



# **Preventing Suicide in Barnet**

## **Annual Report**

### **April 2022 – March 2023**

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July 2023

This report mentions death by suicide, suicidal thoughts, and self-harm. Please read with care.

Contact [Samaritans](#) to talk at any time. You don't have to be suicidal.

Phone: **116 123 for free.**

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## Acknowledgements

To those with lived experience and members of the Barnet Suicide Prevention Partnership who are committed to making Barnet a borough where every year, the number of residents lost to suicide falls.

## Executive Summary

Suicide has a devastating impact on individuals and their families. Barnet Council is fully committed to reducing the incidence of suicide and supporting people to get the help they need. This annual report reflects on the collaborative actions across the borough in the delivery of the Suicide Prevention Strategy. The key partners include but are not limited to:

- the NHS
- Integrated Care System
- community, voluntary and faith sector
- schools and universities
- police service
- local employers
- regional and national partners

Barnet's suicide rates have remained significantly lower than both London as a whole and the rest of England. The current three-year average suicide rate in Barnet of 4.8 per 100,000 - the second lowest in London. The total number of suspected suicides from the Real Time Surveillance System (RTSS) was 20, this is lower than 25 in 2021-22. However, this needs to be interpreted with caution as underreporting may be an issue.

Last year the membership of the Partnership continued to grow. There are almost 40 organisations working together to support the mental health of children, young people and adults and making a commitment to reduce suicide deaths in Barnet. Progress has been made across the eight key action areas of the strategy despite cost-of-living pressures on both residents and staff. Our engagement with Jewish and Eastern European Communities has improved greatly through listening events organised by key trusted partners. The success of the campaign targeting men who work in male-dominant industries has gained national recognition. The Local Government Chronicle has nominated the campaign for a national award in two separate categories.

The Resilient Schools Programme continues to expand and has 82 schools in its network with 235 people trained in Youth Mental Health First Aid, which covers self and suicide. The Suicide Prevention training offer is available universally to all schools in Barnet with the additional bespoke Wise training to Secondary schools continuing to roll out with very positive feedback. A Multiple Suicide Response Plan is in its final draft with membership to be definitively agreed upon, ready for Autumn and a process for information sharing has been established.

The co-produced Digital Resilience Campaign film, Generation Verified, has been launched and benefits from being used as a 'standalone talking tool' between peers, families, and

communities and as a resource for signposting. In addition, using the My Say Matters Strategy, a co-produced mental health campaign for children and young people is in progress. The campaign will launch over the summer, featuring a main film for social media, posters, and information for schools.

Our ambition in Barnet is to reduce the number of deaths by suicide year-on-year. Both confirmed and suspected deaths by suicide remained lower than in London and England. This may be associated with the collective preventative action that has been taken over two years. However, the Partnership is not complacent. The co-produced action plan 2023 – 25 will set further ambition to strengthen what is already in place, as well as adding new actions; because every single life lost to suicide is one too many.

## 1. Context

Barnet's Suicide Prevention Strategy 2021-25<sup>1</sup> was approved by Health and Wellbeing Board in July 2021. The partnership delivering the strategy is multi-agency and multi-disciplinary reflecting the complexity of suicidal behaviour. The strategy has three key themes and eight areas for action. They are:

**Table 1. Suicide Prevention Strategy Framework**

Themes	Areas for Action
<b>Foundation for action</b>	Insights from data, research, and people with lived experience
	Leadership and collaboration
<b>Prevention of suicide and self-harm</b>	Awareness
	Interventions
	Services & Support
	Wider determinants of mental health and wellbeing
<b>Postvention</b>	Bereavement support after suicide
	Community Response

This is the second annual report which provides an update on the Barnet Suicide Prevention Strategy and Action Plan as well as the data on suicide and self-harm.

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<sup>1</sup> [Barnet Suicide Prevention Strategy 2021 - 2025\\_cleared.pdf \(moderngov.co.uk\)](#)

The report has three sections:

1. Suicide and self-harm statistics
2. Suicide Prevention Programme Update
3. Future plans

We currently receive suicide data from two main sources: the Office for National Statistics (ONS) which provides registered deaths in England and Wales from suicide analysed by sex, age, area of usual residence of the deceased and suicide method; and the Real Time Surveillance System (RTSS) which reports on suspected suicides. The numbers reported by the ONS are based on the deaths *registered* in a particular year, rather than deaths *occurring* in a particular year. There is a significant delay between the date of death and the registration due to the requirement to confirm a death as a suicide through the coronial process – six to 12 months. As data on suicides are based on very small numbers, the interpretations of trends should be approached with caution. This means that any variations may not be statistically significant and can fluctuate markedly from year to year. This is why we look at three-year averages.

The RTSS provides data on local suspected suicides entered by the Metropolitan Police to supplement data on registered suicides to help agencies across London. This is less definitive because the data is not yet confirmed through the coroner's process. Nevertheless, the timely information is crucial to plan and implement short-term interventions as well as identifying and linking up individuals with the suicide bereavement services. The demographics and contextual information surrounding each incident for example the methods of suicide, locations, existing mental health issues or history of self-harm are regularly analysed to enable long-term planning.

Emergency admissions due to intentional self-harm data comes from Hospital Episodes Statistics. It is likely that the overall rates of self-harm are underestimated as many people who self-harm do not present to hospital. Thrive LDN are developing a real time surveillance tool using A&E of self-harm to offer a wider understanding of the issue in London.

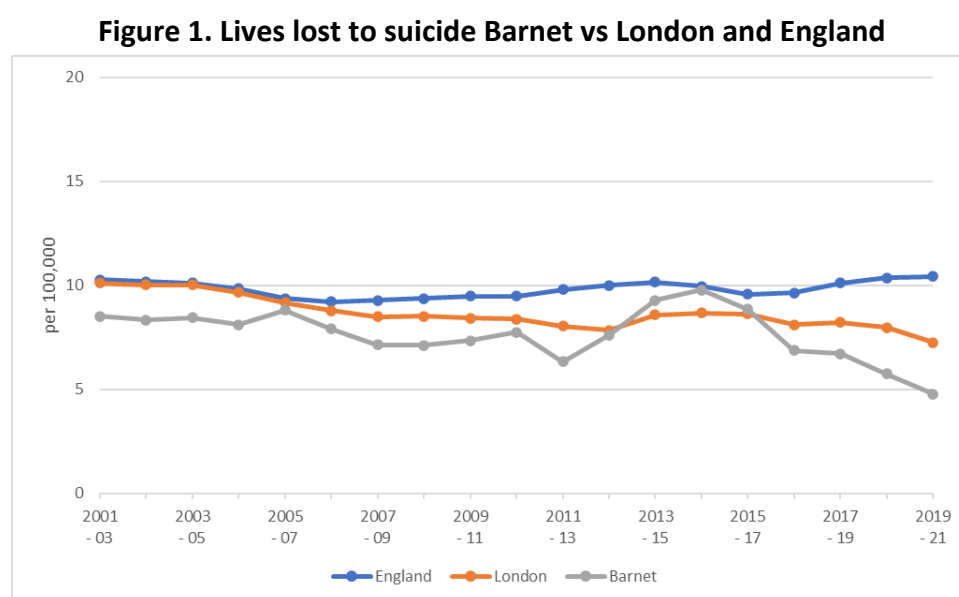
The first section of this report will provide an overview of suicide and self-harm statistics reflecting the data from multiple sources. In the second section of the report, we will present the achievements of the partnership against the key areas for action. The final section will outline our plans for the future.

## **2. Suicide and self-harm statistics**

### **2.1. Death by suicide**

The most up-to-date data shows rates of death by suicide as a three-year average (2019 - 2021), age-standardised rate per 100,000 people, in those aged 10 and over.

Figure 1 shows that since 2015 the death rate in Barnet has significantly reduced, this trend is also seen in the rest of London but to a lesser degree. The three-year average suicide rate in Barnet is 4.8 per 100,000, the second lowest rate in London. The suicide rate in England 10.4 per 100,000, has remained stable. In London and Barnet, the trend in death by suicide continues to decrease.

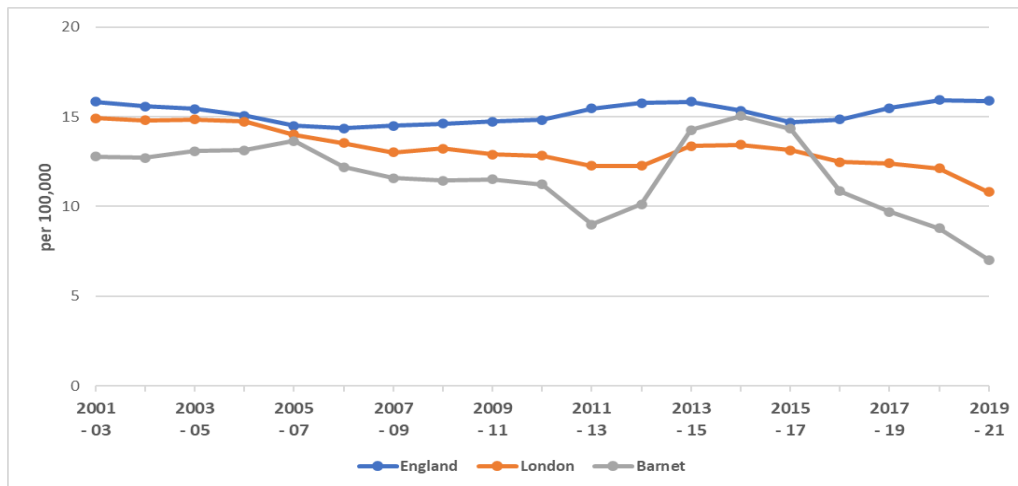


Source: OHID (Suicide Prevention Profile based on Office for National Statistics)

Figure 2 shows that the death rate due to male suicide has significantly decreased across England since 2015 from 14.3 (2013-2015) to 7.0 (2019- 2021). Within Barnet, there is a 1.8% decrease in deaths by suicide from 8.8 (2018-2020) to 7.0 (2019 – 2021).

**Figure 2. Men's lives lost to suicide in Barnet vs London and England**

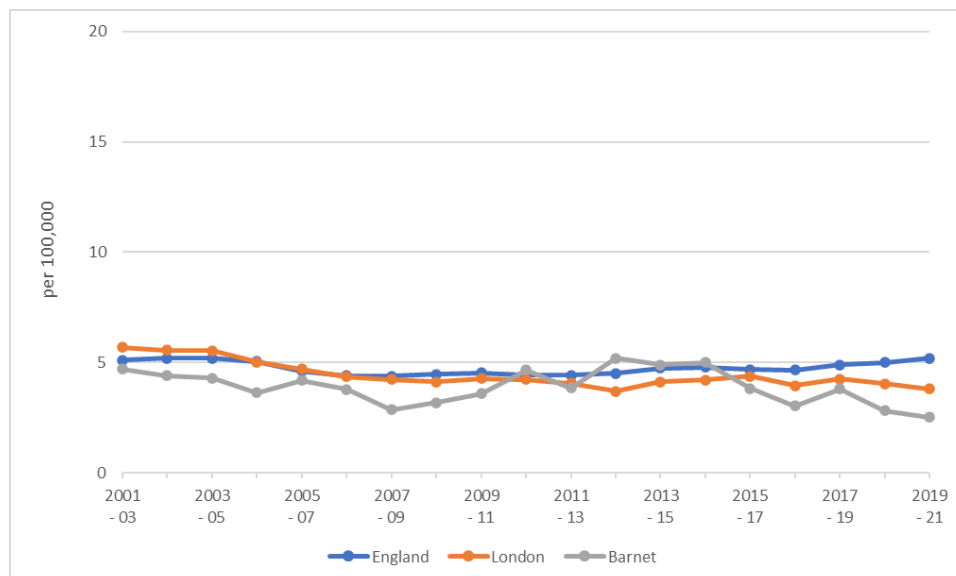




Source: OHID (Suicide Prevention Profile based on Office for National Statistics)

Figure 3 shows that the rate of women's lives lost to suicide in Barnet has decreased from 5.0 (2014-16) to 2.8 per 100,000 (2018-2020). This is significantly lower than the rate for London (4.0) and England (5.0). In line with national statistics, the number of women's lives lost to suicide in Barnet has always been lower than men.

**Figure 3. Women's lives lost to suicide in Barnet vs London and England**



Source: OHID (Suicide Prevention Profile based on Office for National Statistics)

London has had the lowest suicide rate of any region of England (6.6 deaths per 100,000), while the highest rate was in the North East with 14.1 deaths per 100,000 in 2021.

## 2.2. Thrive London Real Time Surveillance System

Thrive London has established a Real Time Surveillance System (RTSS). This means we can monitor suspected suicides in real time to help prevent further lives lost to suicides through analysing trends or patterns and support the provision of bereavement services to those affected.

All data should be interpreted with caution as it contains both suspected and confirmed suicides and is subject to change after the coroner's inquest. We are unable to give a more detailed subgroup analysis including under 18 data to protect confidentiality.

Below is a summary of data from April 2022 – April 2023.

- There were 20 suspected deaths by suicide in Barnet during the past year.
- If these are confirmed suicides this would represent a decrease from 25 to 20 deaths in comparison to the year before (March 2021 – March 2022).
- To date 78% of suspected suicides were in males.
- The number of suspected suicides was highest in the 35-44 age group.
- The median age of male suicides is 44 whilst the median age of female suicides is 49.5 years.
- Ethnicity was estimated by attending officers at the scene using Metropolitan Police categories. Just over two-thirds of suicides were in White populations and just under one-fifth were in Asian populations.
- In men, hanging was the most common mode of suicide, however in women, we were unable to determine this due to the low numbers.
- Most suicides appeared to have taken place in homes.
- There was no correlation between IMD 2019 decile and suicide and there were no suspected suicides in the most deprived areas based on the deprivation index.

## 2.3 Self-harm

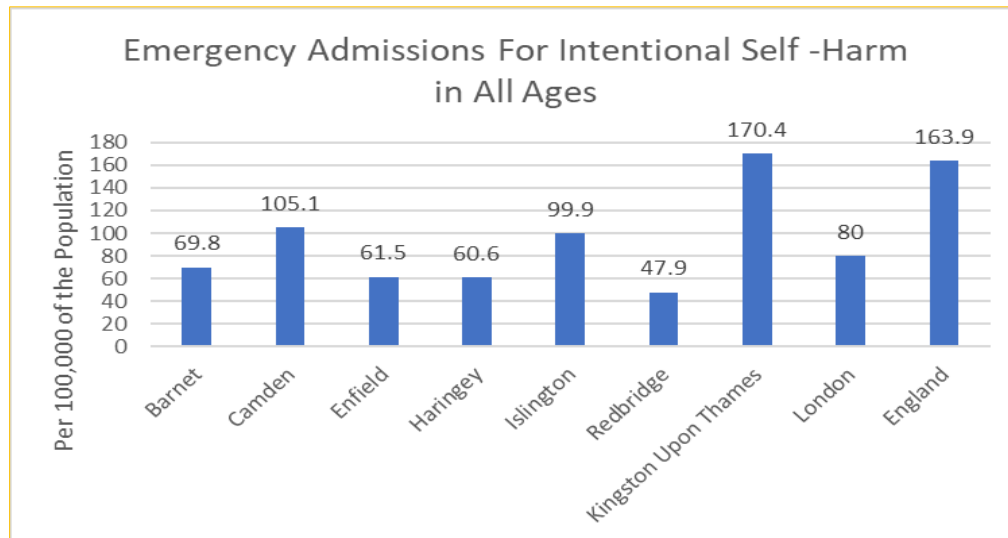
There is clear evidence of a link between repeated episodes of self-harm and attempting suicide. In most self-harm incidences, people do not present to hospital or healthcare professionals. There is a need for education and support for family, friends and those working in the voluntary care sector to have support and information about self-harm.

In 2021/2022 emergency admissions for Barnet were significantly below the National and London rate. In Barnet, there were 280 admissions, in London 7,385 and across England 93,895.

Figure 4 shows that within North Central London, Haringey had the lowest admissions for intentional self-harm at 60.6 per 100,000 of the population. Camden had the highest rate of admissions at 105.1 per 100,000. Barnet had 69.0 per 100,000.

Across London, the borough of Kingston upon Thames had the highest rate at 170.4 per 100,000 and the lowest was in Redbridge at 47 per 100,000 (unfortunately, we cannot compare this data to previous years, as the population estimates have changed).

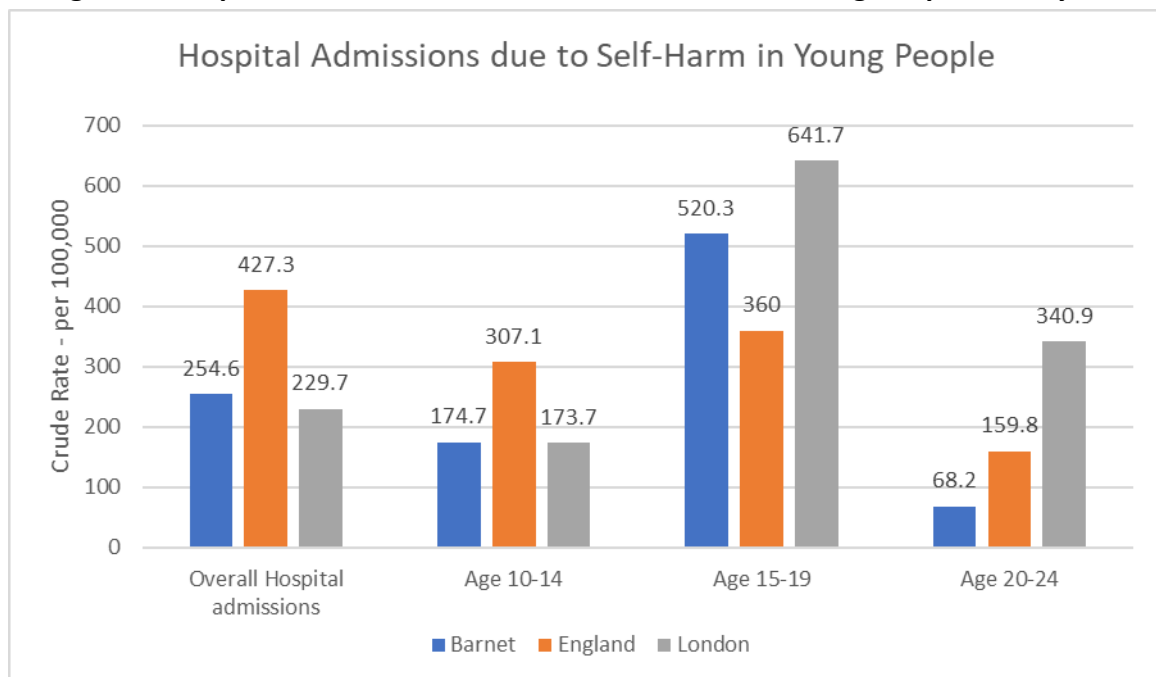
**Figure 4: Emergency hospital admissions for intentional self-harm in all ages 2021-22**



Source: OHID Fingertips, re-created from Hospital Episodes Statistics.

Figure 5 shows the rates of hospital admissions due to self-harm in young people. Overall, Barnet had higher admissions (254.6 per 100,000) than London (229.7 per 100,000). In people ages 15-19 the rate of admissions in Barnet 520.3 per 100,000, is higher than England, 360 per 100,000 but lower than London 641.7 per 100,000. It is important to note that this data refers to episodes of admission and not individual people, hence the number of young people admitted owing to self-harm may be lower.

**Figure 5: Hospital admissions as a result of self-harm in Young People 10-24 years**



Source: Hospital Episode Statistics

The data presented above covers hospital admissions only and therefore self-harm incidences are under reported.

### 3. Suicide Prevention Programme Update

This section provides an update on the way in which Barnet's Suicide Prevention Partnership implemented its agreed strategy actions based on the three themes identified as well as an update on work across North Central London. The full Suicide Prevention Strategy Action Log can be found in Appendix I and membership of the Partnership in Appendix II.

<b>Foundation for actions</b>	<b>Insights from data, research, and people with lived experience</b>
	<i>Aim: Enhanced insights on every suicide that occurs in the borough to inform future prevention work, using both qualitative and quantitative information.</i>
	Last year, we continued to improve our understanding of suicides in Barnet by focusing on the Real Time Surveillance System (RTSS) flagging any emerging trends. We have shared an analysis of the RTSS data during meetings where possible. This enabled partners to become more

	<p>informed and better their engagement activity with groups and communities to prevent suicide.</p> <p>We have worked with the Metropolitan Police to feedback on any issues with the RTSS data and have established a good relationship between the Police and partners.</p> <p>We have started an analysis of the case narratives and identified common themes and risk factors. However, we adopted a sensible approach to guard against over-reliance on local data by presenting any local data alongside national research evidence.</p> <p>Middlesex University shared insight from their evaluation of London data. For the first time, we were able to understand how Barnet compares to the rest of London in terms of death by suicide demographics and profiles. For example, last year, we noted that male suicides are higher in Barnet compared to London. No suicides occurred in areas in the most deprived Index of Multiple Deprivation (IMD) 2019 decile. This data should be interpreted with caution. We will continue to monitor these differences regularly.</p> <p>We have started to incorporate learnings from the Safeguarding Adults Reviews (SAR). The independent chair of Barnet of the Safeguarding Adults Board shared learnings from the safeguarding review, involving the death by suicide of a young student from outside of Barnet. The review highlighted some important learning including the heightened risk for young people transitioning into higher education, specifically around the context of neurodiversity and mental health.</p> <p>Barnet has recently refreshed the membership of the NCL Data &amp; Insight Group by limiting the group to the partners who have signed the Data Sharing Agreement with Thrive London only. This resolved the data sharing issues previously encountered. We aim to enhance cross working through better analysis of the data.</p> <p>In Barnet, we currently have a standard process for responding to RTSS data. We are working to agree a model for a Multiple Suicide Response across NCL.</p> <p>For young people, we are working on a standardised process for assessing emerging trends that may indicate suicide clusters with real time data shared between agencies. Our Multiple Suicide Response Protocol has been drafted and awaiting final amendments from partners and is to be completed in July 2023.</p>
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	<b>Leadership and Collaboration</b>
	<i>Aim: Co-ownership of strategic success</i>
	<p>Barnet Suicide Prevention Partnership has continued to grow with new partners joining. Our Expert by Experience representative had completed a nine-month training programme designed to increase the voice of people with lived experience and to become better influencers and we value this contribution very highly. We are also liaising with the National Suicide Prevention Alliance lived experience network to make better informed plans.</p>
	<p>The Council's Workplace Wellbeing Strategy, published in 2022, aimed to set an example in the borough, by including procedures addressing the risk of suicide and self-harm and supporting those affected by suicide.</p>
	<p>The North London Mental Health Partnership (NLMHP) launched a comprehensive Suicide Prevention strategy in February 2022. The strategy aligns with the NCL-wide suicide prevention initiative and involves collaboration with multiple agencies. Implementation of the strategy is through an Action Group comprising clinicians, partner agencies, and individuals with lived experience of the impact of suicide.</p>
	<p>Engaging carers with lived expertise played a vital role in shaping and implementing the strategy. Their valuable contributions have enriched the development and delivery of our suicide prevention initiatives.</p> <p>The NLMHP fostered strong partnerships with voluntary and statutory providers dedicated to preventing suicide and supporting individuals at risk of suicide and those close to them. These collaborations have enhanced our ability to provide comprehensive care and support across our services and systems.</p> <p>To drive the implementation of the Suicide Prevention Strategy, Clinical Lead and Champion roles within NLMHP have been established. These individuals, including 60 Suicide Prevention Champions, underwent intensive training and actively participate in a Community of Practice, ensuring a high level of expertise and knowledge in suicide prevention can be provided at the local team level. These roles will be grown and strengthened to embed suicide prevention.</p> <p>Specifically for Children and Young People, an agreed process for sharing learning from Barnet Integrated Clinical Services' (BICS) focus</p>

	<p>groups with young people has been established. The BICS Youth Engagement Officer attends the BSPP meetings to ensure the voice of children and young people with lived experience are represented.</p> <p>A member of the Start and Grow Well Team, Barnet Public Health, attends all Safeguarding Thematic Reviews to ensure learning is taken back to the suicide prevention partnership and guidance from Public Health is represented at the meetings. In addition, regular attendance from the Manager of Barnet Safeguarding Partnership at the Suicide Partnership Meeting has strengthened safeguarding knowledge and expertise.</p> <p>Barnet Family Services has launched the My Say Matters Strategy which sets out the way we are going to work with and involve children and young people so they can tell us what they think, help us make decisions, and design and shape our services. Children and Young People contributed their time and ideas, via a series of online and face-to-face meetings, to the making of a video and a design project to develop a My Say Matters logo and branding.</p>
<b>Prevention of suicide and self-harm</b>	<b>Awareness</b>
	<p><i>Aim: Everyone that lives, studies, or works in Barnet knows where to find help if they are thinking about suicide or are concerned about someone else.</i></p>
	<p>Zero Suicide Alliance (ZSA) training is a short training video aimed at instilling confidence and empowering users to initiate life-saving conversations with individuals whom they may feel are experiencing suicidal ideation or suicidal thoughts. Using a simple principle of suicide first aid – the training provides a basic introduction to the topic and some simple things that everyone could do to support a person at risk.</p> <p>Over 120 residents and frontline staff attended Barnet’s first Zero Suicide Alliance Lunch &amp; Learn Session. In collaboration with Community Barnet, a further five ZSA lunch and learn sessions are scheduled to increase the number of residents and professionals to complete the training in the Borough. These events typically include information about resources, support services and how to access further training. Elected members also received the ZSA training.</p> <p>One of our partners, Barnet Enfield &amp; Haringey Mental Health NHS Trust, has made completing the ZSA training mandatory for all its staff. NLMHP run A series of successful suicide prevention learning events, open to all clinicians within NLMHP. Further sessions are planned three</p>

times a year. Furthermore, external specialist suicide prevention training (Applied Suicide Intervention Skills - ASIST) was commissioned to continue training a range of clinicians.

Our suicide prevention campaign aimed at preventing mental ill-health and suicidality amongst working-aged men, has been nominated to Local Government Chronicle (LGC) awards in two different categories. The full evaluation report was published on the National Suicide Prevention Alliance Website.

The second phase of the campaign included engagement with Jewish and Eastern European communities as well as men who work in male-dominated industries e.g., Barnet Depot, Barratts, Wates and Mace construction. Sadly, there were some men in the audience who either thought about suicide or were bereaved by suicide. We were able to offer our key suicide prevention services to support them i.e. The Listening Place, Andy's Man Club, NCL Support After Suicide Service and others Barnet Wellbeing Service, Befriending and Stay Alive app.

Through these sessions, we have begun to tackle the stigma surrounding mental health and suicide and there was a general understanding that it is important to talk to a teammate who seems distressed.

Together with JAMI and Community Barnet, two community conversation days were hosted, inviting the public to come along and share their ideas on how to prevent suicide in the Jewish community.

Both days gave us much insight into the challenges faced by the Jewish community, what support is available, what support is currently being utilised and what is needed going forward to prevent suicide. The emerging themes will enable the development of a suicide prevention resource for the Jewish community, addressing the concerns with current resources available and implementing the learning from the community conversations.

Engagement with Eastern European groups suggested that stereotype phrases such as '**men don't cry**' or '**man up**' can be a contributing factor preventing men from speaking about their mental health. In response to feedback from the community, we have translated the Stay Alive app into Romanian. The app was already available in key Eastern European languages. Further engagement is needed to determine the key ingredients for culturally specific resources.



	<p>Barnet Mencap has been raising awareness about the strong link between suicidality and autism. They have been liaising with professionals and highlighting the factors that might indicate an individual might be autistic and suggest further explorations to confirm or discard this. Identification of individuals who are not yet diagnosed as autistic is key to managing suicide risk.</p> <p>Barnet Mencap has embedded suicide awareness among autistic/neurodiverse individuals in all their training sessions. Furthermore, the Autism Service advisers have completed the ZSA suicide awareness training. Their newsletter featured an article about suicide prevention emphasising the risk between suicide and neurodiversity.</p> <p>For Children and Young people, 225 people have been trained in Youth Mental Health First Aid, across primary and secondary schools, family services and the voluntary sector and all Barnet schools have now been offered this training. Suicide Prevention training has been offered to all Barnet schools this year, with 52 educators being trained so far and both trainings continue three times a year as part of the universal offer from the Resilient Schools Programme. Our data shows that, after training, there is an increase in confidence and knowledge in talking to those that may be developing poor mental health and an increase in confidence to support a young person that is in a suicidal crisis.</p> <p>We have ensured that the Making Every Contact Count (MECC) is regularly reviewed and sent out termly to school communities, along with links to Zero Suicide Alliance training, the Suicide and Self Harm document and other relevant resources.</p> <p>We are currently developing a mental health campaign for children and young people, working together with a youth engagement and communication company called Break-Comms. We want to ensure that all our young people know what support is available to them and where they can go to access the right level of support for them. We will be co-producing the campaign with young people to ensure that the thinking, tone, and creative content are designed relevant to their needs. The campaign will launch over the summer, featuring a main film for social media, posters, and information for schools.</p>
	<p><b>Interventions</b></p>
	<p><i>Aim: Provide timely and accessible information at potential trigger events.</i></p>

	<p>Last year, we continued to deliver mental health and suicide prevention - a programme of training to staff who work with potentially high-risk groups. This included Mental Health First Aid, Suicide First Aid and Safe Talk. Participants were provided with signposting information about both locally and nationally available resources and services. In addition, as part of the Council's Cost of Living campaign, the Mental Health and Cost of Living information leaflet was also co-produced and shared widely.</p> <p>We received very positive comments about the Stay Alive app. The app not only helped people keep safe but equipped frontline professionals with techniques and strategies and guided them by better articulating the topic of suicide towards the people that they are supporting.</p> <p>Staff in BOOST and Barnet Group are aware of local services and make referrals or signpost clients directly, including our Older Adults, Refugees and Rough Sleepers teams as well as young person's advisors. Last year BOOST trained 40 people on suicide prevention as well as Mental Health First Aid. Resource guides and help sheets contain the contact details for key prevention services. They have been sharing MECC factsheets on suicide prevention and referring men to Andy's Man Club. BOOST have implemented Wellness Action Plans to support staff wellbeing.</p> <p>Homeless Action Barnet (HAB) support their clients who are having suicidal ideation through a volunteer counsellor. In addition, a DWP officer comes in to support them with benefits. HAB support their staff via EAP and trauma-informed practice training – as dealing with significant client needs can trigger people's own issues.</p> <p>The Network has a comprehensive focus on suicide prevention reflecting on their experience of working with Barnet residents who have presented with suicide risk at the different stages of thoughts, plans and intent. The Network, based on their training, created an evidence-based pilot for a peer-support group aimed at increasing a sense of connection – the lack of which is one of the key drivers of suicidality<sup>2</sup>. The hope is for this unique course to take a lead in Barnet and be extended to other teams as a referral option.</p>
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<sup>2</sup> SUICIDALITY: Suicidality, also known as suicidal thoughts or suicidal ideation, refers to thinking about or being preoccupied with thoughts of suicide which is the action of killing oneself. This ranges from the occasional thought about suicide to deep thinking and serious consideration about suicide.

	<p>Mind in Enfield and Barnet provides services to over 5000 people a year, all of which are focused on mental health, and in doing so all of which minimise the risks of suicide. They have committed to training all public facing staff in ASSIST training, currently rolling out and are willing to work with other local providers, sharing their expertise, on building crisis plans and tools for clients.</p> <p>Resilient schools have added 'Digital Resilience' as an additional component to a whole school approach; to provide awareness and support for school communities on the impact the digital world has on young people's mental health. As part of this approach, a co-produced film, Generation Verified, was commissioned. From identity to pressure for perfection, popularity, and the desire for likes, Generation Verified is a short film that explores young people's experiences of the online world and how they cope with the unique generational challenges that they must navigate in their day-to-day lives.</p> <p>This short film has co-production at its heart ensuring that a group of Barnet young creatives experience all aspects of scriptwriting, acting, film making and directing to explore the online world and the effects it has on young people's wellbeing. They have owned this process from the start.</p> <p>The film benefits from being used as a 'standalone talking tool' between peers, families, and communities and as a resource with the additional support of lesson plans, resources, and signposting.</p>
	<p><b>Services &amp; Support</b></p>
	<p><i>Aim: Ensure that services are available, integrated, accessible, and appropriate for all members of the Barnet community.</i></p>
	<p>Last year a series of sessions were held to introduce local adult mental health and wellbeing and suicide prevention services to create a pathway for referrals. Those individuals who are having suicidal ideation are referred to The Listening Place.</p> <p>We now have a suicide prevention clinical lead from the BEH Mental Health NHS Trust as well as a Project Manager across both Camden &amp; Islington and BEH. Under their leadership, we will be able to further</p>

	<p>improve suicide prevention action within the Trust in line with national recommendations.</p> <p>The biggest challenge reported in the BSPP meetings was access to crisis support. The Task and Finish Group looking at a crisis pathway was established by the Head of Mental Health Commissioner and includes access to suicide prevention. The key actions from this group will be shared with BSPP.</p> <p>A pilot project involving partnership between Colindale Communities Trust, Mind in Enfield &amp; Barnet, and Meridian Wellbeing to deliver a weekly Grahame Park Wellbeing Cafe which includes crisis support and suicide prevention. The service was developed through Mind in Enfield &amp; Barnet carrying out several focus groups with community members, alongside public health data, and conversations with Colindale Consortium VCSEs identifying the clear need.</p> <p>Strong partnership working between children and young people's services has ensured that any schools of concern are discussed between services to ensure that there is a joined up preventative and integrated suite of interventions.</p> <p>The Resilient Schools Programme has commissioned WISE training for all secondary schools in Barnet, delivered by our 'in-house' Educational Psychology Team. The latest evidence shows that one of the key factors in suicide prevention is ensuring schools have a co-ordinated, informed and evidence-based plan of how they would respond in the event of suicide of a student. The objective of the WISE training is to prepare Barnet schools/settings for such an eventuality by delivering training to support schools to make a plan that is specific to their school on how they would respond. Jami supported BELS and co-delivered the WISE training in Jewish secondary schools in the borough. The WISE training programme also utilises learning from Jami's postvention resource Coping After Suicide or Sudden Traumatic Death.</p>
	<b>Wider determinants of mental health and wellbeing</b>
	<i>Aim: Support and improve the mental wellbeing of Barnet residents</i>
	<p>Staff wellbeing has been reported as a main issue by many teams and VCSE organisations due to the cost of living. Importantly they employ staff with lived experience. We, therefore, made sure that all partners have mental wellbeing offers for their staff and volunteers. We have</p>

	<p>also made NCL and Barnet Council wellbeing resources accessible for the key partners.</p> <p>Public Health has been commissioning Mental Health First Aid training to the local organisations and faith sector to make sure at least one person is trained in each organisation.</p> <p>Based on the RTSS data case narratives, we have been regularly analysing local risk factors and sharing this with the BSPP to raise awareness of life events and common risk factors which may trigger suicidal thoughts.</p> <p>The Resilient Schools programme provides a ‘whole school approach’ through training, support, and networking opportunities to all schools in Barnet<sup>3</sup>. This includes support forums, Youth Mental Health First Aid, Suicide Prevention Training and WISE training. Resilient Schools currently have 82 schools on their network.</p>
<b>Postvention</b>	<p><b>Bereavement support after suicide</b></p> <p><i>Aim: Provide support to everyone that wants it after bereavement by suicide</i></p> <p>Since the inception of the service in October 2020, and in the first 2 years of operation, the NCL Support After Suicide Service has supported circa 160 individuals bereaved or affected by suicide, as well as schools and workplaces impacted by a suicide within their community. The current contract ends in September 2023. For this reason, working across five NCL boroughs we have invited tenders. The successful bidder will be announced in June 2023.</p> <p>The RTSS platform provides contact details for next of kin and others immediately impacted by the suicide. This enabled the service to proactively engage with those bereaved by suicide, to provide bereavement support, plan and implement short-term interventions and long-term preventative interventions.</p> <p>The service is open to self and other referrals. We have also worked with Metropolitan Police to promote the NCL Support After Suicide Service to first responders.</p> <p>In addition to emotional support, the service is responsible for supporting those bereaved to cope with the practical tasks and impacts</p>

<sup>3</sup> <https://www.barnet.gov.uk/www/working-children-barnet/information-schools/resilient-schools-programme>

	<p>of bereavement by suicide, such as dealing with the police, coroner, inquest, funeral arrangements or visiting the place of death as well as accessing legal advice or financial support.</p> <p>The service also has been developing people bereaved by suicide as peer supporters and helping them to set up peer support groups. Currently, there are two separate peer groups running, led by service users, parents, and siblings support groups.</p> <p>Support after suicide services in the UK are still relatively new. The service, therefore, took part in both national and regional evaluations to contribute to the evidence base and inform the development of future provision. The findings will soon be available.</p>
	<p><b>Community Response</b></p>
	<p><i>Aim: Ensure a co-ordinated local response of partners with every death by suicide.</i></p>
	<p>When a person dies by suicide, approximately 135 people suffer grief or are otherwise affected<sup>4</sup>. However, within faith or other culturally based communities/networks the ‘ripple effect’ is likely to be significantly higher. We therefore needed to ensure a co-ordinated local response of partners with every death by suicide.</p> <p>A clear Community Response Plan has been put in place working with the NCL Support After Suicide Service. This may include on-site group de-brief sessions as well as drop-in sessions to provide emotional and practical support to those affected by suicide. This includes schools, workplaces and community venues and will be available NCL-wide. At times engagement with the media to reduce stigma may be needed. The key to a community response is to work with local organisations utilising their expertise as appropriate.</p> <p>The critical incident policy has been refreshed and ensures that all partners are aware of a critical incident, such as suspected suicide and joint planning and approaches are put in place. The multiple suicide response will be added as an appendix when finalised.</p> <p>The Children and Young People’s Multiple Suicide Response protocol has been drafted with a key group of partners identified. This will ensure timely intervention in suspected suicides in schools/institutions and a</p>

<sup>4</sup> Cerel J, Brown M, Maple M et al. How Many People Are Exposed to Suicide? Not Six. Suicide and Life-Threatening Behavior. 2018. doi:10.1111/sltb.1245

	co-ordinated offer to schools, including a menu of interventions available and preparation for Head Teachers for Joint Action Review (JAR) and Child Death Overview Panel (CDOP) responsibilities.
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## 4. Summary and next steps

Barnet suicide rates have remained significantly lower than both London as a whole and the rest of England. Building on the learning from the two years of implementation of the strategy, several workshops and a survey have enabled partners to identify the key target groups and priority action areas going forward. The groups identified by the partners are in line with the groups identified within the forthcoming National Suicide Plan (awaiting publication).

The current evidence supports continued focus on preventative action with men, young people, people in contact with mental health services, LGBTQ+ and neurodiversity. Evidence also suggests a focus on economic adversity, self-harm, online harm, relationship breakdown, bereavement, and previous suicide attempts.

The impact of the cost of living and global instability means that it is highly likely there will be an increase in emotional and mental health problems. However, there are also opportunities with the new Barnet Plan, including but not limited to, action on tackling inequalities and reducing poverty, the work on Mental Health Charter and emerging Neighbourhood Model, naming but a few, which will be enablers for systemwide change.

Some of our future plans include but are not limited to:

- Continue to disseminate our suicide prevention campaign evaluation report.
- Multiple Suicide Response Plan for adults including systematic response to RTSS.
- NCL Support After Suicide service mobilisation with a view to commence the new service in October 2023.
- A series of deep dive sessions into “at risk” groups to improve understanding of the key risk factors, gaps, and issues for each.
- Regular Zero Suicide Alliance lunch and learn sessions for frontline professionals.
- Pilot of the Peer Champion Scheme for schools has been completed and procurement of the service has started with the rollout for the Autumn Term of 2023.

- Barnet Mental Health awareness specification written for online training (pilot) for all school staff with a possible rollout to parent/carer communities.
- Continued collaboration with regional and national partners.

The full list of planned actions will be submitted on a separate document.



## Appendix I

Barnet Suicide Prevention Partnership Action Plan Log 2022-23						
Strategic Objective	Action	Outcome Measures	Owner(s)	Date due	Progress (RAG)	Update
Insights from data, research, and people with lived experience						
1	a) Barnet will take a lead role in the North Central London (NCL) Suicide Prevention Strategy Group Data & Insights Subgroup to improve local use of RTS data.	o A standardised process for monitoring and acting upon Real Time Surveillance (RTS) has been agreed upon by the NCL Data and Insights subgroup and implemented locally.	NCL D&I	Feb-22	Completed	Barnet has refreshed the Terms of Reference for the NCL Data & Insight Group by limiting the membership to the partners who have signed the Data Sharing Agreement with Thrive London only. This resolved the data sharing issues previously encountered.
		o A standardised process for assessing whether emerging trends may indicate a potential suicide cluster has been agreed upon by the NCL Data and Insights subgroup and implemented locally.	NCL D&I	2022	Ongoing	The new Terms of Reference set out a commitment to develop a Multiple Suicide identification process for adults. This remains a priority area - work is ongoing.
		o A process for incorporating NCL Data & Insights Subgroup learnings into Barnet suicide prevention activities has been established.	PH Adults & CYP	Feb-22	Completed	The learnings from the NCL Data & Insight Group have been regularly reported through the Barnet Suicide Prevention Partnership (BSPP) meetings.
		o A protocol to improve real-time data sharing across agencies during the investigation of potential suicide clusters has been developed and implemented to strengthen information sharing arrangements between Child and Adolescent Mental Health Services (CAMHS) and the Barnet Multi-Agency Safeguarding Hub (MASH) where children are a known risk of suicide.	BEH CAMHS /NCL/PH/FS	Autumn 2022	In Progress	Multiple Suicide Response Protocol has been drafted and awaiting final amendments from partners. Completion for July 2023

	b) Review and improve how recommendations from Child Death Overview Panels, learning and thematic review meetings and the child death review meetings are shared with the BSPP and incorporated into our actions.	o An agreed process for learning to be shared has been established.	PH CYP	2021	Completed	A member of the Start and Grow Well Team, Barnet Public Health attends all Safeguarding Thematic Reviews to ensure learning is taken back to the suicide prevention partnership and guidance from Public Health are represented at the meetings. In addition, regular attendance from the Manager of Barnet Safeguarding Partnership at the Suicide Partnership Meeting has strengthened safeguarding knowledge and expertise.
	c) Incorporate relevant learnings from Drug Related Death Panels into our suicide prevention activities.	o Learnings from Drug Related Death Review Panels are shared with the BSPP regularly and recommendations for action are incorporated into Action Plan 2023-25.	PH Adults	Sep-22	Not started	The drug-related Death Review Panel is due to be launched in Autumn 2023. This action will be carried over to the 23-25 action plan.
2	d) Use local health service data to track rates of self-harm.	o The annual BSPP progress report incorporates data on local rates of self-harm.	PH Adults	Sep-22	Completed	Thrive London RTSS will soon be including A&E presentations due to self-inflicted self-injury data for local areas to access similar to the suspected suicide data. This remains a priority area - work is ongoing.
	e) Work as part of the North Central London Suicide Prevention Group to understand how across the sector we can work to best to prevent suicides in the context of the criminal justice system.	o Recommendations for local action from the NCL Suicide Prevention Group are incorporated into our Action Plan 2023-25.	NCL SP	2023	Not Started	The NCL Suicide Prevention Group is currently on hold until further notice from NCL ICB.

	f) Review the findings from the Camden Serious Case Review Report of Unaccompanied Asylum Seekers (UASC) to consider the learnings for Barnet.	Recommendations from the review incorporated into the Public Health Needs Assessment on Refugees and Asylum Seekers and to inform the UASC clinical protocol being developed within family services	NCL/PH/BICS	2022	Not started	Will be reviewed as part of the refreshed action plan 2023-25.
<b>Leadership and Collaboration</b>						
<b>3</b>	a) Partners will collaborate to deliver their committed actions for 2021-23, and we agree on new priorities and actions in 2023.	o BSPP partners will report annually on the successful completion of actions and make recommendations for adjustments.	All partners	Jun-22	Completed	All partners completed their actions. The Action plan refresh process started in December 2022. Co-production workshops are underway.
		o A biennial Action Plan is agreed for 2023-25.		2023	Completed	2023- 25 Action Plan Refresh has started. Refreshed plan to be submitted to the September 2023 HWBB.
	b) People with lived experience are equal partners in the BSPP and are represented in all meetings and workstreams, including hearing the voices of children and young people with lived experience through appropriate channels.	o Meet our aim for more than 90% of BSPP meetings and workstreams to have people with lived experience represented.	PH Adults	Mar-23	Completed	Our Expert by Experience group has continued to actively support the BSPP. This year have contributed to the Support After Suicide Service re-procurement process.
		o Meet our aim for more than 90% of BSPP meetings and workstreams to have representation from the Barnet Integrated Clinical Service (BICS) Youth Engagement Officer to ensure that the voice of children and young people with lived experience is represented.	BICS	2022	Complete	The BICS participation officer regularly attends the BSPP. Ongoing participation from Joyce to ensure that the voice of the young person is represented
		o Explore how to involve children and young people with lived experience of child and adolescent mental health services (CAMHS) and recommend actions to include their voices.	BEH CAMHS/NCL /PH CYP	2022	In Progress	The 'My Say Matters' document sets out the way we are going to work to involve children and young people so they can tell us what they think, help us make decisions, and design, and

						shape our services. There are three priorities within the strategy. <ul style="list-style-type: none"> <li>• Listen To</li> <li>• Working With</li> <li>• Acting Upon</li> </ul>
		o Via the Child Participation and Family Involvement (My Say Matters) consultation, ensure young people's voices are sought and heard.	FS	2023	Completed	The 'My Say Matters' document sets out the way we are going to work to involve children and young people so they can tell us what they think, help us make decisions, design, and shape our services.
	c) Partners will advocate for suicide and self-harm prevention within their organisations	o Barnet Council has an exemplary corporate approach with enhanced policies, procedures, and practices to address the risk of suicide and self-harm and support those affected by suicide.	Barnet Council	Dec-22	Completed	Barnet Council Workplace Wellbeing Strategy published in 2022 included procedures addressing the risk of suicide and self-harm and supporting those affected by suicide.
<b>Awareness</b>						
<b>5</b>	a) All partners of the BSPP will internally promote the Zero Suicide Alliance (ZSA) online training.	o Partners have established baseline engagement with ZSA online training in their organisation and agreed on a trajectory for an increase in uptake over the remainder of this strategy.	All Partners	Dec-22	Completed	All partners have trained staff members via Zero Suicide Alliance training.
	b) Promote suicide prevention training for all primary care staff.	ZSA or other suicide prevention training has been promoted or offered to all primary care staff	Community Barnet	2023	Ongoing	Zero Suicide Alliance lunch and learn sessions are scheduled until March 2024. These sessions will be actively promoted to Primary Care. This remains a priority area - work is ongoing.
	c) Raise awareness of suicide and self-harm in all schools and mechanisms for signposting to relevant services.	o Report the proportion of Barnet schools taking part in the Resilient Schools programme, with an aim to increase the level from 50% to 75% by the end of the academic year 2021/22.	PH CYP	2022	Completed	81 Schools have joined the RSP network. The universal offer to all schools allows schools to take up any training or support forum.
		o All Barnet schools have a Youth Mental Health First Aider.	PH CYP	2022	Completed	All schools in Barnet have been offered MHFA training.

	o A localised self-harm prevention toolkit based on the Essex self-harm prevention toolkit has been produced and shared with all schools.	PH CYP	2022	In Progress	New Health Improvement Office role allows capacity for work to begin on the Toolkit with a draft in Autumn 2023.
	o Emotional health support by school nurses is promoted via PSHE and assemblies in all schools.	PH CYP	2022	In Progress	School nurses have not undertaken assemblies and PSHE this academic year, but plans are in place to commence in September. They receive referrals from schools and pupils and would see this cohort of children for emotional health support.
	o Facilitate information and experience sharing between schools; raise awareness of issues; share best practice at relevant meetings e.g., Head Teachers, Deputy Head Teachers/Assistant Head Teachers, SENCo, Pastoral Leads, Designated Safeguarding Leads.	BELS	2022	Ongoing	Resilient Schools and BELS promote awareness of wellbeing strategies at regular network meetings.
	o Ensure the curriculum in each school includes the promotion of effective mental health/well-being strategies for students. Follow up with any schools where this is identified as a concern to offer further support.	BELS	2022	Ongoing	As part of school effectiveness visits and training offered to schools through BPSI, EP service and IAT. School Review Meetings are held every half term with partners to highlight any schools of concern.
	o Explore raising awareness of wider impacts of exclusion from school; develop guidance to schools and ensure offer of multi-agency engagement prior to exclusion including the use of outreach mentors from Pavilion Pupil Referral Unit	BELS	2022	Completed	As part of the Recovery, Reset and Renaissance Project two conferences for schools on reducing black exclusions project were run. PRU now has outreach mentors and they have reported positive impact.
	o Ensure that all schools are aware of the stepped care pathway of mental health support and understand how to refer to appropriate services.	BELS/PH CYP/BICS/BEH CAMHS	2022	Completed	BICS presented the care pathway at the Deputy Safeguarding Leads Briefing.

						BICS/LAC / UASC / refugee offer of services is being advertised in various forums, meetings, from attending information events at schools and town halls, to meetings with voluntary organisations and provision within hotels. Updating website around content re BICS clinical offer.
		o All schools are to be offered suicide prevention training through Papyrus and ZSA.	PH CYP	2022	Completed	Three further dates were commissioned for the 2023-24 school year as an ongoing rolling programme. Zero suicide alliance training is sent out to all schools once a term via the school circular.
	d) Raise awareness of suicide and self-harm in further education and higher education settings and mechanisms for signposting to relevant services.	o All further education settings have a self-harm and suicide prevention document within their safeguarding policy.	PH CYP/Adults	2022	In Progress	Middlesex University has recently published Higher Education Postvention Guidelines. Suicide Prevention Strategy will soon be finalised.
		o All further education settings have a suicide prevention champion.	NCL SP	2022	Completed	Middlesex University has a Suicide Prevention Champion.
		o Facilitate information and experience sharing between further education settings; raising awareness of issues; sharing best practice (e.g., Young People's Thrive Service).	BELS	2022	In Progress	As part of school effectiveness visits and training offered to schools through BPSI, EP service and IAT. School Review Meetings are held every half term with partners to highlight any schools of concern.

		o Ensure that all further education settings are aware of the stepped care pathway of mental health support and know how to refer to appropriate services.	BELS/BICS/ PH CYP/ BEH CAMHS	2022	In Progress	BICS/LAC / UASC / refugee offer of services is being advertised in various forums, meetings, from attending information events at schools and town halls, to meetings with voluntary organisations and provision within hotels  Updating website around content re: BICS clinical offer.
6	e) Develop an engagement campaign that aims to reduce stigma around self-harm and suicide and raise awareness in Barnet of the first place to turn to seek help.	o Report on the reach and engagement of the campaign with Barnet Residents.	PH Adults	Feb-22	Completed	The full evaluation report of the campaign has been shared widely, not just in Barnet but through OHID and National Suicide Prevention Alliance website. We are now working with Middlesex University, through further statistical analysis, trying to better understand the impact of the campaign on death by suicide. Currently running Phase II of the campaign hyper-targeting Jewish and Eastern European communities in Barnet. The campaign has been shortlisted for the LGC award.
		o Pilot an expansion of the Resilient Schools programme to include awareness-raising with parents, including promotion of the ZSA online training.	PH CYP	2023	In progress	The procurement of online mental health awareness training is underway. Pilot to be carried out in schools with a view to expanding to the parent community. Zero suicide alliance training is sent to school communities every term.

	f) Engage with children and young people, and their parents and carers, to understand how well awareness-raising is performed and how it can be improved across school years.	o Maintain ongoing pre-school holiday digital awareness and poster campaigns and ensure they are run effectively by working with schools to strengthen the awareness around the current mental health support offer for school-age children.	Comms/BEL S	2022	Ongoing	A mental health campaign for children and young people is in progress, working together with a youth engagement and communication company called Break-Comms to ensure that all our young people know what support is available to them and where they can go to access the right level of support for them. Co-production will ensure that young people's thinking, tone and creativity are designed relevant to their needs. The campaign will launch over the summer, featuring a main film for social media, posters, and information for schools.
		o Development of communications plan for children and young people, as part of wider family service participation work, tailored to their needs and preferred channels.	FS/Comms	2022	In Progress	Ongoing development using focus groups (through the summer CYP mental health campaign) to ensure that co-production is front and centre of the comms plan.
	g) Engage with local LGBTQIA+ groups to understand how we can better meet the needs of local LGBTQIA+ communities.	o Recommendations produced through engagement are included in Action Plan 2023-25.	PH Adults	Jun-23	Not Started	This action will be incorporated into the 2023-25 Action Plan.
	h) Produce culturally competent communications specifically for high-risk groups to highlight local self-harm and suicide prevention service.	o Development of tailored communications materials for each group in CC1 and CC2.	All Partners	2023	Completed	Communication materials targeting the cost of living have been published. Stay Alive app has been translated into Romanian - funded by Public Health. Good Thinking resources were shared with partners and residents at every opportunity. We will continue to promote tailored



						signposting information within the next two years.
<b>Interventions</b>						
<b>7</b>	a) Collaborate with Thrive London and NCL Suicide Prevention Groups to monitor data on geography and means, identify emerging areas of risk, and initiate a co-ordinated response.	o Participation in NCL Suicide Prevention Strategy Group and Thrive London Suicide prevention group.	PH Adults	Jan-23	On-going	Barnet has been actively participating in both the NCL Suicide Prevention Strategy Group and Thrive London Suicide prevention group. NCL Group has been paused until further notice. OHID recently set up a Suicide Prevention Community of Practice. Barnet has already shared the utilization of the RTSS data as a good practice. Currently, South East London ICB has a task group to look at how to improve London's response to "access to means". Learnings from this work will be shared with the BSPP.
		o Production of an NCL Cluster Response Plan.	NCL D&I	2023	In Progress	NCL Data & Insight Group is working together to finalise the plan by the end of 2023.
	b) Collaborate as part of the North Central London Suicide Prevention group to create a media plan for monitoring and supporting local media to report responsibly on self-harm and suicide.	o Review of current media monitoring across the NCL boroughs and the production of a joint media plan for a systematic, standardised approach.	NCL SP	2023	Not Started	The NCL Suicide Prevention Group is currently on hold until further notice from NCL ICB.
<b>8</b>	c) Prioritise suicide intervention training for community members that support people who have an increased risk of	o The organisations identified above have been engaged and encouraged to provide regular self-harm and suicide prevention training for employees and community leaders.	PH Adults	Jan-23	Completed	Public Health has developed mental health and suicide prevention training for local organisations. This remains a priority area - work is ongoing.

suicide or self-harm, or that provide support to people around distressing life events.	o Audit of the number of schools that have added the suicide prevention document template co-produced with schools to their safeguarding policy.	PH CYP	2022	Completed	Audit undertaken but very little response received. All schools are encouraged to complete components to gain the Resilient Schools Kitemark, and this includes the suicide prevention document. The suicide prevention document is sent termly to all schools.
	o All staff that have contact with young people in schools, colleges, and universities receive an annual update on the services and support available for their students, including the promotion of the Zero Suicide Alliance online training.	PH CYP	2022	Completed	All schools are sent links to Zero Suicide Alliance Training every term and a rolling programme of Papyrus Suicide Prevention training has been established and is offered to all schools. Universities and sixth-form colleges are sent an update on services every Autumn Term in line with National Suicide Prevention Week
	o All schools and community organisations and groups that work with children and young people are to be offered yearly suicide prevention training through the commissioning of Papyrus and Zero Suicide Alliance online offer.	FS/PH CYP	2022	Ongoing	All schools are sent links to Zero Suicide Alliance Training every term and a rolling programme of Papyrus Suicide Prevention training has been established and is offered to all schools.
	o All schools to have a Mental Health First Aider.	FS/PH CYP	2022	Completed	All schools in Barnet have been offered MHFA training. So far 237 practitioners in the borough have trained in YMHA.
	o Perinatal Health coaches attend suicide prevention training and raise awareness as appropriate with clients.	PH CYP	2022	Completed	Training completed.
d) Co-design 'guidelines for accessible training', to ensure that all locally promoted training takes	o Co-produced 'guidelines for training' has been shared with the BSPP.	NCL SP	2023	Not Started	The NCL Suicide Prevention Group is currently on hold until further notice from NCL ICB.

	account of approaches needed for specific groups, such as people with autism.					
9	e) Include mental health, self-harm and suicide prevention information with written notifications that may negatively impact on mental wellbeing.	o Signposting is included on council materials such as financial abuse materials, penalty notices, and council tax bills.	Barnet Council	2023	Completed	We have changed our approach. Instead of inserting information on Council materials, BOOST has been referring to and promoting campaigns and activities relating to suicide prevention through social media and comms channels and liaising with colleagues across Barnet Group and wider partnerships to ensure that messages are distributed. This is in addition to the significant number of social media posting done by the Council's comms and BSPP member organisations.
		o Signposting information is included in Homeless Action Barnet assessments next to mental health and suicide questions.	Homeless Action Barnet	Mar-22	Completed	All frontline support staff have been tasked with signposting clients to a range of relevant agencies during routine assessment sessions where questions in relation to the mental health domain/suicide are covered.
	f) Explore the role that detecting searches of online material in relation to mental health, self-harm and suicide can have in signposting to supportive information and encouraging early help seeking.	o Review the potential of the R!pple Suicide Prevention Tool (a free tool that can be downloaded onto devices which detects when someone searches harmful content about self-harm or suicide online, intercepts and provides support information and messages of hope) and explore the implementation requirements for schools and parents.	PH CYP/BELS/ BEH CAMHS	2022	Completed	R!pple Tool has been researched and is free for individuals and schools. A reminder is sent to all schools every term and also promoted in the Youth MHFA training. Several Secondary schools have reported positively about using the service.
Services and support						

10	a) Collaborate with BSPP partners, VCFS organisations, and the Barnet Integrated Care Partnership to understand service provision and identify gaps.	o Care pathway map and gap analysis of the support for individuals and their families following a suicide attempt.	NCL ICB	2023	Completed	BEH Mental Health Trust, local VCF providers including Sanctuary Barnet (Crisis Cafe), Barnet Wellbeing Service, The Network and many others were introduced to The Listening Place, NCL Support After Suicide Service and Andy's Man Club to improve the care pathway and joint working.
		o Care pathway map and gap analysis of the support for individuals and their families following self-harm.	NCL ICB	2023	In Progress	Discussions are underway. This action will be incorporated into the 2023-25 Action Plan.
		o Work with schools and school nurses to build preventative support for CYP during the transition from mainstream schools – such as the transition from tier 4 CAMHS, home-schooling, or post-exclusion.	PH CYP	2023	Not Started	School Nurses do not currently have capacity to undertake this activity. Future considerations for the new model will take place.
		o Establish ongoing mechanisms for public health and child and adolescent mental health services to work together to address inequalities in access and service use.	BEH CAMHS/PH/ NCL	2022	In Progress	Discussions are underway. This action will be incorporated into the 2023-25 Action Plan.
		o Work with child and adolescent mental health services and other partners to share learnings and best practice on the use of co-produced safety plans at points of transition, including the development of the safety app being developed for North Central London CCG.	BEH CAMHS/PH/ NCL	2022	In Progress	Discussions are underway. This action will be incorporated into the 2023-25 Action Plan.
	b) Understand the local resilience support available to professionals whose work involves people with suicidal thoughts or behaviours.	o Map of the resilience support for first responders in Barnet, including police, fire, healthcare staff, and park rangers.	PH Adults	2023	Completed	MECC factsheet for suicide prevention for adults contains a range of mental health and wellbeing resources available for all first responders. We have also engaged with Parks and Open Spaces and LBB Depot to ensure managers

						and staff are aware of resources. Last year Public Health commissioned Suicide First Aid, Safe Talk and Zero Suicide Alliance training programmes to both staff in the Council (including Community Safety Team) and local organisations to help people who disclose suicidal thoughts. We will continue to provide suicide prevention as well as resilience support in the next period.
11	c) Understand whether the uptake of early help services reflects the groups known to be at an increased risk of suicide.	o Monitor the use of the online counselling and wellbeing services commissioned for CYP (Kooth) and report the proportion of users by gender to guide awareness-raising activity in schools.	PH CYP	2022	In Progress	Highlight summary report of Kooth usage, including ethnicity, gender and presenting problems has been shared at 0-19 Strategic board and HIO will begin to produce a quarterly summary for schools from September.
		o Monitor the use and waiting time to access to Terapia to ensure service is appropriately resourced to meet demand from care-leavers.	FS	2022	Ongoing	Commissioners have monitored access time/waiting lists via contract reviews and highlighted any issues with Terapia and Onwards & Upwards Team to address any demand from care leavers.
	d) Engage with children and young people to co-produce ideas for service improvement.	o Share learning from CYP focus groups for service improvement for the universal CYP offer with the BSPP.	BICS	2021	In Progress	Being reviewed alongside the current BICS management team - update to follow.

		o Consult young men (especially young black men), all young people who are not in education, their parents and carers, and other community groups who are not currently accessing emotional wellbeing and psychological support services to understand barriers and facilitators to access. Use this consultation to inform the development of appropriate services.	FS	2022	Completed	Several different engagement activities were commissioned to gain further insight into the experiences and sentiments of those demographic groups of young people who are not making proportionate use of the current mental health support. These findings will be used to shape parts of the Mental Health and Wellbeing Strategy- specifically contributing towards the accessibility and equitable principles by which the strategy is being driven.
		o Share findings of the National Child Mortality Database Thematic Review with the BICS Youth Engagement Officer. Explore whether the understanding of young people around the bounds of the current offer of support (in terms of confidentiality and the statutory duty to safeguard) is a barrier to accessing support and explore improvements that can be made.	BICS	2022	In Progress	Being reviewed alongside the current BICS management team - update to follow.
	e) All partners engage with CC1 and CC2 groups that they support to identify and mitigate barriers to access and improve service provision.	o Partners have worked during the first year to improve accessibility for people with high-functioning autism, and people with learning disabilities.	Barnet Mencap/PH Adults	2023	Completed	A SAR Case Study on neurodiversity has been presented by the Independent Chair of SAB. The learnings were noted and will be incorporated into practice. Barnet Mencap has also plans for awareness raising and training within the BSPP. This will be one of the key priorities within the 2023-25 action plan.

	f) Provide community pathways to access self-harm and suicide support e.g., self-referral, voluntary, community, and faith organisations.	o Community referral pathways to self-harm and suicide prevention support services for young men have been developed for NCL boroughs.	NCL SP	2023	Not Started	The NCL Suicide Prevention Group is currently on hold until further notice from NCL ICB.
		o Monitor the use of Raphael House, which can be accessed via community referral pathways such as Primary Care and report the needs and demands of the service.	FS	2022	Ongoing	Commissioner who have been monitoring referrals into RH and provided quarterly overview of analysis of service usage.
		o Community referral pathways to suicide prevention services for people who are homeless have been developed.	PH Adults / NCL ICB	Jan-23	Completed	A multi-agency steering group meets on a monthly basis to review the action plan, which sets out key actions to improve the health and wellbeing of people experiencing, or at risk of, homelessness. This includes referrals to suicide prevention services.
	h) Review how people seen by the crisis team subsequently engage with other services.	o A Review has been shared with BSPP and recommendations are incorporated into the Action Plan 2023-25.	NCL ICB	2023	Completed	As a result of the review, a multi-agency the 'Crisis Offer Task & Finish Group' has been established to review and improve the mental health crisis offer that is responsive to the need of individuals.
	i) Informed by National Child Mortality Database Programme Thematic Review, explore opportunities to strengthen information sharing processes with different agencies and consider information sharing with private counselling services.	o Explore the role of the Professional Portal and strengthen relationships with external agencies such as private counselling services.	BICS/FS /BEH CAMHS	2023	Not started	This action will be incorporated into the 2023-25 Action Plan and Barnet Safeguarding Children Partnership will own it.

Mental health and wellbeing						
12	a) Partners will review their existing mental wellbeing provision and address any gaps in their in-house provision.	o All partners have a mental wellbeing offer for their staff or volunteers.	All partners	Dec-22	Completed	All partners have mental wellbeing offers for their staff and volunteers. With pressures caused by the cost of living, all organisations have prioritised staff wellbeing.
	b) Partners will train and promote mental health first aiders within their organisations.	o All partners have mental health first aiders within their organisation proportionate to the size of the organisation.	All partners	Dec-22	Completed	All partners have mental health first aiders in their organisations. We will continue to provide Mental Health First Aid training to the local organisations and faith sector.
13	c) Improve digital resilience in children and young people.	o Co-produce and promote a film on digital resilience with and for Barnet's young people.	PH CYP	2023	Completed	Generation Verified has an official launch on July 23 where accompanying digital resilience resource packs have been created for signposting and support.
14	d) Collect and analyse local data on wider determinants of mental wellbeing such as employment security, student demographics, social isolation, and housing quality with self-harm and suicide data.	o A report outlining the trajectory of local risk factors is shared with the BSPP and insights are incorporated into the prioritisation and action plan setting for 2023-2025.	PH Adults / Insights	Sep-22	Completed	Based on the RTSS data local risk factors have been regularly analysed and shared with BSPP partners. In addition, working with Middlesex University and Thrive London we were able to compare Barnet data against London. We have identified similarities and differences against London. We will continue to monitor trends and build this into the action plan 23-25.
Bereavement support						
15	a) Raise awareness of the NCL Support after Suicide service in Barnet by ensuring service details are included in Barnet resources.	o Liaise with the educational psychology service and BICS who support schools after suicide and update them on the current offer of services available in Barnet, including the NCL Support after Suicide service.	BELS/BICS	2022	Completed	All partners are aware of the NCL support after suicide and other relevant resources.  Joint critical incidents protocol is in place between BICS and Bells which



						is being used effectively and efficiently.
<b>Community Response</b>						
<b>16</b>	a) Ensure that all secondary and further education settings in Barnet have a postvention plan.	o Engage with the educational psychology service and BICS to better understand how they work with schools after suicide and agree on a process for sharing school-level plans with relevant partners to ensure sensitivity, particularly around the time of anniversaries and memorials.	BICS/BELS/BEH CAMHS/PH CYP	2022	Completed	Partnership working has been established across BELS, BICS and PH to ensure a joined approach when there has been a suspected suicide. Jami created an additional 'universal' guide for all Barnet schools which like its counterpart for Jewish faith schools, provides a step-by-step guide to how to prepare for and manage a death by suicide. Further promotion next year.
		o Develop a Suicide Response Protocol which includes a co-ordinated offer for schools including a menu of interventions available; and preparation of Headteachers for Joint Action Review (JAR) and Child Death Overview Panel (CDOP) responsibilities.	BICS/BELS/BEH CAMHS/PH CYP	2023	In Progress	A Multiple Suicide Response is in the final draft with membership to be definitively agreed upon. A process for information sharing has been established and support offered by BELS for Head Teachers at JAR and CDOP meetings if they have a suspected suicide in their school community.
	b) Set up a Postvention Response to support public and private sector workplaces with postvention advice and resources.	o Scope options for a postvention response at a local and/or sector level e.g., resource pack, or postvention response team e.g., Emergency Response Initiative Consortium (ERIC) model, led by Jami, and share with BSPP.	PH Adults	Sep-22	Completed	A clear Community Response Plan has been put in place working with the NCL Support After Suicide Service. The plan is for all NCL boroughs including, for example, on-site group de-brief sessions as well as drop-in sessions to provide emotional and practical support to those affected by suicide. This includes schools, workplaces and community venues.

	c) Develop Suicide Cluster Response Protocol to enable nimble and co-ordinated response across Barnet.	o Develop a Suicide Cluster Response Protocol with appropriate focus on specific population groups including one for Children and Young People linked to CDOP and one for adults.	PH / BICS / BELS	2022	In Progress	A CYP Multiple Suicide Response is in the final draft with membership to be definitively agreed upon. CYP Multiple Suicide Response protocol is expected to be finalised by in Autumn 2023.
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## Appendix II

### Barnet Suicide Prevention Partnership Members

The Barnet Suicide Prevention Partnership has representation from the following organisations:

London Borough of Barnet Council teams: Public Health, Joint Commissioning, Safeguarding Adults and Children, Human Resources, Community Safety, Adult Social Care, <b>Family Services</b> , Early Intervention, Enablement, Barnet Education and Learning Service, Barnet Integrated Clinical Services, The Network	
Age UK Barnet	London Fire Service
Andy's Man Club	Metropolitan Police Northwest London
Art Against Knives	Meridian Wellbeing
Barnet Carers	Middlesex University
Barnet, Enfield, Haringey NHS Mental Health Trust	Mind in Enfield & Barnet
Barnet Homes	NCL Support After Suicide Service
Barnet Mencap	New Citizens Gateway
BOOST	Papyrus
British Transport Police	People with lived experience
Central London Community Healthcare NHS Trust	Royal Free London NHS Foundation Trust
Change, Grow, Live	Samaritans
Colindale Communities Trust	Solutions4Health

CommUNITY Barnet	The Listening Place
Greenwich Leisure Limited (Better)	The North London Mental Health Partnership
Homeless Action Barnet	Thrive London
Home Start Barnet	Trinity London
Inclusion Barnet	Unitas Youth Zone
James' Place	Young Barnet Foundation
Jami	Your Choice Barnet