Haringey Suicide Prevention Strategy

Thursday 19th November 2026

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Why Suicide Prevention Matters in Haringey

- Suicide is a leading cause of death, and every suicide has a profound impact on families, friends, communities and services.
- Suicide is preventable at a population level, and many actions are shown to have evidenced impact.
- Most people who die by suicide are not in contact with statutory mental health services and suicide prevention is ‘everyone’s business’.
- Improving mental wellbeing and reducing suicide is a shared responsibility across the council, NHS, VCS, schools, employers and communities.



Understanding Suicide in Haringey

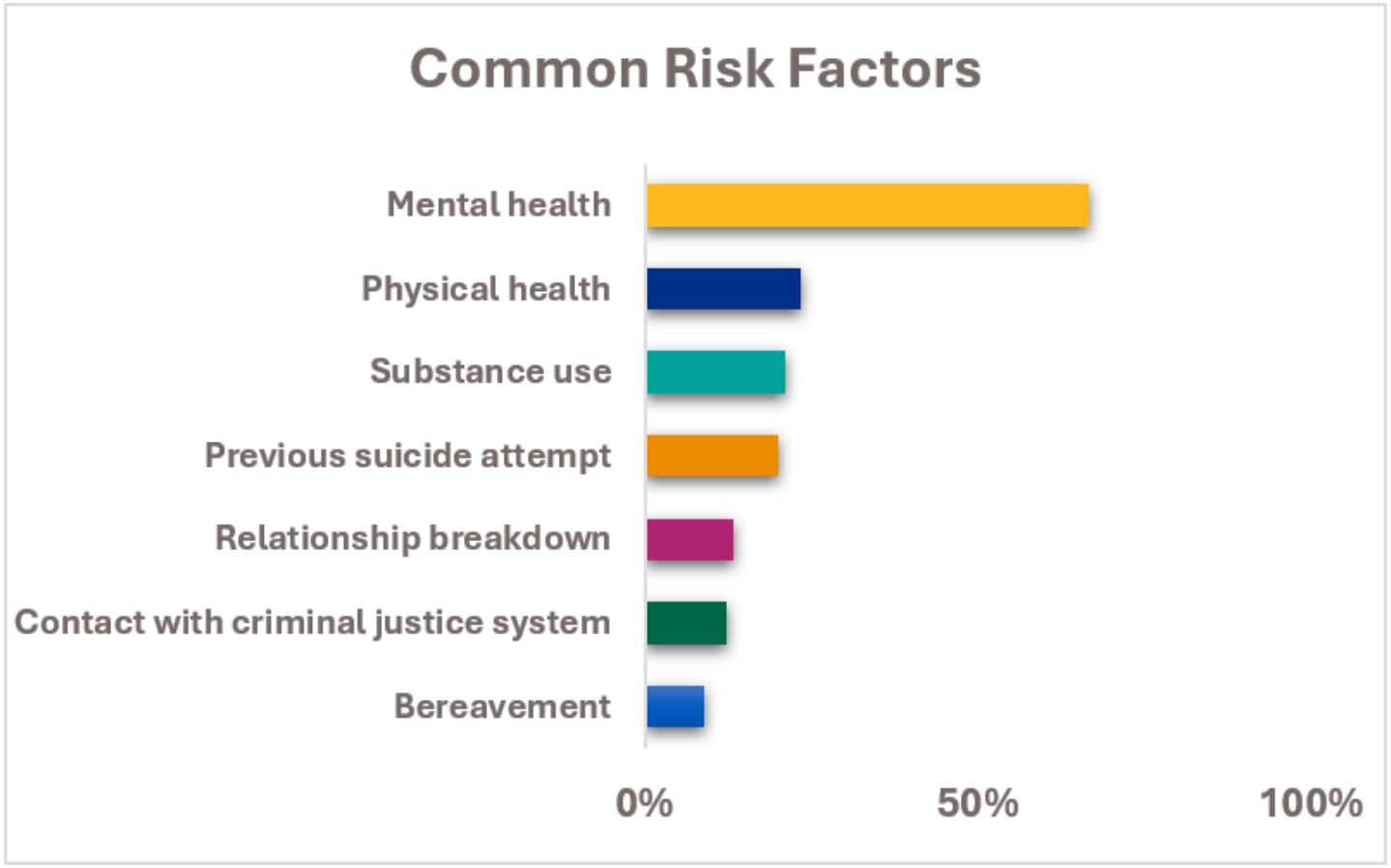
- Haringey's suicide rate from 2022-2024 was 5.8 per 100,000 of the population, lower than London (7.5) and England (10.9). (ONS)
- There were 90 suspected suicides in Haringey between April 2021 and March 2026, around 18 per year (Real-time Suspected suicide surveillance)

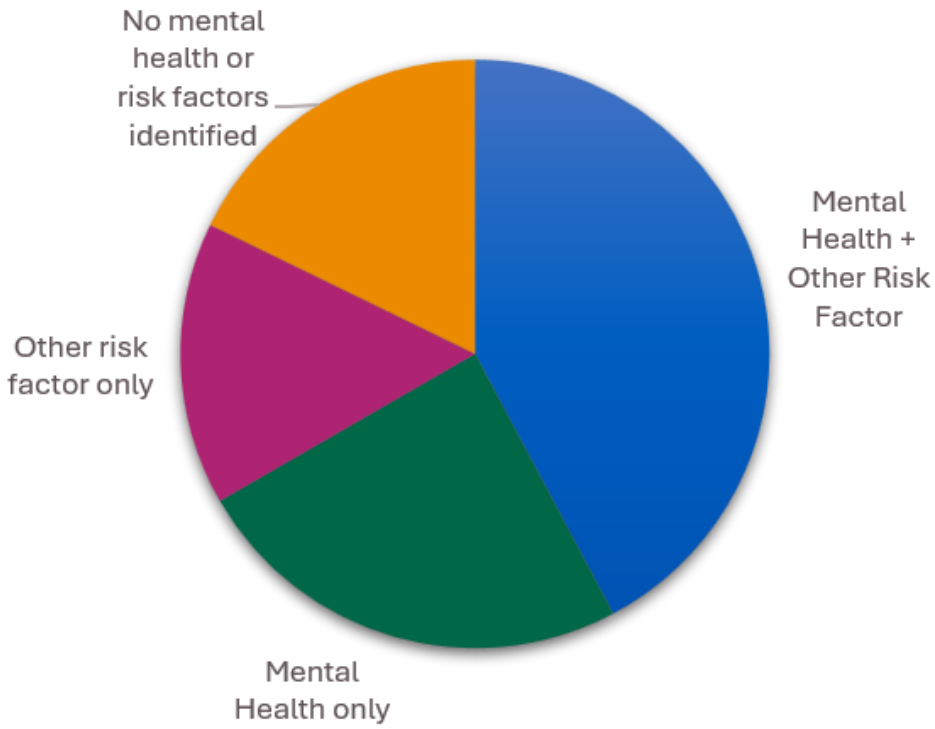
The data from the RTSS shows that:

- 75% of deaths were amongst men
- The most common age group of those who died was 45-54
- 40% of deaths were amongst people living in the most deprived areas
- The most common method of suicide was hanging, 55% of deaths
- 65% of deaths took place at someone's home
- 82% of deaths took place in Haringey, with 18% in another borough

Official Sensitive - Recipients Only. This data utilises suspected suicide data from the RTSS system. As such, there may be inaccuracies or gaps in reporting. In addition, as this is a small dataset, any conclusions should be treated with caution. This data should not be shared wider.

Understanding Suicide in Haringey - Risk factors





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How was the strategy developed?

- Reviewing research from academic literature
- Using trends in local data
- Following national and local guidance
- Engaging with relevant services
- Engaging with those with lived experience

Strategic Objectives

The strategy is built around three core objectives:

- ❑ Reducing the suicide rate in Haringey over the next five years through targeted prevention efforts, improved crisis response, and data-driven interventions.
- ❑ Enhancing support for individuals who have self-harmed or are at risk of suicide, ensuring timely access to mental health services, crisis intervention, and community support.
- ❑ Providing bereavement support for those affected by suicide, recognising the profound impact on families and communities and ensuring they receive appropriate help.

Broad themes (2026 to 2031)

Make suicide prevention everyone's business	Improve data and evidence	Support priority groups	Address common risk factors
Promote online safety	Improve crisis support	Reduce access to means and methods	Provide bereavement support

Examples of current work from the strategy

- **Making suicide everyone's business**

Providing training across primary care, council teams and VCS.

- **Improving crisis support**

Developing offers of support to people presenting to A&E with suicide-related behaviours.

- **Improving data and evidence**

Delivering a survey to capture the views of those with lived experience who have accessed support for suicidal thoughts.

- **Addressing common risk factors**

Introducing screening for gambling harms across the wider system as well as exploring specific training for professionals.

How can the Board support this work?

- Share training opportunities with colleagues.
- Share reflective practice and peer support groups with colleagues.
- Join the ‘Haringey Suicide Prevention Group’ ran with Mind in Haringey.
- Raise awareness of available support through the North Central London suicide prevention referral resource.
- Raise awareness of the postvention service commissioned in Haringey AMPARO.
- Let Public Health know about existing programmes of work related to suicide prevention.

Email Caitlin.bodfish@haringey.gov.uk for further information.

Support services

Helplines

111 Option 2

an NHS helpline with trained mental health advisors and clinicians who can offer help and support to those in a crisis

Campaign Against Living Miserably - CALM

charity focussed on helping anyone struggling with life to find support and prevent suicide

Samaritans

suicide prevention charity connecting people in crisis with trained volunteers who will always listen

Longer-term support

The Listening Place

charity that offers free, regular, face-to-face support for adults who feel life is no longer worth living, at four sites across London

Safe Haven Crisis Hub

short term intervention supporting individuals who are vulnerable and experiencing a mental health crisis in Haringey

Maytree Respite Centre

offers those at immediate risk of suicide a brief stay and compassionate non-medical befriending at a family style house, an experience that can renew hope

James' Place

mental health and suicide prevention charity offering free talking therapy to men in crisis

Andy's Man Club

UK charity providing free peer-to-peer support groups for men to talk openly about mental health and other life issues

Body and Soul

UK suicide prevention charity with a long-term trauma informed approach, focussed on supporting marginalised communities and those most at risk of suicide

In-person crisis recovery space

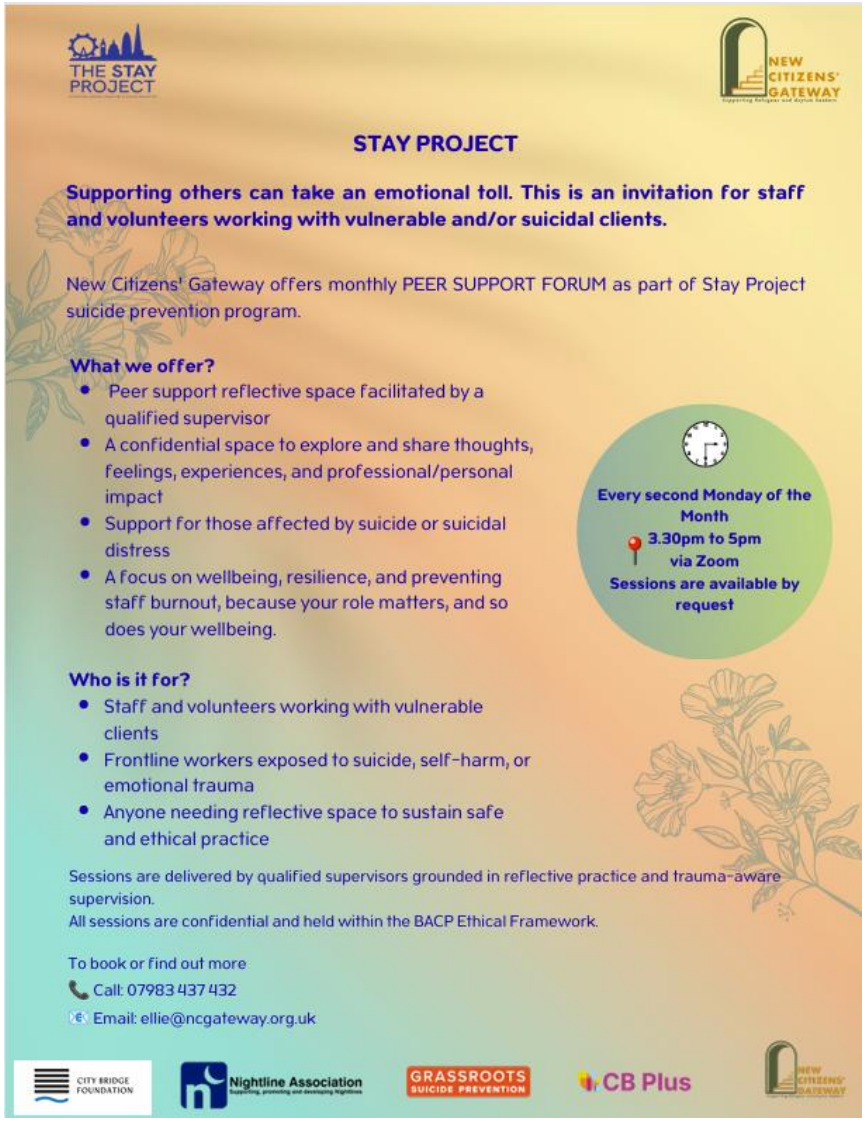
Support for men

If someone has already hurt themselves or is in immediate danger of hurting themselves or others, call 999.

Support for professionals

- AMPARO,
- Employee-Assistance Programme,
- Clarendon Recovery College,
- NHS Talking therapies





Any questions?