

1. Overview

| PRIORITY AREA | RECOMMENDATION | OUTCOME | SYSTEM LEVEL | ACTION | OWNER | THEME | NATIONAL |
|------------------------------|--|--|---|---|---|-------------------------------|---|
| 2. Children and Young People | 2.a) To raise awareness of the link between trauma and adversity, and suicide across the life course | Link between trauma and adversity across the life course is clear and understood by partners, professionals and the voluntary and community sector | Berkshire; Local Authority | Needs and links across lifecourse (including transitions see 2f); Identify key partner organisation/s and roles | Berkshire Suicide Prevention Group | Health Promotion Training | Addressing common population level risk factors |
| | 2.c) Support the system to adopt a needs-led approach for neurodiverse children and young people, particularly in the prevention and early intervention arena, e.g. in schools and the community | Neurodiverse children and young people pre-diagnosis and supported and adaptations made for their needs, reducing suicide risk | Berkshire; Berkshire West Local Authority | Identify best-practice for needs led approach; Agree scope of support offer to system and identify leads | tbc | Training Health Promotion | Tailored, targeted support for priority groups |
| | 2.e) To work with local organisations and charities who work with the LGTBQ+ community on suicide prevention. | Improved insight and knowledge into the LGBTQ+ community and suicide prevention and risk, informing the Suicide Prevention Groups focus and approach | Berkshire Local Authority | Map of local organisations and charities working across Berkshire/s to support LGBTQIA+ communities Understanding commissioning/funding arrangements for groups; Review reporting and outcomes; | Berkshire Suicide Prevention Group Local Authority Leads | Partnership | Providing effective bereavement support (postvention) Tailored, targeted support for priority groups |
| | 2.f) To raise awareness of the impact of the transitional period (children moving into adulthood) on the mental health impact and the risks of suicide during this period for children and young people. | Improved knowledge and understanding on the impact of the transitional period on mental health and suicide risk for children and young people for partners, professionals and the education sector | Berkshire Local Authority | See 2a) Identify best practice in relation to training and what is available locally; Identify gaps and support required; | Berkshire Suicide Prevention Group Local Authority CYP/ASC and Public Health Leads | Training Health Promotion | Addressing common population level risk factors Tailored, targeted support for priority groups |
| | 3.a) Working with Mental Health Support Teams (MHSTs), ensure a continued focus on the prevention of self-harm by increasing resilience and general coping skills and support for those who self-harm. | School pupils at risk of self-harm or self-harming have improved coping skills, support and resilience | Berkshire West Local Authority | Identify and share best practice in relation to prevention of self-harm and resilience building in CYP; Identify local data and reporting in relation to at risk CYP/Schools; | tbc | Partnership Data and Evidence | Addressing common population level risk factors Tailored, targeted support for priority groups |
| | 3.b)Decrease the stigma related to self-harm and encourage help seeking behaviour and self-care | Those who self-harm feel able to seek help with less fear of stigma and have improved self-care | Berkshire Local Authority | Agree awareness raising campaign/messages with key partners; | tbc | Health Promotion | Addressing common population level risk factors |

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| 3. Self-harm | 3.c) Help friends, family and professionals understand the physical and emotional signs of self-harm, how they can help and where they can get support | Friends, family and professionals are able to identify and understand self-harm, how they can help and where to get support. Those who self-harm feel better supported by professionals, their friends and family | Berkshire Local Authority | Agree awareness raising campaign/messages with key partners; | | Health Promotion | Addressing common population level risk factors Providing effective crisis support |
| | 3.d) Explore the impact of self-harm on parents and siblings on their own mental health and wellbeing. | Further understanding of the impact of self-harm on parents and sibling's mental health and wellbeing, allowing future interventions into how to support these groups to be well informed | Berkshire | Undertake a review of evidence around impact/risk on others re self-harming behaviours | TBC | Research | Addressing common population level risk factors Providing effective crisis support |
| 4. Female Suicides | 4.b) To explore data collection on the perinatal period; risk factors and the link to suicide including data captured in the RTSS. | Improved understanding and insight into the risk factors and link to suicide within the perinatal period. | BOB Frimely & RBH Berkshire | See 4a) Review links between maternal system data and RTSS; | Berkshire Suicide Prevention Group Thames Valley Police RTSS | Surveillance Partnership | Improving data and evidence |
| | 4.c) Promote the need for clear pathways and knowledge exchange between domestic abuse and mental health services. | Domestic abuse services and mental health services have an improved understanding of the links between domestic abuse and suicide and are confident in utilising the pathways between the services | Berkshire Local Authority | Understand best practice in relation to pathways between services; Review local authority pathways and reporting; | Berkshire Suicide Prevention Group Local Authority Leads (PH, CMHT, CSP) | Partnerships | Tailored, targeted support for priority groups Providing effective crisis support |
| | 4.d) Improve data collection of domestic abuse data in RTSS. | Improved understanding and insight into domestic abuse as a risk factor for suicide within Berkshire. | Thames Valley | Identify gaps in data collection of domestic abuse in RTSS; Identify solution (training?) Agree and assign actions and improvement target; | TV Police RTSS Officer; TV SPIN/BOB ICS | Surveillance Training | Improving data and evidence |
| | 4.e) Include domestic abuse indicators in the Berkshire suicide audit to better understand the link between domestic abuse and suicide | Improved understanding and insight into domestic abuse as a risk factor for suicide within Berkshire. | Berkshire | Linked to 1c) | Berkshire Suicide Prevention Group | Data & Intelligence | Improving data and evidence |

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|---------------------|---|---|---------------------------|--|--|------------------------------|---|
| | 4.f) Provide information to domestic abuse services on how to respond to concerns where clients may be self-harming or considering suicide (whether the client is a victim, survivor, perpetrator or child or young person) | Improved knowledge and understanding of suicide risk and self-harm for domestic abuse professionals for all groups affected. Clients within the domestic abuse services who are at risk of self-harm or suicide feel better supported and able to access the services they need | Berkshire Local Authority | Identify best practice in relation to responding to self-harm/suicide ideation in all people in contact with DA services (all sex/gender). | Berkshire Suicide Prevention Group Local Authority Leads | Training | Tailored, targeted support for priority groups Providing effective crisis support |
| 5. Economic Factors | 5.a) Work with colleagues to raise awareness of the risk between debt, mental health and suicide risk among frontline professionals and the wider public. Awareness raising needs to; • reduce the stigma of 'being in debt' and signpost to access debt and benefit advice and support. this information also needs to be shared with frontline professionals • encourage people in debt to reach out for help to reduce impact on mental health • encourage people with poor mental health to reach out for debt advice | The risk between debt, mental health and suicide risk is further understood by frontline professionals and the wider public. The stigma of 'being in debt' is reduced for both frontline workers and the wider public, therefore potentially increasing the number of those seeking help. Frontline professionals feel confident to signpost to debt and benefit advice and support, encourage people to reach out for help, and for debt advice, therefore potentially increasing the number of those seeking help | Berkshire Local Authority | Review evidence and local need in relation to debt, MH and suicide risk; Identify key partner organisation/s and roles Agree awareness raising campaign/messages | Berkshire Suicide Prevention Group Local Authority Leads | Health Promotion Training | Addressing common population level risk factors |
| | 5.b) Support frontline professionals to feel comfortable about talking about debt and financial problems and the link to poor mental health and suicide, and what support is available | Frontline professionals feel comfortable and able to talk about debt and financial problems and can link this to poor mental health and suicide, and support available. Those with poor mental health benefit from accessing debt and financial support where needed following conversations with frontline professionals, reducing suicide risk. | Berkshire Local Authority | Identify training and support for frontline staff: | Berkshire Suicide Prevention Group | Training | Addressing common population level risk factors |
| | 5.c) Support Berkshire local authorities with a single point of access information site around money matters | There is a single point of access for information on money matters, allowing for up to date and consistent information being accessible to all. | Berkshire Local Authority | Review need regarding SPA and information around money matters; | Berkshire Suicide Prevention Group | Partnership Health Promotion | Addressing common population level risk factors |
| | 5.d) Ensure compassionate debt collection. Make sure the process is supportive and aims to steer residents to places that can provide help and support. Support vulnerable groups at increased risk of debt including people with long-term conditions or disabilities | Reduction in stress and anxiety for those who are facing debt collection. Support and help highlighted to those facing debt collection, reducing stress and anxiety. | Berkshire Local Authority | Review actions taken in relation to compassionate debt collection by LA; Identify need for any further action; | Local Authority Leads | Partnership Policy (?) | Addressing common population level risk factors Providing effective crisis support Tailored, targeted support for priority groups |

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|---------------|---|--|--------------------------------|--|--|-----------------------|---|
| | 5.e) Work with key partners to actively promote services that provide help around navigating the benefits system and potentially increasing people's incomes. | Improved understanding of navigating the benefits system, therefore potentially increasing incomes and reducing financial stress, reducing suicide risk | | | | Health Promotion | Addressing common population level risk factors Tailored, targeted support for priority groups |
| | 5.f) Make sure that all parts of the health service where patients showing suicidal intent first make contact, are signposted or triaged appropriately using a process that includes debts and other economic stresses as risk factors. | Identification of debt and economic stresses as risk factors upon first contact, therefore allowing professionals to have a better-informed approach to support, signposting and guidance, reducing suicide risk. Self-help or advisors for debts and practical issues (housing, relationships) highlighted to patients, therefore potentially reducing anxiety and stress | Berkshire West Local Authority | Linked to 5c) Review local processes in relation to content/signposting for debt/economic stress factors | Berkshire Suicide Prevention Group Community Mental Health Team/s | Partnerships Training | Providing effective crisis support |
| | 5.g) Work with system partners on the early identification and support of people who are at increased risk of debt and financial concerns (e.g. unemployed or people with long-term conditions) as early as possible and offer effective support to manage personal finances through appropriate referral pathways. | Reduction in debt and financial stresses as a risk factor for suicide for those who are at an increased risk | Local Authority | Review current system partnerships; Identify local referral pathways | Local Authority Leads | Partnerships | Addressing common population level risk factors Tailored, targeted support for priority groups |
| | 5.h) Monitor local data and intelligence on levels of problem gambling within Berkshire and its link to suicide. | Improved understanding of the levels of problem gambling and its link to suicide within Berkshire, informing the Suicide Prevention Group's approach. | Berkshire Local Authority | Identify local data and intelligence sources regarding gambling; Ongoing monitoring of Government/LGA Guidance in relation to gambling (due 2024) | Berkshire Suicide Prevention Group | Data & Intelligence | Improving data and evidence |
| | 6.a) Ensure our local bereavement offer is culturally and ethnically appropriate for different groups within communities to develop resources and services | The local bereavement offer is available and accessible for all groups within Berkshire and has accessible resources and services. Different groups within communities feel the services are culturally and ethnically appropriate. | BOB Local Authority | Review commissioned service/s and relevant KPI/outcomes | BOB ICS Commissioner | Partnership | Providing effective bereavement support (postvention) |
| | 6.b) Continued support to the volunteer led local SoBS groups to be able to continue to offer a peer-to-peer support service. | Those bereaved by suicide can access and benefit from a peer-to-peer support service | Berkshire | To review local volunteer lead SoBS arrangements and support needs | Berkshire Suicide Prevention Group | Partnership | Providing effective bereavement support (postvention) |
| | 6.c) Building in bereavement support to extend to wider family members, friends and communities. | Wider family members, friends and communities are able to access bereavement support, and feel able and supported in doing so, potentially improving their emotional and mental wellbeing | Berkshire Local Authority | Review local arrangements and needs | | Commissioning | Providing effective bereavement support (postvention) |

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| PRIORITY AREA | RECOMMENDATION | OUTCOME | SYSTEM LEVEL | ACTION | OWNER | THEME | NATIONAL |
|------------------------|--|---|-----------------------------------|---|--------------------------------------|-------------------------|--|
| 6. Bereaved by Suicide | 6.d) Continue to commission suicide bereavement support services and monitor its impact. | Bereavement support services are available and accessible across Berkshire, providing consistent support for those bereaved. | BOB Thames Valley Berkshire | BOB ICS to continue to commission suicide bereavement support services and contract/performance manage service/s. | BOB ICS Commissioner | Commissioning | Providing effective bereavement support (postvention) |
| | 6.e) Explore training opportunities for staff impacted by suicide | Training for staff impacted by suicide in place and being delivered where appropriate, potentially improving emotional and mental wellbeing for staff following suicide | BOB/Thames Valley Berkshire | Review of organisation employee/workplace support | All - Individual organisation led | Training | Providing effective bereavement support (postvention) |
| | 6f) Work with Thames Valley Police and other first responders to a suicide to share appropriate resources with employers | Employers able to better support their staff who have been affected by suicide | BOB/Thames Valley Berkshire | See 6e) | See 6e) | Partnership Training | Tailored, targeted support for priority groups Providing effective crisis support |

2. CYP

| PRIORITY AREA | RECOMMENDATION | OUTCOME | SYSTEM LEVEL | ACTION | THEME |
|---|--|--|--|---|------------------------------|
| Children and Young People: including the impact of trauma and adversity, recovery from COVID-19, neurodiversity, LGBTQIA+ and transitions. | 2.a) To raise awareness of the link between trauma and adversity, and suicide across the life course | Link between trauma and adversity across the life course is clear and understood by partners, professionals and the voluntary and community sector | Berkshire; Local Authority | Needs and links across lifecourse (including transitions see 2f); Identify key partner organisation/s and roles Agree awareness raising campaign/messages | Health Promotion Training |
| | 2.c) Support the system to adopt a needs-led approach for neurodiverse children and young people, particularly in the prevention and early intervention arena, e.g. in schools and the community | Neurodiverse children and young people pre-diagnosis and supported and adaptations made for their needs, reducing suicide risk | Berkshire; Berkshire West Local Authority | Identify best-practice for needs led approach; Agree scope of support offer to system and identify leads | Training Health Promotion |
| | 2.e) To work with local organisations and charities who work with the LGTBQ+ community on suicide prevention. | Improved insight and knowledge into the LGBTQ+ community and suicide prevention and risk, informing the Suicide Prevention Groups focus and approach | Berkshire Local Authority | Map of local organisations and charities working across Berkshire/s to support LGBTQIA+ communities Understanding commissioning/funding arrangements for groups; Review reporting and outcomes; | Partnership |
| | 2.f) To raise awareness of the impact of the transitional period (children moving into adulthood) on the mental health impact and the risks of suicide during this period for children and young people. | Improved knowledge and understanding on the impact of the transitional period on mental health and suicide risk for children and young people for partners, professionals and the education sector | Berkshire Local Authority | See 2a) Identify best practice in relation to training and what is available locally; Identify gaps and support required; | Training Health Promotion |

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3. Self-Harm

| PRIORITY AREA | RECOMMENDATION | OUTCOME | SYSTEM LEVEL | ACTION | THEME |
|--|--|---|--|--|----------------------------------|
| Self-harm; as a risk factor, groups vulnerable to self-harm, hospital admission, mental health, young people and self-harm | 3.a) Working with Mental Health Support Teams (MHSTs), ensure a continued focus on the prevention of self-harm by increasing resilience and general coping skills and support for those who self-harm. | School pupils at risk of self-harm or self-harming have improved coping skills, support and resilience | Berkshire West Local Authority | Identify and share best practice in relation to prevention of self-harm and resilience building in CYP; Identify local data and reporting in relation to at risk CYP/Schools; | Partnership Data and Evidence |
| | 3.b)Decrease the stigma related to self-harm and encourage help seeking behaviour and self-care | Those who self-harm feel able to seek help with less fear of stigma and have improved self-care | Berkshire Local Authority | Agree awareness raising campaign/messages with key partners; | Health Promotion |
| | 3.c) Help friends, family and professionals understand the physical and emotional signs of self-harm, how they can help and where they can get support | Friends, family and professionals are able to identify and understand self-harm, how they can help and where to get support. Those who self-harm feel better supported by professionals, their friends and family | Berkshire Local Authority | Agree awareness raising campaign/messages with key partners; | Health Promotion |

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4. Female Suicides

| PRIORITY AREA | RECOMMENDATION | OUTCOME | SYSTEM LEVEL | ACTION | THEME |
|--|---|---|-------------------------------------|--|--------------|
| Female suicide deaths; including perinatal mental health, domestic abuse, parental or carer stress | 4.c) Promote the need for clear pathways and knowledge exchange between domestic abuse and mental health services. | Domestic abuse services and mental health services have an improved understanding of the links between domestic abuse and suicide and are confident in utilising the pathways between the services | Berkshire Local Authority | Understand best practice in relation to pathways between services; Review local authority pathways and reporting; | Partnerships |
| | 4.f) Provide information to domestic abuse services on how to respond to concerns where clients may be self-harming or considering suicide (whether the client is a victim, survivor, perpetrator or child or young person) | Improved knowledge and understanding of suicide risk and self-harm for domestic abuse professionals for all groups affected. Clients within the domestic abuse services who are at risk of self-harm or suicide feel better supported and able to access the services they need | Berkshire Local Authority | Identify best practice in relation to responding to self-harm/suicide ideation in all people in contact with DA services (all sex/gender). | Training |

5. Economic

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|--|---|---|--|--|---------------------------------|
| Economic factors; including the impact of COVID-19, debt, mental health, benefits, socio-economics disadvantage and gambling | 5.a) Work with colleagues to raise awareness of the risk between debt, mental health and suicide risk among frontline professionals and the wider public. Awareness raising needs to; • reduce the stigma of 'being in debt' and signpost to access debt and benefit advice and support. this information also needs to be shared with frontline professionals • encourage people in debt to reach out for help to reduce impact on mental health • encourage people with poor mental health to reach out for debt advice | The risk between debt, mental health and suicide risk is further understood by frontline professionals and the wider public. The stigma of 'being in debt' is reduced for both frontline workers and the wider public, therefore potentially increasing the number of those seeking help. Frontline professionals feel confident to signpost to debt and benefit advice and support, encourage people to reach out for help, and for debt advice, therefore potentially increasing the number of those seeking help | Berkshire Local Authority | Review evidence and local need in relation to debt, MH and suicide risk; Identify key partner organisation/s and roles Agree awareness raising campaign/messages | Health Promotion Training |
| | 5.b) Support frontline professionals to feel comfortable about talking about debt and financial problems and the link to poor mental health and suicide, and what support is available | Frontline professionals feel comfortable and able to talk about debt and financial problems and can link this to poor mental health and suicide, and support available. Those with poor mental health benefit from accessing debt and financial support where needed following conversations with frontline professionals, reducing suicide risk. | Berkshire Local Authority | Identify training and support for frontline staff: | Training |
| | 5.c) Support Berkshire local authorities with a single point of access information site around money matters | There is a single point of access for information on money matters, allowing for up to date and consistent information being accessible to all. | Berkshire Local Authority | Review need regarding SPA and information around money matters; | Partnership Health Promotion |
| | 5.d) Ensure compassionate debt collection. Make sure the process is supportive and aims to steer residents to places that can provide help and support. Support vulnerable groups at increased risk of debt including people with long-term conditions or disabilities | Reduction in stress and anxiety for those who are facing debt collection. Support and help highlighted to those facing debt collection, reducing stress and anxiety. | Berkshire Local Authority | Review actions taken in relation to compassionate debt collection by LA; Identify need for any further action; | Partnership Policy (?) |
| | 5.e) Work with key partners to actively promote services that provide help around navigating the benefits system and potentially increasing people's incomes. | Improved understanding of navigating the benefits system, therefore potentially increasing incomes and reducing financial stress, reducing suicide risk | | | Health Promotion |
| | 5.f) Make sure that all parts of the health service where patients showing suicidal intent first make contact, are signposted or triaged appropriately using a process that includes debts and other economic stresses as risk factors. | Identification of debt and economic stresses as risk factors upon first contact, therefore allowing professionals to have a better-informed approach to support, signposting and guidance, reducing suicide risk. Self-help or advisors for debts and practical issues (housing, relationships) highlighted to patients, therefore potentially reducing anxiety and stress | Berkshire West Local Authority | Linked to 5c) Review local processes in relation to content/signposting for debt/economic stress factors | Partnerships Training |
| | 5.g) Work with system partners on the early identification and support of people who are at increased risk of debt and financial concerns (e.g. unemployed or people with long-term conditions) as early as possible and offer effective support to manage personal finances through appropriate referral pathways. | Reduction in debt and financial stresses as a risk factor for suicide for those who are at an increased risk | Local Authority | Review current system partnerships; Identify local referral pathways | Partnerships |
| | 5.h) Monitor local data and intelligence on levels of problem gambling within Berkshire and its link to suicide. | Improved understanding of the levels of problem gambling and its link to suicide within Berkshire, informing the Suicide Prevention Group's approach. | Berkshire Local Authority | Identify local data and intelligence sources regarding gambling; Ongoing monitoring of Government/LGA Guidance in relation to gambling (due 2024) | Data & Intelligence |

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6. Bereavement

| RECOMMENDATION | OUTCOME | SYSTEM LEVEL | ACTION | OWNER | THEME |
|--|---|-----------------------------------|---|---|-------------------------|
| 6.a) Ensure our local bereavement offer is culturally and ethnically appropriate for different groups within communities to develop resources and services | The local bereavement offer is available and accessible for all groups within Berkshire and has accessible resources and services. Different groups within communities feel the services are culturally and ethnically appropriate. | BOB Local Authority | Review commissioned service/s and relevant KPI/outcomes | BOB ICS Commissioner | Partnership |
| 6.b) Continued support to the volunteer led local SoBS groups to be able to continue to offer a peer-to-peer support service. | Those bereaved by suicide can access and benefit from a peer-to-peer support service | Berkshire | To review local volunteer lead SoBS arrangements and support needs | Berkshire Suicide Prevention Group | Partnership |
| 6.c) Building in bereavement support to extend to wider family members, friends and communities. | Wider family members, friends and communities are able to access bereavement support, and feel able and supported in doing so, potentially improving their emotional and mental wellbeing | Berkshire Local Authority | Review local arrangements and needs | | Commissioning |
| 6.d) Continue to commission suicide bereavement support services and monitor its impact. | Bereavement support services are available and accessible across Berkshire, providing consistent support for those bereaved. | BOB Thames Valley Berkshire | BOB ICS to continue to commission suicide bereavement support services and contract/performance manage service/s. | BOB ICS Commissioner | Commissioning |
| 6.e) Explore training opportunities for staff impacted by suicide | Training for staff impacted by suicide in place and being delivered where appropriate, potentially improving emotional and mental wellbeing for staff following suicide | BOB/Thames Valley Berkshire | Review of organisation employee/workplace support | All - Individual organisation led | Training |
| 6f) Work with Thames Valley Police and other first responders to a suicide to share appropriate resources with employers | Employers able to better support their staff who have been affected by suicide | BOB/Thames Valley Berkshire | See 6e) | See 6e) | Partnership Training |

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7. Audit

| PRIORITY AREA | RECOMMENDATION | OUTCOME | (STARTING POSITION) CURRENT ACTIVITIES | ACTIONS NEEDED | OWNER | RESOUCRE REQUIRMENTS / COSTS | COMMENTS / NOTES |
|------------------------------|---|---|--|----------------|-------|------------------------------|------------------|
| 2. Children and Young People | 2.a) To raise awareness of the link between trauma and adversity, and suicide across the life course | Link between trauma and adversity across the life course is clear and understood by partners, professionals and the voluntary and community sector | | | | | |
| | 2.c) Support the system to adopt a needs-led approach for neurodiverse children and young people, particularly in the prevention and early intervention arena, e.g. in schools and the community | Neurodiverse children and young people pre-diagnosis and supported and adaptations made for their needs, reducing suicide risk | | | | | |
| | 2.e) To work with local organisations and charities who work with the LGBTQ+ community on suicide prevention. | Improved insight and knowledge into the LGBTQ+ community and suicide prevention and risk, informing the Suicide Prevention Groups focus and approach | | | | | |
| | 2.f) To raise awareness of the impact of the transitional period (children moving into adulthood) on the mental health impact and the risks of suicide during this period for children and young people. | Improved knowledge and understanding on the impact of the transitional period on mental health and suicide risk for children and young people for partners, professionals and the education sector | | | | | |
| 3. Self-harm | 3.a) Working with Mental Health Support Teams (MHSTs), ensure a continued focus on the prevention of self-harm by increasing resilience and general coping skills and support for those who self-harm. | School pupils at risk of self-harm or self-harming have improved coping skills, support and resilience | | | | | |
| | 3.b) Decrease the stigma related to self-harm and encourage help seeking behaviour and self-care | Those who self-harm feel able to seek help with less fear of stigma and have improved self-care | | | | | |
| | 3.c) Help friends, family and professionals understand the physical and emotional signs of self-harm, how they can help and where they can get support | Friends, family and professionals are able to identify and understand self-harm, how they can help and where to get support. Those who self-harm feel better supported by professionals, their friends and family | | | | | |
| | 3.d) Explore the impact of self-harm on parents and siblings on their own mental health and wellbeing. | Further understanding of the impact of self-harm on parents and sibling's mental health and wellbeing, allowing future interventions into how to support these groups to be well informed | | | | | |
| 4. Female Suicide | 4.c) Promote the need for clear pathways and knowledge exchange between domestic abuse and mental health services. | Domestic abuse services and mental health services have an improved understanding of the links between domestic abuse and suicide and are confident in utilising the pathways between the services | | | | | |
| | 4.d) Improve data collection of domestic abuse data in RTSS. | Improved understanding and insight into domestic abuse as a risk factor for suicide within Berkshire. | | | | | |
| | 4.e) Include domestic abuse indicators in the Berkshire suicide audit to better understand the link between domestic abuse and suicide | Improved understanding and insight into domestic abuse as a risk factor for suicide within Berkshire. | | | | | |
| | 4.f) Provide information to domestic abuse services on how to respond to concerns where clients may be self-harming or considering suicide (whether the client is a victim, survivor, perpetrator or child or young person) | Improved knowledge and understanding of suicide risk and self-harm for domestic abuse professionals for all groups affected. Clients within the domestic abuse services who are at risk of self-harm or suicide feel better supported and able to access the services they need | | | | | |
| 5. Economic Factors | 5.a) Work with colleagues to raise awareness of the risk between debt, mental health and suicide risk among frontline professionals and the wider public. Awareness raising needs to: • reduce the stigma of 'being in debt' and signpost to access debt and benefit advice and support. This information also needs to be shared with frontline professionals • encourage people in debt to reach out for help to reduce impact on mental health • encourage people with poor mental health to reach out for debt advice | The risk between debt, mental health and suicide risk is further understood by frontline professionals and the wider public. The stigma of 'being in debt' is reduced for both frontline workers and the wider public, therefore potentially increasing the number of those seeking help. Frontline professionals feel confident to signpost to debt and benefit advice and support, encourage people to reach out for help, and for debt advice, therefore potentially increasing the number of those seeking help | | | | | |
| | 5.b) Support frontline professionals to feel comfortable about talking about debt and financial problems and the link to poor mental health and suicide, and what support is available | Frontline professionals feel comfortable and able to talk about debt and financial problems and can link this to poor mental health and suicide, and support available. Those with poor mental health benefit from accessing debt and financial support where needed following conversations with frontline professionals, reducing suicide risk. | | | | | |
| | 5.c) Support Berkshire local authorities with a single point of access information site around money matters | There is a single point of access for information on money matters, allowing for up to date and consistent information being accessible to all. | | | | | |
| | 5.d) Ensure compassionate debt collection. Make sure the process is supportive and aims to steer residents to places that can provide help and support. Support vulnerable groups at increased risk of debt including people with long-term conditions or disabilities | Reduction in stress and anxiety for those who are facing debt collection. Support and help highlighted to those facing debt collection, reducing stress and anxiety. | | | | | |
| | 5.e) Work with key partners to actively promote services that provide help around navigating the benefits system and potentially increasing people's incomes. | Improved understanding of navigating the benefits system, therefore potentially increasing incomes and reducing financial stress, reducing suicide risk | | | | | |
| | 5.f) Make sure that all parts of the health service where patients showing suicidal intent first make contact, are signposted or triaged appropriately using a process that includes debts and other economic stresses as risk factors. | Identification of debt and economic stresses as risk factors upon first contact, therefore allowing professionals to have a better-informed approach to support, signposting and guidance, reducing suicide risk. Self-help or advisors for debts and practical issues (housing, relationships) highlighted to patients, therefore potentially reducing anxiety and stress | | | | | |
| | 5.g) Work with system partners on the early identification and support of people who are at increased risk of debt and financial concerns (e.g. unemployed or people with long-term conditions) as early as possible and offer effective support to manage personal finances through appropriate referral pathways. | Reduction in debt and financial stresses as a risk factor for suicide for those who are at an increased risk | | | | | |
| | 5.h) Monitor local data and intelligence on levels of problem gambling within Berkshire and its link to suicide. | Improved understanding of the levels of problem gambling and its link to suicide within Berkshire, informing the Suicide Prevention Group's approach. | | | | | |
| 6. Bereaved by Suicide | 6.a) Ensure our local bereavement offer is culturally and ethnically appropriate for different groups within communities to develop resources and services | The local bereavement offer is available and accessible for all groups within Berkshire and has accessible resources and services. Different groups within communities feel the services are culturally and ethnically appropriate. | | | | | |
| | 6.b) Continued support to the volunteer led local SoBS groups to be able to continue to offer a peer-to-peer support service. | Those bereaved by suicide can access and benefit from a peer-to-peer support service | | | | | |
| | 6.c) Building in bereavement support to extend to wider family members, friends and communities. | Wider family members, friends and communities are able to access bereavement support, and feel able and supported in doing so, potentially improving their emotional and mental wellbeing | | | | | |
| | 6.d) Continue to commission suicide bereavement support services and monitor its impact. | Bereavement support services are available and accessible across Berkshire, providing consistent support for those bereaved. | | | | | |
| | 6.e) Explore training opportunities for staff impacted by suicide | Training for staff impacted by suicide in place and being delivered where appropriate, potentially improving emotional and mental wellbeing for staff following suicide | | | | | |
| | 6.f) Work with Thames Valley Police and other first responders to a suicide to share appropriate resources with employers | Employers able to better support their staff who have been affected by suicide | | | | | |

Private: Information that contains a small amount of sensitive data which is essential to communicate with an individual but doesn't require to be sent via secure methods.