

# Revo

**Retail. Property. Community.**



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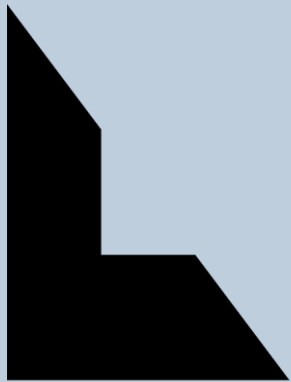
**Session 3:**  
**Vulnerable people; suicide awareness  
and prevention**  
**Marc Myers & Mike Pearce**  
**Landsec**

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# **Vulnerable People: Suicide Awareness & Prevention**

Marc Myers

Mike Pearce



**Landsec**



# Another Normal Day

A true story



## Numbers and thoughts...

There were a total of 6,859 suicides in 2018

Deaths by suicide rose by 11.8% in the UK in 2018

The rate of deaths among under 25's increased by 23.7%

Men aged 45-49 have the highest rate of suicides. This increased in 2018

## Prevention

- Significant challenge
- Where does prevention begin?
- Working with partners
- Being part of the solution



## The challenge

- Diverse portfolio
- Complex design challenges
- Reducing vulnerability
- Other opportunities?



## Spotting the vulnerable

- The power of “hello”
- Whose responsibility is it?
- Starting the conversation





## Deter, detect, delay

- Principles of 'Deter, Detect Delay'
- The importance of language
- Applying the principles to physical and technical measures



MENTAL HEALTH | COMMENT



# Vulnerable people: suicide awareness and prevention for the retail industry.

## Real estate's role in preventing suicide



Mark Robinson, founder of Samaritans, and president, Savills

As custodians of retail places we play a crucial role in bringing communities together.

We are tasked with creating spaces that are vibrant and future-proof, but above all we are responsible for creating places that are inclusive and safe for all.

Tragically, suicide is an issue which touches a significant number of people and is one of the most traumatic experiences that a person may be forced to cope with. According to the Office for National Statistics, there were 6,507 registered incidents of suicide in 2018, which is 11.8% increase on 2017. Public Health England estimates as many as one in three occur in public places. We all have a duty of care to the vulnerable people in our communities.

That responsibility has led Reve to collaborate with Samaritans and draw on the experiences and expertise

across our membership to develop a new toolkit for professionals who own and manage retail places.

This week we publish the guidance to coincide with World Suicide Prevention Day on 10 September.

Protecting people at risk is a multi-faceted, multi-agency issue. Vulnerable people are not always identifiable and there are numerous methods and locations an individual can choose to die by suicide. As a result, not all suicides are preventable. However, fact-based evidence and personal experience shared by Samaritans paints a more optimistic picture of what can be done to help those who have given up hope.

Our guidance aims to provide practical advice on effective intervention and physical solutions focusing on areas including:

■ **Knowing the world around us** It is important that employees are mindful of the external factors – the social, economic, political and local issues – which may be affecting members of the community. Samaritans sees these as principal reasons why people choose suicide.

Employees are better placed to intervene if there is a mechanism for sharing information and staff are briefed on these factors.

In our guidance we encourage conversation with individuals who we deem to be vulnerable or at risk; conversation that allows the individual to be listened to. This ranges from kind words to conversations

with people who are isolated, lonely, depressed or confused. A kind word to get someone to open up about the issues or intentions

■ **Eyes and ears** Technology can empower staff – I suggest CCTV surveillance regularly changing terms to try to ensure are covered and if the maximum is affordable. We know that anxiety about the public places, so it communicates clearly there for everyone!

■ **Restricting access** By building up a picture, we can areas that are high

locations for suicide and consider deploying more staff to these areas to create more opportunities for intervention.

In some cases, there may be justification for restricting unauthorised access to particular areas. There are a variety of practical measures which can be taken, such as the installation of

## Why health is just as important as safety

### Did you know that construction workers are 100 times more likely to suffer from an occupational disease than be involved in a workplace accident?

It's a shocking statistic, but one that clearly shows the "safety" element of Health and Safety has all too often been the less visible face of companies' efforts and it's 100%.

However, it's easy to understand why. On a construction site you can immediately see any risks and implement necessary changes, like putting up a guard rail. Whereas the effects of breathing in dust may take years to show – and the signs are more difficult to identify.

Eighteen months ago, I met Dr Lesley Davidson from Imperial College London. The lapses she presented to me illustrating how many people suffered from occupational ill health and mental health across our industry deeply affected me.

It was the evening with Dr Davidson that set me on a quest to see Landsec's influence to put "health" on the same footing as "safety".

### Protecting mental health in construction

By Nicky Beckett | 17th May 2020

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This week is Mental Health Awareness Week, an opportunity for all of us to show solidarity with our colleagues, friends and family who may be struggling with mental health problems, and to consider ways we can help them.



Of course, this is not something we should do just once a year. Supporting the mental health of those close to us, whether at work or at home, is a constant responsibility and one that our industry, increasingly, takes very seriously. More than 400 workers in the housebuilding and construction industry take their lives each year, a tragic statistic that we are determined to reduce.

The Lighthouse Construction Industry Charity and the Home Builders Federation deserve great credit for launching a long-term initiative to transform construction's approach to mental health. Their contribution has been invaluable but they, like us, recognise that the most important efforts are made in the workplace.

Bevis is working closely with the charity Mates in Mind, which provides support to construction workers, to ensure that we have the right policies in place to keep our people safe and happy. A key task is to break the taboo around mental health, countering any impression that admitting to problems in any way something to be embarrassed about. We are creating a culture in which all our people – whether on site or in other functions – feel able to talk them through. We will go through personal challenges, due to relationships,

## Mental health in property and construction



Mental health awareness dates provide an opportunity for all to help shine a light on the issues surrounding mental health. It is a chance for employers to highlight to their employees the importance of self-care and that help is available to all. The fact is that there is still a huge stigma surrounding mental health and it is essential that we work towards building an environment where individuals feel safe and comfortable to be open about needing help.

It is quite well known that in the property and construction sector that work-related ill-health and the risk of workplace injuries is high. What is often overlooked is that there is a high number of construction workers, specifically men, who suffer from mental ill-health in the industry. The HSE reports that in 2016/17 there were 30 fatal injuries to workers and 64,000 non-fatal injuries to workers. Each year 80,000 workers are suffering from work-related ill-health conditions including:

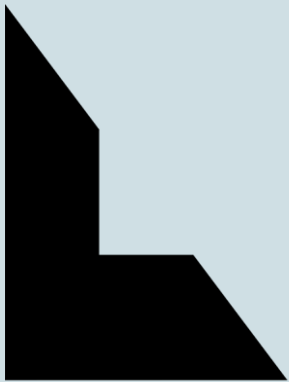
- Musculoskeletal disorders - 65%
- Stress, depression or anxiety - 15%

“As many as one in three suicides occur in public places. We have a duty of care to the vulnerable people in our communities.”



**Thank you**

Any questions?



**Landsec**