

All-aged draft Lancashire suicide prevention and reduction of self-harm strategy action plan 2024 -25

1. Improve data and evidence				
AIM/OBJECTIVE	ACTIONS	MEASURE/UPDATE – August 2024	LEAD PARTNERS	TIMESCALES
To improve the level of knowledge of the current data and intelligence associated with self-harm, attempted suicides and suspected suicides.	ICB led task and finish group initiated to explore local datasets/share and identified concerns or trends and what can be available to non-statutory services.	Outcome – Data to be shared through RTS forum, Lancashire Suicide Self-harm prevention group (with overview circulated). Local Authority to work with districts to provide relevant data.	ICB and public health	March 2025
	Roll out of Nexus from the ICB which allows an interactive mapping tool to review the data.	Successful roll out of Nexus – data provided by Local Authority to key partners.		March 2025
	Work with the NHS and NWAS to have a consistent reporting process to record attempted suicides using the following definition <i>“Those who carry out an act (impulsively or non- impulsively) with the intention of dying by suicide but survive the act; often with regret that they survived.”</i>	Data and intelligence on attempted suicides in Lancashire which is reported consistently.	ICB lead	Ongoing
	Undertake an all age suicide audit in Lancashire using data from 2023 and onwards, annually.	Annual report to the suicide oversight prevention group on key findings to shape the next years action plan and track progress.	PH Lead	Ongoing
	CYP maintain annual deep-dive audit building on 10 year audit.	Annual report focusing on learning, key themes and patterns.	Public Health/CDOP	Ongoing
	CYP ensure all children receive a health needs assessment in reception ad Year 6.	Number of HNA undertaken, review targeted support and share with key partners.	Public health	Ongoing

2. Tailored and targeted support to Priority Groups

	AIM/OBJECTIVE	ACTIONS	MEASURE/UPDATE	LEAD PARTNERS	TIMESCALES
Workforce and Training	To improve the support and contact to people who do not engage with services.	<p>Explore and scope with partners including Voluntary, Community, Faith and Social Enterprise (VCFSE) services/ organisations and Primary Care Network (PCN) how to support people who may not engage and explore the feasibility of automatic referrals to; for example, social prescriber or others (e.g., community mental health hubs, family hubs) if not engaged when referred to Mental Health (MH) and other services.</p> <p>Work with partners to gain a wider understanding of the gaps and opportunities identified through the audit to support the following priority groups (all-age).</p> <ul style="list-style-type: none"> • Individuals affected by; • Trauma • People with financial difficulty and economic adversity • LGBTQIA+ people • Substance Use • Domestic Abuse • Mental Health • Neurodiversity 	<p>Understanding pathways/safeguarding and reflecting on audit outcomes to establish next steps.</p> <p>Educating General Practice on suicide awareness and ensuring individuals access the right support at the right time.</p> <p>Use of data and insight to improve pathways and support. Increase and monitor training opportunities for anyone affected by or working with key partner groups.</p> <p>Monitor waiting lists and use audit data to provide further insight and intelligence.</p>	ICB/PH/ VCFSE/ providers	31/3/25

2. Tailored and targeted support to Priority Groups. cont.

	AIM/OBJECTIVE	ACTIONS	MEASURE/UPDATE	LEAD PARTNERS	TIMESCALES
	<p>Clinicians treating people with chronic illnesses being aware of increased risk of suicide and provide details on the support available.</p>	<p>Offer training and information to the staff in scope on the options to support people with long term conditions.</p> <p>Clinicians treating people with chronic illnesses (e.g., General Practice and acute hospitals) to undertake training on suicide prevention and training to be scoped out.</p> <p>Priority access to GPs for individuals with long term conditions and suicidal ideation or appropriate signposting to mental health support.</p> <p>Addressing stigma of mental health and suicide by ensuring frontline staff, communities have access to local or national training.</p> <p>CYP: All schools to have a senior mental health lead.</p>	<p>Stakeholder mapping of the key workforce to target of training and further information. Training uptake.</p> <p>Long term outcome is a reduction of suicides linked to long term conditions measured via suicide audits. Monitoring GP contact and outcomes. Informing pathways.</p> <p>Trauma informed sessions delivered across all-ages. Suicide awareness to be promoted and accessed. Increase awareness and uptake of Orange Button.</p> <p>Lancashire currently at 75% need to engage with remaining schools.</p>	<p>Trusts and ICB</p> <p>All sectors</p> <p>Public Health/ ICB/ Education</p>	<p>End of 2025</p>

PREVENTION & EARLY INTERVENTION	To improve awareness of pain management and explore the interventions for people with excessive use of pain relief or chronic and acute pain who see no improvement and have access to prescribed drugs.	Multi-agency approach required including Medicines Optimisation – ICB, community pharmacists, GPs, people working with the individual if within services.	Reduction in the number of suicides in Lancashire associated with chronic and acute pain.	ICB/ Public Health	Mid 2025	
		Role of PCN's, social prescribing, and GP training needs to be explored when the action is determined. The action may also need to look at the role of pain clinics in hospitals.		ICB/ Public Health		
		Development of a new pathway for people with dependency related to chronic pain management/prescribing.		Link to Drug and Alcohol Related Death (DARD) and review.		Public Health/ Provider
		Ensure storage of all medicines are secure and safe away from all members of the household		Work with services to ensure key messages are delivered, including Pharmacies.		All sectors

2. Priority Groups - Children and young people (CYP)

	AIM/OBJECTIVE	ACTIONS	MEASURE/UPDATE	LEAD PARTNER	TIMESCALES
		Develop an action plan following the Lancashire child death thematic review report. The areas highlighted require a systematic approach which cut across various areas such as prevention, early intervention, education, management and NHS treatment/specialist services. The report also highlights the need to focus on modifiable factors.	Stakeholders and conference workshop	CSAP/ Consultant in PH	31/12/24
	Ensure support and clear pathways for CYP with existing mental health.	Develop a clear pathway and signposting between services, raising awareness of voluntary sector organisations local and national working with Comms.	Ensure better relationships with CAMHS and adult mental health services.	CAMHS/ IRS/ LSCFT	
	Promote general resilience and wellbeing for CYP.	Targeting Y5/6 and transitional years, promote self-care and partner agencies and Kooth as a digital offer.	Use communications to deliver key messages particularly around Campaign Days	ICB/PH	
	Culture and Leadership.	Leaders to make fundamental change in education settings and demonstrate the inclination to change.	Work with ICB to measure delivery in schools for Prevention and Resilience (new commissioned contract). Guide service delivery and measure Kooth uptake.	ICB/PH/ Education	
	Partnership engagement	Partners to engage with Family Hubs to promote their service offer and engage where appropriate including delivering	Compassionate Hub audit tool.	Public Health/ Provider/ Education	
			Family Hubs to be aware of partner agencies and monitor engagement and	All agencies	

		training.	training uptake. Monitor referrals.		
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2. University and College students

	AIM/OBJECTIVE	ACTIONS	MEASURE/UPDATE	LEAD PARTNERS	TIMESCALES
	To improve support to university students around prevention and the response to a suicide in the university.	Scope out the current position in Lancashire, support the sharing of good practice and work with universities in Lancashire to embed the national suicide safer university guidance.	Continuously reviewing rates of the national suicide safer university guidance and wider outcomes and interventions such as the mental health charter programme roll out. Link with Universities through college network.	Public Health/ education lead/ college/ university leads group	31/3/25

2. People in contact with the criminal justice system

	AIM/OBJECTIVE	ACTIONS	MEASURE/UPDATE	LEAD PARTNERS	TIMESCALES
	To ensure a consistent and coordinated response and support for offenders.	<p>Discharge from prison is coordinated and the links with the criminal justice pathways and continuation of care to include suicide prevention.</p> <p>Exploring a joint plan which follows the individual on release, it is shared with agencies involved in after care, and support services; and this informs an integrated approach, highlighting prison leavers at risk of harm and possible suicide and can be measured.</p>	<p>Changes to the pathways and services for people in criminal justice to include suicide prevention.</p> <p>Reduction in incidents (self-harm, attempted suicide and suicide) for prison leavers.</p> <p>Ensure mental health support is promoted with partners through LDAP.</p>	LDAP - criminal justice partnership	31/3/25

2. Priority Groups - Pregnant women and new mothers

	AIM/OBJECTIVE	ACTIONS	MEASURE/UPDATE	LEAD PARTNERS	TIMESCALES
	<p>Raise awareness of the support available.</p> <p>Gain wider understanding of the gaps and opportunities to support for pregnant women and new mothers.</p>	<p>Promote the fast-tracked support via talking therapies available for this cohort.</p> <p>Undertake stakeholder mapping with relevant partners and people with lived experiences to gain more knowledge of the current position, gaps, opportunities and further actions in relation to self-harm and suicide prevention.</p>	<p>The uptake levels taking up talking therapies.</p> <p>The proposed actions from the sessions to influence the action plan for 2025 onwards.</p>	<p>Public health and ICB midwifery team</p>	<p>Ongoing</p>

2. Priority Groups - People who have previous attempted to take their life					
	AIM/OBJECTIVE	ACTIONS	MEASURE/UPDATE	LEAD PARTNERS	TIMESCALES
	To ensure support and clear pathways are in place for people post an attempted suicide.	<p>Review and develop clear pathways for people post an attempted suicide and make recommendations to the suicide prevention oversight group and others.</p> <p>Review data from Mental Trust of individuals who have taken their own life providing further insight and lessons learned.</p>	<p>Ensuring those people who have made an attempt on their life receive the correct intervention and this can be measured by a reduction in the number of suicides (with a focus on people who had previously attempted to take their life)</p> <p>Recommendations and changes in the pathways to support people after an attempted suicide and feedback from people engaged with the services.</p>	Public health, Trust and ICB	31/3/25

2. Priority Groups – People who have Self-harmed

	AIM/OBJECTIVE	ACTIONS	MEASURE/UPDATE	LEAD PARTNERS	TIMESCALES
	To ensure support and clear pathways for people who self-harm.	<p>Work with ICB Lead to develop the service pathways and the self-harm working group action plan which will align with the strategy.</p> <p>Identification of pathways and interventions to support early engagement and reduction in self-harm.</p>	<p>Reduction in incidents, reduction in calls to NWAS, or hospital admissions, or minor injuries unit.</p> <p>NWAS, or hospital admissions, or minor injury unit in health services or self-reported data.</p> <p>Reduction in self-harm leading to suicide (baseline taken from suicide audits using 2022 data) and other ICB data sources.</p>	ICB	31/3/25
	CYP – To consider self-harm to be included in contextual safeguarding.	Create a task and finish team to review contextual safeguarding and ensure transitional policies are implemented.	Develop and report outcomes.	CSAP/ Public Health	
	CYP – Schools policy	To review schools safeguarding policy and ensure self-harm and suicide is embedded within guidance and to include clear bullying policy.	Ensure all education settings have a policy/strategy for self-harm	Public Health/ Education	

2. Priority Groups - Middle-aged Men

	AIM/OBJECTIVE	ACTIONS	MEASURE/UPDATE	LEAD PARTNERS	TIMESCALES
	Improve knowledge and awareness in suicide prevention within occupations which have a higher rate of suicide using system wide data and intelligence local and national.	Encourage employers, including in occupations with higher number of males (e.g., security firms, tradespersons, delivery drivers), to have adequate and appropriate support in place for employees – including, for example, people trained in mental health first aid, mental health support and suicide prevention awareness. Promote local support networks such as Andy's Mans Clubs/Mens Sheds etc.	Reduction in suicides in males and increase in training in a diverse range of workplaces. Target through ICB Let's Talk Communications for routine and manual for example construction and manual job where individuals are isolated.	ICB/Public health	31/12/25

2. Priority Groups - People impacted and perpetrator of domestic abuse

	AIM/OBJECTIVE	ACTIONS	MEASURE/UPDATE	LEAD PARTNERS	TIMESCALES
	<p>To improve awareness and knowledge of self-harm, and suicides prevention amongst the population in Lancashire impacted by domestic abuse.</p>	<p>Taking the learning from domestic abuse related domestic homicide reviews to challenge and influence positive system change.</p> <p>Each refuge for domestic abuse to have an appointed suicide prevention lead with appropriate training.</p> <p>Perpetrator training to include how to be resilient and where get support when a relationship ends and wider awareness across the workforce on how to support perpetrators.</p> <p>Promote the victim/perpetrator training commissioned by LCC.</p> <p>Engage with DHRs to review impact on families and young people.</p>	<p>Progress reports back to the adult safeguarding board.</p> <p>Uptake of training from staff within DA refuge.</p> <p>Reduction of the number of suicides in Lancashire associated with domestic abuse using previous years baseline data.</p> <p>Use baseline data.</p> <p>Review and share data and any further learning.</p>	<p>Adult Safeguarding and domestic abuse partnership Board</p>	<p>April 2025</p> <p>April 2025</p> <p>September 2025</p> <p>Ongoing</p> <p>Ongoing</p>

2. Priority Groups - Veterans					
	AIM/OBJECTIVE	ACTIONS	MEASURE/UPDATE	LEAD PARTNERS	TIMESCALES
	Raise awareness of the support available.	Promote the fast-tracked support via talking therapies available for veterans.	The uptake levels taking up talking therapies.	Public health and ICB working with the Lancashire Armed Forces Covenant Hub and Police.	End of 2024
	Gain wider understanding of the gaps and opportunities to support for veterans.	Promote the uptake of orange button with organisations supporting veterans to increase uptake.	50% of organisations supporting veterans have a member of the organisation trained in orange button.		June 2025
		Undertake stakeholder mapping with relevant partners and people with lived experience to gain more knowledge of the current position, gaps, opportunities and further actions in relation to self-harm, suicide awareness and suicide prevention.	The proposed actions from the sessions to influence the action plan for 2025 onwards. Consider the FORCER protocol.		

3. Addressing Risk Factors - Alcohol and drugs use - Addiction

	AIM/OBJECTIVE	ACTIONS	MEASURE/UPDATE	LEAD PARTNERS	TIMESCALES
	<p>Improve knowledge and awareness in support for people with alcohol and drug use with relevant front-line staff being appropriately trained and supportive of the treatment and recovery service.</p>	<p>Increase knowledge and awareness with LCC Providers and key partners such as housing associations, primary care, police service to support other agencies to promote treatment services. Ensure links are made with services as opposed to signposting.</p>	<p>Monitor numbers referred from Primary Care by Provider.</p> <p>Monitor deaths by suicide involving drugs and alcohol. Work with PH Substance use team to share information which may link into DARD.</p>	<p>PH/ Provider/ Joint with the Lancashire Drug and Alcohol partnership</p>	<p>Ongoing</p>

3. Addressing Risk Factors - Problematic Gambling - Addiction

RECOMMENDATION	AIM/OBJECTIVE	ACTIONS	MEASURE/UPDATE	LEAD PARTNERS	TIMESCALES
PREVENTION & EARLY INTERVENTION	Improve knowledge and awareness of support for people impacted by problematic gambling.	Campaigns with partners on how to access support for people impacted by problematic gambling and developed integrated care pathways with local stakeholders working with the NHS Northwest Gambling Service.	Successful mobilisation of the NHS Northwest Gambling Service. Increase of referrals for people accessing support for problematic gambling.	ICB/Public health, NHS Northwest Gambling Service and Beacon Trust	December 2024
		Inclusion in the SP Strategy and programme as part of Happier Minds.	Health and WBB report September 2024.		

3. Addressing Risk Factors - Social Isolation and Loneliness

	AIM/OBJECTIVE	ACTIONS	MEASURE/UPDATE	LEAD PARTNERS	TIMESCALES
	Raise awareness of specific support groups and utilise local directories.	Work with district councils and social prescribers to promote key groups to 'connect' individuals.	Review audit to highlight particular demographics and highlight specific areas and age groups to target. Monitor against following year and build on the data.	Public health team, (Communities Team – HEWP)	December 2025

4. Online safety, media and technology					
	AIM/OBJECTIVE	ACTIONS	MEASURE/UPDATE	LEAD PARTNERS	TIMESCALES
	To ensure that media outlets are reporting a suspected suicide in line with national guidance.	Annual training/ refresher training on the Samaritans' Media Guidelines	<p>Reporting of suicides are in accordance with the media guidance.</p> <p>Number of people who attend the annual media training/ refresher.</p> <p>Levels of engagement on social media with campaign programmes.</p> <p>Work with LCC and Police communications to highlight any reporting not following guidance.</p>	ICB and public health/Comm s/Police	Ongoing

5. Providing effective and appropriate crisis support via a trained workforce

	AIM/OBJECTIVE	ACTIONS	MEASURE/UPDATE	LEAD PARTNERS	TIMESCALES
	Improve knowledge and awareness in suicide prevention with relevant front-line staff being appropriately trained and member of the public.	Identify which front line roles should receive mandatory suicide prevention training and what training (currently there is a range of options), frequency of refresher training etc and which staff are provided optional training. Roll out training as per training analysis.	Number of people who have taken up the training	ICB/ Public Health	31/03/2025
	CYP – ensure schools are appropriately supported.	Monitor uptake of engagement with the Compassionate Schools Hub.	Following the JAR process work with education settings to ensure appropriate support and obtain feedback.	Public Health/ Education Leads	Ongoing
	Senior Mental Health Leads	Ensure all education settings have Snr Mental Health Leads.	Monitor uptake and follow-up on education settings with no Snr MH Lead (currently 75%)	Public Health/ Education Leads	31/03/2025

6. Action to tackle means and methods of suicide

	AIM/OBJECTIVE	ACTIONS	MEASURE/UPDATE	LEAD PARTNERS	TIMESCALES
	Reduce the number of incidents.	Linking to workforce training – initiatives to prevent stockpiling; STOMP (stopping over medication of people).	Work with DARD monitoring and suicide audit providing further intelligence and any common trends.	ICB/ Public Health/ LPC/ Primary Care	Ongoing
		Develop campaigns to raise awareness of support when purchasing items which may be used as a means of suicide.	Work with retailers to promote the campaign, promote suicide awareness training and measure uptake. Ensure retailers are aware of additional support to signpost.		Ongoing
		Continuous review of high risk locations.	Investigate appropriate measures to mitigate risks	LCC Highways/ national highways/ district councils/ Public health	ongoing

7. Providing timely and effective bereavement support

	AIM/OBJECTIVE	ACTIONS	MEASURE/UPDATE	LEAD PARTNERS	TIMESCALES
	Ensure anyone in Lancashire impacted by suicide is aware of the support available and can access bereavement support.	Promote the support available and develop a directory of service offer.	Monitor uptake of the service and activity in relation to specific areas.	ICB/Public Health	31/12/2025
		Map the support intervention and uptake to ensure equity across Lancashire. Also, to review the response when promoting after any specific incidents particularly in education settings.	Monitor Police uptake offer of bereavement after a suicide through RTS data.	ICB/Public Health/ Police	Ongoing
		Work with the Bereavement support groups, obtain lived experience insight for commissioning future support for suicide and DARD.	Develop a bereavement pathway including voluntary sector service offers and request updates and feedback at suicide partnerships. Monitoring of current support.	ICB/Public Health	31/03/2025
		CYP: Ensure bereavement support is available for those affected by suicide particularly for siblings and parents of young people.	Work with partner agencies and review service provision for families, scoping of specific CYP offer and review.	Public Health/ Education/ ICB	21/12/2025
		Promote suicide support with workplaces (including bereavement support) and ensure timely information. Equip staff to be better equipped to deal with loss and bereavement.	Monitor uptake of ICB commissioned services in response to schools and workplaces etc.	ICB/Public Health	Ongoing

8. Making suicide everyone's business					
	AIM/OBJECTIVE	ACTIONS	MEASURE/UPDATE	LEAD PARTNERS	TIMESCALES
	To improve awareness of self-harm, and suicide prevention amongst the population in Lancashire.	<p>Increased communications on the current mental health training/suicide awareness training and how to be an orange button community holder.</p> <p>Refresh system plan in terms of support to be commissioned in 2024-25 with partners and explore joint commissioning and a collaborative approach to reporting training uptake across Lancashire.</p> <p>Wider awareness with community leaders including people such as taxis/publicans and wider public on making every contact count and here to get support – Promote Zero Suicide Alliance.</p> <p>Use the annual audit to inform any new local concerns/increasing trends to address across Lancashire.</p>	<p>Uptake of suicide prevention training including the orange button community scheme.</p> <p>Media coverage and campaigns for key promotional days – World Suicide Prevention Day, Mental Health Awareness Week.</p> <p>Continue to review suicide conclusions in detail and use communications to highlight specific cohorts/areas of concern.</p>	ICB/Public Health/LCC Comms	Ongoing