



# Suicide Prevention Pathway Service

The Suicide Prevention Pathway Service provides 1:1 support for individuals with mental health and wellbeing needs. Individuals will not be at immediate risk of suicide but may have experienced suicidal thoughts and accessed medical or emergency services.

## **What support is available?**

When accessing the service, we begin with an initial assessment of immediate mental health needs with one of our Wellbeing support workers.

Over the course of up to three sessions, we will work with you to explore your current situation, share wellbeing techniques and explore different coping strategies which may work for you.

We will also provide information about other appropriate specialist and community-based support that's available locally and can support you in accessing these services where needed.

The aim is to support you to create your own mental health tool kit that you can access as and when needed.

## **Who is eligible for the service?**

Individuals who are 18+, living in Bedfordshire, Luton and Milton Keynes and are seeking support with their mental health and wellbeing.

## **How do I access support?**

Individuals can self refer or be referred by a third party such as GP, Blue Light Services, NHS 111, A+E, Crisis Cafes, friends and family or other services.

## **For more information contact:**

e: [spps@mind-blmk.org.uk](mailto:spps@mind-blmk.org.uk)

t: 0300 330 0648