

Tameside Suicide Prevention Plan on a Page 2024-2027

Vision: To ensure local residents never see suicide as their best or only option, with the key ambition of preventing suicide in Tameside.

Key risk factors:

- Being aged 35 to 54.
- Being male, especially aged 25-44.
- Living in more deprived areas, experiencing financial difficulty or economic adversity.
- Living alone, being isolated or lonely.
- Being affected by domestic abuse.
- Adverse life events e.g. relationship breakdown, unemployment, bereavement (including by suicide).
- Alcohol and drug misuse and gambling.
- Physical and mental ill health, including people that self-harm.
- People in contact with the justice system.
- Children and young people.
- Pregnant women and new mothers.
- Being autistic.

Key themes:

- 1. Get support to where it is needed most:** Target support, campaigns and service design to reach the groups and areas most at risk of suicide.
- 2. Provide more opportunities for people to connect with and find support in their community:** Reduce isolation by connecting people with friends, family and the wider community.
- 3. Foster a mental health aware community:** Tackle stigma and increase people's confidence and willingness to have conversations about mental wellbeing, mental health and suicide.
- 4. Ensure a safer Tameside for those who experience crisis:** Improve access to, and awareness of, welcoming and appropriate support for people in crisis; ensure our hospital-based support is safe; reduce access to the means of suicide where possible.
- 5. Develop financial wellbeing in the Tameside population:** Increase financial resilience in Tameside by making quality information and advice available to those beginning to struggle.
- 6. Work together effectively to support people:** Improve the ways that the different parts of the support system work together to provide people with what they need when, where and how they need it.
- 7. Promote trauma awareness and nurture protective factors:** Increase awareness of the impact of childhood and adult trauma, and support protective factors such as strong relationships and social and emotional capacity.