



 **The
Jordan Legacy**

Design Out Suicide

Taking a design thinking and process engineering approach to all the steps that lead up to someone taking their own life.



The concept of 'designing out suicide' through physical and process (re) design, including restricting access to means, has been embraced by those involved in the design and construction of outdoor structures and spaces, including those often chosen by people taking their own lives.

Most suicides can be prevented if there is:

1. increased awareness about the risks and opportunities.
2. a design out suicide approach taken to the construction and management of outdoor structures and spaces.
3. suicide prevention and early intervention designed in.
4. collaborative partnerships designing out places where people 'commonly' take their own lives.

"The talk was incredibly touching, emotional but most importantly educational and colleagues left with a greater awareness and practical steps to take should they be supporting someone who was considering ending their own life."

We provide:

- awareness-raising around suicide and suicide prevention, and supporting mental health, including a focus on working with those involved in the design, construction and management of buildings and spaces.
- talks, workshops, forums about the impact of suicide and its ripple effect.
- practical action checklists and guides on how to support someone with poor mental health or suicidal thoughts.
- guidance around the use of appropriate language when referring to mental health, self-harm and suicide.
- support for developing and implementing zero suicide plans within built environment and construction sectors.
- frameworks to identify and share what is working well, so that others within the design and construction sectors may learn from these initiatives and implement similar approaches.

"This is an incredibly sensitive area and we knew that we needed a speaker that would handle it as such. We found that person in Steve. His life experience of this topic is profound but he is able to rationalise it all in such a way that you can start to make sense of it."



There are many things which can be done within the design and construction sectors.

You can:

- better understand and learn about the mindset and behaviour of those who may be in crisis to design out suicides.
- ensure clear signposting to support resources so help can be found quickly and easily.
- encourage talks and invite lived experience speakers to discuss and explain how to support someone with poor mental health or suicidal thoughts.
- review existing policies (your own and partners) to support those who might experience self-harm or a death by suicide.
- review existing procedures, including HR policies to ensure that they do not adversely impact on any individual's mental health or wellbeing.
- ensure that appropriate and effective support is made available to anyone who has lost someone to suicide.
- contact The Jordan Legacy to find out how you can introduce a sustainable Zero Suicide framework in your own organisation or across your sector.



“Steve spoke from the heart about his personal experience, he spoke with honesty and sensitivity and immediately captured everyone’s attention. I highly recommend that all organisations reach out to Steve and ask for this session, you won’t be disappointed.”



The **Jordan Legacy**

The Jordan Legacy is a registered Community Interest Company (CIC), founded in 2020 by Steve Phillip, following the death of his son, Jordan, to suicide in December 2019. Our mission is to continually seek ways of better supporting those who are finding life a struggle and, specifically, to reduce the number of lives being lost to suicide.

The Jordan Legacy has hosted panel discussions, talks and events and conferences on the topics of mental health with many government departments, the armed forces, professional services firms, large corporates, in the UK and overseas, the railways, construction firms and associated industries, universities and schools and many other organisations and groups.

The Jordan Legacy's team has a combined wealth of knowledge and experience of mental health and suicide spanning 18 years, including writing national suicide prevention training programmes and supporting governments and their national suicide prevention strategies and plans.

Most suicides are preventable, so our goal must surely be to prevent most suicides!

For help and support for anyone experiencing mental health problems or suicidal thoughts, please visit www.thejordanlegacy.com and our Help and Resources section. For details about how to book The Jordan Legacy to speak to your audience, please visit www.thejordanlegacy.com/speaking-and-events/