

DRAFT NOTTINGHAM AND NOTTINGHAMSHIRE SUICIDE PREVENTION AND SELF-HARM STRATEGY 2024 - 2029

Guiding Principles

The development of the strategy and action plan have been guided by the following principles:

- 1) People and lived experience are at the heart of all that we do and guided by principles of care, set out in the Suicide Prevention Charter.
- 2) Evidence based approaches and local knowledge will drive our approaches.
- 3) Suicide is everybody's business and requires us to work in partnership with communities and services.
- 4) Equity and inclusion are at the foundation of our work; creating support across the life-course for everyone who needs it, as well as tailored approaches for those most at-risk groups.
- 5) There should be a focus on prevention and on intervening at the point of need.
- 6) People need to get the right support at the right time and at the right place; providing quick, safe, flexible and skilled assessment and support.
- 7) Self-harm and suicide prevention need tailored approaches that recognise and address the range of individual experiences.

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.

Strategy ambitions

1) Promote 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) Promote wellbeing and reduce risk in at-risk groups

- Improve the wellbeing of people, by promoting positive opportunities, and inclusive environments
- Develop tailored approaches, that recognise the challenging life factors that may lead to self-harm and suicidal feelings

3) People will get 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
- 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) Local data and lived experience will 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.

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.

In 2023 Nottingham and Nottinghamshire jointly produced a [Suicide Prevention Joint Strategic Needs Assessment](#) (JSNA). 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.

