

# Suicide Prevention Strategy Update

Hampshire Health & Wellbeing  
Board

17 March 2022

*"My experience of suicide is that it is the equivalent of a bomb going off in your living room while you're sitting watching telly. Afterwards you're astonished you're alive, but everything has changed, and you have a million shards of glass embedded in your soul. Some of them are so big they fall out straight away leaving gaping wounds. But the little pieces, they can take decades to work their way up to the surface."*

*Quote from person with lived/living experience of suicide, taken from the Grief to Hope report*

[From-Grief-to-Hope-Report.pdf](#)  
[\(suicidebereavementuk.com\)](#)






# Purpose

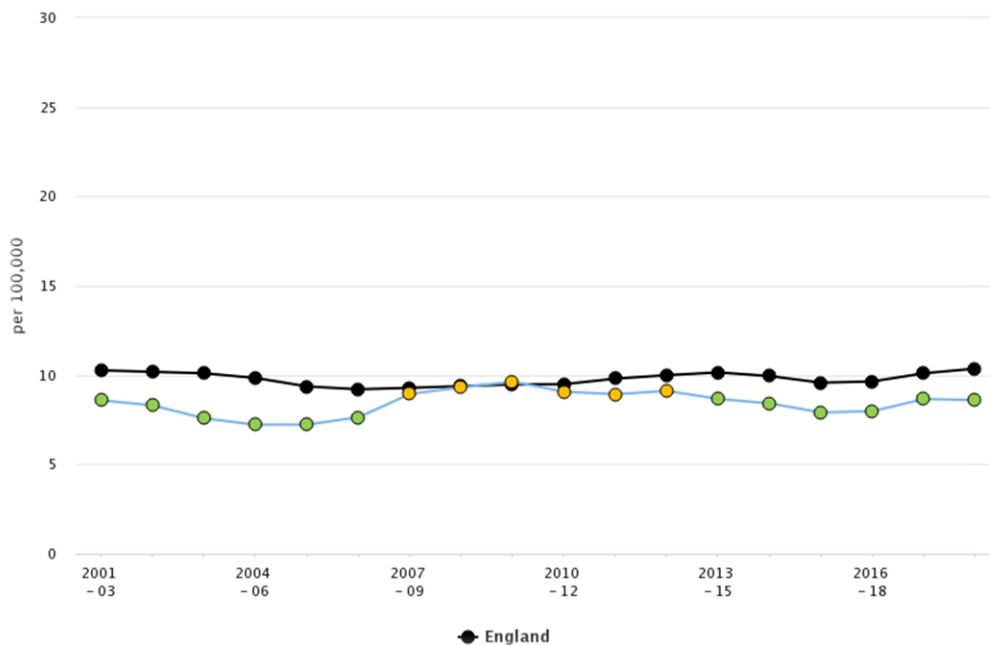
- Update the Board on progress of the Hampshire Suicide Prevention Strategy 2018-2021
- Highlight the plans for embedding the refresh of the Suicide Prevention Strategy into the planned Hampshire multi-agency Mental Health & Suicide Prevention Strategy.
- The aim is to align to the ICS Mental Health Long Term Plan developments as well as utilising the recent ICS-wide Mental Health Needs Assessment as the underlying foundation to steer this agenda forward, whilst building on all the previous work highlighted in this report.
- Demonstrate the significant input that People with Lived/Living Experience of suicide have played and continue to play, in co-producing and shaping the Hampshire response to suicide prevention and support across the system.

# Recommendations to the board

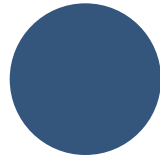
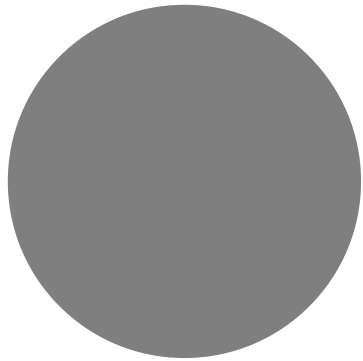
1. **Note the progress and achievements** from the 2018-2021 Suicide Prevention Strategy, including enhanced activity and additional funding secured in the last year.
2. **Approve the approach** moving forward to embed suicide prevention across the wider mental health agenda across the System.
3. Recognise the significant importance of this agenda by **identifying a senior suicide prevention champion/sponsor across each organisation** to enable mobilisation of workstreams across each HWB partner organisation. The role of the champion/sponsor is to ensure adequate resources and workforce capacity are directed to delivering the ambitions of the suicide prevention strategy and action plan.
4. **Support** the continuation of the approach whereby **People with Lived/Living experience** integrate and inform (where possible) all workstreams of the Hampshire Suicide Prevention Strategy and action plan moving forward.

Indicator	Period	Hampshire			Region England			England	
		Recent Trend	Count	Value	Value	Value	Worst/ Lowest	Range	
Suicide rate (Persons)	2018 - 20	–	309	8.6	10.1	10.4	18.8		
Suicide rate (Male)	2018 - 20	–	236	13.5	15.3	15.9	28.5		
Suicide rate (Female)	2018 - 20	–	73	3.9	5.2	5.0	10.3		

Suicide rate (Persons) for Hampshire



# Hampshire Suicide Rates



# People with Lived/Living Experience



Hampshire  
County Council

[www.hants.gov.uk](http://www.hants.gov.uk)

# Progress against workstreams

Leadership & management

Crisis Intervention (Reduce the risk of suicide in key high-risk populations including those who self-harm)

Data, research, and monitoring

Comms, supporting the media in delivering sensitive approaches to reporting suicide and suicide behaviour

Reducing access to the means of suicide

Provide better information and support to those bereaved and/or affected by suicide



# Conclusions

1. Extensive work has been developed and implemented across the suicide prevention agenda across the whole system in Hampshire (Local Authority, NHS and community and voluntary sector) throughout the duration of the 2018-2021 Suicide Prevention strategy.
2. Dedicated funding (STP Suicide Prevention NHSE/I) across Pan Hampshire, enabled a significant amount of this work to take place. As this funding is now ending, embedding the suicide prevention work firmly across the system and across business as usual for all partner organisations is critical.
3. **It is more important than ever to continue our sustained effort to the suicide prevention agenda given the known impact the pandemic has had on the mental health and wellbeing of the population, particularly more vulnerable populations.**



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