Overview of Connecting with People

Connecting with People

Connecting with People (CwP) is a ‘not-for-profit’ organisation providing free online self-help resources and offers a range of training in building emotional resilience, mental health awareness and suicide mitigation. It undertakes promotional activity to tackle stigma around mental health. [http://www.ConnectingwithPeople.org](http://www.ConnectingwithPeople.org)

Core CwP Themes

CwP promotes a role for all in suicide prevention and supporting emotional well-being. It aims to ensure that everyone trained is able to make well-informed interventions within their level of expertise and competence. Professionals are trained to be aware of and respond to ‘Human Factors Errors’ in relation to suicide prevention. Central to the whole approach and ethos is the importance of compassion and collaboration. Compassion forms an important learning objective across the whole programme. For a concise overview of compassion in healthcare co-authored with Professor Gilbert which includes the scientific evidence, barriers and facilitators see the sixth article on the resources page [http://www.connectingwithpeople.org/resources](http://www.connectingwithpeople.org/resources)

Free Online Self-Help RCPsych Resources

CwP have developed a range of practical and compassionate self-help resources with their collaborators on behalf of the Royal College of Psychiatrists - available to anyone in need of advice and support. They promote appropriate self-help and inform people regarding useful strategies, how to create a ‘safety plan’ and how they can access help and support. They are endorsed by the Royal College of General Practitioners, College of Emergency Medicine, CALL and Samaritans.

- **Feeling on the edge: helping you get through it** - for people in distress attending the Emergency Department following self-harm or with suicidal thoughts.
- **Feeling overwhelmed: helping you stay safe** - for anybody struggling to cope when bad things happen in their life.
- **U Can Cope** - originally designed to help younger people develop resilience and cope with any current/future difficulties in their life. Just as helpful for adults of all ages!

All resources and the ‘U Can Cope’ film (a 22 minute film with inspirational stories, originally made for the 2012 World Suicide Prevention Day campaign) are available from [http://www.connectingwithpeople.org/ucancope](http://www.connectingwithpeople.org/ucancope)

World Suicide Prevention Day Initiative 2013

CwP led an international social media campaign for the 2013 World Suicide Prevention Day (WSPD) initiative on 10th September focusing on tackling stigma with regard to suicide prevention. Collaborators included over 100 organisations such as Colleges, RCPsych being a main partner, NHS organisations, mental health secure services, leading suicide prevention and mental health organisations from the UK and beyond. There were over 7,000 visitors to the bespoke WSPD page which was designed to specifically engage members of the public with no prior knowledge or interest in suicide prevention to tackle the stigma of suicidal thoughts. There was an emphasis to those working in health and social care in non-mental health settings, given the statistics of people who die by suicide and their pattern of healthcare contacts, particularly via primary care and Emergency Department. It includes a new 3 minute film called ‘Breaking down the stigma of suicide’ which features a snippet of the CwP Suicide Awareness Training [http://connectingwithpeople.org/wspd](http://connectingwithpeople.org/wspd)

Healthcare Journals and Blogs featuring the Connecting with People WSPD 2013 Campaign

- **RCPsych President’s Blog**  
  [http://www.rcpsych.ac.uk/discoverpsychiatry/thepresidentsblog.aspx](http://www.rcpsych.ac.uk/discoverpsychiatry/thepresidentsblog.aspx)
CwP Training
The CwP training is modular and is designed to be delivered across large organisations as well as to small groups. There is an option to develop in-house training teams for low ongoing cost. We have collaborated with the Royal Colleges, universities and subject experts including people with lived experience. CwP training is evidence-based, fully evaluated, published and peer-reviewed. The research base and evidence base underpinning the CwP training is outlined on our website http://www.connectingwithpeople.org/Blogroll

CwP Workplace Training
CwP Workplace Health & Wellbeing Training Programmes are between 1 and 2 hours in duration to minimise the disruption to the business operation and specifically developed for people working in a high pressure environment. They were developed with our sister organization, Stand to Reason and have significantly increased awareness about mental health issues in the workplace and provided managers with the knowledge to identify early warning signs of stress, anxiety and depression. At Legal and General our programmes demonstrated a sickness absence reduction of 15% after adjustment for seasonal variation. Productivity increased by 13.8%.

References