

Suicide Prevention Day at Neath College: A Call for Awareness and Support

College Counselling Blog #13

Today, we observe World Suicide Prevention Day, a crucial time for raising awareness about mental health and the importance of offering support to those in need. At Neath College, we stand together in creating a compassionate and understanding environment for students, staff, and the wider community.

The Importance of Awareness

Suicide is a difficult but necessary topic to address. Every year, countless lives are lost to suicide, leaving families, friends, and communities devastated. It's important to remember that suicide is preventable. By talking openly about mental health, we can reduce stigma and help people feel less isolated in their struggles.

At Neath College, we encourage everyone to recognize the signs that someone might be struggling. These can include withdrawal from friends and activities, changes in behaviour, and expressions of hopelessness. Reaching out, offering a listening ear, and showing compassion can make a world of difference.

Support Resources at Neath College

If you or someone you know is feeling overwhelmed, remember you are not alone. Neath College provides a variety of resources to support mental health and well-being. Our counselling services offer confidential support for students who need someone to talk to. We also work closely with external organizations such as Kooth, which offers free online counselling 24/7.

How You Can Help

Even if you don't consider yourself an expert in mental health, small actions can make a big impact. Simply asking someone how they are feeling, and really listening to their response, can open the door to meaningful conversations. Sometimes, just knowing someone cares can help ease feelings of despair.

Here are a few ways you can help:

- Start a conversation: Don't be afraid to check in on your friends and classmates. A simple "Are you okay?" can go a long way.
- Be supportive: If someone shares that they are struggling, listen without judgment, and let them know it's okay to ask for help.
- Know the resources: Encourage others to reach out to support services, whether through the college or external organizations like Kooth or Samaritans.

Let's Break the Silence Together

On World Suicide Prevention Day, Neath College is committed to fostering an environment where mental health is taken seriously, and everyone feels supported. Let's break the silence, start conversations, and create a culture where it's okay to seek help.

If you or someone you know needs support, don't hesitate to reach out to our counselling team or explore external resources at:

Counselling support – Free support 24/7 – student.kooth.com

Bereavement Support – [Tel:0808 808 1677](https://www.cruse.org.uk) – [cruse.org.uk](https://www.cruse.org.uk)

Samaritans free 24-hour support line – [Tel: 116 123](https://www.samaritans.org) – [Samaritans.org](https://www.samaritans.org)

Domestic Violence against women Tel: 0808 801 0800 calandvs.org.uk

Domestic Violence against Men – Tel 0808801 0321 – dynwales.org.uk

Homelessness Mental Health Support – Tel: 0800 049 5495 sheltercymru.org.uk

MIND: 24-hour support –TEXT: YM to 58258 – youngminds.org.uk

SHOUT: free 24-hour text service –TEXT: SHOUT to 85258 – giveusashout.org

CALL: free 24-hour service – TEXT HELP to 81066 – callhelpline.org.uk

Support with Debt – Tel: 0800 138 1111 – stepchange.org

Rape and Sexual Abuse – Tel: 01685 379 310 – newpathways.org.uk

Drug and Alcohol – Tel 0808 808 2234 – dan247.org.uk

NHS urgent mental health support call 111 option 2

Together, we can make a difference and offer hope to those who need it most.

You are not alone. There is always someone willing to listen.

#SuicidePrevention

#NeathCollege

#MentalHealthMatters

#YouAreNotAlone