

## Lewisham Suicide Prevention Action Plan

A multi-agency partnership group, the Lewisham Suicide Prevention partnership group was set up to inform a strategy and action plan with the overall aim of preventing anyone living and working in Lewisham from taking their own life. The partnership included representatives from the local authority, local commissioners, health providers (acute and community), and voluntary services. This action plan sets out the strategic direction for suicide prevention in the London Borough of Lewisham over the next three years. Annual updates on progress against the actions will be shared with the Mental Health Alliance and Lewisham’s health and wellbeing Board.

1. Objective: Borough wide leadership for suicide prevention					
	Target Group	Action	Timescale	Lead Partner	Outcome
1.1	Lewisham residents & workforce	Establish a multi-agency strategic group to oversee delivery of the strategy and action plan	September 2022	LBL	Oversight of trends and patterns ensuring a coordinated response
1.2	Those working with vulnerable groups	Members of the group to advocate for self-harm and suicide prevention, including sharing good practice, collaborative working and commissioning/funding opportunities	Ongoing	All	Reduction in rates of self harm, attempted suicide and completed suicide
1.3	Taking learning from other areas	Establish links with regional networks across London and the South East	December 2022	All	Continuing improvement in the local response to suicide prevention
1.4	Lewisham residents & workforce	Prepare a communications plan that supports delivery of the strategy and action plan	November 2022	Lewisham CCG	Page on the Council’s website with appropriate links
1.5	Mental health alliance	Embed regular updates from the suicide prevention strategic group to the Mental Health Alliance Group for governance and oversight of the programme of work	Twice a year	LBL and CCG	Adequate governance and accountability; increased awareness of the work of the suicide prevention group through the MH Alliance
1.6	Multi agency strategic group	Take learning from the Coroner’s Prevention of Future Deaths reports	Quarterly	LBL	Using findings from a range of data sources to inform lessons learned and help to decrease the rate of suicide

## 2. Objective: Reduce the risk of suicide in key high-risk groups

The following are considered at higher risk of suicide in Lewisham

- Young people
- Those with a history of self-harm or attempting to die by suicide, including children and young people
- Those recently bereaved by suicide
- Those with ongoing health conditions or who are experiencing chronic pain or disability, or are receiving treatment for depression in primary care
- Those who are experiencing relationship difficulties, are unemployed, have financial or housing difficulties
- People with a history of alcohol and/or substance misuse
- Those who have experienced trauma for example racism, oppression, armed forces veterans
- Pregnant women and those who have given birth in the last year
- Those who have autism

	Target Group	Action	Timescale	Lead Partner	Outcome
2.1	Lewisham employers	Ensure suicide prevention is included in the Mental Health Prevention Concordat	September 2022	LBL	An inclusive concordat that all organisations are signed up to
2.2	Lewisham employers	Partners to use formal and non-formal sources of information to identify and feedback on suicide prevention opportunities, risk identification, sign-posting and referral to support	Ongoing	All	A fully informed system on risk factors for suicide and self harm
2.3	Lewisham residents & workforce	Encourage and support the completion of suicide awareness training to enable better identification of those in need of help and support	December 2022	LBL and SEL CCG	Reducing the stigma associated with suicide and self harm and upskilling the workforce and residents on how to talk with those who are at risk
2.4	Lewisham employers	Working with the Mental Health Alliance to ensure suicide prevention is incorporated in strategies	Ongoing	CCG	Suicide prevention becomes part of everyone's business and reduces stigma
2.5	Lewisham residents & workforce	Ensure learning from the Child Death overview Panel is reviewed and considered by the strategic group	Bi-annually	LBL	A fully informed system on risk factors for suicide and self harm
2.6	Lewisham employers	Mandatory basic Suicide Awareness training provided on induction/annual updates for Lewisham employers and their workforce	Annually	LBL	Suicide awareness and prevention becomes normalised in work based discussions with employers and their workforce

### 3. Increasing the availability and importance of protective factors to improve mental health and reducing social isolation

Ensuring approaches to improve resilience and contributions to improved mental health are embedded with partner organisations

	Target Group	Action	Timescale	Lead Partner	Outcome
3.1	Lewisham residents and workforce	Ensure learning from the Better Mental Health Fund projects are shared with partners	May 2023	LBL	A fully informed system on risk factors for suicide and self harm
3.2	Lewisham residents	Identify opportunities to provide early help to people with issues around money, debt or welfare benefits	Ongoing	LBL and DWP	Supporting those in need earlier and preventing suicide and self harm
3.3	Lewisham residents & males	Identify opportunities to help support those who are experiencing relationship breakdowns	Ongoing	CCG/family lawyers	Supporting those in need earlier and preventing suicide and self harm
3.4	Lewisham residents	Develop opportunities to improve social capital in local areas and engendering community support	Ongoing	Social prescribers/CCG	Supporting those in need earlier and preventing suicide and self harm
3.5	Lewisham VCSs & communities	Working with the local voluntary and community sectors to embed sustainability to projects that increase community cohesiveness with short term funding	Ongoing	LBL	More consistent and long term support for those at risk and in need
3.6	Lewisham residents & clinicians	Building relationships with private providers to ensure residents are able to access all support available to them.	December 2022	NHS providers	Consistent and integrated system of support for those at risk (no wrong door)

### 4. Objective: Removing the access to means of suicide

Reducing and removing access to the means people use to attempt suicide in the borough.

	Target Group	Action	Timescale	Lead Partner	Outcome
4.1	Those who intend to take their life	Identifying and managing high frequency locations and ensuring staff training on interventions when	December 2022	LBL/CCG working with Highways	To reduce access to methods for those at risk of suicide and impact rates positively

		passengers at these locations are looking vulnerable		England & Network Rail	
4.2	Lewisham registered population on medication	Continue to promote safe prescribing – GP lead for mental health to consider how best to continue the promotion within the community of practice	June 2022	LBL/NHS via DARD Chief Pharmacist	To prevent anyone using prescribed medication to take their own life
4.3	Housing team	Work with the local authority housing and planning teams to include suicide risk in building design for refurbishments and upgrades to social housing	December 2023	LBL	Removing (to prevent suicide) methods and means for taking one's own life
4.4	Private renters	Work with planning and developers to include suicide risk in new building design	December 2023	LBL	Removing (to prevent suicide) methods and means for taking one's own life
4.5	General population	Raising awareness and removing access to social media sites that give detailed information on methods of suicide and highlighting them to national organisations	December 2022	National	Removing (to prevent suicide) means for taking one's own life
4.6	Media	Ensuring the delicate reporting and role of media in suicide	June 2022	Samaritans	Removing (to prevent suicide) means for taking one's own life

### 5. Objective: Support research, data collection and monitoring

Build on and learn from existing research evidence, and be informed by local and national data on self-harm, suicide and suicide prevention

	Target Group	Action	Timescale	Lead Partner	Outcome
5.1	General population	Annual audit of suicides and open verdicts to inform the direction of the strategy	annually	Public Health. Council health and wellbeing Board & coroner	Annual audits signed off and published by the Health and Wellbeing Board.
5.2	Public Health	Information sharing agreement between RTSS and LBL	March 2022	Public Health	Access to the RTSS data on suspected suicides in the borough
5.3	General population	Regular review of the RTSS data to inform activities related to suicide prevention	Ongoing	Public Health & ThriveLDN	RTSS data review is part of the annual suicide audit and

					learning is taking from them.
5.4	Lewisham employers & health care	Circulate and host learning events of the key findings from suicide audits to partners, general practice and healthcare providers to encourage local learning	annually	Public Health	Those working in the borough are aware of the local contexts that affect the rate of suicide in our local population
5.5	General population	Put in place processes to ensure information on self-harm and attempted suicides informs suicide prevention activities	Annually	Public Health	Regular (annual) review of the action plan to support the delivery of the longer term suicide prevention strategy
5.6	General population	Strengthen academic links on suicide and self-harm prevention to explain the evidence of the effect of bullying on rates of self harm and suicide	December 2022	Public Health & Academic institution	Education sector and those in touch with children and young people in the borough are aware of the link between bullying and self harm or suicide

#### 6. Objective: Provide information and support to those bereaved or affected by suicide

Using real time data and feedback to improve the support and information given to those bereaved or affected by suicide

	Target Group	Action	Timescale	Lead Partner	Outcome
6.1	Those who are recently bereaved	Continue to monitor and strengthen support to those who are bereaved by suicide (as part of the RTSS)	Ongoing	BLG Mind – Suicide Bereavement Service With support of SOBS Maytree	Those who are bereaved by suicide receive support to reduce risk of suicide
6.2	Those who are recently bereaved	Regular review and reports on the RTSS	Ongoing	Public Health BLG Mind – Suicide Bereavement Service	Regular analysis of the RTSS data are included in the action plan and strategy updates
6.3	Those who are recently bereaved	Raise awareness of suicide-specific bereavement into core mental health and suicide prevention training	April 2023	SOBS Maytree	Inclusion of the bereavement training in any core MH and suicide prevention training

## Action Plan on a Page

