



THE ROYAL BOROUGH OF
KINGSTON
UPON THAMES

Preventing suicide in Kingston

2024 - 2029



This is an Easy Read
which is a short
version of
Kingston's
Preventing Suicide
in Kingston Strategy



Introduction



- We are working to lower the numbers of suicide in Kingston.
- Suicide is when you kill yourself on purpose because you are finding life to hard.



- We wrote a plan for all parts of Kingston to work together and save lives.



This document will tell you:

- more about why we wrote a plan
- what we know so far
- what we are doing to lower the numbers of suicide in Kingston
- what we are going to do next.

Why we wrote this plan



- Suicide affects many people - the families, friends and communities of those who die.



- If we can make people's lives easier, we should be able to lower the number of suicides.



- We need to get all parts of our community to work together to make this happen.



- Kingston's last Suicide Prevention plan was brought out in 2016. There have been lots of changes for Kingston's residents since the last plan:
 - COVID-19: Which caused money problems and drinking lots of alcohol and **self-harm** in children and young people
 - Cost of Living Crisis

*Self harm means hurting yourself on purpose.



UK Government

- In 2019 the government said they wanted each council to have a Suicide Prevention plan.

Who worked on making this plan



- We (the council) have worked with the Kingston Partnership Board to make this plan.



- We have also worked with local services that support groups at higher risk of suicide or experiencing risk factors. See **page 6** for full list of high risk groups.



- We also work with the River Safety Committee to prevent suicide in the river

17

- There are around 17 suicides a year in Kingston



- People who self-harm are more at risk of suicide. However, self harm for some people is more about dealing with their feelings and not about suicide.



Kingston data has found that:

- The majority of inpatient hospitalisations were **women** (70%)
- The **19-28 years age group** had the **largest number of inpatient hospitalisations**
- The areas with a higher rate of A&E admissions were Norbiton, Chessington and Surbiton



- **69%** of suicides in Kingston were **male** and men are less likely to use NHS therapy services for depression and anxiety.

Under 55

- In women, **90%** of suicides were in people aged under 55.
- For men, **65%** were aged under 55.

What we know so far about our residents: 2024

High risk groups include:



1. Children and young people



2. Middle-aged men



3. People who have self-harmed



4. People with mental health problems



5. People in contact with the justice system



6. Autistic people



7. Pregnant women and new mothers

What we know so far about our residents: 2024

Risk Factors



1. Physical illness



2. Financial difficulties



3. Harmful gambling



4. Drugs and alcohol can harm you



Abuse

5. Abuse & sexual abuse



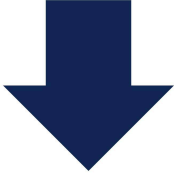
6. Trauma

*Trauma is what happens when someone goes through a really scary or upsetting experience that leaves a lasting impact on their emotions or mind.



7. Social isolation, loneliness and relationship breakdown

What we want for Kingston



- Less suicide



- Improve mental health in different groups and support frontline staff to help those in crisis.



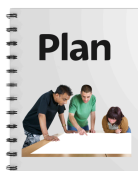
- Promote suicide awareness and help in the community.
- This will help local people to be aware of the problems of suicide, also support to family and friends who are upset by suicide.



- Reducing access to the means of suicide e.g. pills.



- Support research, and looking at data.



- Develop a communication plan to support awareness of the strategy.

What we want people to know



- We think that everyone should care about suicide and work together as a community to help each other.



- Mental health is as important as physical health.



- Nobody should be left out.



- Knowing the early signs of suicide is important.



- We want people with lived experience to be involved in planning and making choices about suicide prevention in Kingston.



- We need to work together with partners, communicate well and help each other.



- We will be working to make positive changes and providing evidence of this to our community.

What we are going to do to lower the numbers of suicide in Kingston

We have found 8 areas we want to focus on:



1. We will be collecting more information about suicide and responding to this faster.



2. Giving the right support by focusing on people who are at risk, and making sure the help is easy for everyone to get.



3. Looking at common risk factors for people living in Kingston. Making sure we are providing support and looking for early signs.



4. We are trying to stop lies and harmful things being posted on the internet and instead to use it to provide support to people.



5. Providing crisis support across services for those who reach crisis point.



6. Making it harder for people to access things they could use to harm themselves is one of the best ways to prevent suicide. This includes taking steps to stop suicides in public places and limiting access to things like certain medicines.



7. More support to the families of people who die by suicide.



8. Preventing suicide is everyone's responsibility. In Kingston, people and organisations should help by recognizing those at risk and including suicide prevention in their work.

Where to go for help



Kingston Council Mental Health Services

Tel: 020 8547 6008

Website: www.kingston.gov.uk



NHS Kingston Talking Therapies

Tel: 020 3513 4440

Website:

www.swlstg.nhs.uk/kingston-talking-therapies

Kingston's NHS mental health crisis line

Tel: 0800 028 8000

Website: www.swlstg.nhs.uk/urgent-help



Connected Kingston

Website:

www.connectedkingston.uk/collections/help-with-depression-anxiety-and-stress



Kingston Mental Health Carers' Forum

Tel: 07983 063578

Website: www.kmhcf.org.uk



Kingston Carers' Network

Tel: 020 3031 2757

Website: www.kingstoncarers.org.uk



Kingston Advocacy Group

Tel: 020 8549 1028

Website: www.kagadvocacy.org.uk/



Mind in Kingston

Tel: 0208 255 3939

Website: www.mindinkingston.org.uk



Fircroft

Tel: 020 8399 1772

Website: www.thefircrofttrust.org



Kingston Samaritans

Tel: 116 123 Free from any phone

Website:

www.samaritans.org/branches/kingston-samaritans