

# Connections for Life Project

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## Supporting Carers of Those at Risk of Suicide

### **Aim:**

To provide support for carers of those with suicidal ideation or who have recently attempted to end their life.

### **Background:**

The impact on friends and family following a suicide attempt of a loved one is enormous. Whilst trying to process their own emotions around what has happened, they find themselves in a high-pressured caring role – often without sufficient support or information.

The 'Connections for Life' project is rooted in evidence suggesting that social isolation is a significant risk factor for suicide, and that social connections are hugely protective against further attempts. It aims to promote effective communication between carers and those they care for around the subject of suicide and suicidality, and to increase carers' confidence in their ability to cope during this incredibly difficult time.

### **What Does It Involve?**

Delivery of an evidence-based training package and provision of follow-up support, with a focus on supporting carers to engage with the at-risk person and to develop a network of social connections for that person.

### **How to Refer**

Referrals can be made via the Carers of East Lothian website:

<https://coel.org.uk/contact-us/online-referral-form/>

*If you would like to know more about the project, please feel free to contact Catherine at [catherine.cain@coel.org.uk](mailto:catherine.cain@coel.org.uk)*