



that the people of Hampshire will be aware that suicide prevention is everybody's business.

- Update the board on the associated governance arrangements.

## **Contextual Information**

4. Hampshire Improving Mental Wellbeing Board is a multi-agency partnership that works collaboratively and strategically to prevent mental ill health, promote positive mental wellbeing, and reduce death by suicide for people in Hampshire. The Board includes a range of key stakeholders who can provide prevention-focused leadership across the wider public and voluntary sector system. A key function of the Board is to oversee the delivery of the Hampshire Mental Wellbeing Strategy (2023-2028).

## **Hampshire Mental Wellbeing Strategy**

5. The strategy was launched in February 2023 and demonstrates how partners across the system will work together to promote mental wellbeing and support the people of Hampshire to have the best mental health they can, reducing inequalities in mental wellbeing across certain groups. It focuses on the mental wellbeing of all adults across Hampshire, whilst recognising the importance of working across the life course, and of ensuring that mental and physical wellbeing are given equal importance.
6. The strategy takes a two-pronged approach to support mental wellbeing in Hampshire and focuses not on mental health services, but on the actions required to support people before they might require services or reach crisis point. This will be achieved through a:
  - Universal approach to encourage good mental wellbeing, emotional resilience and self-care across all age groups and populations in Hampshire.
  - Targeted approach to tackle mental wellbeing inequalities to reach, engage and improve the mental wellbeing of those at an increased risk of the worst outcomes.
7. Within the strategy, six specific priorities have been identified alongside partners as follows:
  - a) System wide focus on prevention
    - Hampshire people will be able to draw on the support mechanisms in place enabling them to maintain positive wellbeing and prevent mental ill health happening through early intervention.
  - b) Wider determinants of health

- The people of Hampshire will be supported to improve mental wellbeing through other areas of their lives, such as housing, income, employment, transport, access to green space and physical activity, and social aspects.
- c) Lessening the stigma
- The people of Hampshire will be able to talk about their mental health and wellbeing with the same openness as their physical health without fear of prejudice or discrimination.
- d) Suicide prevention
- The people of Hampshire will be aware that suicide prevention is everybody's business.
- e) Capacity and capability across the workforce
- The people of Hampshire will benefit from a competent and confident workforce with the knowledge, skills, empathy and capacity to support them with their mental health and wellbeing.
- f) Groups who are at a higher risk of poorer mental wellbeing
- The people of Hampshire who are at a higher risk of poorer mental wellbeing will be supported in ways that are proven to make a positive difference and suit their needs.
8. The following subgroups have been established to support the Board in delivering the Hampshire Mental Wellbeing Strategy. They will provide regular updates on progress and highlight challenges and risks to the board:
- a) Hampshire Suicide Prevention Forum:
- Brings together key stakeholders from across Hampshire to maintain our strategic commitment to making suicide prevention everybody's business.
  - The forum has a responsibility for developing and overseeing the implementation of the Hampshire Suicide Prevention Plan in line with the national strategy.
  - It facilitates partnership working to ensure system-wide implementation of suicide prevention priorities.
- b) Hampshire Money & Mental Health Partnership
- Brings together key stakeholders in financial and mental health support from across Hampshire to better link up across services and identify common priorities.
  - Identifies gaps, barriers and opportunities to improve the experience of residents experiencing poor financial and mental wellbeing.
  - Ensures frontline staff and volunteers access money and mental health training and have the knowledge, skills and confidence to refer residents for appropriate support.
- c) Hampshire Multi-Agency Mental Health Communications Group

- Enables a joint approach to amplify common messages, including dissemination both internally and externally, around the theme of mental wellbeing and suicide prevention.
- Ensures a coordinated forward plan to mental wellbeing and suicide prevention communications, and meaningful engagement with wider partners, service users and residents using insight and co-production to inform campaigns.

## **Hampshire Suicide Prevention Action Plan 2023-2028**

9. The Hampshire Suicide Prevention Action Plan outlines how we will work with system partners to support earlier intervention and prevention of suicides. It is the main mechanism for coordinating actions identified under priority five within the Hampshire Mental Wellbeing Strategy; supporting our ambition for suicide prevention to be everybody's business. This plan will also serve to refresh the previous [Hampshire Suicide Prevention Strategy 2019-2021](#).
10. The Hampshire Suicide Prevention Forum have worked closely with partners across the Hampshire and Isle of Wight Integrated Care System (ICS) to develop provision around suicide prevention and intervention for Hampshire residents. Key developments include the launch of the local real time surveillance system; commissioning of Amparo bereavement support service; development of Hampshire Voices: A Collective of People with Living Experiences of Suicide; workforce development training for frontline practitioners and work to refresh the postvention protocol for education settings.
11. The refreshed Hampshire Suicide Prevention Plan (2023-28) aligns with the six areas for suicide prevention action identified within the [National Suicide Prevention Strategy](#). It will take an iterative approach, with specific actions and priorities identified and reviewed on an annual basis. The plan identifies the following areas for action, which have been developed alongside members of the multi-agency Hampshire Suicide Prevention Forum:
  - a) Increase awareness and understanding of the economic and social risk factors for suicidality.
    - Suicidal behaviours are shaped by the social, economic, and physical environments in which we live. Key actions within this theme include the delivery of money and mental health training for frontline staff, improving signposting to financial education resources for education staff from early years through to post-16, delivery of workforce suicide prevention training to housing staff, and the expansion of the Collaborative Assessment & Management of Suicidality training to frontline staff from services that work with residents experiencing multiple vulnerabilities.
  - b) Tailor approaches to suicide prevention for particular groups.

- While everyone is at risk of suicide, that risk is not distributing equally amongst the population. Using both national and local insight and intelligence we will target interventions, signposting, and communications at those with the greatest need. Priority groups include middle-aged men, those in touch with the criminal justice system, people misusing substances, and victims and perpetrators of domestic abuse.
- c) Reduce access of means to suicide by promoting suicide safer communities.
- Restricting access to lethal means is an important component of suicide prevention. The National Institute of Clinical Excellence published an [evidence review](#) in 2018 which highlighted effective measures for reducing access of means. We will work closely with our partners from rail, highways and local planning to implement an appropriate measures in line with the evidence base.
- d) Ensure appropriate and sensitive communications of suicide and suicidality across all sectors in Hampshire.
- Sensitive and appropriate use of language can help to reduce the stigma that prevents people from seeking help. Within this area for action, we will continue to develop our workforce development and training offer, work with local media outlets to ensure responsible reporting of suspected suicides and develop a postvention communications toolkit to be used by multiagency partners following a suspected suicide death. This will help support that frontline staff, volunteers, and members of the public to feel confident and equipped to intervene and signpost people to the right support where necessary.
- e) Provide the 'right support' at the 'right time' for those individuals and communities affected by a suspected suicide death.
- Providing guidance and support in a timely manner for those affected by a suspected suicide death is an important aspect of local suicide prevention plans. Actions within this theme include the refresh of the education postvention protocol, promotion of the Amparo bereavement support service, and use of the real time surveillance system to identify those affected sooner.
- f) Equip people with the knowledge and skills necessary to support children and young people who self-harm.
- The [2023 NCISH Annual Report \(2010-2020\)](#) highlights that although suicide rates are declining in England, suicide deaths amongst those <25yrs. are rising, particularly amongst women and girls. Young people are more likely to report suicidal ideation and self-harm than the general population and those with a history for self-harm are significantly more likely to attempt suicide than the general population. It's important that parents,

carers, professionals, and peers feel equipped to support a young person who is self-harming and/or to prevent a young person from self-harming in the first instance.

- Local actions to support this area will include workforce development training, embedding self-harm and suicide prevention into mental health support teams, and further work to understand the picture of self-harm across Hampshire.

g) Improve research, data collection and monitoring.

- Since 2013 Hampshire Public Health has conducted a local suicide audit which enables valuable insight into local needs. This work is now being supported by a Real Time Surveillance System, enabling data to be collected in a timely manner and enabling an appropriate, joined-up postvention response across partners. Further work is planned to enhance this system and to further support for Hampshire Voices: A Collective of People with Living Experience of Suicide.

## **Performance**

12. The Mental Wellbeing Strategy and accompanying suicide prevention plan have identified key areas for action, that have been categorised as 'now' and 'next'. This demonstrates the commitment by all partners to ensure focused action is taken at the right time and that a clear direction has been mapped out for the next five years.
13. These actions will be regularly assessed by the Hampshire Improving Mental Wellbeing Board and Hampshire Suicide Prevention Forum to ensure they are addressed in a timely manner. Actions identified as 'now' are those where work is already underway.
14. Updates and progress on the strategy and suicide prevention plan will be presented to the Hampshire Health & Wellbeing Board annually.
15. Themes within the strategy and suicide prevention plan also align with the refreshed Hampshire Public Health Strategy. The new strategy has three themes: Healthy Lives, Healthy Places & Communities, and Healthy People. Mental wellbeing is cross-cutting across all themes.

## **Co-Production**

16. The Mental Wellbeing Strategy was co-produced with a range of partners who are represented on the Hampshire Improving Mental Wellbeing Board. This included a task and finish group to oversee the development, consultation, writing and final document design.

17. The Suicide Prevention Plan was co-produced with the Hampshire Suicide Prevention Forum multi-agency members, including members from Hampshire Voices: A collective of people with living experience of suicide. A further guiding principle of the plan is to co-produce identified actions with Hampshire Voices.

## **Conclusions**

18. Hampshire Mental Wellbeing Strategy and Hampshire Suicide Prevention Plan demonstrate how partners across Hampshire will work together to promote mental wellbeing and support the people of Hampshire to have the best mental health they can, reducing inequalities in mental wellbeing across certain groups.
19. Governance has been updated to support the ambitions of the Mental Wellbeing Strategy and Suicide Prevention Plan. Implementation of key actions will be reviewed by the Hampshire Improving Mental Wellbeing Board; with the Suicide Prevention Forum, Money and Mental Health Partnership, and Hampshire Multi-Agency Mental Health Communications Group coordinating actions at an operational level. Annual updates will be presented to the Health and Wellbeing Board.