

# Hampshire Mental Wellbeing Strategy and Suicide Prevention Plan



Hampshire  
**Health and Wellbeing**  
Board

# What is mental wellbeing?

Everyone has mental wellbeing and everyone has a right to positive mental wellbeing

**Mental wellbeing** includes both our feelings, such as contentment and enjoyment, our ability to function well in our lives and to engage with the world. It could be summarised as living in a way that is good for ourselves and for others.

*“A positive state of mind and body, feeling safe and able to cope, with a sense of connection with people, communities and the wider environment.”*

Focus is not on mental health services, but on the actions required to support people before they require services or reach crisis point.



# Why is it important?

Preventing mental ill health, promoting positive mental wellbeing and reducing death by suicide irrespective of anyone's circumstances.

Coordinated action required to support people before they require services or reach crisis point

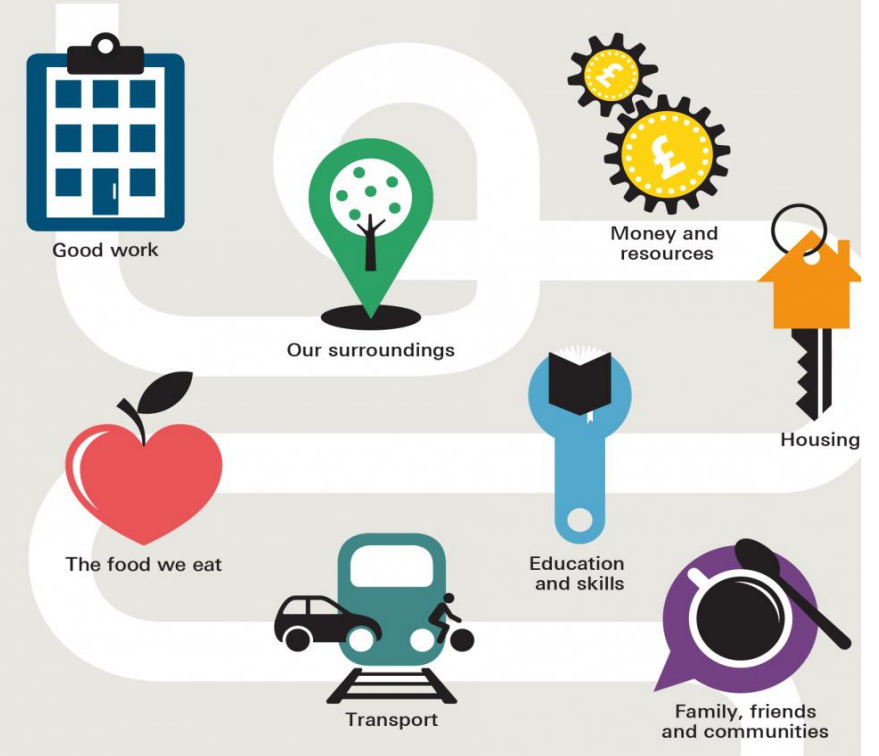
Suicide prevention is a key responsibility of local government

- Inequalities exist in mental wellbeing; some groups more likely to have poor mental wellbeing
- Inequalities also affect mental wellbeing; more likely to have poor mental wellbeing if some of the building blocks are not in place: stable jobs, good pay, quality housing and good education

## What makes us healthy?

Good health matters, to individuals and to society. But we don't all have the same opportunities to live healthy lives.

To understand why, we need to look at the bigger picture:



The healthy life expectancy gap between the most and least deprived areas in England is over **18** YEARS

Find out more: [health.org.uk/what-makes-us-healthy](https://www.health.org.uk/what-makes-us-healthy)



Almost **1 in 5** people aged 16-64 years has a common mental health disorder<sup>2</sup>



Approximately **350,000** people in Hampshire experience a mental health problem of some kind each year



Women are roughly **1.5 times more likely** to suffer from a mental health disorder<sup>2</sup>



Nationally, in 2020 to 2021 **64%** of people starting alcohol treatment reported a mental health need<sup>9</sup>



**1 in 10** people in Hampshire accessing alcohol treatment services are also accessing mental health services, suggesting unmet need<sup>10</sup>



**42%** of adult carers aged 65+ years have as much social contact as they would like



The Hampshire suicide rate per 100,000 is **13.6 for men** and **4.5 for women**, this is lower than the England average<sup>5</sup>



**Being employed is a protective factor**

for mental wellbeing. Havant has a greater percentage of people unemployed (5%) than the rest of England



**8.6%** of Hampshire's population reported a low happiness score<sup>6</sup>



**Less than 40%** of people in Hampshire who are in contact with secondary mental health services live in stable and appropriate accommodation



Almost **1 in 7** people in Hampshire has depression<sup>4</sup>



In 2021 to 2022 there were **3,075** emergency hospital admissions

for self harm<sup>3</sup> but this is the tip of the iceberg a lot of self-harm does not end up in hospital



Nationally **1 in 4** people will experience a mental health problem of some kind each year<sup>4</sup>



Nearly **4 in 10** veterans report having a mental health disorder<sup>8</sup>

Nationally half of **people in problem debt** are experiencing a mental health problem<sup>11</sup>



**21.3%** of people report a high anxiety score<sup>6</sup>



Nationally in 2018, 14-19 year olds who identify as part of the LGBTQ+ community were over **2.5 times more likely** to have a mental disorder<sup>7</sup>

2023-2028

# Hampshire Mental Wellbeing Strategy

Mental  
Wellbeing  
Hampshire

All partners have come together and agreed this shared vision for Hampshire.

1

The people of Hampshire will be encouraged and supported to achieve the best mental health and wellbeing they can by partners that are committed, skilled and able to respond in times of need.

2

The people of Hampshire, will be enabled to maintain positive mental health and wellbeing, irrespective of their circumstances, understanding that some individuals and groups may need extra support to achieve this.

3

The people of Hampshire will know that organisations are committed to working in partnership with each other and with local people to implement integrated approaches to mental wellbeing, promotion, support and care and improve wider factors that can help or hinder mental wellbeing.





# Priority outcomes

We have high aspirations for the people of Hampshire but also recognise that many steps need to take place to make our aspirations a reality. We want to show the commitment and the steps that are needed to ensure we are always working towards our end goal of improving the mental wellbeing of our local people.

The actions are 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.

The Hampshire Improving Mental Health and Wellbeing Board will regularly reassess progress to ensure we move into the 'next' actions in a timely manner. This highlights the dynamic nature of this strategy and that priorities need to be able to flex, as do organisations, in response to local circumstances and needs.

1

## 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



2

## Wider determinants of health

The people of Hampshire will be supported to improve mental wellbeing through other areas of their lives – housing, income, employment, transport, access to green space and physical activity, and social aspects



3

## Lessen 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



4

## 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



5

## Suicide prevention

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



6

## Higher risk groups

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



# Hampshire Improving Mental Wellbeing Board

## Key achievements

- Established multi-agency sub-groups
  - Money and Mental Health Partnership
  - Communications group – joint insights and campaigns
  - Suicide Prevention Forum
- Increasing capacity / capability of front-line staff
  - Connect 5; Money & Mental Health; Suicide Prevention training
- Launched Chat About - improving wellbeing and social connection in the community.
- [Mental Wellbeing Hampshire](#) website – for professionals and the public
- **Forward view:** focus on impact of wider determinants – money and mental health, access to open space



# Hampshire Suicide Prevention Plan

The Hampshire Suicide Prevention Forum has identified the following areas as priorities for local action in Hampshire:

1. Increase awareness and understanding of the economic and social risk factors for suicidality.
2. Tailor approaches to suicide prevention for particular groups.
3. Reduce access of means to suicide by promoting suicide safer communities.
4. Ensure appropriate and sensitive communications of suicide and suicidality across all sectors in Hampshire.
5. Provide the 'right support' at the 'right time' for those individuals and communities affected by a suspected suicide death.
6. Equip people with the knowledge and skills necessary to support children and young people who self-harm.
7. Improve research, data collection and monitoring.



# Guiding Principles

To achieve our vision of making suicide prevention everybody's business, we have identified 5 guiding principles that will underpin all actions. These principles compliment those outlined within the Hampshire Mental Wellbeing Strategy.

- 1. Living experiences:** Actions will be co-designed and developed alongside Hampshire Voices: A collective of people with living experiences of suicide.
- 2. Adopt a lifecourse approach:** Consider how all ages and key transitions are managed and supported by actions.
- 3. System Ownership:** Partners recognise their roles and responsibilities in implementing actions identified within this plan; working closely with other suicide prevention forum members.
- 4. Data-led decision making:** Actions must make best use of available insight, intelligence and evidence to maximise effectiveness.
- 5. Language:** All partners and actions promote appropriate and de-stigmatising language when discussing suicide and suicidality.




# Our progress so far...

**Established a Local Real Time Surveillance System** to strengthen our ability to respond to suspected suicides in a timely manner.

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**Commissioned Amparo Suicide Bereavement Support Service.** Amparo provide practical & emotional support for anyone (all ages) recently or historically affected by suicide. 

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**Supported Hampshire Voices: A Collective of People with Living Experience of Suicide.** Voices work collaboratively with organisations across Hampshire to offer guidance, advice and signposting on suicide-related action. 

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**Rolled-Out Primary Care Suicide Prevention Training** on suicide awareness and suicide intervention to increase knowledge and confidence of primary care staff across Hampshire.

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**Supported Suicide Prevention and Postvention in Schools and Colleges** through the development of a postvention protocol, self-harm support for professionals training, and managing suicidality in students; educational psychology supervision and training pilot.

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**Workforce Development** of frontline staff and volunteers across Hampshire through Suicide First Aid Training; Suicide Prevention Safeguarding webinar, and the Collaborative Assessment and Management of Suicidality Training for clinicians.

Area for Action	Key Actions for 2023/24
<b>1. Economic and social risk factors for suicidality.</b>	Deliver Money and Mental Health Training to frontline staff and volunteers.
	Improve signposting to financial education resources for education settings
	Deliver appropriate workforce suicide prevention and intervention development training
<b>2. Tailor approaches to suicide prevention for particular groups.</b>	Expand the Collaborative Assessment & Management of Suicidality training to frontline staff from services that work with residents experiencing multiple vulnerabilities.
	Use the 2023 Hampshire Suicide Audit to identify future cohorts to focus on; include development of a joint action plan between domestic abuse and suicide prevention.
	Promote awareness and access to training and support to community led men’s health groups.  Embed suicide awareness and mental health crisis management into the co-occurring conditions workforce training. Suicide prevention pathway is included in the co-occurring conditions joint working protocol.
<b>3. Reducing access to means.</b>	Host a task & finish group with rail partners to understand the roles and current actions being taken.
<b>4. Appropriate and sensitive communication.</b>	Deliver Suicide First Aid Training; Promote Primary Care Training; Expand the Education Suicidality Pilot
	Commission a Media Consultancy Service to identify support needed to promote responsible reporting of suicide across sectors.
<b>5. Timely support for those affected by a suspected suicide.</b>	Commission a Media Consultancy Service to develop a communications postvention response toolkit to support local settings.
	Refresh existing postvention protocol & promote new postvention protocol.
	Continue to promote and signpost to Amparo Bereavement Support Service.
	Develop Real time surveillance system and response plan
<b>6. Self-harm prevention and management in young people.</b>	Provide suicide and self-harm prevention and management training/supervision for education staff through the educational psychology pilot and Solent Mind self-harm support service. Continue to promote HiES e-training and other free, quality assured training offers.
	Through Hampshire Safeguarding Partnership, embed self-harm prevention into the refresh of the children and young people self-harm pathway.
<b>7. Insight &amp; Intelligence.</b>	Conduct regular suicide audits for Hampshire and disseminate findings to inform decision-making.
	Develop Real time surveillance system to ensure data and intelligence drives our actions
	Continue to support and co-develop actions with Hampshire Voices. Support recruitment and promotion of Hampshire Voices.



# Voices

People with Living  
Experience of Suicide

## Voices: People with Living Experience of Suicide

Voices is a collective of People with Living Experience of Suicide. We believe our shared knowledge is fundamental in steering decision-making on suicide prevention and bereavement support. We work collaboratively with organisations across Hampshire, Portsmouth, Southampton and the Isle of Wight to offer strong guidance, advice and signposting on suicide-related action.



Hampshire  
County Council

# What you can do to support this work

## Champion positive mental wellbeing through your work

- Encourage conversations about mental wellbeing: access free training [sue.cochrane2@hants.gov.uk](mailto:sue.cochrane2@hants.gov.uk)
- Consider the language used around mental wellbeing and suicide prevention
- Consider how mental wellbeing can be improved through your communities: [Join Chat About](#)
- Promote 5 ways to wellbeing: [5 steps to mental wellbeing - NHS \(www.nhs.uk\)](http://www.nhs.uk)
- Consider working with Voices: People with Living Experience of Suicide



TALK & LISTEN,  
BE THERE,  
FEEL CONNECTED



DO WHAT YOU CAN,  
ENJOY WHAT YOU DO,  
MOVE YOUR HOOD



REMEMBER  
THE SIMPLE  
THINGS THAT  
GIVE YOU JOY



EMBRACE NEW  
EXPERIENCES,  
SEE OPPORTUNITIES,  
SURPRISE YOURSELF



Your time,  
your words,  
your presence