

## Barnet Suicide Prevention Action Plan 2023-25

Key Theme: Foundation for Action					
1 Insights from data, research, and people with lived experience					
<i>Aim: Enhanced insights on every suicide that occurs in the borough to inform future prevention work, using both qualitative and quantitative information.</i>					
Objectives	Outcome Measures	Owner(s)	Date due	Progress (RAG)	Update
1.1 Improve the processes for identifying local and sector-wide emerging patterns and incorporating learnings into the suicide prevention activities.	a) Quarterly analysis of the data from RTSS and ONS is shared to start building the picture in NCL footprint.	NCL Data and Insight Group	Oct 2023 and quarterly thereafter		
1.2 Enhance suicide prevention response by developing better understanding of the key risk, and protective factors associated with suicide and self-harm.	a) Continue to evaluate RTSS and triangulate this insight against other data, research evidence, national reports and lived experience.	PH Adults and CYP/Insight and Intelligence /Middlesex University	March 2025		
	b) Share the learning through organising themed partnership meetings focusing on risk factors and at-risk groups.	PH Adults and CYP /Middlesex University	March 2025		

	<p>c) Regularly review possible deaths by suicide which involves the following:</p> <ul style="list-style-type: none"> <li>• physical illness</li> <li>• financial difficulty and economic diversity</li> <li>• gambling</li> <li>• substance misuse/homelessness</li> <li>• domestic abuse</li> <li>• social isolation and loneliness</li> </ul>	PH Adults, CYP and Commissioning Teams	Dec 2023		
	d) Review and analyse presentations for self-harm at emergency departments to inform action.	PH Adults and CYP	Sept 2024		
1.3 Improve understanding of the characteristics of the users of Barnet Wellbeing Service who mentioned suicidality.	a) Carry out an audit of the service data to identify those who mentioned suicidality and share the analysis of the demographics and key characteristics within BSPP meetings.	Barnet Wellbeing Service	March 2024		
1.4 For people in the care of mental health services, develop local trends and patterns to improve risk management.	a) A qualitative review of service and RTSS data twice a year.	BEHMHT (Barnet) /PH	Oct 2023 and six monthly thereafter		

1.5 Increase awareness of intersectionality and its impact on mental health.	a) Share learning from a recent child safeguarding review in Barnet through a webinar.	Barnet Safeguarding Children Partnership (BSCP)	Dec 2023		
	b) Instances of child suicide to be referred to the BSCP for consideration as to whether the threshold under Working Together 2018 has been met for a Rapid Review and possible local Child Safeguarding Practice Review.	BSCP	Ongoing		
1.6 All schools and education settings will have knowledge of mental health needs of CYP	a) High-level data from Kooth to be shared with schools and other partners.	FS/PH CYP	Quarterly		
	b) Research the impact of physical health on those with suicide ideation and share with schools and other partners.	PH CYP	Spring 24		
	c) Ensure that the learnings from the Mental Health Campaign focus groups are incorporated/shared with other partners	LBB Comms	Autumn term		
	d) Share suicide and self-harm data with schools to raise awareness of certain key groups and trends.	BELS/PH CYP	Ongoing		

	e) Whole School / College Approach (WSCA) for promoting emotional well-being and mental health for Mental Health Support Teams (MHST) schools/colleges.	BICS	Ongoing		
	f) Review data captured from 2 contracts that cover community and schools for young people identifying as LGBTQIA+ and present early findings.	FS Commissioning	Ongoing Quarterly		
<b>2 Leadership and collaboration</b>					
<b><i>Aim: Co-ownership of strategic success</i></b>					
2.1 Partners will collaborate to deliver their committed actions for 2023-25.	a) BSPP partners will report bi-annually on successful completion of actions and make recommendations for adjustments.	All partners	May-25		
	b) CYP subgroup will be meeting bi-annually to report on ongoing actions and will update CYP refresh plan accordingly.	All CYP partners	Bi-annually		
2.2 Increase engagement with suicide prevention from the local voluntary, community, and faith sector (VCFS) organisations.	a) Lead on promoting BSPP to local VCFS organisations.	Inclusion Barnet	Ongoing		
	b) Encourage organisations to adapt an organisational suicide response plan. (A simple and easily adaptable template will be co-produced.)	Colindale Community Trust/BOOST/MiEB	March 2025		
	c) Ensure organisational suicide prevention response plans include information on neurodiversity.	Barnet Mencap	March 2025		

2.3 Increase engagement with suicide prevention from the local businesses.	a) Work with others in co-producing an organisational suicide prevention plan template which will be easily adaptable by businesses.	BOOST	March 2024		
2.4 Ensure people with lived experience has a strong voice and active members of the BSPP.	a) Increased lived experience participation.	NCL SAS Amparo/PH /The Network	Ongoing		
	b) Regular conversations and agenda setting with people who have lived experience.	PH Adults	Quarterly		
	c) Where appropriate all partners to ensure the voice of the children and young people is represented using the methodology in the My Say Matters 'Document.	All partners as appropriate	Ongoing		
2.5 By challenging stigma attached to mental illness and suicide create an environment where people feel confident to seek help when they are struggling.	a) Increase awareness of Mental Health Charter which promotes supportive culture for mental health and prevention of suicide.	Mental Health Strategic Partnership	Ongoing		
2.6 Ensure robust suicide prevention offer within the higher education for students, teaching, and non-teaching staff.	a) Develop Suicide Prevention Strategy for Middlesex University, building on the existing Post-vention Guidance.	Middlesex University	March 2024		

2.7 Incorporate suicide prevention awareness into the community safeguarding programme.	a) Presentation to BSPP demonstrating key achievements of the community safeguarding programme.	Community Barnet	March 2025		
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## Key Theme: Prevention of suicide and self-harm

### 3 Awareness

***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.***

3.1 Improve identification of signs that someone is contemplating suicide, awareness of common factors associated with suicide and ability to talk about suicide.	a) All partners of the BSPP will internally promote the Zero Suicide Alliance (ZSA) online training to clinical or non-clinical staff, teaching or non-teaching staff, school governors, service users and students where appropriate.	All Partners	Ongoing		
	b) Incorporate suicide prevention training into staff induction (including apprentices, volunteers and peer supporters).	All Partners	Ongoing		
	c) A programme of online ZSA lunch and learn sessions are delivered.	Community Barnet	Quarterly		
	d) Continue with programme of providing free of charge Mental Health First Aid (MHFA) training for frontline staff, including MHFA refresher sessions for the existing mental health first aiders.	PH Adults/PH CYP	Ongoing		

	e) Ensure that micro-organisations access the training.	Community Barnet	Ongoing		
3.2 Increase awareness of suicide prevention services amongst the local workforce, service users and residents.	a) Regular feature of suicide prevention services through partner newsletters, social media channels and similar. They are: Stay Alive app The Listening Place Andy's Man Club James' Place NCL Support After Suicide Service	All Partners	Ongoing		
3.3 Ensure GPs are aware of suicide prevention services and how to access them.	a) Deliver suicide prevention and awareness training package for GPs and practice staff including ZSA training.	Live Well Clinical Lead/PH	March 2024		
	b) NCL ICB GP website includes suicide prevention services and a training package.	Live Well Clinical Lead/ICB	Dec 2023		
3.4 Increase awareness of suicide, tackling stigma, normalising conversations and increase confidence about seeking help.	a) Lead on suicide prevention awareness campaign across the borough hyper-targeting working-age men and Eastern European communities.	Community Barnet	March 2024		
	b) Develop short-animated video clips as part of the campaign and promote the clips in social media.	Community Barnet	March 2024		
	c) Develop a robust and culturally/faith sensitive community training programme to help prevent suicide in the Jewish community based on results of	Jami	Pilot by end of 2024		

	community conversations on suicide prevention and ongoing consultations.				
	d) Provide mental health training for some of the Community Health Champions to become specialist in mental health to deliver regular drop-in sessions at the local libraries.	Groundwork/Library Services/ PH Adults	Ongoing		
	e) Hold a workshop targeting Hong Kong BNO immigrants to raise awareness of suicide prevention and where to get support	Meridian Wellbeing	Dec 2023		
	f) Explore support for those that self-harm and the LGBTQIA+ community.	Ed. Psych (BELS)	Autumn Term		
3.5 All schools are aware of the risk factors of poor mental health and the impact this may have on suicide and self-harm ideation in young people and know mechanisms for signposting to relevant services.	a) Expand the Resilient Schools programme, with an aim to increase the level to 75%.	CYP PH	July 2024		
	b) All those working with CYP including school governors are offered the opportunity to have training for Youth MHFA via a rolling programme.	PH CYP	Ongoing		
	c) A localised self-harm prevention toolkit to be produced and shared with all schools.	PH CYP	Spring 2024		
	d) School Nurses will be supporting pupils with their emotional health via Drop- in clinics	PH CYP	Jan 24		



	e) Continue to roll out of the WISE training to all secondary schools, BICS and EH in Phase 2 and consider a phase 3 for expansion to other institutions.	CYP PH Ed. Psych (BELS)	Phase 2 July 2024		
	f) Ongoing promotion and delivery of training to schools/settings to support social, emotional and mental health and understanding developmental trauma and implications for the mental health of CYP.	Ed. Psych (BELS)	On going		
	g) Through the Social Emotional Mental Health (SEMH) workstream explore borough-wide programmes to support early identification and prevention in school settings.	Ed. Psych (BELS)	Ongoing		
	h) Maintain ongoing pre-school holiday communications to strengthen the awareness around the current mental health support offer for school-age children.	COMMS	Ongoing		
3.6 All school communities have knowledge of mental health awareness and know where to go for support.	a) Commission an online mental health awareness training for school staff and governors. Pilot to be carried out in schools with a view to expanding to the parent community.	PH CYP	Spring 24		
	b) Pilot online training with parents.	PH CYP	Oct 24		

	c) Zero suicide alliance training to be sent every term to school communities.	PH CYP BICS /MHST	Ongoing		
3.7 Ensure that all schools are aware of the stepped care pathway of mental health support and understand how to refer to appropriate services.	a) Attendance at Head Teachers meetings by BICS/Early HELP/MASH build stronger relationships with schools.	EH/BICS/ MASH	Ongoing		
	b) Ensure that those working with young people are confident to make appropriate and timely referrals into the Multi Agency Safeguarding Hub.	EH/BICS/ MASH	Ongoing		
	c) Share information about MASH/EH/BICS as a single communication to help schools navigate our services.	EH/BICS/ MASH	Sept 24		
	d) Launch the new Continuum of Help & Support.	EH	Autumn 24		
	e) Encourage regular Headteacher representation in the EH Advisory Boards.	EH	Ongoing		
	f) Develop the Team Around the School approach through proactive termly meetings with schools in each of the Hubs.	EH/BICS/ BELS/ PH CYP	Sept 24		
	g) Consult on the development of stronger integration between BICS and the EH system of support for children.	EH/BICS	Sept 24		

#### 4 Interventions

***Aim: Provide timely and accessible information at potential trigger events.***

4.6 Reduce access to means through safer prescribing	a) Raise awareness of death by suicide by prescription drug overdose amongst clinical pharmacists, focusing on high-risk groups.	Live Well Clinical Lead/Medicines management - ICB/PH	March 2025		
	b) Organise an educational event for primary care by bringing external experts on how to prescribe safely.	Medicines management – ICB/PH	March 2025		
	c) Incorporate learning from South East London task group to improve London's response to "reducing access to prescription drugs".	PH Adults	March 2024		
4.7 Reduce access to means through interventions at potentially high-risk public places and high-rise buildings.	a) Work with Samaritans, TfL, Network Rail, BTP, National Highways and the Council's Highways, Planning, Fire Brigade and Community Safety teams to explore options such as installation of physical barriers to restrict access and/or signage to provide support to residents at the point of crisis.	PH Adults	Sept 2024		
4.8 Improve patient safety following discharge for people who are in the care of Mental Health Services.	a) Incorporate Stay Alive app into the discharge process.	BEHMHT (Barnet)	June 2024		
4.9 Reduce the risk of suicide amongst people who have mental health	a) Work with the VCFS and beyond to develop a crisis response and safety plan than can be easily adopted.	Mind in Enfield and Barnet	March 2024		

problems or supporting someone else.					
4.10 Reduce the risk of suicide in refugees and asylum seekers	a) Through NCG website promote Stay Alive app and the availability of the app in community languages.	New Citizens Gateway	March 2024		
	b) Develop a resource to provide strategies and tools specific to refugee and asylum-seeking to keep their loved one safe.	New Citizens Gateway/P H	March 2024		
4.11 Support older men to improve their wellbeing and reduce the risk of suicide	a) Develop a suite of activities aimed at older men to increase social connections and support.	Age UK Barnet	March 2024		
	b) Promote CoL Household Support Fund and the importance of this in improving mental health.	Age UK Barnet	Ongoing		
	c) Raise awareness of general wellbeing/mood improvement strategies and techniques.	Age UK Barnet	May 2024		
	d) Increase numbers of men as volunteers in AUKB.	Age UK Barnet	May 2024		
4.12 Ensure support for GPs to recognise potential risks and confidently managing suicidal thoughts.	a) Mental Health Practitioners based within GP surgeries are providing mental health educational support to GPs and promote suicide prevention services as well as displaying posters.	BEHMHT (Barnet)	Ongoing		
4.13 Improve risk management and ensure that it is	a) A series of in-person workshops discussions with ASC staff to	The Network	June 2024		

systemic for staff working in Adult Social Care.	explore ambivalence in addressing suicidality.				
	b) Co-production of tailor-made suicide prevention resource manual for professionals who are helping people experiencing suicidal thoughts.	The Network/PH	May 2024		
4.14 Prevent and reduce suicide risk amongst residents who are engaged with Adult Social Care.	a) Pilot suicide prevention group 'Hopes through Action' for people who are experiencing suicidality and also those who supports people with suicidal thoughts.	The Network	The launch of the group Sept 2023		
4.15 Immediate support to interrupt suicidal thoughts at the time of distress.	a) Through collaboration with people with lived experience, produce tailor-made, pocket size, suicide prevention manual for people who are having suicidal thoughts.	The Network/PH	May 2024		
4.16 Improve identification of and advice to those who are having suicidal thoughts.	a) University to host Real Talk training programme for pastoral staff and for other frontline professionals in the borough.	Middlesex University/PH	March 2024		
4.17 To reinforce the Risk Management and Safeguarding procedures and instil greater confidence across the team to deal with high levels of risk and suicidal thoughts.	a) Bolster Risk Management and Safeguarding training across the team and provide more regular refresher sessions across all services.	Meridian Wellbeing	March 2024		

4.18 Reduce the risk of suicide in people in contact with justice system	a) Start building links with probation services and their partners.	PH Adults			
4.19 Support Pregnant Women and New Mothers at increased risk of suicide	a) Work with the Barnet Perinatal Mental Health Network to review the pathways in place to identify and support families pre and postnatally who may be at risk of suicide	PH CYP/BPMH N	March 2024		
4.20 Provide support for CYP during times of potential high anxiety during the school year.	a) Provide timely support and signposting around times of exam results.	LBB Comms/ PH CYP/ BELS/BICS	Ongoing		
	b) Ensure the curriculum in each school includes the promotion of effective mental health/well-being strategies for students.	BELS CYP PH BICS	Ongoing		
	c) Develop systems to follow up with any schools where this is identified as a concern to offer further support.	EH BICS PH CYP BELS	Ongoing		
	d) Through ongoing training and attendance at meetings ensure that schools reflect upon the timings of predicted grades and whether additional signposting is required to support students with their concerns around grades.	BELS PH CYP	Ongoing		
	e) Research 'best practise' in schools on 'safe hubs', inclusion rooms for those pupils living with poor mental health, who are	SEND/CYP PH	Spring 24		

	neurodiverse and need time out of class to 'reboot'.				
4.21 Suicide prevention training for those that support young people who have an increased risk of suicide or self-harm are prioritised and that support to people around distressing life events is provided.	a) All staff that have contact with young people and their families in schools, colleges, and universities receive an annual update on the services and support available, including promotion of the Zero Suicide Alliance online training.	PH CYP	Autumn 23		
	b) Offer all schools and community settings Youth MHFA and Papyrus training.	PH CYP/ Schools/ communities	Ongoing		
	c) WSCA offer of train the trainer sessions on mental health and wellbeing workshops.	BICS	Sept 24		
	d) Provide support to students identified following a critical incident in line with the critical incident policy.	BICS BELS PH CYP	Ongoing		
	e) Continue to offer group supervision sessions (traded) to Designated Safeguarding Leads to support front line practitioners that are often the first port of call for CYP for self-harm/suicidal ideation.	Ed. Psych (BELS)	Ongoing		

## 5 Services and Support

***Aim: Ensure that services are available, integrated, accessible and appropriate for all members of the Barnet community.***

5.1 Services supporting people at increased risk of suicide, ensure that staff are confident to respond.	a) Develop Suicide Prevention Champions who will be trained ensuring expertise in suicide prevention can be provided to various teams in keeping people safe.	All relevant partners	March 2025		
5.2 Ensure suicide prevention is an integral part of Barnet Wellbeing Service	b) Embed and implement suicide prevention in early intervention services.	Barnet Wellbeing Service	Dec 2023		
5.3 Reduce the impact of CoL on mental health therefore contribute to suicide prevention.	a) Promote CoL Household Support Fund and the importance of this in improving mental health.	BOOST/LBB Income Maximisation Team	Jan 2024		
5.4 Reduce suicide risk amongst people who have neurodiversity including conditions such as ADHD and Autism.	a) Develop a rolling programme of training to help frontline professionals to identify neurodiversity and referrals to local support and services.	Barnet Mencap	March 2024		
	c) Provide expertise and work in partnership with service providers to support people with neurodiversity who are experiencing suicidality.	Barnet Mencap	Ongoing		
	d) Ensure organisational suicide prevention response plans include information on neurodiversity.	Barnet Mencap	March 2024		
5.5 Increase engagement, partnership, and collaboration between Adult Social	a) Hold a suicide prevention awareness day.	The Network/ PH Adults	Sept 2023		



Care and VCFS across Barnet.					
5.6 Enhanced service offer for the users of substance misuse services.	a) For those having suicidal thoughts, fast track access to CGL services.	Change Grow Live	Sept 2023		
	b) Ensure CGL staff attends Real Talk training to practice life-saving skills.	Change Grow Live	March 2024		
5.7 Improve the recognition of and support for people who self-harm, including improved referral pathways after A&E attendances following self-harm.	a) Care pathway map and gap analysis of the support for individuals and their families following self-harm.	PH Adults & CYP	March 2024		
	b) Enhance the existing Mental Health Liaison Service by offering brief psychological interventions to individuals who presented to the acute hospital with suicidal thoughts or self-harm.	PH Adults/RFH NHST Barnet	March 2024		
5.8 Better understanding between health and social care professionals and the Jewish community of concerns and sensitivities around suicide	a) Produce executive summary of the report outlining how the findings of community conversations on suicide prevention will be implemented. Summary of the report shared with members of BSPP.	Jami	Autumn 2023		
	b) Continue to consult with community leaders notably faith leaders.	Jami	Autumn 2023		

5.9 Establish an ongoing mechanism for public health and CAMHS to work together to address inequalities in access and service use.	a) Work with CAMHS 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 ICB.	PH CYP & CAMHS	Sept 24		
5.10 Ensure that children and young people are at the heart of ideas for service improvement.	a) Share learning from CYP focus groups for service improvement for the universal CYP offer with the BSPP.	BICS	Ongoing		
	b) 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.	BICS CAMHS	Ongoing		
<b>6 Mental health and wellbeing</b> <b><i>Aim: Support and improve the mental wellbeing of Barnet residents</i></b>					
6.1 GPs have a strong focus on people experiencing depression and anxiety and an understanding of the impact of this on preventing suicide.	a) Promote Good Thinking and Thrive London resources.	ICB/Live Well Clinical Lead/PH Adults	Ongoing		

6.2 Improve cultural competency in mental health and better engagement with people from diverse backgrounds to build their trust.	a) Work in partnership with local VCFS to utilise their expertise as a trusted partner to address cultural barriers.	BSCP	Ongoing		
6.3 Tailor approach to improving mental health of students in higher education.	a) Develop Wellbeing Toolkit for students which will include a section for suicide prevention and resources.	Middlesex University	Dec 2023		
6.4 Improve resilience amongst the staff who work in VCSE.	a) Collaborate with others and offer expertise in the development of organisational suicide response plan template.	Mind in Enfield and Barnet/Sanctuary Barnet	March 2024		
6.5 Increase knowledge and understanding of loss and bereavement amongst the frontline professionals.	a) Deliver a rolling programme of "Loss and Bereavement Awareness" training.	Mind in Enfield and Barnet	Ongoing		
6.6 Partners will train and promote Mental Health First Aiders within their organisations. This training is available free of charge. See related action 3.1.d.	a) All partners have mental health first aiders within their organisation proportionate to the size of the organisation.	All partners	Ongoing		

6.7 Improve Digital resilience in children and young people	a) Further launch of Generation Verified for schools	PH CYP	Autumn 23		
	b) Commission specific age-appropriate lessons plans for KS2, KS3 and KS4	PH CYP	Spring 24		

## Key Theme: Post-vention

### 7 Bereavement support

*Aim: Provide support to everyone that wants it after bereavement by suicide*

7.1 All partners are aware of the NCL support after suicide and other relevant resources.	a) Raise awareness of the NCL Support after Suicide service in Barnet by ensuring service details are included in Barnet resources.	All Partners	Ongoing		
7.2 Provide effective bereavement support, tailored to the needs of those who have been bereaved by suicide and promoting services available to reduce the risk of further suicides.	b) Locally promote the SAS service for people affected by suicide by liaising with local coroners, funeral directors and to proactively identify other.	NCL SAS (Amparo)	March 2024		
	c) Ensure the promotion of the Help is At Hand booklet in the community and at community events for people affected by suicide	NCL SAS (Amparo)	Ongoing		
7.3 Post-vention support to GPs impacted by suicide death.	a) Ensuring that NCL SAS service contacts the practice following death by suicide. The support	Live Well Clinical Lead/NCL SAS	Ongoing		

	includes both one-to-one or involves the whole practice.				
<b>8 Community Response</b>					
<b><i>Aim: Ensure a co-ordinated local response of partners with every death by suicide.</i></b>					
8.1 Ensuring an effective community response plan.	a) Review, develop, co-ordinate and promote Bereavement Support Services. To include the development that identifies all local Bereavement Support available.	NCL SAS (Amparo)	March 2024		
	b) Refresh and implement the community response plans in discussion with local partners to improve immediate support following a single suicide or multiple suicides.	NCL SAS (Amparo)	Sept 2024		
8.2 Ensure that all secondary education settings have a postvention plan.	a) Co-deliver with BELS on Wise Before the Event training in Jewish schools.	BELS/Jami /PH CYP	July 24		
	b) Revise, update, and relaunch ERIC Guide	Jami	July 24		
	c) Develop a Suicide Response Protocol which includes a coordinated offer for schools including a menu of interventions available.	BICS/BELS/ BEH CAMHS/PH CYP	Autumn Term		