

Together We Will Thrive

Bolton's Suicide Prevention Strategy 2025 - 2030



Each suicide is a truly devastating event for families, friends and colleagues of those people affected. Every suicide has the potential to be prevented.

UNDERSTANDING SUICIDE: Together we can save lives

1. Suicide can be complex and are rarely caused by a single circumstance or event.
2. Many factors can help reduce the risk of suicide.
3. Everyone has a role to play in prevention.

Some contributing risk factors:

- Previous suicide attempt
- Physical long-term condition
- Social isolation and loneliness
- Relationship breakdown
- Having four or more adverse childhood experiences
- Stigma associated with help-seeking and mental illness
- History of depression and other mental illnesses
- Harmful gambling, financial difficulty and economic adversity
- Self-harm
- Domestic abuse
- Academic pressures
- Alcohol and drug use
- Bereavement
- Bullying

The Benefits of reducing risk and enhancing protective factors

- Improved mental health and wellbeing - Support and resources help manage stress, depression, and anxiety.
- Better coping skills - Learning how to handle challenges builds the ability to recover from setbacks and lowers suicide risk.
- Increased awareness and knowledge - Education about warning signs and available help empowers individuals to seek help early.
- Better support networks - Connecting with community resources and groups reduces isolation.
- Better overall wellbeing and quality of life - Preventive measures lead to a healthier, more balanced life.

Some protective factors:

- Useful coping and problem-solving skills
- Support from partners, friends, and family, parents
- Social connections
- Good health and access to mental and physical health care
- Access to timely and appropriate information, support and services to reduce risk e.g. Health housing, employment, mental health, financial support
- Healthy lifestyles – regular exercise, healthy eating
- Cultural, religious, or personal beliefs that discourage suicide.
- Financial security
- Self-awareness and managing emotions
- Supportive school environments
- Trauma informed practice



National Suicide Prevention Cross Sector Strategy Aims

1. Reduce the suicide rate over the next 5 years – with initial reductions observed within half this time or sooner.
2. Improve support for people who have self-harmed.
3. Improve support for people bereaved by suicide.

Priorities for action:

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

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

Addressing common risk factors linked to suicide at a population level to provide early intervention and tailored support.

Promoting online safety and responsible media content to reduce harms, improve support and signposting, and provide helpful messages about suicide and self-harm.

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

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

Providing effective bereavement support to those affected by suicide.

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

Research and better understanding of national trends and suicide rates in particular groups is needed:

- Occupational groups
- People affected by domestic abuse
- People experiencing harmful gambling
- Refugees and asylum seekers
- Ethnic minority groups including people who are Gypsy, Roma or Travellers
- People with autism
- People who are LGBT

Priority groups: Evidence, data, stakeholder engagement and expert views identified the following groups for consideration for tailored or targeted action at a national level:

- Children and young people
- Middle-aged men
- People with autism
- People who have self-harmed
- People in contact with mental health services
- People in contact with the justice system
- Pregnant women and new mothers

THE GREATER MANCHESTER SUICIDE PREVENTION STRATEGY (2024-2029) ALIGNS WITH THE NATIONAL STRATEGY AND INCLUDES ADDITIONAL PRIORITIES IDENTIFIED BY THE GM SUICIDE PREVENTION GROUP: SUICIDE ATTEMPT SURVIVORS, OLDER PEOPLE, AND THOSE WITH LONG-TERM CONDITIONS.

Bolton's Strategic Commitment for Suicide Prevention

AIM - TO REDUCE SUICIDE WITHIN 5 YEARS, WITH MOST PROGRESS IN THE FIRST 2 YEARS

DEFINITIONS

STRATEGIC PRIORITIES

By Implementing the prevention framework, suicide prevention becomes 'everyone's business'



TERTIARY

Reducing the negative impact of something that has already happened.
Reducing the likelihood of re-occurrence
Minimising complications

- Increase visibility of support available to individuals who are in crisis.

SECONDARY

Early identification
Early intervention
Reducing negative outcomes

- Support people through life transitions and between services.
- Provide targeted support for high-risk groups and locations.

PRIMARY

Preventing the onset
Prevention something ever happening

- Promote mental wellbeing and the ability for individuals to recover from setbacks in life
- Better provision of information and support for those affected by suicide.
- Normalising mental wellbeing conversation to reduce stigma and improve access to support.
- Raise suicide awareness and build capable, caring communities and workforce

ENVIRONMENT PLACE & CONTEXT

Addressing the wider context, environment to prevent undesired outcomes.
Health in all policies.
Consideration of wider determinants of health

- All partners to adopt Samaritans media guidelines for reporting suicide.
- Build on the strength of local communities to help shape local services and support.
- Influence system-wide change to reduce suicides.
- Collaborate to improve data and evidence for effective and timely interventions.

What We Plan To Do

Stakeholders helped to shape these actions. The partnership will create a detailed 5-year plan, reviewed annually.

ENCOURAGE SEEKING HELP - USING TRAUMA-INFORMED PRACTICE TO PREVENT AND REDUCE ADVERSE CHILDHOOD EXPERIENCES (ACES) - WORKING TOGETHER WITH



EARLY HOUSEHOLD TARGETED APPROACHES TO TIMELY SUPPORT FOR FAMILIES TO REDUCE RISK FROM ESCALATING.

IMPROVE WRAPAROUND MENTAL WELLBEING SUPPORT DURING LIFE TRANSITION POINTS E.G. CYP TO ADULTS, PRIMARY TO SECONDARY.



PROMOTING ONLINE SAFETY AND RESPONSIBLE MEDIA CONTENT TO REDUCE HARMS, INCLUDING ONLINE BULLYING.

BUILDING SUICIDE SAFER EDUCATIONAL ESTABLISHMENTS.

ENSURING UNIVERSAL SERVICES ARE ACCESSIBLE TO THOSE EXCLUDED FROM SCHOOL.

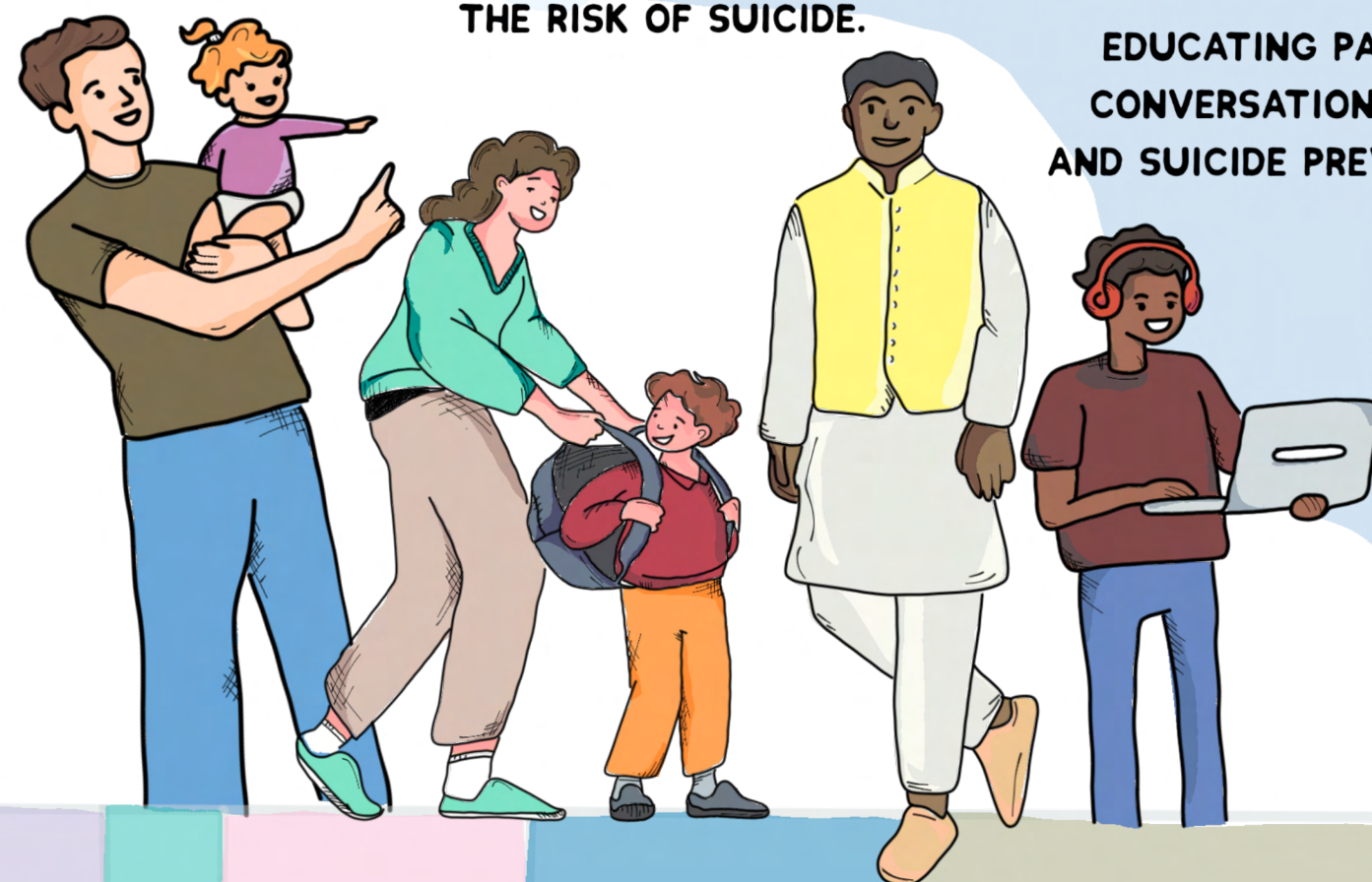
ADEQUATE SUPPORT PROVISION IN PLACE FOR CYP, WHERE PARENTS/ GUARDIAN ARE KNOWN TO MENTAL HEALTH SERVICES/SUICIDAL THOUGHTS.

IMPROVE INFORMATION SHARING AND ESCALATION TO ENSURE CHILDREN AND YOUNG PEOPLE AT RISK OF SUICIDE CAN BE IDENTIFIED AND SUPPORTED.

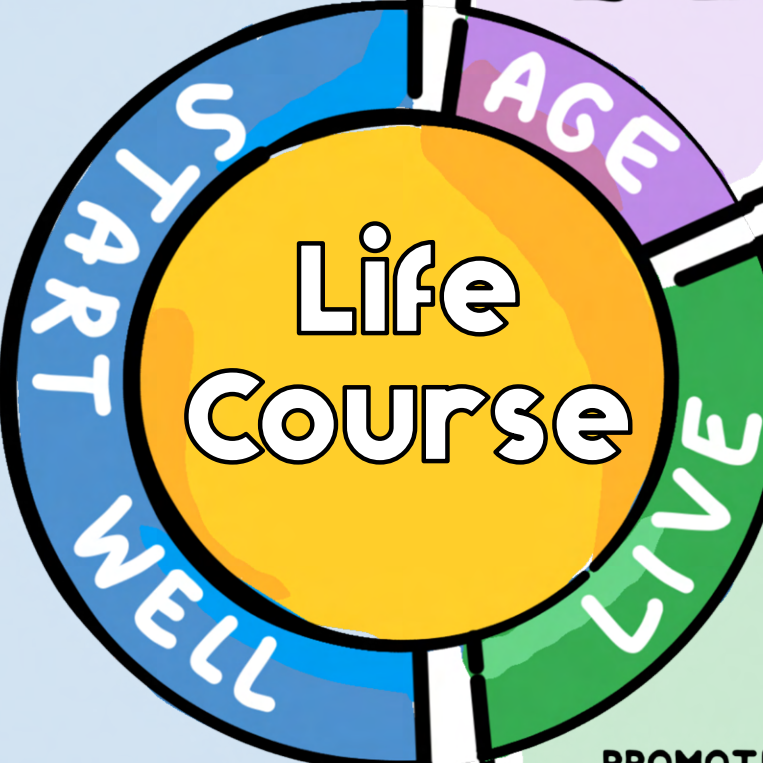
CLEAR ANTI-BULLYING POLICIES IN SCHOOLS THAT INCLUDE GUIDANCE ON HOW TO ASSESS THE RISK OF SUICIDE.

EDUCATING PARENTS AND CARERS TO HAVE CONVERSATIONS ABOUT MENTAL WELLBEING AND SUICIDE PREVENTION WITH THEIR CHILDREN.

BETTER LOCAL INSIGHT IN RELATION TO GENDER DYSPHORIA AND SUICIDE RISK.



Life Course



IMPROVE CARE, PAIN MANAGEMENT AND MENTAL HEALTH IN PEOPLE WITH LONG TERM CONDITIONS

REDUCING ISOLATION AND LONELINESS.



ENSURE THERE ARE SYSTEMATIC AND EFFECTIVE WAYS OF IDENTIFYING THOSE INDIVIDUALS' USING HEALTH AND ADDICTION SERVICES WHO ARE MOST AT RISK OF SUICIDE.

EMBEDDING FIVE WAYS TO WELLBEING AS EVERYONE BUSINESSES AND PART OF EVERYONE'S ROLE TO PROMOTE..

PROMOTION AND STRATEGIES OF STRENGTH BASED GOOD FAMILY AND COMMUNITY RELATIONSHIPS.

TARGETED PROMOTION OF TALKING THERAPIES AMONGST KEY HIGH-RISK GROUPS.

ROUTINE FOLLOW UP FROM SERVICES AFTER DISCHARGE OR SUICIDE RELATED CRISIS.



SUPPORTING PEOPLE TRANSITIONING OUT OF THE CRIMINAL JUSTICE SYSTEM, TO ADDRESS HOMELESSNESS AND ASSOCIATED MENTAL HEALTH RISKS.

EASY SAFE AND EFFECTIVE THERAPEUTIC ENVIRONMENT FOR BOLTON RESIDENTS EXPERIENCING A MENTAL HEALTH CRISIS.

PENSION CREDIT CAMPAIGN THAT INCREASES INCOME, REDUCES POVERTY

EVIDENCE BASED WELLBEING SUPPORT ENABLING OLDER ADULTS TO CONNECT, STAY ACTIVE, SOCIALISE

EARLY AND TIMELY SUPPORT INCLUDING FINANCIAL, DEBT, HOUSING AND EMPLOYMENT OPPORTUNITIES FOR THOSE EXPERIENCING FINANCIAL DIFFICULTIES.

SAFETY PLANNING MEASURES IN PRIMARY & SECONDARY CARE SETTINGS INCLUDING GP PRACTICES AND MENTAL HEALTH SERVICES.

BETTER UNDERSTANDING, INSIGHT AND CODESIGNED APPROACHES TO WORKPLACE WELLBEING.

SAFEGUARDING TEAMS TO IMPROVE OUTCOMES FOR OUR COMMUNITY.



How will we know we have made a difference?

IMPROVED POPULATION MENTAL HEALTH:

Reduce the prevalence of depression and anxiety in bolton.

REDUCED ECONOMIC COSTS:

Lowers pressure on health and social care services, focuses on empowering communities, self-care & access to appropriate care, by reducing the need for crisis interventions, long-term care, and out-of-area placements.

SAVING LIVES:

Preventing suicide directly reduces the number of deaths.

STRENGTHENS COMMUNITIES

Communities become more supportive and have the ability to recover from Setbacks when they work together to prevent suicide.

STRENGTHENS OUR PUBLIC HEALTH SYSTEM:

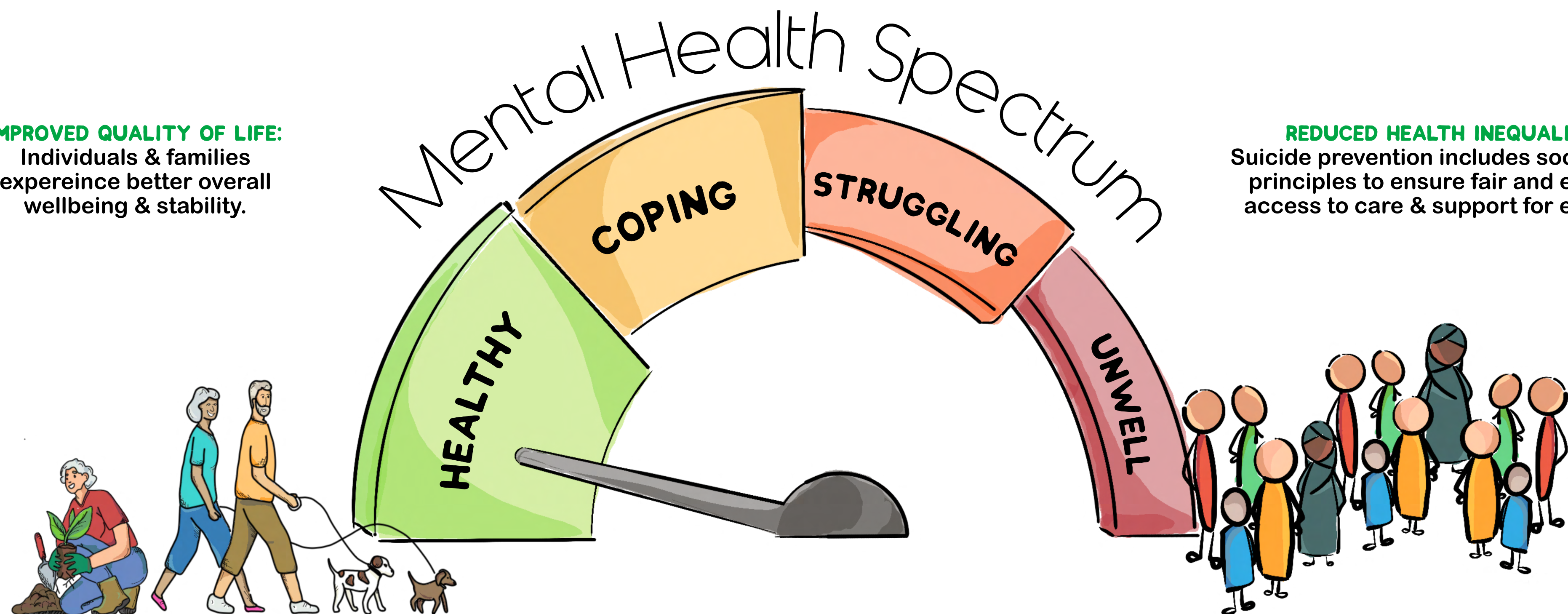
Comprehensive suicide prevention strategies improve the overall public health system, making it more effective in addressing various health challenges.

IMPROVED QUALITY OF LIFE:

Individuals & families experience better overall wellbeing & stability.

REDUCED HEALTH INEQUALITIES:

Suicide prevention includes social justice principles to ensure fair and equitable access to care & support for everyone.



Supporting our communities to stay healthy & happy