

NEED HELP NOW?

We recognise that we are all experiencing particularly uncertain times right now.

We want you to know that whatever you may be facing you do not have to face it alone:

Hub Of Hope: The Hub of Hope is the UK's leading mental health support database. It brings local, national, peer, community, charity, private and *NHS* mental health support and services together in one place for the first time: hubofhope.co.uk

Samaritans: Samaritans is a registered charity aimed at providing emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide: 24 hours a day, 365 days a year: Call 116-123

Text Shout: Feeling anxious, stressed overwhelmed or in need of support? Shout 85258 is the UK's first free, confidential, 24/7 text support service. Text 'Shout' to 85258



ALL ON BOARD

Trigger warning: The following pages include reference to statistics relating to suicide



ABOUT US

Although suicide on the railway accounts for between 4 and 5% of all suicides in Great Britain, the impact is disproportionately high.

The ultimate aim of *All On Board* is to work with and within our communities to recognise and promote solutions for those who may be experiencing mental health difficulties and/ or risk factors suicide.

To do this, *NHS Mental Health Professionals* are funded by *Network Rail*, to provide mental health expertise and support to our industry and our partners.

They take a 'reaching in' approach, that works with communities to identify and remove barriers that prevent someone with mental health difficulties or suicidal thoughts from reaching out; to formal or informal support.

To do this we have four strategic outcomes:



1. IMPROVED COMMUNITY RECOGNITION

intervention and signposting for those who are experiencing risk factors for suicide



2. IMPROVED ACCESS TO INFORMATION

communication and sharing data and intelligence to allow us to keep people safe



3. IMPROVED STATION EXPERIENCE

working with partners to promote the station as a place of safety



4. INDIVIDUAL SUPPORT

and co-produced safety plans to better meet the needs of those who may attend or be at risk of attending a train station when in crisis