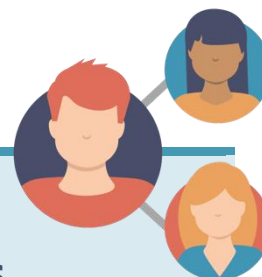
Learning Now what?



What have I learned from this event?

- Which of my actions seemed helpful in leading to a positive outcome? Unhelpful?
- Are there any specific skills or knowledge that would have been helpful to have had at the time?
- If a similar event happened again what might I do the same? What might I do differently?

9. Five ways to wellbeing



1. Connect...

With the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.



2. Keep learning...

Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.

3. Be active...

Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy that suits your level of mobility and fitness.



4. Take notice...



Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch, or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.

5. Give...



Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.