

# Case Study: Developing Best Practice Multi-Agency Suicide Prevention Initiatives

Lambeth Suicide Prevention Strategy



Working in partnership for a healthier borough

## Lambeth Suicide Prevention Partnership Group

- The Lambeth Suicide Prevention Partnership Group was created after recognising that a multi-agency approach is required to prevent suicides in Lambeth
- The partnership group is made up of local stakeholders from the Council, primary care and secondary care services, voluntary and third sector organisations as well as communities and individuals
- The Lambeth Suicide Prevention Partnership Group developed a three-year Suicide Prevention Strategy for 2022-25, which aims to reduce the number of suicides in the borough to as close to zero as possible.

## Strategy Framework

The Lambeth Suicide Prevention Strategy follows the seven priority areas identified by the national strategy. Which are:

1. Reducing the risk of suicide in key high risk groups
2. Tailoring approaches to improve mental health in specific groups
3. Reducing access to means of suicide
4. Providing better information and support to those bereaved
5. Supporting the media in delivering sensitive approaches to suicide and suicidal behaviour
6. Supporting research, data collection and monitoring
7. Reducing rates of self-harm as a key indicator of suicide risk

# Year 1 Action Plan



# OBJECTIVE 1. REDUCE THE RISK OF SUICIDE IN HIGH-RISK GROUPS



- We developed the Love Your Mind Campaign aimed at providing people with information on how to look after their wellbeing and how to access services when needed
- The campaign also involves a workshop giving people the confidence to have conversations with someone in distress and info on where to appropriately signpost others
- We have provided regular free suicide prevention training sessions to anyone living and working in Lambeth & more intensive training for front facing staff who routinely engage with residents in distress
- We have been working in partnership with the LGBT Foundation to deliver the Pride in Practice Programme to GP practices and VCS organisations



## OBJECTIVE 2. PROVIDING BETTER INFORMATION AND SUPPORT TO THOSE BEREAVED OR AFFECTED BY SUICIDE

- We have advertised the existing support available to those bereaved or affected by suicide to mark Suicide Prevention Day
- But more can be done, so this action has been taken forward in Year 2 of the strategy

## **OBJECTIVE 3. SUPPORTING RESEARCH, DATA COLLECTION AND MONITORING**

- We have obtained access to THRIVE LDN Suicide Surveillance Data and used its learning to inform part of the year 2 action plan
- We have started producing the Mental Wellbeing section of the Lambeth JSNA, which will include a deep dive assessment on suicide

# OBJECTIVE 4. SUPPORT THE MEDIA IN DELIVERING SENSITIVE APPROACHES TO SUICIDE AND SUICIDAL BEHAVIOUR



- In January 2022, to mark the launch of the Strategy we ran an awareness piece on suicide in South London Press featuring testimonials from people with lived experience of suicide
- This action has been carried forward in year 2 of the strategy to continue shaping the conversation around suicide to counter stigma





## **OBJECTIVE 5. REDUCING RATES OF SELF-HARM AS A KEY INDICATOR OF SUICIDE RISK**

- Work is taking place at the South East London level to pilot new ways of effectively supporting people presenting with self-harm at A&E and their families
- The pilot also includes a review of the data collected in emergency departments regarding self-harm to explore whether there can be improvements in data collection
- We continue to work with the South East London Suicide Prevention Steering Group to support this work

# Year 2 Action Plan



# 1. Reduce the risk of suicide in high-risk groups

Ensure that information on what support services to contact in time of crisis is widely disseminated. Both in case of personal crisis and crisis of a loved one

Continue rolling out Suicide Prevention Training in the community

Continue delivering the Pride in Practice Programme to GP practices and voluntary sector organisations

Work to increase mental health expertise and resources available to local communities so that people can get support earlier and from places and people that they trust

## **2. Providing better information or support to those bereaved or affected by suicide**

Work in partnership with Cruse to advertise the existing bereavement support available to those bereaved by suicide.

## 3. Tailoring approaches to improve mental health in specific groups

**Men:** 1) Explore ways to reach men where they are; 2) Identify, engage with and support existing men's groups in the community e.g. Black Men's Consortium

**Young People (up to 30):** 1) Investigate the reasons behind the observed increase in suicidal ideation/ suicide attempts in this cohort; 2) Co-produce support solutions tailored to this age group.

**People affected by financial circumstances:** 1) Roll out mental health awareness and sign-posting training to voluntary sector organisations supporting people most affected by the cost-of-living crisis.

**People with autism / learning disabilities:** 1) Work with social care staff to ensure wide uptake of the Oliver McGowan training; 2) Work with mental health services to ensure that they make the necessary adaptations to improve the experience for people with Autism and LD

## 4. Support the media in delivering sensitive approaches to suicide and suicidal behaviour

Locally appropriate communications and media campaigns aimed at normalising talking about mental health to be co-developed with key groups.



## 5. Supporting research, data collection and monitoring

Conduct an audit of meaningful data to improve near time reporting of suicide, attempted suicide and self-harm highlighting prevalence among stated strategic target groups and other local vulnerable groups.

Produce a deep dive needs assessment on suicide in Lambeth as part of the new Lambeth JSNA.

## 6. Reducing rates of self-harm as a key indicator of suicide risk

Continue working with colleagues at SEL level to improve the experience of people presenting at emergency services with self-harm and the data that we collect on self-harm.



# A final plea

- Strategy working well with great buy-in from partners
- It's self evident that more national action is needed on reducing health inequalities and the wider determinants of mental ill-health
- In particular around financial inequalities which are creating major stress for communities