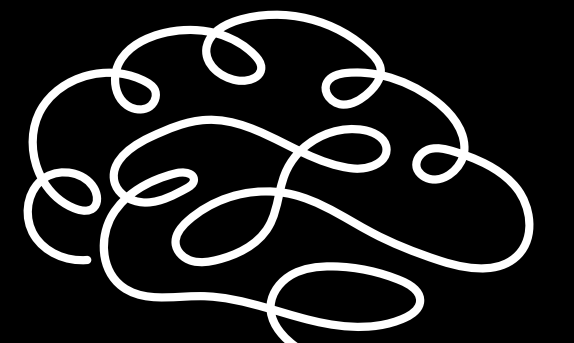




WHEN WAS THE LAST TIME YOU CHECKED-IN WITH A COLLEAGUE?

By regularly checking in with our colleagues and ourselves we can work together to help reduce staff suicide. This is a reminder to look out for one another and check-in on ourselves and others regularly.



CHECK-IN!

Looking after each other to prevent staff suicide

CHECK-IN.

The 'Check-in' campaign aims to reduce staff suicide and promote a wellbeing culture by normalising the conversation around suicide and mental health as well as providing training, resources and signposting for support.

'Staff' includes all colleagues, working and volunteering, in your organisation, across the West Yorkshire and Harrogate Health and Care Partnership.

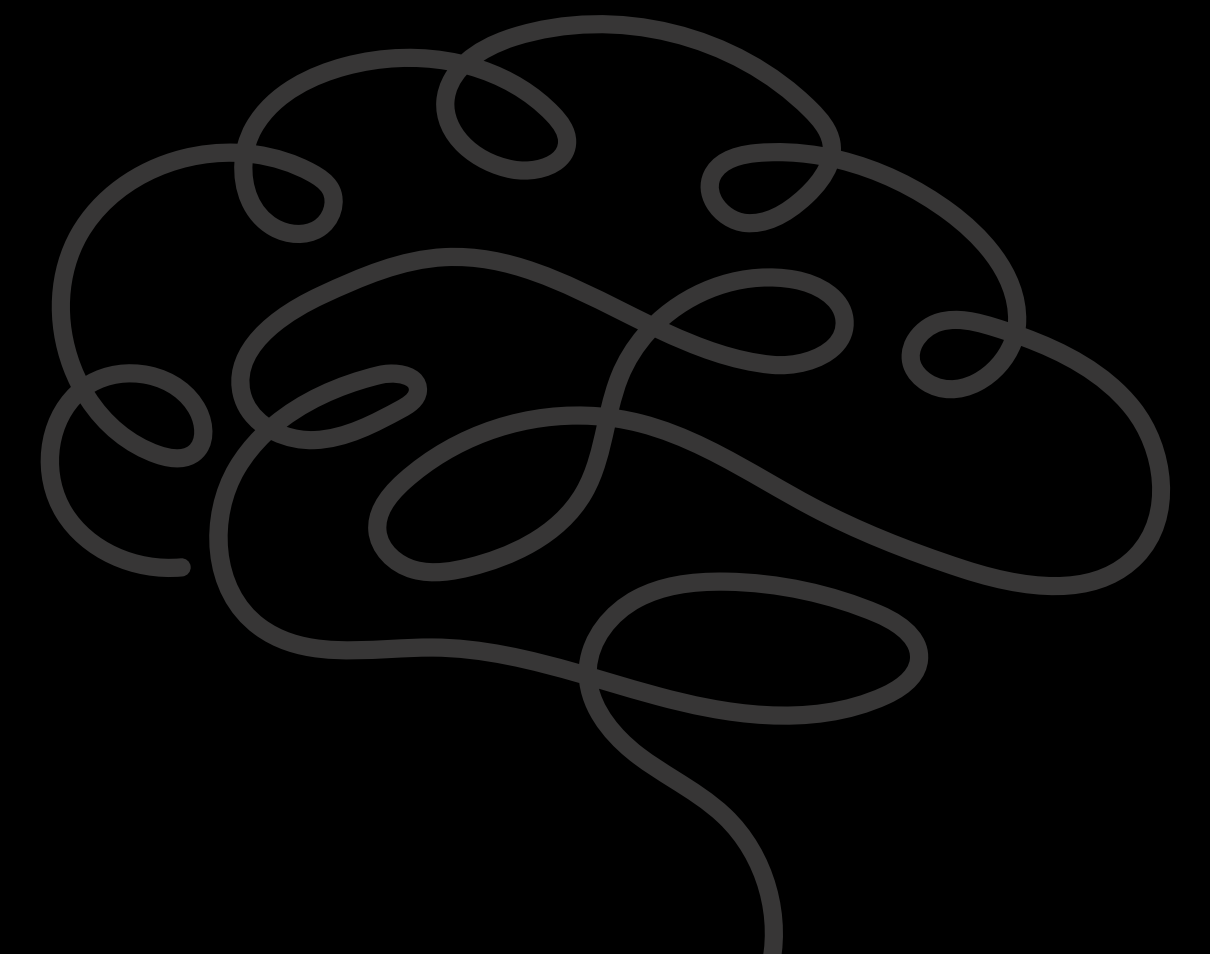
Whatever your role, we all work incredibly hard to provide a great service to the population across the West Yorkshire and Harrogate region and this can take its toll.

Through this campaign we invite you within your workplace and outside of it, to initiate well-being conversations to help reduce the stigma associated with mental health difficulties and to eliminate judgement.

We want to promote a working culture where looking after ourselves and our colleagues is a priority.

“

There is an element of vulnerability in every one of us. We are all human and by our nature we will flux and change in our emotions as well as our health, both physical and mental.



WHY THIS CAMPAIGN, WHY NOW?

In England there were 5,316 confirmed deaths to suicide in 2019, this is an average of 102 people dying every week.

Suicide is the biggest killer of people under the age of 35 and the biggest killer of men under the age of 50.

Suicide has a major impact on families, friends, workplaces and whole communities. The impact of one death can contribute to relationship breakdowns, loss of job, financial difficulties and can increase a risk of suicide in those left behind.

The emotional, psychological and societal impact that suicide can have is immeasurable.

Organisations from across the region have joined forces to raise awareness on the risk of suicide and to help ensure people are signposted to the right support at the right time.

Working together we are supporting an ambition of suicide prevention.

“
We are probably the poorest at taking care of our colleagues mental health as well as our own.

Read the West Yorkshire and Harrogate Health and Care Partnership Suicide Prevention Five Year Strategy

READ HERE

Read the co-creation and insight report

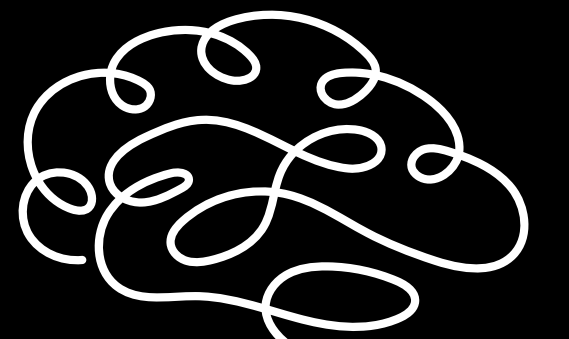
Colleagues across West Yorkshire and Harrogate have been co-creating the ‘Check-in’ campaign ensuring there are promotional resources, signposting and tools that are relevant for organisations of all shapes and sizes. View the co-creation and insight findings.

READ HERE

JOIN THE CAMPAIGN TO PREVENT STAFF SUICIDE

Sign up to access all the resources and
guidelines available to your organisation

SIGN UP



CHECK-IN.

Looking after each other to prevent staff suicide