

Suicide

Wednesday 4 August 2021 – 3.00pm - 5.00pm – Microsoft Teams

Every death by suicide has an incalculable impact on friends, family and entire communities. As an Integrated Care System, we believe that death by suicide is preventable and that we can all play our part in creating an environment in which we can improve people's mental health and encourage open, honest discussion which tackles stigma and breaks down myth and misconception.

This event will explore how, as local health and care partners, we can make a difference by fostering a greater understanding of suicide, including the perspective of those with lived experience, hearing from local projects and find out more about ongoing work across the Integrated Care System.

The event chair will be Sue Willgoss who launched the #LiftLoudForDanny fund as a campaigning force for improving mental health services following the death of her son, Danny, who took his own life in 2018.

Welcome and Introduction
3:00 Welcome and introduction Co-Chairs - Sue Willgoss, #LiftLoudForDanny and Will Pope, ICS Independent Chair
Start with why?
3:10 Michael's story Michael Jenkins, NSFT, A person with lived experience
3:15 How listening and a non-judgemental attitude can make a real difference Marie's story – short podcast
Understanding the story
3:20 It starts with good mental health Lynda Bradford, Head of Health Improvement, Suffolk County Council
3:30 A place-based perspective: Tendring and Colchester Laura Taylor Green, Head of Wellbeing and Public Health, Essex County Council
3:40 A whole town perspective: Newmarket Will Wright, Families and Communities Team Leader, West Suffolk Council
3:50 Research into men's experience of suicide John Day, Project Lead, Healthwatch Essex
How we can work together to make a difference....
4.00 ICS suicide prevention programme Melanie Pearson, Suicide Prevention Programme Manager, Suffolk County Council
4.10 Tackling stigma, changing the language Jayne Stevens, Chief Executive, Suffolk User Forum
4.20 Pamoja Project Godwin Daudu, African Families in the UK (AFIUK) CIC, Colchester
4.30 Men's mental health: Communities of support – The 12th Man Project / EPIC Dads Nick Little, Director of The Outsiders / Richard Keeble, Project Leader, EPIC Dads
4.40 Small Talk Saves Lives Sean Coulter, Branch Director - Samaritans, Ipswich & East Suffolk
Moving this Forward
4:50 Questions and answers, discussion and summing up Sue Willgoss and Will Pope to put participant Q&As to panel of event speakers
5:00 Close

This event will take place on Microsoft Teams – everyone is welcome and can attend using this link:

Join on your computer or mobile app

[Click here to join the meeting](#)

Or call in (audio only) +44 20 3321 5273,,840229980# Phone Conference ID: 840 229 980#