

Suicide Prevention Strategy

Easy-Read Version

Content warning: The content of this document may be emotionally challenging as it discusses dying by suicide and self-harm.

Support is available:

- **Samaritans** – a listening service which is open 24/7 for anyone who needs to talk.
- **Shout** – a free confidential 24/7 text service offering support if you're in crisis and need immediate help.

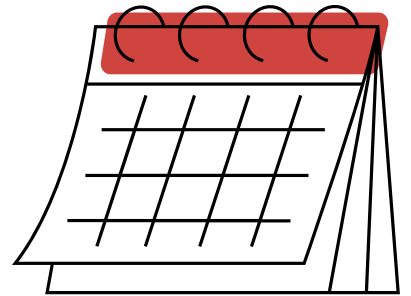


Suicide is what we call it when a person ends their own life.

Self-harm is when someone hurts themselves on purpose.



Every 3 weeks, someone in Havering dies by suicide.



Havering Council and partners have made a strategy to reduce the number of suicides in Havering. This strategy describes what should be done over the next 5 years.



It makes many people sad when someone ends their own life or hurts themselves on purpose.



We want to stop people from ending their own lives and hurting themselves.



We want people affected by suicide and self-harm to:

- feel safe and not judged
- get help when they need it
- be able to help other people



Who is affected?

Suicide can affect anyone. It does not matter what age or gender they are or where they live.



But some people are more likely to take their own life than others. We call them **priority groups**.

Priorities are the things that are most important.

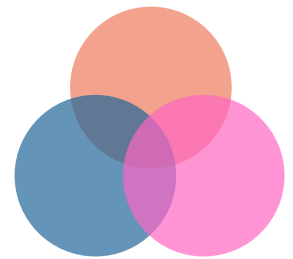


Priority groups for suicide:

1. Men in their 40s and 50s
2. People being helped by mental health services
3. People who break the law
4. Autistic people
5. Children and young people
6. Pregnant women and women who recently had a baby
7. People who are in the army, marines, navy or airforce
8. People who live with a lot of physical pain

What causes suicide?

Suicide is complicated. It is caused by lots of things that often overlap.



There are groups who will be at risk, including:

- People who are bullied
- People who lost their job or don't have one
- People who have just got divorced or separated from their partner
- People who hurt themselves on purpose (self-harm)
- People stressed about school or college
- People who have depression or anxiety
- People who take drugs or drink too much alcohol
- People who do not have a secure place to sleep
- People who have had very bad experiences when they were young
- People who are sad because someone dies, especially if they died by suicide
- People who are lonely
- People who have money troubles

Not everyone who experiences these things will be at risk of suicide, but it can make the risk greater.

This plan will help everyone. But we know there is specific work to do to help people most at risk of suicide.

What we want:

We want to make sure that everyone works together to help prevent suicide in Havering.



We want professionals, employers, family and friends to know how to give and get support.



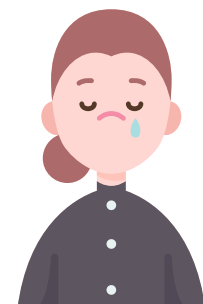
We want to make services better. So they are kind when people reach out for help.



We want people to know where to get help when they need it.



We want people to get support when they know someone who has been affected by suicide.



What we will do:

We will offer training and support to a range of services and people.



We will make sure services work together to give people all the support they need.



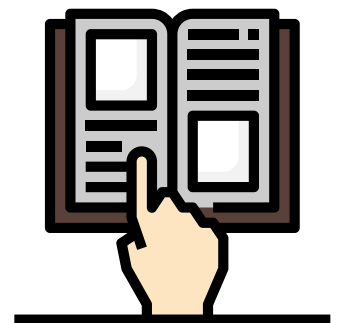
We will find ways to respond quickly to people who need help and improve how we respond to risks in Havering.



We will include people who have lived experience of suicide to help make decisions about suicide prevention work.



We will collect facts to understand why people kill themselves and who needs support and help to stay safe.





Havering
LONDON BOROUGH