

# Health & Wellbeing Board

## Buckinghamshire

### Buckinghamshire Suicide Prevention Action Plan 2022/23 and 2023/24

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**Consideration:**       **Information**       **Discussion**  
                                   **Decision**       **Endorsement**

Please indicate to which priority in the Joint Local Health and Wellbeing Strategy, [Happier, Healthier Lives Strategy \(2022-2025\)](#) your report links to.

Start Well	Live Well	Age Well
<input type="checkbox"/> Improving outcomes during maternity and early years	<input type="checkbox"/> Reducing the rates of cardiovascular disease	<input type="checkbox"/> Improving places and helping communities to support healthy ageing
<input checked="" type="checkbox"/> Improving mental health support for children and young people	<input checked="" type="checkbox"/> Improving mental health support for adults particularly for those at greater risk of poor mental health	<input checked="" type="checkbox"/> Improving mental health support for older people and reducing feelings of social isolation
<input type="checkbox"/> Reducing the prevalence of obesity in children and young people	<input type="checkbox"/> Reducing the prevalence of obesity in adults	<input type="checkbox"/> Increasing the physical activity of older people

### 1. Purpose of report

1.1. The Buckinghamshire Suicide Action Plan 2022/23 and 2023/24 is shared with the Buckinghamshire Health and Wellbeing Board to update the Board and for endorsement.

Start Well

Live Well

Age Well

## 2. Recommendation to the Health and Wellbeing Board

1. The Board is asked to note and endorse the Buckinghamshire Suicide Action Plan 2022/23 and 2023/24.

## 3. Content of report

### Background

- 3.1. Suicide is a major issue for society. It is a leading cause of years of life lost. When someone dies by suicide there is a huge impact on people that are close to them, people that know them and the community they live in. Suicide can be prevented and there are many ways that services, communities, individuals, and society can help prevent suicides.
- 3.2. Around 50 people take their own lives each year in Buckinghamshire. The Buckinghamshire suicide rate is similar to South-East and England rates. Over the last ten years, in both Buckinghamshire and England there has been an increase in deaths by suicide.
- 3.3. The Covid-19 pandemic and restrictions like lockdown have affected mental well-being for many people. The NHS has seen more people coming forward needing mental health support. In many cases these mental health problems are more complicated and need urgent care. The cost of living crisis is also likely to impact people's mental wellbeing, so it is more important than ever that we take action to prevent suicides.
- 3.4. Buckinghamshire has an active Suicide Prevention Partnership Group which has been running since 2015. Led by the Buckinghamshire Council Public Health Team, it includes people from the NHS, ambulance service, charities as well as people who have experienced suicidal thoughts or have lost family members to suicide. The group members use local data and national guidance to develop projects to prevent suicides.

### Buckinghamshire Suicide Prevention Partnership Priorities

- 3.5. Each local authority area is required to have a Suicide Prevention Action plan which is to be developed and put into action together with by partners. The Plan has been developed by a wide range of partners using national and local evidence and data. The plan highlights five priority areas. For each priority area it sets out the actions to that will be taken to address it, expected outcomes, timescales, and lead partners.
- 3.6. The priority areas are:

1.	Reduce the risk of suicide in key high-risk groups
2.	Tailor approaches to improve mental health in specific groups
3.	Reduce access to the means of suicide
4.	Provide better information and support to those bereaved or affected by suicide
5.	Support research, data collection and monitoring

3.7. The plan will be delivered using existing funding from Buckinghamshire Council and its partners. Some specific projects are funded by other organisations, such as by NHS England, and funding for these has already been received.

3.8. Progress and impact of the plan will be monitored by the multi-agency Suicide Prevention Partnership Group using local data and reports from group members.

#### 4. Next steps and review

4.1. A suicide audit will be completed for 2020-2022 to inform the refresh of the action plan from 2024/25 onwards.

#### 5. Background papers

Appendix A: Buckinghamshire Suicide Prevention Action Plan 2022/23 and 2023/24