At just 19 years old, Sigi Gordon is one of the younger members of the railway family but he’s already been faced with making lifesaving decisions. He’s sharing his story for World Suicide Prevention Day.

“I work as a Customer Service Assistant for Thameslink and I was going about my usual duties with a colleague when we spotted a young person standing beyond the yellow safety line. We thought it might have been someone with their headphones in, perhaps not concentrating – which can often be the case – and so headed straight over to get them to take a few steps back.

“We eventually got him behind the yellow line, which was a good job as a train pulled in soon after. I didn’t feel confident walking away from the individual as there was something about his behaviour that didn’t seem quite right.

“He looked like he was a similar age to myself, so I approached him and asked if he was okay and he simply replied ‘no.’ I was a bit thrown by this and immediately thought back to our training to ensure I was doing the right thing.

“He said he was 15 years old; this really hit home as he was only a few years younger than me. He told me that he had just gone back to school after the lockdown and that he couldn’t cope with the pressure of exams. It also sounded like he was having issues with his friends and that things had got on top of him.

“It was really sad to see how low he was; it goes to show that we all deal with things in different ways. It’s worrying to think about how many other people his age were feeling the same concerns. I’m glad that I was able to step in and help that day but it’s something that will always stay with me.”