

WHAT IS STEP BY STEP?

Step by Step is a free Samaritans service that provides practical support to help schools, universities and other youth settings such as Scouts, sports clubs etc. prepare for and recover from a suspected or attempted suicide.

Nobody likes to think about a death in school. Yet suicide is a leading cause of death for young people in the UK and ROI. Sadly, it is always a possibility that a student, parent or member of staff might choose to take their own life.

Samaritans' Step by Step service is here to support organisations working with young people so that they can respond effectively following the suspected or attempted suicide of someone from within their community, taking practical steps to reduce the risk of further deaths in the area.

ABOUT STEP BY STEP

Samaritans has offered the Step by Step service across the UK since 2010 and have recently expanded to support schools and Youth-Reach Centres in the Republic of Ireland.

THE STEP BY STEP TEAM AIMS TO:

- Provide information and support to help the school community come to terms with what has happened and prevent stigma and isolation in the school community;
- Support school communities to reduce the risk of further suicide;
- Reach out to high risk people and communities to reduce the risk of further suicide

*I cannot thank Samaritans and the Step by Step team enough. The service is utterly brilliant and they deal with one of the most devastating things that can happen to a school. **Headteacher***

GET IN TOUCH

[Contact the Step by Step team](#) or call Freephone* 0808 168 2528 and we will do all we can to help you deal with a situation you may never have faced before. These contact details go direct to the Step by Step team who will support you.

SPECIALIST SUPPORT

The service is run by a team of trained volunteers, called Postvention Advisors, who can offer practical support, guidance and information on addressing the impact of a suspected or attempted suicide on the school community.

The team is experienced in working proactively with schools, universities, local authorities, Scouts, Guides, sports clubs etc. to prevent further suicides. The specialist knowledge and skills of the volunteers is based on research and best practice developed through Samaritans' experience, learning from the communities we have supported.

As every situation is different, Postvention Advisors can tailor the support offered depending on the needs of the school or youth group.

WHAT IS POSTVENTION?

Postvention is the term given to activities that assist those who have been bereaved by suicide to cope with what has happened. Suicide prevention and postvention are closely linked as postvention can also prevent further deaths.

STEP BY STEP CAN HELP YOU

- **Has your school or youth setting been affected by a suspected or attempted suicide?**
- **Or, would you like to discuss how to develop a response plan for a suspected suicide?**

As described in a recent evaluation of our service, 'Step by Step is there to reassure senior leadership teams that what they are doing is right for the school, university or youth setting and advise them on what they feel works best throughout the incredibly difficult first few weeks.'

GET IN TOUCH

[Get in touch with our Step by Step service](#) or call Freephone* 0808 168 2528 and we will do all we can to help you deal with a situation you may never have faced before.

We can also assist with raising awareness of emotional health among young people by [offering talks in schools](#), universities and youth organisations.

WHERE ELSE CAN YOU GET SUPPORT?

Your local authority and [other organisations](#) may also be able to provide emotional support and advice on specific issues.

And please remember - [Samaritans is also available free, day or night, 365 days a year.](#)

GET IN TOUCH

If your school, university or youth setting has been affected by a suspected attempted or completed suicide, [please contact us to discuss how we can support you](#) or call 0808 168 2528* These contact details go direct to the Step by Step team who will support you.