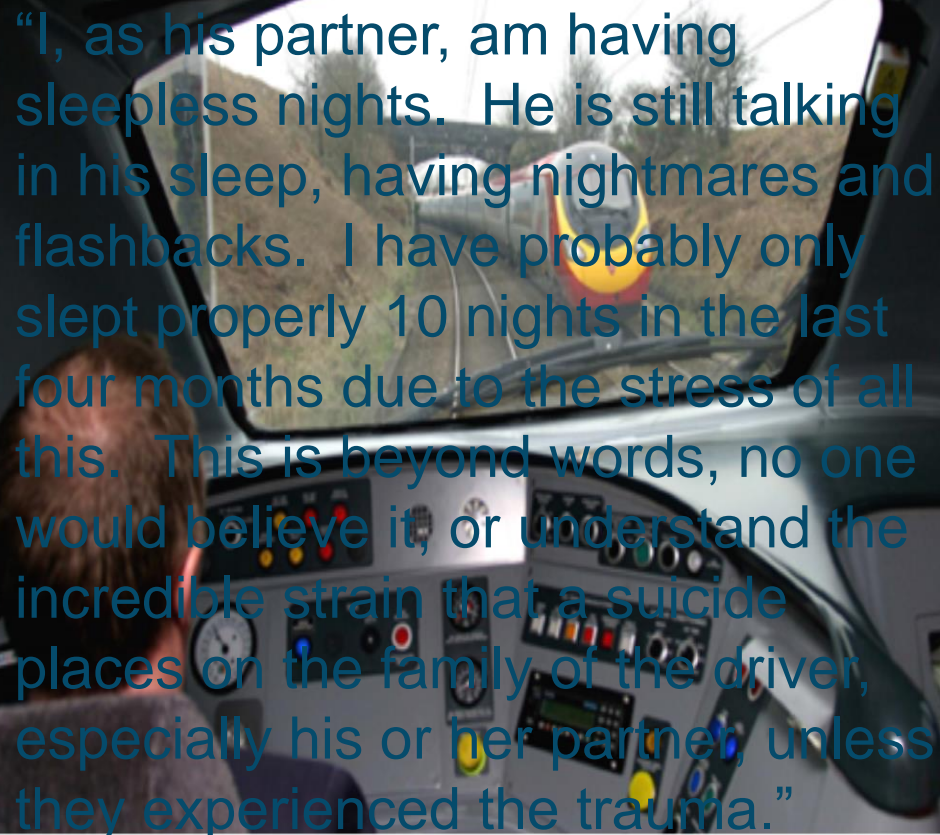


Preventing suicides on the railway

Caroline Kingston

Network Rail Suicide Prevention

The drivers view



"I, as his partner, am having sleepless nights. He is still talking in his sleep, having nightmares and flashbacks. I have probably only slept properly 10 nights in the last four months due to the stress of all this. This is beyond words, no one would believe it, or understand the incredible strain that a suicide places on the family of the driver, especially his or her partner, unless they experienced the trauma."

Train driver's wife

I was a train driver and was unfortunately driving a train when a woman holding an infant stood on the track in front of me while travelling at very high speed. I will never forget that awful day, the things I saw and the feeling of utter helplessness in the seconds before impact. The impact on my life was dramatic with a day not passing when I relive what happened. Counselling can never alter what happened."

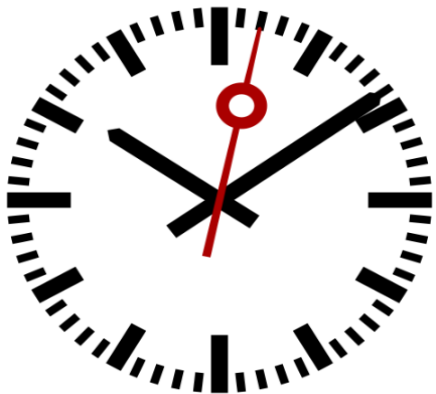
Train driver

The impact of a railway suicide



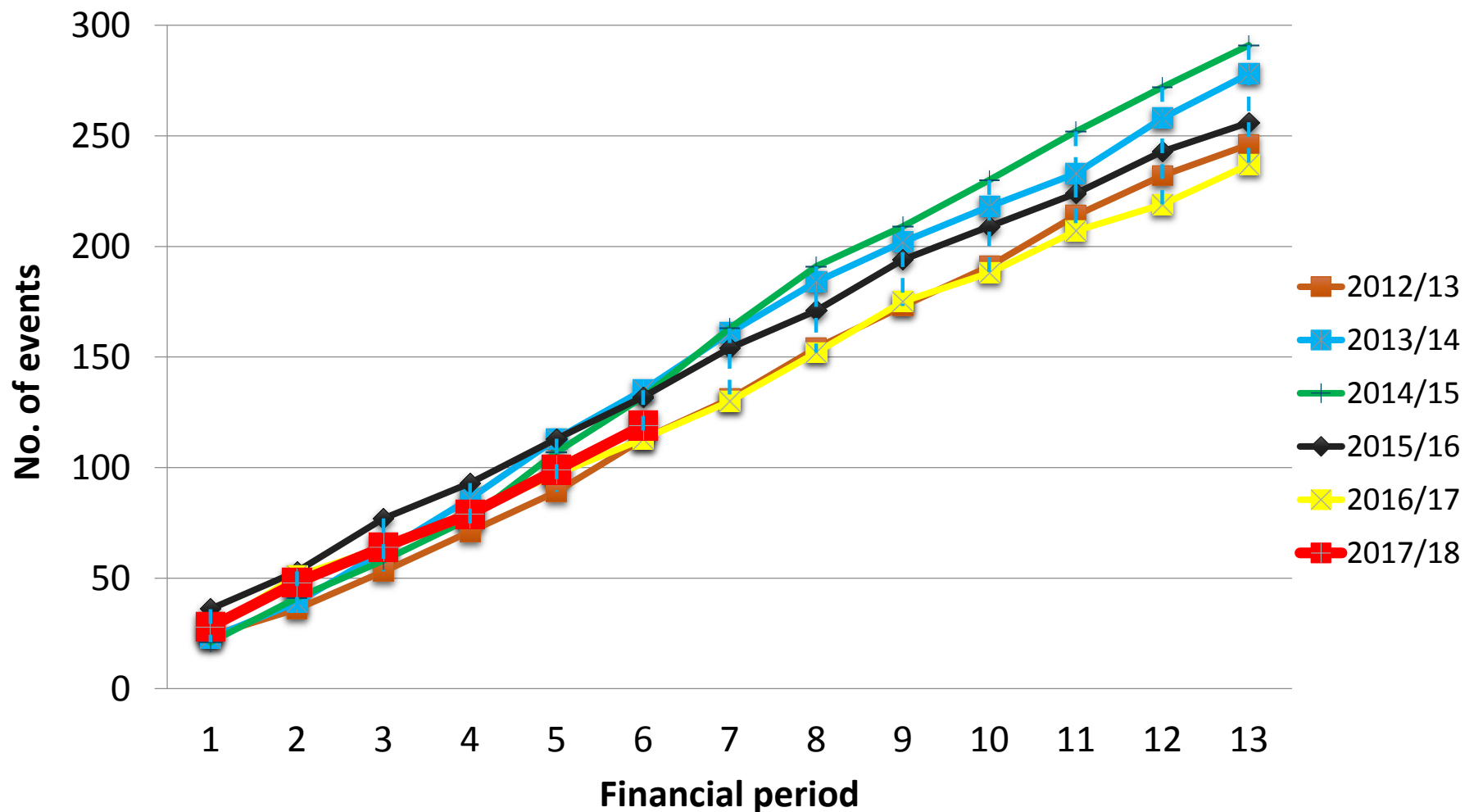
"I was 15 feet away from a young lady who jumped in front of a train I was waiting for, just over a year ago at my local station. The sight of this still haunts me and it panics me every time I see a train arriving to the point I have to sit down and cover my eyes. Counselling helps but it doesn't stop my nightmares."

Member of the public

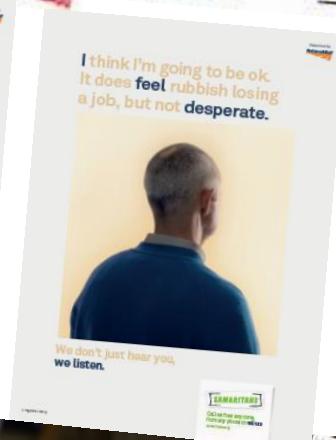
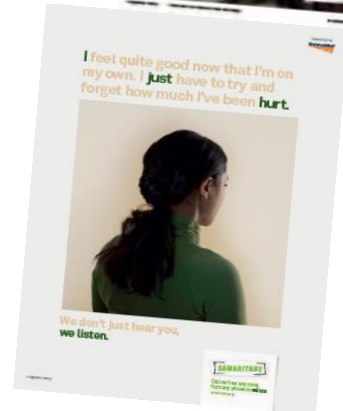


NHS
South Devon and Torbay
Clinical Commissioning Group

Rail suicides/suspected suicides 2012/13 to present day



Key partnerships



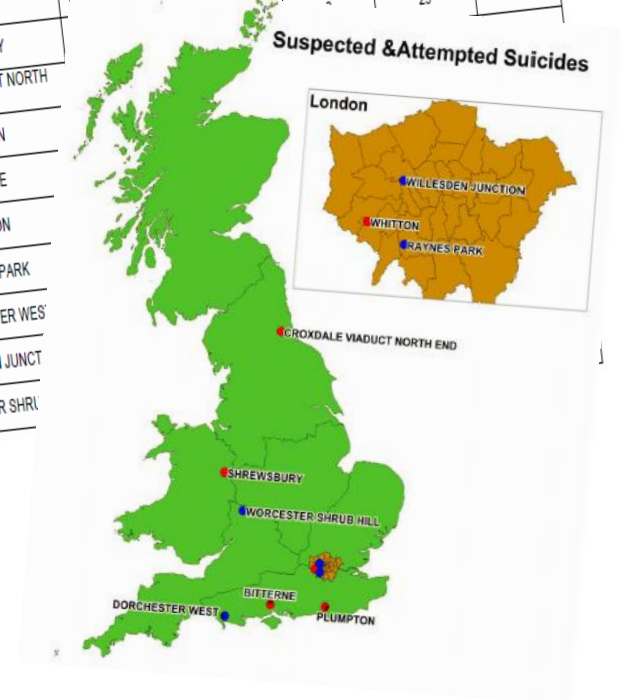
Key partnerships



BRITISH
TRANSPORT
POLICE



Date	Time	Location of Incident	Suspected or Attempted Suicides (2009-15)	No. Suspected Suicides (2009-15)	No. Attempted Suicides (2009-15)	No. Pre Suicidal Incidents (2014-15)	No. Previous Incidents (12 months)
04/09/2015	17:27	SHREWSBURY				25	0
03/09/2015	05:46	CROXDALE VIADUCT NORTH END					
01/09/2015	17:59	PLUMPTON					
01/09/2015	11:43	BITTERNE					
01/09/2015	08:03	WHITTON					
30/08/2015	17:55	RAYNES PARK					
30/08/2015	09:34	DORCHESTER WES					
29/08/2015	16:18	WILLESDEN JUNCT					
29/08/2015	14:46	WORCESTER SHRI					



Crisis Care Concordat | Mental Health

Traditional approaches to suicide prevention - fencing



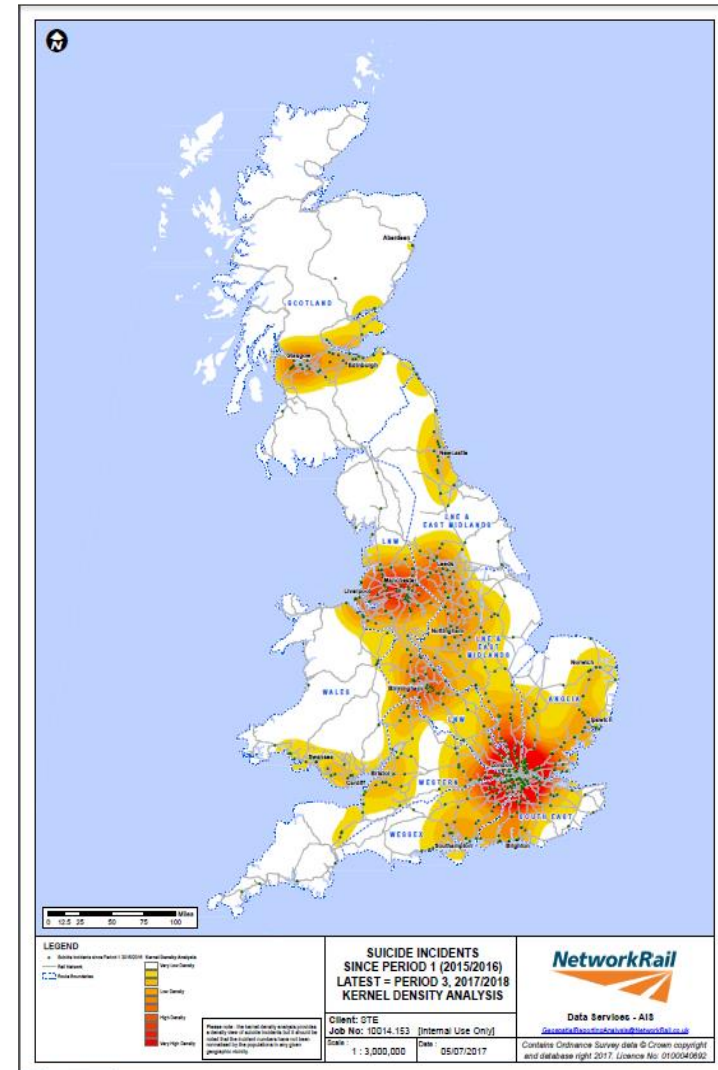
Where are we focussing our efforts?

Location
ROMFORD *
EALING BROADWAY *
EAST CROYDON *
WEST HAMPSTEAD *
WOKING *
CHELMSFORD *
TAMWORTH *
SLOUGH
TWYFORD *
SOUTHALL *
POTTERS BAR *
WIGAN NORTH WESTERN
WIVELSFIELD
NEW BARNET
LEAGRAVE *
GREENFIELD
BERWICK UPON TWEED *
SURBITON
CHADWELL HEATH
PORTCHESTER
MEADOWHALL
HILDENBOROUGH
TILE HILL

ESCALATION PROCESS

Prepared By:	Caroline Kingston	Project Lead – Suicide Prevention Programme	Network Rail
Agreed By:	Ian Steven	Programme Manager – Suicide Prevention Programme	Network Rail
Agreed By:	Ola Rzepczynska	Strategic Programme Manager	Samaritans
Agreed By:	Mark Smith	Head of Suicide Prevention and Mental Health	British Transport Police
Version No.	VERSION 1	Date	SEPTEMBER 2015

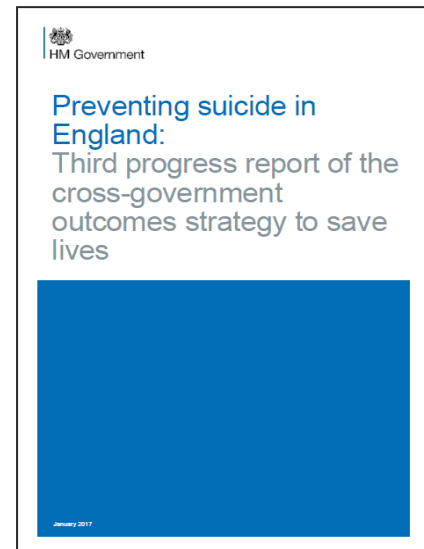
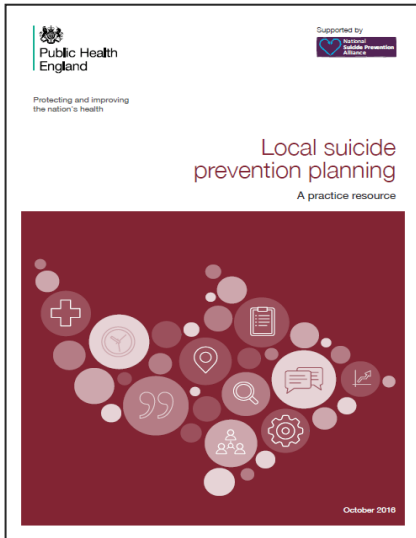
1



National Picture



“We (DfT) will also be looking at ways in which we can replicate the successful work of the rail industry in other areas of the transport network such as highways and waterways”



Intervening in suicide attempts



nspsglearningtool.co.uk/dev/ — Home — Network Rail | National Suicide Prevention Steering Group : Network Rail | National Suicide Prevention Steering Group

NSPSG
NATIONAL SUICIDE PREVENTION STEERING GROUP

Suicide Prevention and Support on the Railway: Learning Tool

We can all play a part in preventing suicide on our rail network. Register now to play yours.

Register now >

Already registered? Log in below -

Username

Password

[Forgot your password?](#) [Login](#)

In partnership with

Network Rail

SAMARITANS

South Wales Police

RMT

RSSB

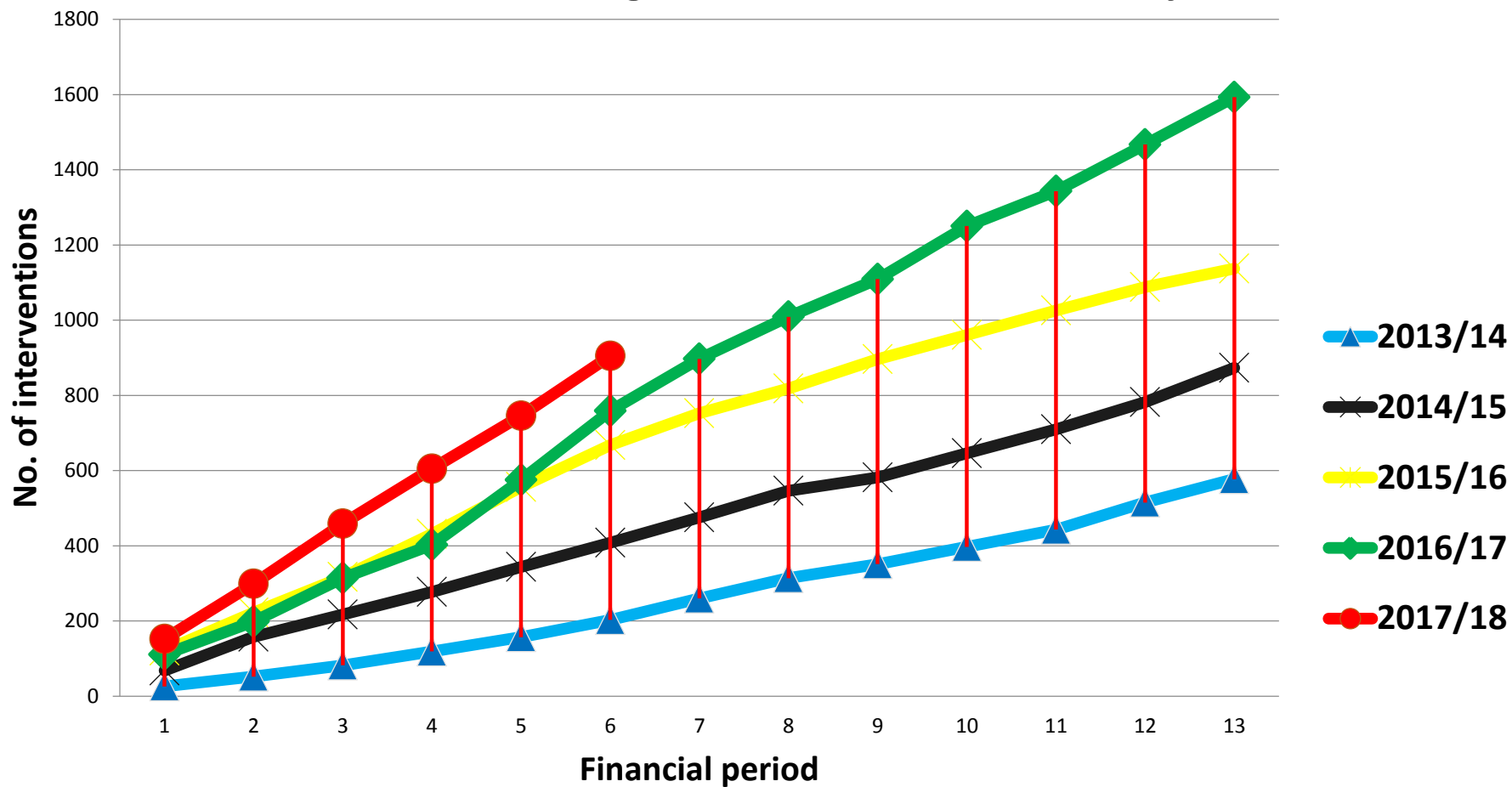
ATOC

unite

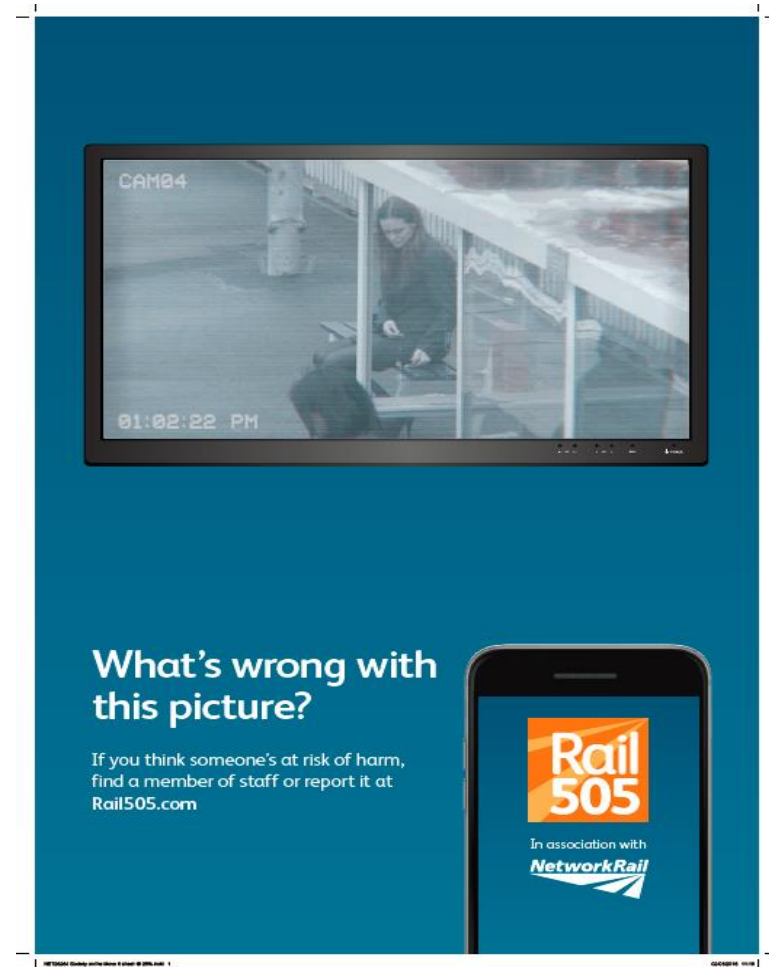
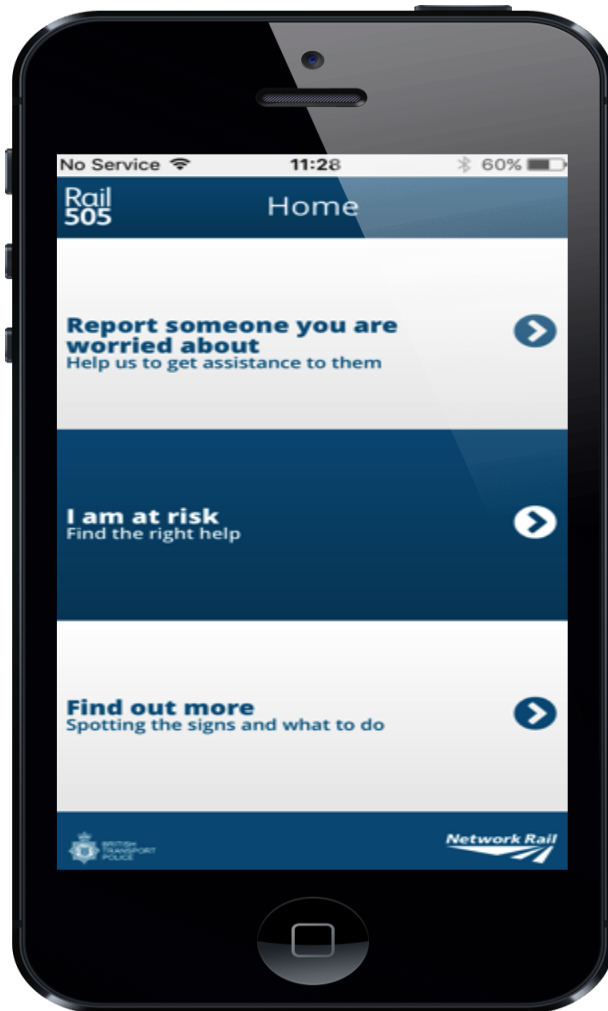
tssa

RFG
Rail Freight Group

Life saving interventions on the railway



Engaging customers Rail505.com



Small Talk Saves Lives Campaign



Looking at the wider issue of suicide through research



Business Anthropology
& Ethnography

Final thought



Thank you

Questions?

caroline.kingston@networkrail.co.uk