

A model of Cumulative Risk

Early life experiences can make young people vulnerable e.g. family mental illness, abuse

As they get older other issues may arise e.g. alcohol use, depression

One event may act as a "final straw" e.g. relationship breakup, exam pressures

You can contribute to suicide prevention:
Recognise a pattern of risks & "Final Straw" stresses

Think About Potential Vulnerabilities

When talking to me consider:

- Family factors such as mental illness
- Abuse and neglect
- Bereavement and experience of suicide
- Bullying
- Suicide-related internet use
- Academic pressures, especially related to exams
- Social isolation or withdrawal
- Physical health conditions that may have social impact
- Alcohol and illicit drugs
- Mental ill health, self-harm and suicidal ideas
- Ending relationships

Useful Childrens MARS documents:

- Helping Children & Families (Threshold Document)
- Assessing Need and Providing Help available on <https://www.northlincsmars.co.uk>

If you think a child is at risk of significant harm please contact children's social care on 01724 296500/296555 (extended hours)

Useful websites

www.youngminds.org.uk

www.samaritans.org

If you need a response immediately, it's best to call on the phone. Whatever you're going through, call 116 123 FREE any time from any phone 24 hours a day, 365 days a year. You don't have to be suicidal to call us.

Life Central - www.life-central.org

now also available from the App store

www.childline.org.uk

or call 0800 1111

www.mind.org.uk

In an emergency dial 999



Supported by the NLYC

Supporting Young People's Emotional Wellbeing

'Let's talk about it' tool for professionals



Have a **Conversation**

Please talk to me about my
normal worries

Exams, boundaries, challenges

Friendships, relationships, loss,
sexuality, social media, bullying

Moving schools, moving houses,
siblings, step-siblings

Growing older, appearance, body image, change
family, divorce, body changes

Disability, prejudice, peer pressure

Ask the right **Questions**

Questions such as

What are my goals?

What are my worries?

What can I do?

What do I need help with?

What do I want to change?

How do I think it can be changed?

What are my strengths? What is going well? What are the
solutions? Who can help? Who else can offer me support?
What support do I want?

Provide the right level of **Support**

Support may mean

Listen to my story & think
who may be able to help

I just want to talk things through

I can use my own resources/
support to deal with the issue

I would like information and
guidance from you or someone else

Support is required from people who can help

I am at severe risk I need specialist help