

Suicide Prevention in Greater Manchester

Suicide prevention in England: 5-year cross-sector strategy (Published September 2023)

Every day, 17 people die by suicide in the UK

The aim of this cross-government strategy is to bring everybody together around common priorities and set out actions that can be taken to:

1. reduce the suicide rate over the next 5 years – with initial reductions observed within half this time or sooner
2. improve support for people who have self-harmed
3. improve support for people bereaved by suicide

“The national suicide rate has not fallen since 2018. There are still over 5,000 deaths by suicide in England each year. The male rate remains 3 times higher. Suicide and self-harm have increased in young people. So, the first purpose of a national strategy is to make it clear that suicide prevention matters.”

Professor Sir Louis Appleby, national adviser on the suicide prevention strategy

GM Deaths by Suicide

- In 2023, ONS data states 340 people were **registered** to have died by suicide across Greater Manchester. (This is not the actual number who died in that year. (NW Coroners have reduced the time families wait for inquests, which may have contributed to the higher number of registrations in 2023)).
- In 2022 our RTSS data informed us there were 299 suspected suicides in GM. For the next 3 years this reduced by 10% each year and in 2025 there were 246 suspected suicides. This is going against the national trend where there has been an increase in suicides.
- GM's assertive and prominent approach to suicide prevention has been a key factor in this but just one death by suicide is too many.

*Each suicide is estimated to cost the British economy £1.4m. This reduction of 53 suicides between 2022 -2025 equates to £74.2m cost avoidance.
6-135 people are affected by each suicide. We potentially saved 7,155 people in GM being affected by suicide loss requiring support.*

Our GM Vision

Our vision is that Greater Manchester is a city region where:

- People do not see suicide as an answer to their problems
- We strive towards zero deaths by suicide
- We work to stamp out stigma around mental ill health and suicide so more people feel confident to seek help or reach out to those they may be concerned for
- Those bereaved by suicide feel supported and not isolated in their grief
- Suicide prevention is seen as **'everyone's business'**

GM Wide Integration & Breadth



Greater Manchester

- **Strong links to Place**
 - 10 x Place Based Suicide Prevention Leads in Public Health
 - 10 x Placed Based Suicide Prevention Partnership including Councillor representation
- **Wide GM Engagement**
 - GMP/BTP/NWAS/GMFRS
 - GM Coroners
 - DWP
 - Probation/Prisons
 - GM Bereavement organisations
 - National Highways
 - 100+ members of the GM SP Steering Group from a wide variety of GM organisations/services
- **Linked into key workstreams**
 - Crisis/RCRP
 - CYP & Education
 - Autism
 - Older Adults
 - Perinatal MH
 - Gambling Harm

Current GM Suicide Prevention Programme

- Dedicated Suicide Prevention Programme Manager
- Steering Group
- Shining a Light on Suicide website
- GM Bereavement Service and website
- GM Campaign & Brand – Shining a Light on Suicide & Month of Hope
- Real Time Suspected Suicide (RTSS) Surveillance System
 - In place since 2019, with three of the four coronial areas in our city region engaged in the system meaning we are notified within 24-72 hrs of a death suspected to be by suicide enabling earlier support and prevention of further harm.
- GM Mental Health Trusts continually review their work in line with the NCISH 10 key elements for patient safety to eliminate suicide in inpatient and community mental health care settings. [NCHISH-banner px](#)

Training across GM



Greater Manchester

35,000+ people have completed the ZSA training Learn to Save a Life - Shining a Light on Suicide

Suicide prevention training also delivered to:

- 2000 staff and volunteers in the Advice Sector
- Social Prescribing Link Workers/ Community Connectors
- Domestic Abuse Service staff
- Care Leaver Supporters
- Barbers/hair professionals
- Professionals involved in the removal of children into the care system
- Education, multiagency professionals, and parents/carers supporting young people who self-harm.
- Bereavement Counsellors/Talking Therapy staff trained in suicide bereavement
- Education staff who may be required to support a young person bereaved by suicide
- GM commissioned Autism and Suicide Awareness ZSA training

Awareness Raising

- World Suicide Prevention Day & Month of Hope
- Grief Awareness Week
- Stories of Hope films Stories of hope - Shining a Light on Suicide
- Don't Brush It Under The Carpet award winning campaign
- Peer Support – Speak Their Name Quilt & Sing Their Name Choir
- Tattoo Artists
- Parklife
- Baton Of Hope
- Taxi & Private Hire Initiative
- Time Together Service- Manchester Cathedral
- Media interviews

Suicide Bereavement Support & the GM Bereavement Service (GMBS)

“My daughter took her own life in 2020. She was just 17. I truly did not know where to turn. Feeling totally alone I was put in contact with the Greater Manchester Bereavement Service by my GP and assigned a Suicide Bereavement Practitioner. The advice and care I got was second to none. They certainly played their part in keeping me alive as my own suicide was very much on my mind.”

Mike Palmer (3 Dads Walking)



<https://shiningalightonsuicide.org.uk/dad-shares-his-story-during-grief-awareness-week/>

GM Suicide Prevention Strategy



Greater Manchester

- All-age strategy playing its part in progressing the national actions to reduce the suicide rate, improve support for people who have self-harmed and improve support for people bereaved by suicide.
- Engagement across our system including people with lived experience.
- Additional priority groups identified by the GM Suicide Prevention Steering Group, such as, suicide attempt survivors, older people and people with long term conditions (LTCs).
- Localities can adopt this strategy and have a local specific action plan.
- Suicide Prevention Leads meetings to support local efforts.

Work planned for 2026/2027



Greater Manchester

- Launch of Older Adults & Suicide Awareness ZSA Training
- Awareness campaign around Carers
- Support for schools as they introduce suicide prevention to their curriculums
- Focus on men's mental health & GP practices
- More training for the advice sector
- Support for attempt suicide survivors added to website
- Campaign focused on the Hospitality/ Night-time Economy Industry
- Time Together Service for those bereaved by suicide at Manchester Cathedral
- Promotion of the BSI Standard for Suicide and the Workplace across GM
- Parklife attendance with the campaign
- Month of Hope

THANK YOU

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