**Suicide Prevention Action Plan (2025-2030)**

1. **Improving data and evidence to ensure that effective, evidence-informed and timely interventions continue to be developed and adapted.**

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| **Area** | **Action** | **Led by** | **Timeframe** | **Measure of success** |
| Real-Time Surveillance | Establish real time surveillance to start to identify trends and hotspots, inform public health interventions and facilitate timely bereavement support. | Public Health, WMP, Coroner |  |  |
| Learning from deaths | Develop system for understanding local intelligence on the healthcare pathways of people who attempt or die by suicide.  | Richard Wilson (ICB), Public Health |  |  |
| Primary Care | Primary care audit to identify ways to learn from deaths | Public Health |  |  |
| Reporting | Delivery group members to report quarterly on progress on actions | All |  |  |
| Data on impairments | Ensure that all commissioned services utilize the Office for National Statistics’ Impairment Harmonized Standard  | Public Health |  |  |

1. **Providing information and support to reduce the prevalence of self-harm**

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| People with history of self-harm or suicide attempt | Promotion of [The Stay Alive app](https://prevent-suicide.org.uk/stay-alive-app-grassroots-suicide-prevention/)  | UHB |  |  |
| Trial and promote alternative provision for people who present with self-harm or suicide attempt who are not deemed to have a clinical diagnosis/meet criteria for referral for secondary mental health services but could benefit from alternative support. This could be support developing a safety plan, recommendations for support from secondary services (e.g. debt/financial management, relationship counselling), and a follow-up call within 48 hours to check in and see if they need support to access this, as well as storing their details in a database within MH trust so that if the situation escalates and they do need MH input, their previous SH/suicide risk is recognised as early as possible. | UHB, BSMHFT, Public Health |  |  |
| Use frequent or recent A&E presentations for self-harm or suicide to red-flag as high risk on systems for X months after incident. | UHB |  |  |
| Continue to support NHS Talking Therapies to deliver care to those deemed higher risk through supervision with CMHT | BSMHFT |  |  |
| Working with CMHTs, ensure a continued focus on the prevention of self-harm by increasing resilience and general coping skills and support for those who self-harm. | BSMHFT, Public Health |  |  |
| Deliver workshop on addressing self-harm in children and young people to help formulate additional actions | Public Health |  |  |

1. **Delivering tailored, targeted support to priority groups, including those at higher risk, to ensure there is bespoke action and that interventions are effective and accessible for everyone.**

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| **Area** | **Action** | **Led by** | **Timeframe** | **Measure of success** |
| Men | Establishment of James’ Place Birmingham Centre | Rosie Barrett (James’ Place) | 2025-2028 |  |
| Trial of Birmingham Andy’s Man Club | Public Health |  |  |
| Trial of screening/comms programme for suicide risk at primary care level for middle-aged men | Public Health |  |  |
| Training/signposting resources for organisations to help identify and support people at risk during divorce or child custody proceedings | Birmingham Law Society, Family Courts, Public Health |  |  |
|  | Job Centre/ DWP/Council Services/Debt management help |  |  |
| Children and young people | Integration of self-harm, suicide prevention and postvention guidance/resources in healthy schools programme | Public Health |  |  |
| Introduction of mandatory reporting policy where hospitals must report to schools when a young person has been seen in hospital for suicide or self-harm (similar to Op Encompass)  | Public HealthUHBFTB |  |  |
| Promotion of #MyGPguide - an evidence-based resource which is designed to prepare young people to speak to a GP about suicide and self-harm  | Maria Michail |  |  |
| Alert system to flag suicide risk for patterns of difficulty (difficulties with academic work, disciplinary issues, disengagement with other students/staff, not paying rent/fees) | All universities  |  |  |
| University serious incident reviews of deaths by suicide  | All universities  |  |  |
| People in contact with justice system | WM Probation Regional Suicide Prevention Forum | HMPPS |  |  |
| Safety planning training for WMPPS? |  |  |  |
| People experiencing domestic abuse | Implementation of the Domestic Abuse Suicide Screening Tool (DASST)  | WMP, UoB, Public Health |  |  |
| People under care of mental health services | Promotion of ‘Stay-Alive’ app | BSMHFT |  |  |
| Delivery of distress tolerance group | BSMHFT |  |  |

1. **Providing training & skills to detect and respond to suicidal crises.**

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| **Area** | **Action** | **Led by** | **Timeframe** | **Measure of success** |
| Orange button scheme | Delivery of orange button suicide alertness training | Public Health  |  |  |
| Training framework | Development of training and evaluation framework  |  |  |  |
| Ongoing trainee support |  |  |  |  |
| GP training | Commissioning specialist training for GPs on suicide prevention in general practice | Public Health  |  |  |

1. **Providing effective crisis support across sectors for those who reach crisis point.**

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| **Area** | **Action** | **Led by** | **Timeframe** | **Measure of success** |
| Talking space (incl crisis support)  | Delivery of crisis support for service-users in crisis – action TBC | Birmingham Mind |  |  |
| FTB Crisis line | Delivery of crisis support for young people in crisis – action TBC | FTB |  |  |
| NHS 111 MH | Delivery of crisis support for citizens in crisis – action TBC | NHS 111 |  |  |
| Crisis & home treatment | Delivery of crisis support for patients in crisis – action TBC | BSMHFT |  |  |
| James’ Place | Delivery of crisis support for men in crisis – action TBC | Rosie Barrett (James Place) |  |  |
| The Waiting Room | Signposting to crisis support – action TBC | Terry Rigby (Forward for Life)Caron Thompson-Rigby (Common Unity) |  |  |

1. **Reducing access to means and methods of suicide where this is appropriate and necessary as an intervention to prevent suicides.**

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| **Area** | **Action** | **Led by** | **Timeframe** | **Measure of success** |
| Transport | Identification and reduction of High Frequency Locations on the rail network. Samaritans and Network Rail to continue to collate real-time data on rail incidents in the region and feed into the group. Appropriate preventative and reactive measures to be taken by Network Rail, train operators and Samaritans, based on the specifics of individual incidents and their locations. Wider group to support Network Rail / Samaritans in actions where appropriate, particularly where community engagement would be beneficial.  | Sophia Turner (Samaritans), Richard Godwin (Network Rail) |  |  |
| Create working relationship with Highways to enable prevention to be embedded relating to road network and car parks | Public Health |  |  |
| Pharmaceuticals | Signage in pharmacies to reducing stockpiling and actively encouraging return of unwanted medicines to the pharmacy | Public Health |  |  |
| Community of practice on safer prescribing for pharmacists? | Public Health, ICB |  |  |
| Planning | Planning and Building Design (High Risk Environments): amend the Birmingham Developers Toolkit to reflect suicide prevention measures when reviewing planning applications.  | Public Health |  |  |
| Mapping potential high-risk sites through reviewing self-harm dataand reports from health and police services and take action to reduce risk e.g. barriers, signage. | Public Health |  |  |
| Work with the Local Authority Property and Housing team to include suicide risk in building design considerations for major refurbishments and upgrading of social housing stock and corporate assets and as an active consideration for ‘high rise buildings’ such as multi-storey car parks.  | Public Health |  |  |
| Online safety | Promotion of R;pple software to schools, parents, universities |  |  |  |
| Promotion of Samaritans safer media guidance |  |  |  |
| Media monitoring for early detection of content about suicides in Birmingham to ensure that reporting is align with Samaritans media guidance and where irresponsible reporting is identified, appropriate action can be taken to edit or remove the information, or mitigate harm with additional content  | Public Health |  |  |

1. **Providing effective bereavement support to those affected by suicide.**

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| **Area** | **Action** | **Led by** | **Timeframe** | **Measure of success** |
| Resources | Promotion of 'Help is at Hand' document | Public health |  |  |
| Commissioned services | Increased referrals of specialist bereavement support to those bereaved by suicide | WMP, Public Health |  |  |
| Delivery of specialist bereavement support | ICB, Public Health, Cruse Bereavement  |  |  |
| Promotion of commissioned support to registry offices, funeral services and safeguarding leads. | Public Health, Cruse Bereavement  |  |  |
| Postvention policies  | Development of schools postvention guidance | Public Health |  |  |
| Development of Community Suicide Response Plan | Public Health |  |  |
| Group support | Delivery of support group for people bereaved by suicide  | Cruse Bereavement Support |  |  |
| Employer support | Guidance document for employers on how to support an employee who has been bereaved by suicide |  |  |  |

1. **Making suicide everybody’s business so that we can maximise our collective impact and support to prevent suicides.**

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| **Area** | **Action** | **Led by** | **Timeframe** | **Measure of success** |
| PR & Comms  | Delivery of Birmingham Suicide Prevention Week | Public Health |  |  |
| Mapping of content calendar year to ensure consistent suicide prevention messaging  | Public Health |  |  |
| Development of a Suicide Prevention Birmingham website to act as a central point for signposting resources, sharing assets and communicating with the public about progress | Public Health |  |  |
| Signage | Display of posters in key strategic locations (all GPs, A&Es, pharmacies) | Samaritans |  |  |
| Guidance for local organisations | Delivery of written guidance and resources to support public, private and third sector organisations to address suicide within their own plans and service delivery | Public Health |  |  |
| Communities of practice on being a suicide-safe organisation | Public Health |  |  |