

Orange button holder support card



Cornwall and the Isles of Scilly
Health and Care Partnership

What is your role?

It is:

- To be approachable and not run from the word suicide
- To be a connector, a first point to start a conversation
- To be a non-judgmental, caring and understanding listener
- To give signposting support and information
- Somebody to ask directly about suicide.

You can:

- Access information around appropriate support
- Assess an immediate risk and call for professional help, without putting yourself or others in danger (**999** or the 24/7 NHS mental health helpline **0800 038 5300**)
- Encourage someone to make a **safety plan**, identify a safe person or seek professional help.

Keep your signposting knowledge up-to-date

It is not:

- Counselling or therapy
- Long term support
- Mandatory for you to wear
- A replacement for NHS mental health or emergency services
- A designated safe space
- A mental health referral service (contact GP or self-refer).

Remember the skills from your training

Do



- ✓ **Listen**
- ✓ **Support**
- ✓ **Signpost**

Don't



- ✗ **Counsel**
- ✗ **Provide ongoing support**
- ✗ **Be a mental health service**

Your checklist before wearing the button



No tick boxes should be left unchecked

- Am I feeling well enough to listen?
- Do I have time?
- Am I emotionally available?
- Do I know my boundaries?

Self care

Ground rules

- Set clear boundaries for you, your time and what you can provide
- Consider work life balance
- Look after yourself - take a step back
- Remember what your orange button role is: to move people towards appropriate support.

Keep yourself well and be self aware

- Am I well enough to wear this today? If you're not feeling it, others will sense it
- Do take it off and take time out
- Wear within your own limitations, don't get too involved
- You are there to help, not solve and you're not responsible for others.

Remember the skills from your training

Workplace environment: support

- Make time to support and time to reflect
- Identify where you can get support in the workplace; line manager, intranet, employee assistance programme
- Manage people's perceptions of orange button support
- Speak to your mental health first aider
- Keep your knowledge up to date.

Self-care

- Utilise the 5 ways to wellbeing at www.cornwall.gov.uk/fiveways or use www.cornwallft.nhs.uk/silvercloud

Keeping yourself safe

- Be aware of surroundings and keep calm
- Feel threatened? Stop conversation and seek help. Call 999 for urgent assistance.
- Do not put yourself or others in danger.

Signposting

There is a wealth of information and guidance available at www.cornwall.gov.uk/mentalhealth including Wellbeing Guides and interactive Safety Plans.



Call the Cornwall and Isles of Scilly 24/7 NHS mental health response line on **0800 038 5300**.

Call **116 123** to talk to Samaritans, or email jo@samaritans.org for a reply within 24 hours.



Text **SHOUT** to **85258** free on all major networks, for anyone in crisis anytime, anywhere.

