



Critical Postvention Response
Exposure to Suicide &
Complex Trauma

PROTECT YOUR OPERATIONAL UNIT AFTER THE LOSS OF A COLLEAGUE OR TRAUMATIC EXPOSURE TO PUBLIC SUICIDE

When an emergency services team is exposed to suicide – whether it is the tragic loss of a colleague or a catastrophic, traumatic exposure to a public suicide on duty – the psychological impact is immediate and profound.

From a clinical research standpoint, an unmanaged suicide exposure triggers acute collective trauma, complicated grief, and heightened psychological risk across an entire unit.

Left without specialised clinical intervention, acute trauma exposures frequently result in a collective team loss of 250 to 400 working days and cost an employer between £96,000 and £178,000 per team, per year in premium overtime backfilling, mass presenteeism, and trauma-induced staff attrition.

WHAT OUR SPECIALIST POSTVENTION OFFER PROVIDES

Relying on generic Employee Assistance Programmes (EAPs) or standard bereavement lines fails to stabilise a blue light environment after high-intensity trauma.

Harmless and The Tomorrow Project's dedicated service delivers an immediate, structured clinical wrapper designed for emergency services culture.

1

PROMPT RESPONSE BY A SPECIALIST SUICIDE BEREAVEMENT TEAM



Rapid Mobilisation

Immediate deployment of a dedicated, specialist suicide bereavement and trauma response team directly to your station, division or trust.

Expert Triage

On-the-ground clinical assessment to stabilise the unit, address immediate psychological shock and identify high-risk individuals.

2

STRATEGIC WORKPLACE ADVICE & LEADERSHIP GUIDANCE



Operational Command Support

Direct consultation for Chief Officers, HR Leads and Duty Managers on how to safely manage the operational wake, debrief the shift and communicate the incident without compounding the trauma.

Systemic Readiness

Expert guidance on navigating the unique organisational anxiety, root-cause analyses or coroner's inquests that follow fatal incidents.

3

TARGETED GROUP & INDIVIDUAL INTERVENTIONS



Critical Incident Postvention

Expertly facilitated group interventions tailored specifically to the unique, hyper-vigilant culture of frontline emergency service teams.

Evidence-Based Trauma Therapy

Rapid access to 1-to-1 trauma-focused psychotherapies (including EMDR and trauma-focused CBT) to process complicated grief, address intrusive thoughts and stop survivor guilt from turning into long-term sickness absence.

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DON'T DELAY: SECURE AN AGREEMENT FRAMEWORK TODAY



When a crisis hits, you cannot afford to waste critical hours navigating procurement, seeking budget sign-offs or vetting providers while your team's presenteeism and distress double. **Have this agreement in place before it is needed.**

By establishing a Service Level Agreement (SLA) or a pre-approved call-off contract with us today, you ensure that one phone call instantly triggers a specialist, ring-fenced clinical response the moment your workforce faces the unthinkable.

Act now to protect your operational capability.

Scan the QR code below to arrange a consultation with our clinical leadership team, review our SLA frameworks or establish an immediate emergency response pathway.

0115 880 0280

info@harmless.org.uk

www.harmless.org.uk



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THE
TOMORROW
PROJECT

Harmless is the national centre of excellence for self harm and suicide prevention.

We save lives by providing support, information, training and consultancy about self harm to individuals who self harm, their friends, families and professionals. Our sister service The Tomorrow Project works to support individuals and communities to prevent suicide, and offers support to those bereaved by suicide. Our work is based upon promoting health and recovery, reducing isolation and distress, and increasing awareness and skill in intervention.

Harmless also operates a training department – The Academy – that delivers a range of courses around issues of self harm and suicide prevention, suicide bereavement and mental health.

Harmless CIC, 1 Beech Avenue, Nottingham NG7 7LJ