



Dear Colleague

RE: Zero Suicide Alliance

Across the UK around 6,000 people die by suicide each year and far too many tragic deaths by suicide happen in our own area. The significant rise in awareness and acceptance of mental illness has meant that this once rarely spoken about issue now has a greater level of commitment to its reduction than ever before.

The independent task force report to NHS England as part of its Five Year Forward View for Mental Health set a target to reduce suicides by 10% nationally by 2020. Over the past year we have also seen the Health and Social Care Select Committee make significant recommendations about how suicide prevention can be prioritised.

Every suicide has a huge impact on the people we serve. The emotional and social effects are enormous, but the economic cost is significant too – at over £1.3 million per suicide. To tackle this important issue head on, we are launching a campaign to reduce the level of suicide in our city region. We are working with our leading mental health trust Mersey Care NHS Foundation Trust and The Zero Suicide Alliance (ZSA) **to help our city region become the most active suicide prevention region in the country** and lead the way on tackling mental health issues head on.

The ZSA is a collaborative of almost 100 international, national, regional and local organisations which are all committed to suicide prevention in the UK and beyond. Initiated by Mersey Care, the alliance is ultimately concerned with improving support for people contemplating suicide by raising awareness of and promoting FREE suicide prevention training which is accessible to all. The aims of this training are to enable people to identify when someone is presenting with suicidal thoughts or behaviour, to be able to speak out in a supportive manner, and to empower them to signpost the individual to the correct services or support.

This high-quality, engaging course entitled 'Zero Suicide: Basic Awareness' is **free of charge** to all, takes **just 20 minutes** to complete and is available on the ZSA website (www.zerosuicidealliance.com).

Steve Rotheram
Metro Mayor
Liverpool City Region
Mann Island, PO Box 1976, Liverpool, L69 3HN



The training is simple, effective and easily accessible and in taking this training, you and your contacts and employees will be able to log on to this platform anytime, from anywhere, using any device, to take the course and make a real difference to our city region.

We want to see as many organisations as possible across the Liverpool City Region agree to roll out this training and to come together during the week of World Suicide Prevention Day to celebrate our success.

Will you make a commitment to ensure that all your staff do the training? If so, we would like to invite you to join us at the event on 7th September from 9:30am – 10:30am at 1 Mann Island, Liverpool, L3 1BP.

We look forward to working with you to help make suicide a thing of the past for the people of the Liverpool City Region.

If you would like to participate, please get in touch on info@liverpoolcityregion-ca.gov.uk. We look forward to hearing from you.

Yours sincerely

A handwritten signature in black ink that reads "Steve Rotheram".

Steve Rotheram
Metro Mayor

A handwritten signature in blue ink that reads "Luciana Berger".

Luciana Berger MP
Mayoral Adviser, Mental Health

Steve Rotheram
Metro Mayor
Liverpool City Region
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