

**SUICIDE  
PREVENTION  
HUB**



# BLMK SUICIDE PREVENTION

Everyone has a role to  
play in suicide prevention

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Emma Bates – Public Health Principal, Mental  
Health and Wellbeing

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**Luton**



**Milton Keynes**  
City Council

## Introduction

- The refreshed BLMK Suicide Prevention Plan and example of the Samaritans partnership approach to suicide prevention
- The Suicide Prevention Hub – a web-based resource for professionals to support suicide prevention work locally
- World Suicide Prevention Day 10<sup>th</sup> September 2024 campaign

SUICIDE  
PREVENTION  
HUB



# BLMK SUICIDE PREVENTION ACTION PLAN

Everyone has a role to  
play in suicide prevention

Bedfordshire, Luton and Milton Keynes 2024-2028



Luton



The steering group will report to the programme board on an annual basis.

Boards the strategy will link into

- Children and Young People BLMK learning disability transformation board
- Urgent Emergency Care Boards
- Safeguarding boards

Wider network of partners to help take forward actions  
e.g mental health teams in schools, structure management

## BLMK Suicide Prevention Action Plan

**Every day in England  
twelve people get to the  
point where they feel they  
have no other choice but  
to take their own lives.**

The death of someone by suicide has a devastating effect on families, friends, workplaces, schools and communities. If we want to improve the life chances of future and current generations, we need to address this disturbing reality and do more to prevent suicide.

Every suicide is an individual tragedy and can happen at any age, but suicide is not inevitable and central to any prevention work must be the maintenance of hope and recovery. Our work will be based on understanding and responding to the needs of our population. This will require us to balance targeting those population groups known to be at increased risk of suicide, with an approach that recognises that suicide can occur in any population group.

This plan has been developed by a wide range of partners to ensure this is a collaborative effort and that action to prevent suicide is a shared responsibility between stakeholders in Bedfordshire Luton and Milton Keynes (BLMK). Suicide Prevention Partnership groups have been in place for a number of years across BLMK and will continue to work together achieve outcomes that aim to reduce suicide.



## Overarching objectives & strategic actions

The overarching objectives and strategic actions for suicide prevention across Bedfordshire, Luton and Milton Keynes have been assimilated from those in national and local suicide prevention plans and take into account most recent data and intelligence on suicide across Bedfordshire, Luton and Milton Keynes:

- The Suicide prevention strategy for England: 2023 to 2028
- Samaritans/University of Exeter report - Audit of Local Authority Suicide Prevention Action Plans (2019)
- BLMK Suicide Prevention Action Plan 2019-2024
- Bedford Borough, Central Bedfordshire, Milton Keynes. Luton suicide audits (2019-2021)
- ONS Suicides in England and Wales: 2022 registrations

## **Aim**

**To reduce the number of suicides in BLMK over the next four years and provide support for those bereaved or affected by suicide.**

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## **Background**

**Suicide can affect everyone and is a major issue for society. Preventing suicide is achievable.**

**Everyone has a role to play in suicide prevention**

## Leadership & Governance

A strong all age multi-agency suicide prevention steering group with shared accountability across health and care partners and strong voluntary and community sector involvement provides high level oversight of the plan.

The BLMK Suicide Prevention Steering group purpose is to monitor and drive forward the implementation of the Suicide Prevention Plan for Bedfordshire, Luton and Milton Keynes across the BLMK Integrated Care System.

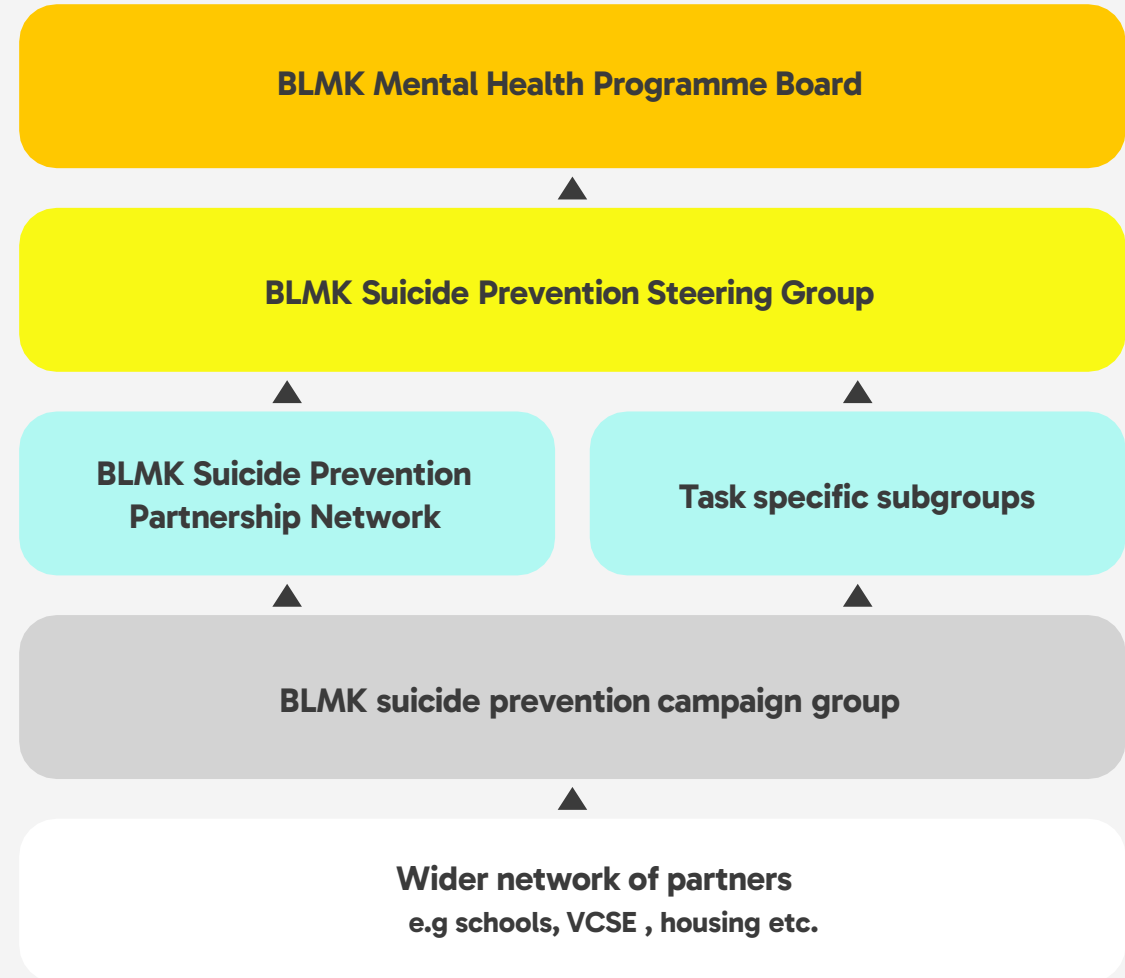
Steering group members advocate prevention in suicide and self-harm in their organisations and commit to leading and owning relevant actions within the plan. The steering group reports up to the BLMK mental health programme board. The group meets every six weeks and will report to the programme board on an annual basis.

The steering group also coordinates the Suicide Prevention Network which engages the wider network of agencies and individuals including those with lived experience in the joint delivery of the Suicide Prevention Action Plan.

### Boards the strategy will link into

- Children and Young People BLMK learning disability transformation board
- Urgent Emergency Care Boards
- Safeguarding boards

## Governance of BLMK's Suicide Prevention Action Plan



## The BLMK approach to suicide prevention

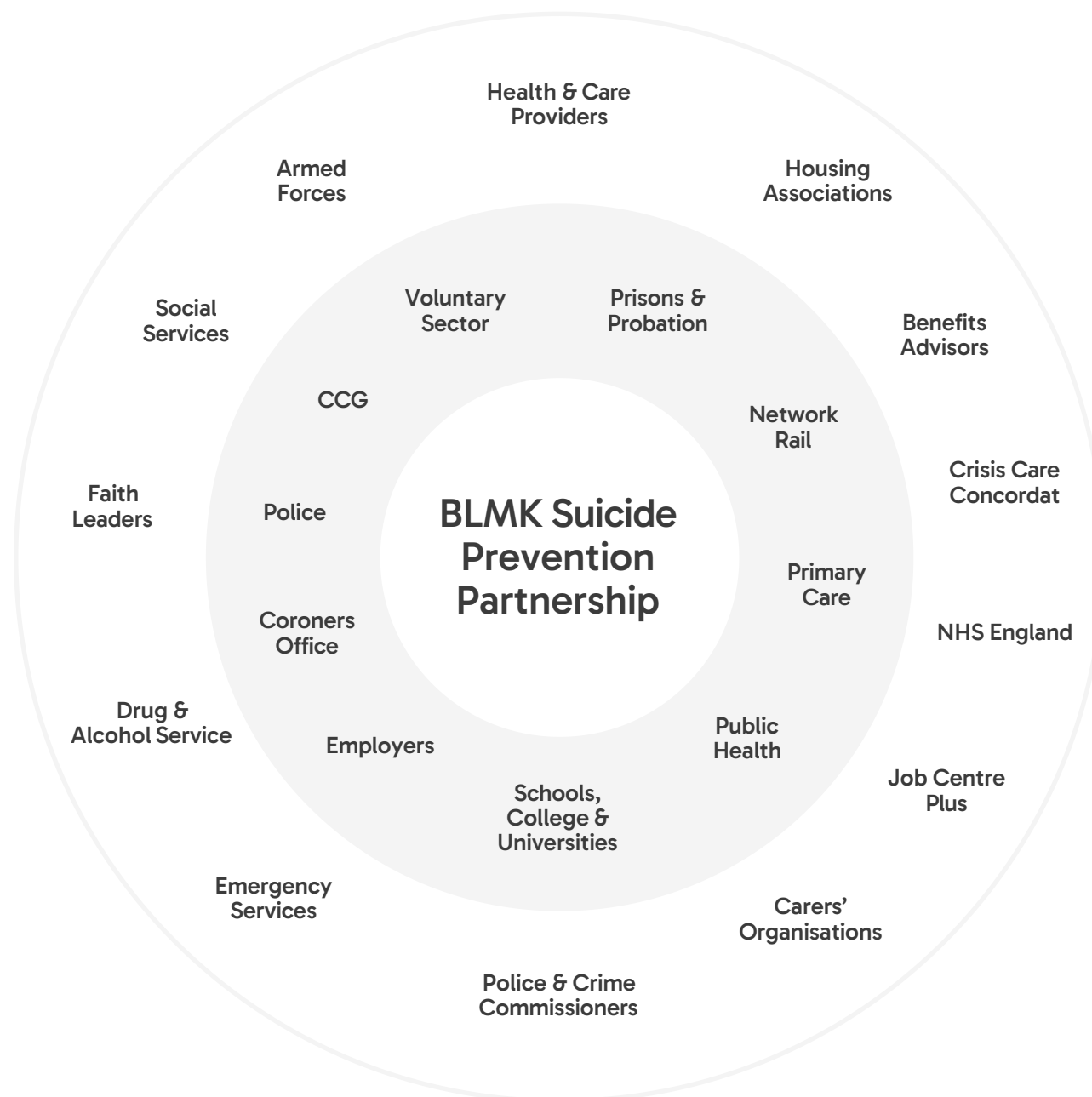
### BLMK suicide prevention approach

#### Approach

- Evidence based
- Life-course
- Partnership working
- Whole system approach
- Prevention and early intervention
- Real Time Data

Bedfordshire, Luton, and Milton Keynes Suicide Prevention multi-agency steering group oversee delivery of the plan.

Deaths by suicide are preventable through responsive mental health services, public health programmes and strategies and awareness of how to intervene with someone with suicidal intent.



## Recommended actions to reduce suicide risk

Suicide audits are carried out by local authority place-based suicide prevention leads, reviewing HM Coroner's records.

### Suicide risk factors identified in adults

- History of self-harm
- Economic adversity
- Experiencing mental ill health
- History of alcohol and/or substance misuse
- Contact with criminal justice system
- Relationship breakdown
- Longstanding physical health problems
- Bereavement and loss

Summarised below are recommendations from the BLMK suicide audits.



Reducing stigma in suicide



Provision of training for professionals



Supporting the media with sensitive messaging



Develop multi agency real time surveillance



Commission support for those bereaved by suicide



Reduce access to means of suicide



Appropriate management of poor mental health



Support research, data and emerging evidence

# AIMS & OBJECTIVES

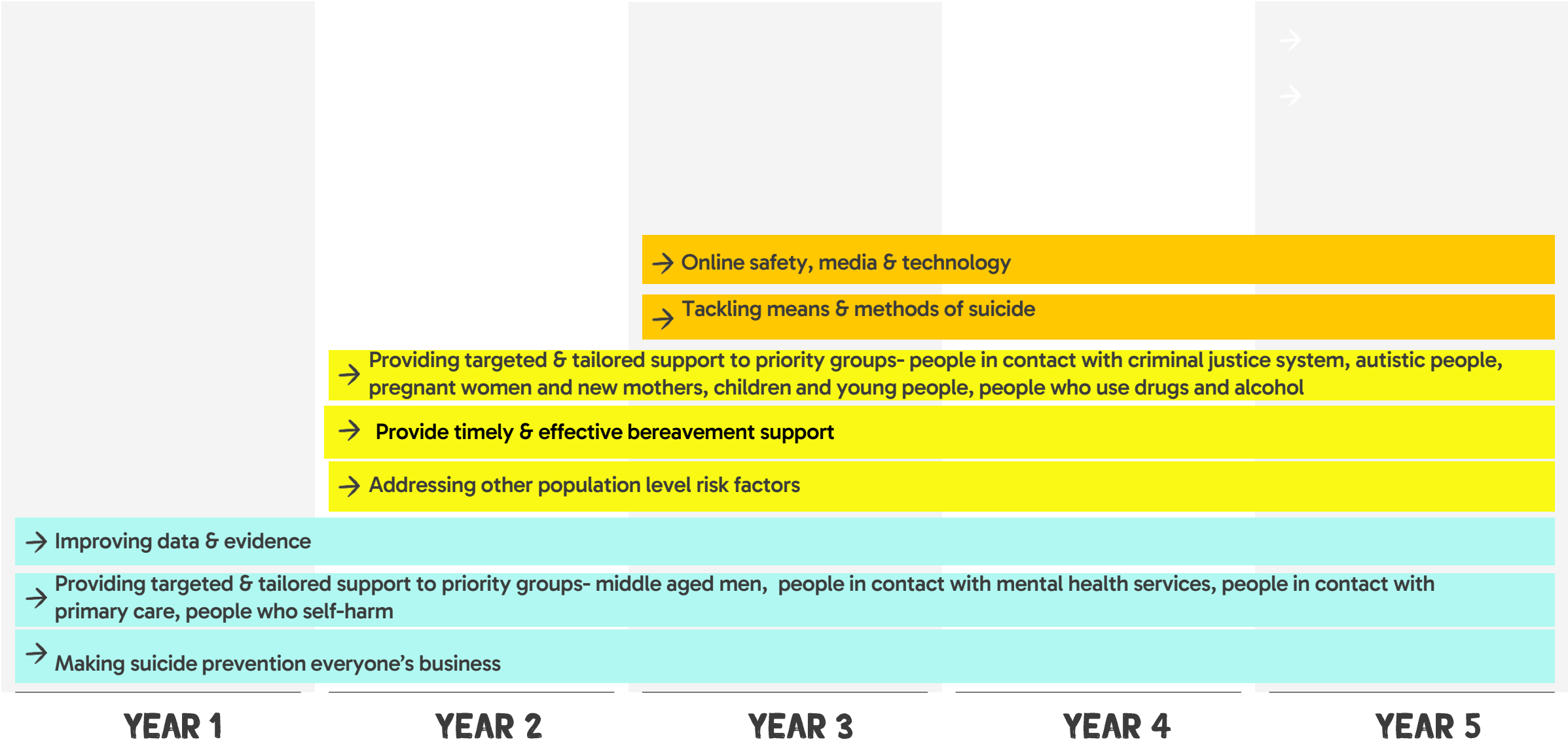
People from across all types of communities die by suicide. Most suicides are the result of a range of complex interrelated factors. As a result, suicide prevention work needs to happen across a broad range of settings, targeting a wide variety of people, policy areas and partners.

The aims of this suicide plan is to reduce the number of suicides of Bedfordshire, Luton and Milton Keynes residents and provide better support for those bereaved and affected by suicide. Seven key areas of action have been identified to support this aim.

- 1 Providing targeted & tailored support to priority groups
- 2 Addressing other population level risk factors
- 3 Tackling means & methods of suicide
- 4 Online safety, media & technology
- 5 Improving data & evidence
- 6 Provide timely & effective bereavement support
- 7 Making suicide prevention everyone's business

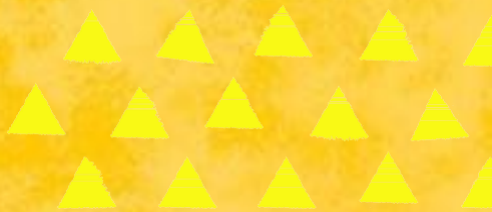
# SUICIDE PREVENTION BLMK

## 2024-2028



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**Aims & Objectives**  
**Providing targeted & tailored support to priority groups**



| Priority group                      | What we will focus on and develop                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | What we will continue to do                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
|-------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Middle Aged Men                     | <p>Develop initiatives to support risk factors for suicide in middle-aged men including financial difficulty, relationship breakdown and mental illness.</p> <p>Target men working in routine and manual occupations and those who are unemployed, encourage employers, in largely male industries, to have appropriate support in place for employees, including people trained in mental health support and suicide prevention awareness.</p> <p>Review service accessibility for middle-aged men in relation to mental health particularly in more remote areas.</p> | <p>Train front-line staff and volunteers most likely to encounter middle aged men in suicide prevention awareness.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| People In Contact With Primary Care | <p>Ensure Primary Care Networks understand the local suicide prevention priorities and how they can support delivery of suicide prevention initiatives.</p> <p>Improve suicide prevention signposting and support to people in contact with primary care services, including older adults and those receiving care for physical ill health, including support available via VCSE sector.</p>                                                                                                                                                                            | <p>Deliver suicide prevention training for general practitioners and all practice staff.</p> <p>Encourage GP practices to disseminate suicide prevention information e.g. ‘Help is at Hand’, Stay Alive. Samaritans.</p> <p>Ensure the universal implementation of NICE guidelines CG90 and CG91 (long term conditions) to improve the identification, treatment and management of depression in primary care and awareness of suicidality.</p> <p>Ensure when suicide incident reviews are undertaken, they include primary care.</p> <p>Work with GPs, hospitals and pharmacists to promote safe prescribing.</p> |

# 2

## Aims & Objectives

### Addressing other population level risk factors



| Risk factors                                                                                                                                                                | What we will focus on and develop                                                                                                                                                                                                                                                                                                                                                                                                                                | What we will continue to do                                                                                                                                                                                                                                                                                                                                           |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Relationship Breakdown</p> <p>Financial Difficulty &amp; Economic Adversity</p> <p>Physical Illness</p> <p>Harmful Gambling</p> <p>Social Isolation &amp; Loneliness</p> | <p>Explore the link between suicide and relationship breakdown and identify preventative measures.</p> <p>Strengthen the training offer to frontline services working with those experiencing financial difficulties.</p> <p>Strengthen informal messaging around risks associated with gambling.</p> <p>Encourage residents to ‘check in’ on friends, family and neighbours in hard times.</p>                                                                  | <p>Ensure suicide prevention campaigns and training educate people about risk factors associated with suicide.</p> <p>Continue to work to improve access and signposting to support to ensure people are not struggling alone and know what options are available to them particularly those experiencing financial difficulty and those experiencing loneliness.</p> |
| <p>Domestic Abuse</p>                                                                                                                                                       | <p>Strengthen training for professionals working with both victims and perpetrators of domestic abuse on how to respond to disclosures of suicidal ideation and how to include risk in safety planning.</p> <p>Work to strengthen local intelligence and data on domestic abuse and suicide to inform local practice and response through strategic partnership working.</p> <p>Work to embed routine enquiry around domestic abuse into frontline practice.</p> | <p>Deliver suicide prevention and domestic abuse training.</p>                                                                                                                                                                                                                                                                                                        |



| Priority                                                                  | What we will focus on and develop                                                                                                                                                                                                                                                                                                                                                                                                          | What we will continue to do                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
|---------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Cross Cutting Theme: Making Suicide Prevention Everyone’s Business</p> | <p>Work collaboratively with ICS partners to jointly design and commission suicide prevention training of front-line professionals (with reference to the Competence Frameworks and evidence)</p> <p>Advocate and champion the ‘Zero Suicide Alliance’ training</p> <p>Concentrate additional SP messages and campaigns to align with seasonality effects on suicide and target local risk factors including place-based risk factors.</p> | <p>Co-produce and deliver public-facing programmes and messages to:</p> <ul style="list-style-type: none"> <li>• Raise awareness of suicide and its impact on society as well as for friends and family.</li> <li>• Reduce stigma in mental health and suicide.</li> <li>• Raise awareness of risk factors such relationship breakdown and bereavement on suicide risk.</li> <li>• Raise awareness of protective factors.</li> <li>• Encourage everyone to check in on those around them and offer immediate emotional support to those in distress.</li> <li>• Give information on suicide prevention measures and where those in crisis can obtain immediate and longer-term support.</li> <li>• Ensure information and resources are accessible to those who aren’t born in the UK, particularly men.</li> <li>• Support understanding of appropriate language when talking about suicide</li> </ul> |

## What we do

- We're available round the clock, every single day of the year for those in crisis or distress or who have suicidal thoughts
- We reach out to people in their own communities through our Outreach Programmes
- We work in partnerships within the BLMK area
- We influence others to take action



## SAMARITANS

**The three Samaritan branches in the BLMK area, welcomed being able to work alongside voluntary sector partners, and with colleagues in the public services to review and revise the local Plan.**



**Samaritans nationally collaborates with the government on a number of suicide prevention programmes and initiatives as part of the national Suicide Prevention Plan:**

- Network Rail Suicide Prevention Programme
- MoJ funding to recruit, train and support Listeners within prisons to support those prisoners who are in crisis or suicidal
- MoD supported Samaritans Military Support Programme
- Samaritans campaign for Online Safety
- Samaritans guidance and awareness on responsible media reporting regarding suicide



**Samaritans locally implement the national programmes within BLMK and are involved in a number of initiatives to support the local Plan and to reduce suicide and improve awareness:**

- ☐ Supporting detainees at risk in police custody
- ☐ Awareness activities in colleges and universities
- ☐ Supporting Chicksands Military Base welfare and wellbeing services
- ☐ Working with statutory and voluntary sector partners on multi-agency groups



## As part of the review of the local Suicide Prevention Plan local Samaritans has:

- Led the review of the Criminal Justice System objective, including how the Listener Scheme is working at local prisons
- Works on the reduction of the access to the means of suicide as part of the local support to rail stations
- Promotes that everyone has a role to play in reducing suicide and raising awareness, including guidance on how we all can intervene and support someone, even a stranger, who is in crisis

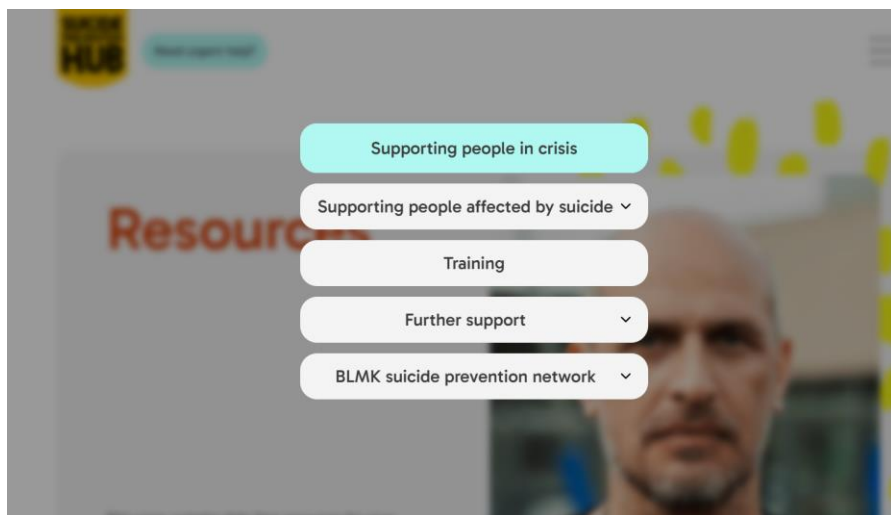


## Why what we do matters



# Suicide Prevention Information & Support

The Hub is a single point of reference for suicide prevention information and resources for those working across Bedfordshire, Luton and Milton Keynes. The content is supported and maintained by the BLMK Integrated Care Partnership and BLMK Suicide Prevention Network.



# SUICIDE PREVENTION IS EVERYONE'S BUSINESS



A new website to support us all to play our part in preventing suicide:

[suicidepreventionhubblmk.co.uk](https://suicidepreventionhubblmk.co.uk)



# World Suicide Prevention Day



## Free Online Webinar

**Making suicide prevention everyone's business**



**11th SEP  
2024**



**12pm - 1pm**



**Teams Meeting**

**Join us to find out about the multi -agency work to support suicide prevention throughout Bedfordshire, Central Bedfordshire, Luton & Milton Keynes (BLMK).**

Public Health – The new BLMK local suicide prevention action plan (2024-2028), the local suicide prevention network and introduction to the Suicide Prevention Hub a web-based resource for frontline professionals to support suicide prevention across BLMK. (Emma Bates & Elizabeth Bailey)

Samaritans -Making changes that saves lives, reducing risk factors in suicide prevention, day and night support 365 days per year supporting those struggling to cope. Campaigning and training (Robert Labe)

Chums – Bedfordshire suicide bereavement service, offering mental health and emotional wellbeing service supporting children, young people and their families. (Debbie Robson)

Mind BLMK – Supporting suicide prevention pathways, bereavement by suicide support and suicide awareness training (STS) & Links between domestic abuse and suicide.

ZSA - Zero Suicide Alliance training, autism and the Stay Alive App (Elizabeth Bailey)

By attending you will learn more about the new BLMK suicide prevention action plan , resources and support services across BLMK and how you can support suicide prevention.

To find out more information and book your place via Mind BLMK automated booking system:

[CLICK HERE](#)



Working together to improve the health and wellbeing of our communities

# Join us this World Suicide Prevention Day

**SAMARITANS**

Bedford

**and together, we'll find  
the words to speak  
about suicide.**

**SAMARITANS**

A registered charity



# CHANGE THE NARRATIVE



**World Suicide Prevention Day  
10 September**

**#StartTheConversation**





## To support suicide prevention across Bedfordshire, Luton and Milton Keynes:

Sign up to join the BLMK Suicide Prevention Network here:

<https://suicidepreventionhubblmk.co.uk/blmk-suicide-prevention-network/>

Take the free 20-minute Zero Suicide Alliance suicide prevention training:

<https://www.zerosuicidealliance.com/training>

Visit the Suicide Prevention Hub, a web based resource for frontline professionals and those supporting suicide prevention across BLMK here:

<https://suicidepreventionhubblmk.co.uk/>

# THANK YOU

## Contact

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[Emma.Bates@milton-keynes.gov.uk](mailto:Emma.Bates@milton-keynes.gov.uk)

Public Health shared service for Milton Keynes, Bedford

Borough and Central Bedfordshire

Bedford Samaritans

[bedford.outreach@samaritans.org](mailto:bedford.outreach@samaritans.org)

