

The COVID-19 pandemic and the nationwide lockdown have increased mental health problems in the general population compared to pre-pandemic times. Although the trends of mental health problems during and after the first lockdown phase have not yet been fully reviewed, scientists are currently analysing them.

The NHS has developed this resource pack to support community pharmacy and help signpost people who may be struggling with suicidal thoughts or dealing with a bereavement (no matter the cause).

As part of the PQS you may have already completed some of these e-Learnings.

## **Suicide Prevention Resources**

### **Shining a Light on Suicide**

Information and support for people who are feeling suicidal, worried about someone else, or bereaved by suicide in their local areas and nationally. The news page highlights events and training.

[www.shiningalightonsuicide.org.uk](http://www.shiningalightonsuicide.org.uk)

### **Zero Suicide Alliance: Learn to Save a Life Training**

Free online 20-minute training to equip you with the skills and knowledge to help someone that may be thinking of suicide.

[Learn to Save a Life](#)

### **Health Education England: We need to talk about suicide e-learning**

Free 1-hour e-learning module that has been developed for the public health workforce to help professionals, like yourself, feel more confident talking about suicide.

[We need to talk about suicide e-learning](#)

### **Samaritans**

24/7 helpline for anyone that is struggling to cope or needs someone to talk to, whatever they're going through.

**Call 116 123**

[www.samaritans.org](http://www.samaritans.org)

### **Papyrus HOPELINEUK**

A confidential support and advice service for anyone under the age of 35 who is experiencing thoughts of suicide, or anyone who is concerned about a young person. Papyrus also provide a Debrief Service for professionals who have spoken to someone experiencing suicidal thoughts and would like to talk it through with a trained professional.

**Call 0800 068 4141** (9am to 12 midnight, every day)

[www.papyrus-uk.org](http://www.papyrus-uk.org)

### **Shout**

A free, confidential 24/7 text service for anyone that is struggling to cope.

**Text Shout to 85258**

[www.giveusashout.org](http://www.giveusashout.org)

### **Pharmacy in Practice Podcast**

Interview with Dr Hayley Gorton, Senior Lecturer in Pharmacy Practice, University of Huddersfield, who discusses the emerging area of community pharmacy involvement in suicide prevention.

[Podcast: Suicide prevention through community pharmacy](#)

### **Centre for Pharmacy and Postgraduate Education (CPPE)**

A video learning resource on suicide awareness for pharmacy staff which explains a pharmacy's role in supporting suicide prevention, how to support people who are thinking about suicide or affected by suicide, and where to refer patients.

[CPPE: suicide awareness e-learning](#)

### **Greater Manchester Health and Social Care Partnership**

For more information about mental health and other health related matters, visit: [www.gmhsc.org.uk](http://www.gmhsc.org.uk)

## **Bereavement Resources**

### **Greater Manchester Bereavement Service**

Greater Manchester Bereavement Service can help to find support for anyone in Greater Manchester that has been bereaved or affected by a death. It also offers support for professionals.

Local and national support can be found at [www.Greater-Manchester-Bereavement-Service.org.uk](http://www.Greater-Manchester-Bereavement-Service.org.uk)

Call 0161 983 0902 or email [salccg.gm.bs@nhs.net](mailto:salccg.gm.bs@nhs.net)

Monday to Friday, 9am to 5pm (except bank holidays)