

# IMP;ACT

IMPROVING; Attitudes, Choices, Thoughts

**Supporting people who have attempted suicide to recover and find new ways to live**

## How do I access the service?

An NHS medical professional can refer you to IMP;ACT with your consent.

**This booklet is adapted for use during the COVID-19 pandemic only.**

## What happens after referral?

An **IMP;ACT co-ordinator** will make an appointment with you to talk about your needs. If the IMP;ACT service is right for you, this person will become your co-ordinator for an initial 3 months.

We will then offer you an initial 4 sessions of one to one support with an **IMP;ACT mentor** who will help you rebuild your ability to cope with the distress in your life.

You will meet your co-ordinator again, once mentoring is complete.



**In order to work safely during COVID-19 contact will be through telephone and online video calling**



## Is it confidential?

Within our service what you tell us is confidential unless someone – you or anyone else – is in danger or at risk of harm. The IMP;ACT team who works with you will communicate your needs to one another in order to help you move forwards, to overcome your suicidal feelings and the distress which lead you to feel that death was the only escape.

We might also need to share some information with the services we refer you to.



## How long is it for?

We can support you for an initial 3 months.

## What if I don't like it?

You can withdraw from the service at any time.



A collaboration between:

**open**  
**minds**  
COUNSELLING

**NHS**  
England

  
Doncaster  
Metropolitan Borough Council

## The Next Step

**Mentoring sessions** are once a week, for about an hour each time, for 4 weeks. Mentoring helps you by re-building your ability to overcome what life throws at you, and help you to identify the issues leading up to you attempting suicide, as well as the immediate triggers which 'pushed you over the edge of despair'.

They will help you to identify the things within yourself, and within your life, which make things better AND worse for you, and help you develop plans and ways of surviving. More than this, they will help you see that you are good enough and you deserve better, even when life feels overwhelming and awful.

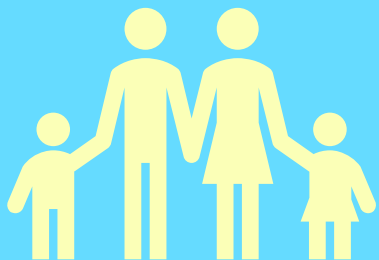
It is important that you work with the mentor before moving on with the IMPACT co-ordinator, so that we know you have coping mechanisms and a safety plan in place for times when you feel suicidal in future.

## After Mentoring

Your IMPACT Mentor will meet with your IMPACT Co-ordinator before you move onto the next stage of support. The Mentor will share information that can help the Co-ordinator build an action, safety and life plan to help you manage your emotions, relationships and any obstacles you might be encountering in your life.

Your IMPACT co-ordinator will then meet with you and look at the things in your life which get in the way of you living happily, healthily and well. They will work with you to find ways to resolve ongoing issues and find other services which can meet your needs.

This might include:  
going to appointments with you,  
giving you contacts for services which can help you,  
or going with you to services to find out if things are right for you.



## What about my family?

Very often when people have thoughts of suicide or act on suicidal thoughts their family can become very distressed. This can then lead to feeling that you are letting them down and making things worse for them, and they can even think you are being selfish.

The IMPACT team can, with your permission, and if your family agree, arrange to speak with your family and help them understand suicidal thinking and ways they can help you, and support one another when your mood becomes low and you feel suicidal.