

LLR Suicide Prevention Strategy

Presentation to the Health and Wellbeing Board

NOTE: Last updated 20/2/2025

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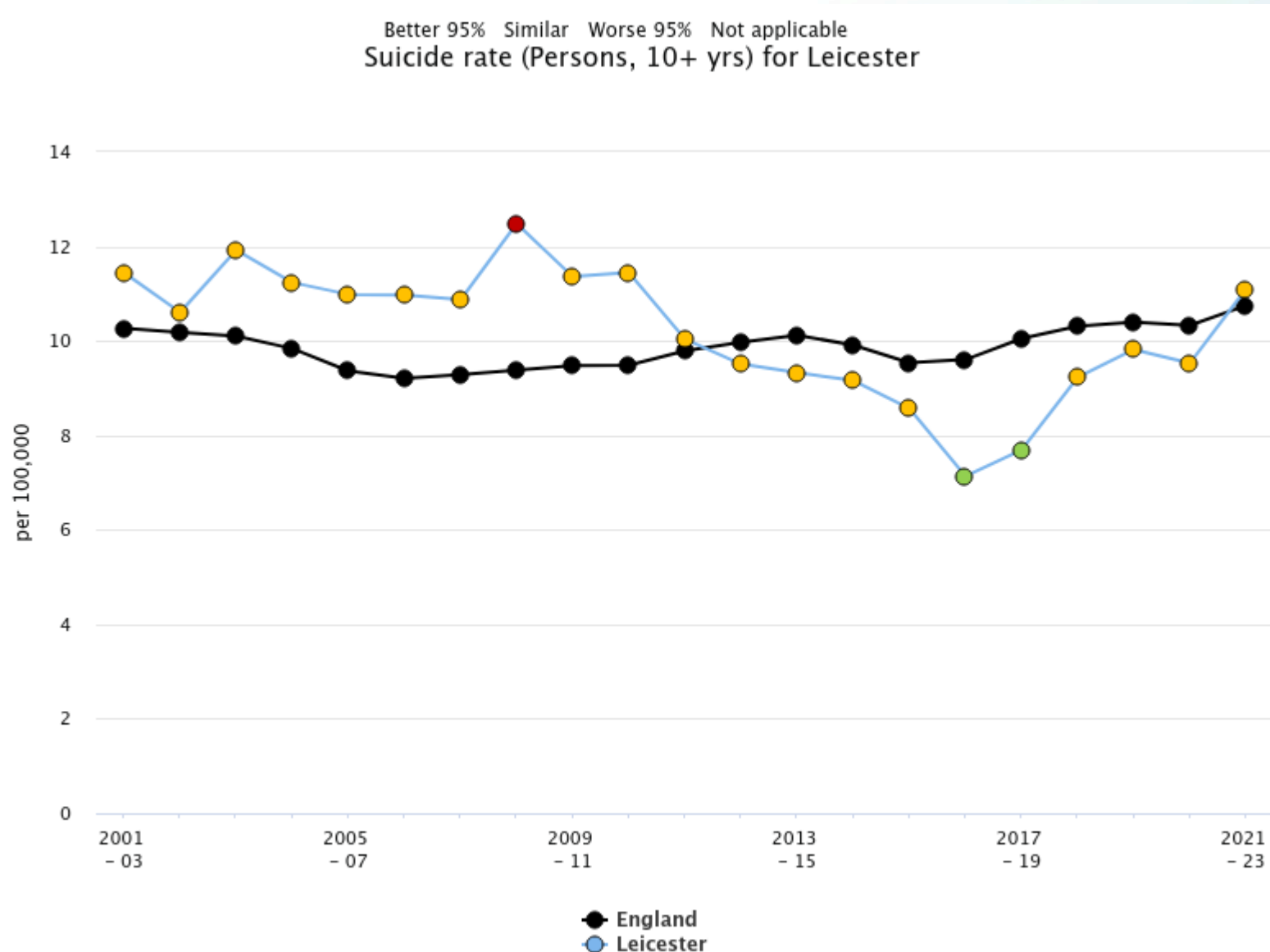
**Leicester
City Council**

Suicide Prevention

- Our ambition is to make suicide everybody's business. empowering, educating, and equipping individuals and organisations to support suicide awareness and prevention.
- Latest data for Leicester.
- Real time surveillance data for Leicester, Leicestershire and Rutland.
- Update on the new LLR Suicide Prevention Strategy.

Suicide rate (persons)

Leicester | Directly standardised rate - per 100,000 | ONS



- The suicide rate for all persons in Leicester was 11.1 per 100,000 population for the period 2021 – 2023.
- This rate is not significantly different to the national average suicide rate of 10.7 per 100,000 population.
- The suicide rate in Leicester has been gradually increasing since 2020

Suicide Prevention in LLR

- Local strategy is overseen by the Suicide Audit and Prevention Group.
- Our local suicide prevention work benefits from Real Time Suspected Suicide Surveillance data.

Unexpected deaths in all persons

RTSSSD | Leicester, Leicestershire & Rutland | 2023

RTSSSD by Gender | 2023

Gender	Count	%.
Male	55	65%
Female	29	35%

RTSSSD by Ethnicity | 2023

Ethnic Group	Count	Percentage
White	67	80%
Asian	12	14%

RTSSSD by Age | 2023

Age	Count	Percentage
30 - 34	6	7%
35 - 39	11	13%
40 - 44	9	11%
45 - 49	5	6%
50 - 54	15	18%
55 - 59	7	8%
60 - 64	5	6%

National Suicide Prevention Strategy

Ambitions to:

- Reduce the suicide rate over the next 5 years – with initial reductions observed within half this time or sooner.
- Continue to improve support for people who self-harm.
- Continue to improve support for people who have been bereaved by suicide.

Priorities in the National Suicide

Prevention Strategy

- 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.

Priorities in the National Suicide Prevention Strategy

- 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.

Risk factors and high-risk groups

Children and young people

Middle aged men

Autistic people

Pregnant women and new mothers

Other risk factors

- People who misuse alcohol and drugs
- Armed forces personal and the veteran community
- Female nurses
- Financial instability and hardship, including unemployment
- Relationship breakdown
- Homelessness
- LGBTQ + people
- Domestic abuse
- Childhood abuse, sexual trauma, and combat-related trauma are all associated with increased suicide risk.
- Gypsy or Irish Travellers

LLR Strategy key messages

- Suicide is everybody's business
- Suicides are not inevitable.
- Suicide has a wide impact
- Some people are at higher risk of suicide
- Mental health is as important as physical health
- Early intervention is vital

Guiding principles

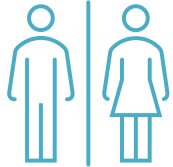
- Co-Production and Collaboration
- Learn from past stories
- Data driven
- Normalising conversations
- Settings-based approach
- Trauma Informed Practice and Care

Key Priorities

- Enabling partners, including educational establishments, to use sound evidence and proven measures to target and support children and young people at risk of suicide.
- Targeted support and resources at higher risk groups and locations, as identified by local and national data and evidence.
- Improve our local understanding of self-harm and support people with a history of self-harm.
- Providing effective bereavement support to those affected by suicide.
- Leadership - Work with partners and communities to support their role within suicide prevention.

'About You'

Gender and Sexuality



Female 83%
 Male 16%
 Another term 1%
 Gender same as sex assigned at birth 100%
 Heterosexual 94%



34% care for a person aged 17 or under



24% care for some aged 18 or over



Age

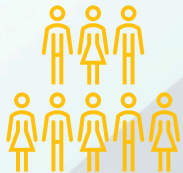
15-24	4	3.6%
25-34	12	10.7%
35-44	26	23.2%
45-54	24	21.4%
55-64	31	27.7%
65-74	11	9.8%
75-84	4	3.6%



Address

Blaby	5	9.1%
Charnwood	12	21.8%
Harborough	5	9.1%
Hinckley and Bosworth	7	12.7%
Leicester	13	23.6%
Melton	4	7.3%
North West Leicestershire	5	9.1%
Rutland	4	7.3%

Ethnicity



Asian or Asian British	12	10.4%
Black or Black British	2	1.7%
Mixed	3	2.6%
Other ethnic group	4	3.5%
White	94	81.7%



30% have a long standing illness, disability or infirmity

Religion



Any other religion	3	2.6%
Christian (all denominations)	47	40.9%
Hindu	2	1.7%
Muslim	11	9.6%
No religion	50	43.5%
Sikh	2	1.7%

Overall, to what extent do you agree or disagree with our draft Suicide Prevention Strategy 2024-29?

“Lets get this done”

Positive feedback	Room for improvement
<ul style="list-style-type: none">• Good priorities• Looking forward to seeing change• Important• Comprehensive• Evidence based• Well written with an empathic tone• Excellent key messages• Easy to understand• Co-ordinated response	<ul style="list-style-type: none">• Need to be more ambitious• Focus on wider determinants• Gain more funding for projects• Teach self-esteem and resilience• Focus on male suicide• Reduce barriers to accessing mental health support

Focus groups

3 FOCUS GROUPS (TOTAL 13 PARTICIPANTS)

- LIVED EXPERIENCE NETWORK
- SURVIVORS OF BEREAVEMENT BY SUICIDE (SOBS)
- YOUTH ADVISORY BOARD

Summary :

- The feedback on the strategy was extremely positive.
- The key messages resonated, with particular note to 'suicide is everyone's business', which participants felt was extremely important, especially in relation to breaking down stigma and ensuring people can access services when they need them.
- The SoBS group would like to see better interaction between services and family members when someone is in crisis, so that they can put measures and more support in place to mitigate suicide risk.
- There were practical comments and discussions on service provision such as MH services and CAMHS.
- Participants were happy with the inclusion of some groups, including those with autism and ADHD.

Key themes:

1. Access to Services and the Role of Organisations

- People felt that schools needed to play a bigger part within mental health and suicide prevention, however it was acknowledged that more services needed to be present in schools for young people to access.
- Bullying within schools needs to be addressed.
- Accessing services needs to be easier.

2. Suicide is Everyone's Business

- Participants felt that everyone has a role to play within suicide prevention, and by using the guiding principles, everyone can help prevent suicide.
- Training needs to be available for everyone to understand suicide and help to prevent it.
- Recognising the above has the ability to tackle stigma and taboo.

3. Supporting everyone

- Support needs to be in place for parents, carers and relatives, to raise awareness of key signs and symptoms, what they can do and where they can go for support
- Young people need to have trusted adults which they can go to for help and support

4. Delivery

- Questions were asked around how the strategy will be implemented and monitored.
- The strategy was acknowledged as being ambitious, and participants wanted assurance that it would be delivered upon.

Thank You



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