

**Nottingham City Health and Wellbeing Board**  
**29 May 2024**

<b>Report Title:</b>	Nottingham and Nottinghamshire Suicide Prevention Charter and Suicide Prevention and Self Harm Strategy
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**Executive Summary:**

Suicide and self harm can have a significant, lasting and potentially devastating impact on individuals and communities. Suicide and self harm are preventable, and Nottingham City Health and Wellbeing Board organisations are working in partnership to reduce and prevent their occurrence by proactively improving population mental health and wellbeing, and by responding to known risks for suicide and self harm in the population.

A suicide prevention joint strategic needs assessment (JSNA) was presented to the Board in January 2024. The Nottinghamshire and Nottingham City Self Harm and Suicide Prevention Strategic Steering Group have been overseeing the completion of a Self Harm and Suicide Prevention Strategy. The Strategy builds on the recommendations in the JSNA and sets out partnership work to reduce self harm and suicide locally. The main content of the Strategy is described in this report, and a final designed version of the Strategy document will be completed in June 2024.

Strategy development

The work on this Strategy has been led by a ‘Nottingham and Nottinghamshire Suicide Prevention Charter task and finish group’ formed in October 2023 including people with lived experience of suicidality or bereavement by suicide. A Strategy task and finish group was set up in February 2024 including two members from the Charter task and finish group. The group reviewed the progress made against the last strategy, ensuring the JSNA recommendations were included and a mapping of priorities.

Suicide Prevention Charter

The Strategy is underpinned by a newly developed local Suicide Prevention Charter. The Charter has been co-produced by people in Nottingham and Nottinghamshire. Residents with lived experiences of suicidality or bereavement by suicide have shared their personal stories and used this to develop a set of ‘I’ and ‘We’ statements to set out principles and priorities from an individual perspective and how organisations and services can meet these. The Charter promotes the

message that recovery is always possible. The intention of the Charter is to set expectations of organisations, services and stakeholders, and ask them to commit to its message, values and principles.

## Suicide Prevention Charter

This charter sets out the voice of people with lived experiences and the values and principals which are important to them. We ask organisations, partners and stakeholders to 'pledge' their support and commitment to the charter.

<p>"I want my mental health to be prioritised and supported at an early stage to avoid having to wait until a crisis to receive appropriate help".</p> <p>"I want to have a safety plan in place and a good support network around me".</p> <p>"I want to be asked about my personal story and wellbeing at an early stage so the right help can be given, but then want to avoid having to repeat my story unnecessarily".</p> <p>"I want to be listened to, treated with respect, given enough time and supported in a caring and friendly way".</p> <p>"I want language to be used which is respectful, reduces shame, and supports me to have a conversation on suicide where I can openly express my emotions and feelings without being judged".</p> <p>"I want clear, accurate and transparent information on my options including medication and waiting times and receive practical advice to support my mental health in the meantime".</p> <p>"I want friends and family to be included, and for them to be treated with respect and compassion".</p> <p>"I want to live the life I want and do the things I enjoy, and not be defined by a single experience".</p>	<p>We will prioritise your mental health and provide support as early as possible</p> <p>We will co-develop a safety plan with you and help you to identify, access and create a support network.</p> <p>We will discuss your personal story and wellbeing with you to ensure the right help can be given but will ensure that you do not have to repeat your story unnecessarily.</p> <p>We will listen to you, treat you with respect, give you enough time and support you in a caring and friendly way.</p> <p>We will use respectful and appropriate language which validates your feelings and supports you to have a conversation on suicide, and we will not judge your emotions and feelings.</p> <p>We will give clear, accurate and transparent information and provide practical advice to support your mental health in the meantime.</p> <p>We will include friends and family unless you tell us otherwise, listen to them, and treat them with respect and compassion.</p> <p>We will support you to live the life you want and help you to do the things that are important to you</p>
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The Nottingham and Nottinghamshire Suicide Prevention Charter asks organisations and stakeholders to pledge a commitment to the following:

1. We will prioritise your mental health and provide support as early as possible.
2. We will co-develop a safety plan with you and help you to identify, access and create a support network.
3. We will discuss your personal story and wellbeing with you to ensure the right help can be given but will ensure that you do not have to repeat your story unnecessarily.
4. We will listen to you, treat you with respect, give you enough time and support you in a caring and friendly way.
5. We will use respectful and appropriate language which validates your feelings and supports you to have a conversation on suicide, and we will not judge your emotions and feelings.
6. We will give clear, accurate and transparent information and provide practical advice to support your mental health in the mean time.
7. We will include friends and family unless you tell us otherwise, listen to them, and treat them with respect and compassion.
8. We will support you to live the life you want and help you to do the things that are important to you

Through our guiding principles, ambitions, and continued actions we have committed to listening to people's lived experience of self harm, suicide and

bereavement. This includes understanding the challenges that people from diverse communities face in their lives, as well as learning from the things that have worked and the things that have not.

### Strategy vision statement

Suicide prevention is everyone's business. Nottingham and Nottinghamshire will be a place where organisations and people understand what they can do to promote wellbeing and reduce suicide and self harm. Everyone affected by suicidality, suicide bereavement and self harm will be treated with respect and have access to resources to support them and opportunities to build hope.

### Approach to self harm and suicide prevention

Our approach is underpinned by a belief that self harm and suicide is preventable and that there are often many opportunities during a person's experience where we can collectively act and make a difference. There are three main ways and points in time that we can take action:

**Prevention:** The promotion of activities and services that help people become well and stay well, as well as addressing general life events and stressors to stop them becoming a problem that could negatively impact people's wellbeing and put them at risk of self harm and suicide.

**Intervention:** The support and services that people can access when they experience thoughts/behaviours of suicide or compulsion to self harm.

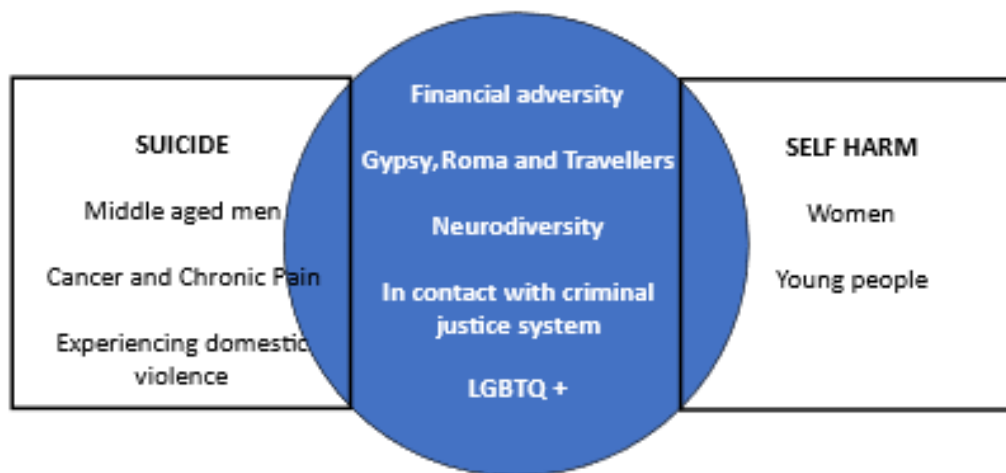
**Postvention:** Identifying, referring, and providing timely bereavement support services for people who have lost a loved one by suicide.

### Priority at-risk groups

Our strategic approach is based on principles of equity and inclusion. That means that we aim to provide support for everyone who needs it, as well as providing tailored approaches for people whose life experiences or identity may make them more vulnerable to feelings of suicide or self harm. We call these at-risk groups. It is important to note, that being part of an at-risk group is not a judgement on that identity or experience. Also, research tells us that experiencing discrimination and prejudice can contribute to feelings of self harm and suicide and that for some groups this may be a big part of their daily life experience.

The JSNA reviewed information from local data, national evidence, lived experience and professional insights to identify factors and groups at-risk of experiencing self harm and suicide locally. The diagram below identifies groups and factors at risk of suicide and self harm, while the core circle where these two overlaps.

## PRIORITY AT-RISK GROUPS



### Strategy priorities and implementation

The Strategy addresses four strategic priorities, with key activities identified:

- 1) Promoting a safe and stigma free environment
  - Tackle stigma and raise awareness through effective communication, so that together we support each other to prevent self harm and suicide
  - Promote online safety to reduce exposure to harmful content and direct people in need to appropriate resources
  - Deliver training to develop a skilled workforce that feel confident and comfortable discussing and signposting for self harm and suicide.
  - Reduce access to means of suicide and make places safer
- 2) Promoting wellbeing and reduce risk in at-risk groups
  - Continue to develop Real Time Suspected Suicide Surveillance to identify suicide clusters, risks, public places and means of suicide requiring preventative action
  - Develop intelligence on self harm to identify risk and preventative approaches
  - Commit to engaging with the local population to understand their lived experience of self harm, suicide, and bereavement to inform strategies and approaches.
- 3) Ensuring people access the right support, at the right time and in the right place
  - Develop a compassionate and skilled workforce, that are committed to embedding the Suicide Prevention Charter throughout their practice
  - Promote awareness so that people will have access to and know how to get to the right help for their needs, with opportunities to establish coping strategies, manage distress and restore hope

- Offer guidance to friends/family/carers to help them support loved one's experiencing thoughts of suicide, self harm or suicide bereavement
- Provide effective crisis support services and timely follow-up
- Improve opportunities and pathways to identify, refer and provide timely support to people bereaved by suicide

4) Using local data and lived experience to inform and drive self harm and suicide prevention

- Continue to develop Real Time Suspected Suicide Surveillance to identify suicide clusters, risks, public places and means of suicide requiring preventative action
- Develop intelligence on self harm to identify risk and preventative approaches
- Commit to engaging with the local population to understand their lived experience of self harm, suicide, and bereavement to inform strategies and approaches.

An action plan linked to the Strategy will identify responsibilities and agreed actions for a wide range of partners across these four priorities to support our collective aim to reduce and prevent self harm and suicide.

**Recommendation(s):** The Board is asked to:

- endorse and champion the Suicide Prevention Charter
- endorse the approach and strategic priorities of the Nottingham and Nottinghamshire Self harm Suicide Prevention Strategy

**The Joint Health and Wellbeing Strategy**

<b>Aims and Priorities</b>	<b>How the recommendation(s) contribute to meeting the Aims and Priorities:</b>
<b>Aim 1:</b> To increase healthy life expectancy in Nottingham through addressing the wider determinants of health and enabling people to make healthy decisions	Our aim is to reduce the rate of suicide and self harm in Nottingham City. Suicide and self harm occurs within every demographic group but certain groups are known to be at higher risk,. Our suicide prevention work focuses on promoting mental health and wellbeing, and on reducing risks and health inequalities.
<b>Aim 2:</b> To reduce health inequalities by having a proportionately greater focus where change is most needed	
<b>Priority 1:</b> Smoking and Tobacco Control	

<b>Priority 2:</b> Eating and Moving for Good Health	
<b>Priority 3:</b> Severe Multiple Disadvantage	
<b>Priority 4:</b> Financial Wellbeing	
<p><b>How mental health and wellbeing is being championed in line with the Board's aspiration to give equal value to mental and physical health:</b></p> <p>The Strategy sets out data and evidence-informed priorities to reduce self harm and suicide locally. The Strategy is guided by the principles in the Suicide Prevention Charter.</p>	

<b>List of background papers relied upon in writing this report (not including published documents or confidential or exempt information)</b>	Nottingham and Nottinghamshire Suicide Prevention Charter
<b>Published documents referred to in this report</b>	Nottingham and Nottinghamshire Joint Strategic Needs Assessment: Suicide Prevention