



North West London Suicide Prevention Programme

How do we
enter an
area?

Evidence based needs assessment illustrating inequalities

Invited by stakeholders

Relationships and trust built in an area

One or all of the above needed

Rethink
Mental
Illness.



Criteria for applications

Co-production

Innovation

Collaboration

Working with people and groups who struggle accessing traditional services

Rethink
Mental
Illness.



North West London
Integrated Care System

Working together for better health and care

Addressing inequalities through Community Co-Production Officers

Co-Production Officers conduct outreach with local community organisations and offer mental health awareness training

Events target local demographics and groups who find it difficult accessing traditional services building trust and relationships

Listening events held to gather ideas from communities for co-production and recruit Experts by Experience

Distribute community grant forms



Rethink
Mental
Illness.



Reaching the communities traditional services struggle with:



Breaking Bread



Paid opportunity for MEN aged 18+ to co-create a new comedy course to prevent suicide.
Do you want to encourage men to talk about their mental health?
We're looking for people with lived experience of low-mood and depression to help us plan a new course that uses stand-up comedy to help people process their feelings and gain confidence.

YOU MUST ATTEND ALL 3 SESSIONS
VENUE: PR ALBERT EMBARKMENT, LONDON, SE1 7GR
TIMINGS: 18, 19, 20 OCTOBER 2022, 10-4PM
CONTACT: LOURDES.COLCLOUGH@RETHINK.ORG

North West London Integrated Care System
NHS West London NHS Trust
recoverycollege
NHS Central and North West London
NHS Recovery Wellbeing College
NHS Mental Health



17 community
projects funded
worth £237,000

47 Suicide Awareness
Training sessions
440 participants
trained

8 Steering Groups
2 Suicide Prevention
Network Meetings

Action Learning Sets:
Live Multi-agency
Plan



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Co-Produced Bereavement Support Services Webinar

A workshop aimed to improve support for those bereaved by suicide and identify gaps.

Partnership: Survivors of Bereaved by Suicide, BWW MIND, Suicide and Co, The New Normal, Royal Borough of Kensington and Chelsea & City of Westminster

Panelists:

- - Mo from Inquest
- - Ben from The New Normal
- - Officer Peter Frost from the Metropolitan Police
- - John from Survivors of Bereaved by Suicide

Themes

- Stigma around suicide for families – ex. One family shared about pretending the cause of death was a heart attack rather than revealing it was a suicide.
- Timing of bereavement support crucial. Important to work with EbE's on this to get a better understanding of their needs.
- Joining the dots between people with lived experience, professionals, training



Benjamin May

Global Lead :The New Normal

Expert by Experience



The Traveller Movement

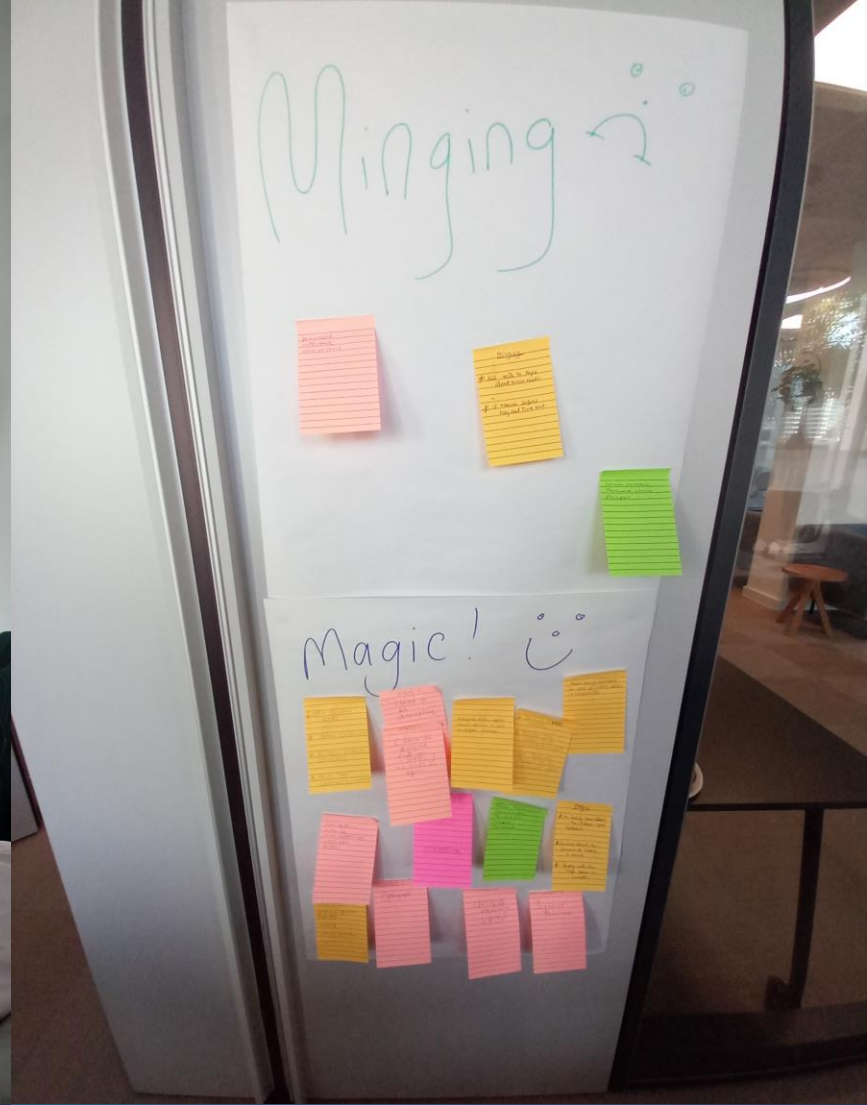
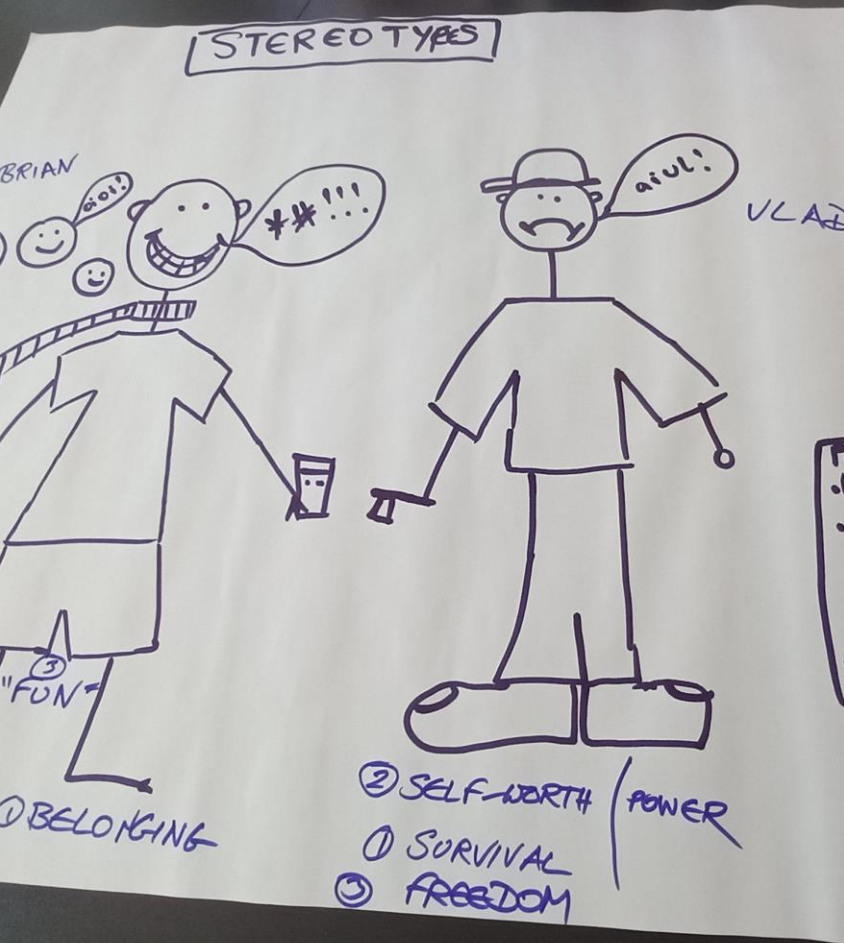
- Tailored suicide prevention training
- What should the Government include in its new Suicide Prevention Plan?

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Collaboration and Innovation





Co-Production of Comedy Course:
Magic and Minging

Evaluation with Experts by Experience



Worked with Nurture Development to co-produce an evaluation toolkit used as a resource

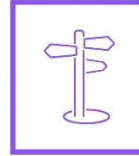
Gathered insight from community grant recipients at the beginning, middle and end

Community grant recipients gather own data through traditional methods





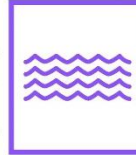
PATHWAY CARD:
Deciding a journey based on destination.



DECISION CARD:
Conversation around decision making and choices



BRIDGE CARD:
What or who may be a bridge that can support you across a challenge?



WATER CARD:
Overcoming challenges. Discuss unexpected points of your journey when you need to cross a difficulty. How can you overcome these challenges?



ROADBLOCK CARD:
Making alternative plans (adaptability). Are there any roadworks/blocks on your journey right now? Is there an...



Experts by Experience co-producing an evaluation toolkit

£10,000 received by DHSC Suicide Prevention Fund

Partnership with



Tips for Intra-organisational culture clashes

Behavioural code re. command and control management. Co-produced agenda and co-chairing with E by Es

Money shifted to smaller organisations in a meaningful and timely way

Recognise larger institutional isms. Be respectful, trust the voluntary sector

Evaluation gathered using co-production and E by Es agitating



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Conclusion

Social response to
suicide prevention
is the missing
piece

Innovation and co-
production may
not have ready
templates

Experts in the
unknown

Trust the process
and communities -
this works!

