

Title of Report	Annual Suicide Prevention Report 2025
For Consideration By	Hackney Health and Wellbeing Board
Meeting Date	Wed 21 Jan 2026
Classification	Public
<u>Ward(s) Affected</u>	All
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Content warning:

This report contains information about suicide, which some readers may find distressing. Please reach out for formal or informal help if you are impacted by the contents of this report.

Information on support for suicide and mental health locally is available at:
hackney.gov.uk/mental-health

Is this report for:

<input checked="" type="checkbox"/>	Information to note	<input type="checkbox"/>	For actions to be allocated
<input type="checkbox"/>	For Discussion & input	<input type="checkbox"/>	For escalation (if issue is outwith Remit of HWB)
<input type="checkbox"/>	Decision		

Why is the report being brought to the board?

- The report is an annual update on suicide prevention in Hackney, as requested by the Health and Wellbeing Board.
- Suicide Prevention is an important topic, due to the personal and social impacts each suicide causes, in addition to the preventable loss of life.
- **The board are asked to: note the contents of the report**

Provide a succinct summary of the issue here:

- This annual report summarises the latest data available on suicides and suicide attempts in Hackney
- It describes some of the preventative work being undertaken locally and reviews priorities set by the Suicide Prevention Steering Group

Has the report been considered at any other committee meeting of the Council or other stakeholders?

- It has been shared with the Suicide Prevention Stakeholder Group

1. Summary

- 1.1. There were 16 deaths by suicide registered in Hackney in 2024 and an average of about 20 per year over the last two decades.
- 1.2. The rate of suicides in Hackney over the last three years was 9.1 per 100,000 population, below the national rate but above the London rate. (1)
- 1.3. Similar to the national picture, approximately 75% of suspected deaths by suicide in Hackney are by men.
- 1.4. Suicide risk in Hackney increases with age, differing from the national trend which peaks in the 50-54 age group. Mental illness, previous attempts, substance use, prescription drugs, relationship issues, debt, housing concerns, bereavement, loneliness, physical illness have all been identified as possible risk factors for those who died. (2)
- 1.5. Services including ELFT (NHS East London Foundation Trust), James' Place, Safe Connections (Mind CHWF) and Body and Soul provide specialist support locally for residents who are at risk of suicide or have been bereaved by suicide.
- 1.6. Suicide prevention in Hackney is coordinated by the Hackney Suicide Prevention Stakeholder Group. Proposed priorities for the coming year include, improving awareness of suicide prevention, suicide prevention in educational facilities and for young people, response to suicides that are outside of the home, support for people who have previously attempted suicide and a focus on suicide risk for autistic people, people with substance misuse issues and older adults.

2. Introduction

- 2.1. Suicide is the act of intentionally taking ones own life. Causes of suicide are usually many and complex, though mental or physical health problems, loneliness, housing or financial worries, trauma, discrimination and substance use, as well as significant life events can all contribute to suicidal feelings. Individuals with learning disabilities

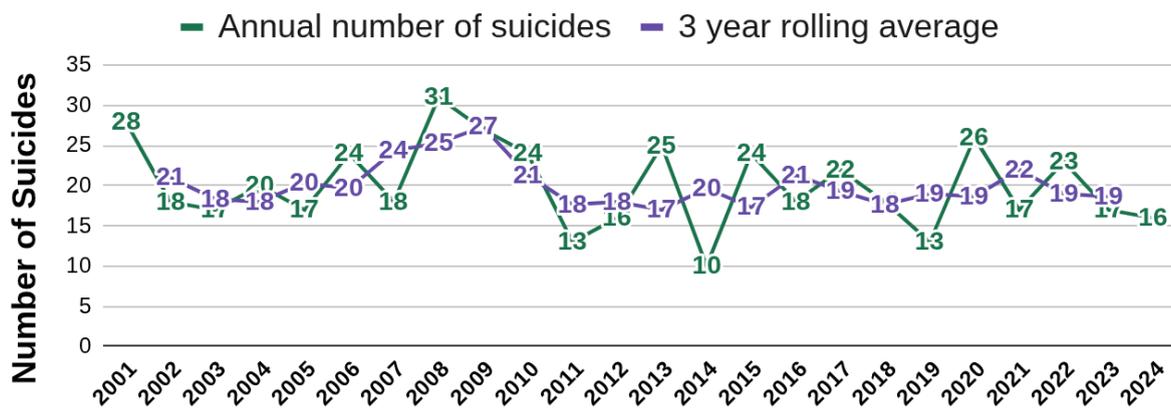
and neurodivergent individuals, including autism, also experience increased risk of suicide. Suicide is preventable, not inevitable and many people who have attempted suicide go on to lead happy, healthy, fulfilling lives.

- 2.2. Many people are usually impacted by any one suicide, with one study estimating this is 135 on average. (3) The emotional, social and economic loss of each suicide was conservatively estimated to cost £1.7 million in 2011, based on 2009 prices, so likely considerably higher now. (4) People bereaved by suicide experience an increased risk of issues such as mental health problems, substance use, unemployment and also suicide themselves.

3. Hackney Official Death Registrations Data 2024

- 3.1. Over the last two decades, on average 20 people per year were registered as having died by suicide in Hackney (based on coroners reports). Given the small numbers involved, some annual variation is expected and the three year average shows that number of suicides has remained broadly similar over the last decade (Figure 1). (1)

Figure 1: Number of registered suicides per year in Hackney, 2001-2024



Source: Office for National Statistics, *Suicides in England and Wales by local authority 2025*

- 3.2. In 2024, 16 deaths by suicide were registered for Hackney residents, compared to 17 in 2023 and 23 in 2022. The aggregate rate of suicides for these three years in Hackney was 9.1 per 100,000 population, compared to 11.1 in England and Wales, 7.5 in London and 7.8 in inner London. At an average rate of around 9.4 deaths by suicide per 100,000 population, the overall trend in Hackney for the last decade has been on average a little lower than the national rate but higher than the London rate. (1)
- 3.3. Deaths by suicide were most common in the 45-64 age group, with a rate of 15.9 per 100,000 between 2020 and 2024. This compares to a rate of 11.0 in the over 65 age group and 7.5 in the 25-44 age group.

Data for the under 25 age group was not available to small numbers. This age distribution is similar to the national picture. (5)

4. Suspected Suicides by Hackney Residents, 2020-2024

- 4.1. In 2024, 16 suspected deaths by suicide were recorded on the Thrive London Suicide Prevention Real-time Surveillance database (RTSS) for Hackney residents. Of the total deaths between 2020 and 2024, 75% were male, similar to the national average. (2)
- 4.2. Ethnicity in the RTSS is recorded using the police's IC codes system, which describes the apparent ethnicity of a person. Of the Hackney residents who died by suspected suicide between 2020 and 2024, 67.1% were identified as IC1 White - North European, 13.4% as IC3 Black and 9.8% IC2 White - South European. Compared to the local population this indicates an over representation of people from white population groups. Nationally the highest suicide rates are also among white ethnicity groups, as well as mixed ethnicity, groups. (2,6)
- 4.3. The majority of suspected suicides by Hackney residents take place within Hackney (88%), with no specific areas identified as being high risk. Most took place in people's own homes (70% where recorded). Of the 42 Hackney residents who died by suspected suicide, where a marital status was recorded, 78.6% were single. For cases listed in the RTSS, 39% were recorded as having a mental health condition, 29% were recorded as 'not known' and for 32% this field was left blank. Substance use, previous attempts, family or relationship issues and prescription drugs were also frequently cited as relevant factors. (2)

5. People with a Learning Disability and Autistic Adults

- 5.1. The recent North East London (NEL) Learning from Lives and Deaths of People with a Learning Disability and Autistic Adults (LeDeR) report included a focus on deaths of autistic people. It found that suicide was the main cause of death, with over thirty deaths by suicide of autistic people in the North East London area since 2021. The report highlights the need to focus prevention for this group. Current long waiting times for autism and ADHD diagnoses may also mean under reporting of autism in those who have died by suicide. (7)
- 5.2. According to the National Autistic Society, autistic people are nine times more likely to take their own life than those who are not neurodivergent, with approximately 30% of autistic adults having attempted suicide. Autistic children and young people are 28 times more likely to consider or attempt suicide than their non-autistic peers. The report also highlights how most of the NEL existing suicide awareness and prevention programmes are designed for the general population and may not be suitable for autistic people. (7)

6. Local Suicide Prevention Support

- 6.1. In Hackney, ELFT provides crisis support services, including a local crisis line (which can be reached via NHS 111) and a walk-in crisis cafe.
- 6.2. NHS North Central London fund Safe Connections, suicide prevention and support, delivered by Mind CHWF.
- 6.3. Additionally, Hackney is very fortunate to have a number of community organisations in or close to the borough that can support residents with suicidal crisis, suicide ideation and bereavement by suicide including James' Place, Mind CHWF, Body and Soul and The Listening Place.
- 6.4. There are also a number of phone, text and email services, such as Samaritans, Shout and Papyrus. Data from these services, as well as information on actions they are undertaking is available in appendix 1.

7. Steering Group Meetings and Action Planning

- 7.1. In 2018, a Hackney Suicide Prevention group was established which is coordinated by Public Health. The group includes representatives from NHS Integrated Care Board, ELFT, Adults and Children's representatives, the police, housing, and relevant voluntary and community sector organisations.
- 7.2. Previous actions undertaken by the group include: improving awareness around suicide prevention, especially among resident-facing staff; suicide prevention work around awareness and processes in schools; processes for reviewing and responding to suicides when they occur and developing a clear pathway for individuals identified as being at high-risk of suicide for use by frontline professionals.
- 7.3. The Hackney suicide prevention group has proposed the following areas of focus for the coming year. Input on these from people with lived experience of suicide is being sought and the priority areas will be finalised following this engagement work:
 - Continue to improve awareness around suicide prevention, especially among resident-facing staff, including knowledge of what to look out for, how to respond and what relevant resources and services are available.
 - Continuing work with schools on suicide prevention, possibly considering expanding it to other educational institutions.
 - Formalising how we respond as a system to suicides that occur outside of the home, are high profile and/or of young people.
 - Collate information from LeDeR and other reviews that may be relevant to suicide prevention and use this to inform prevention work.
 - Consider how we could prioritise wrap-around, whole person support for people who have attempted suicide, considering this is the greatest risk factor for future attempts.

- Further investigation into the relatively higher risk of suicide locally among autistic people, people with substance misuse issues and older people, including what additional data sources may be available and possible preventative actions.

8. Policy Context

Please detail which, if any, of the Health & Wellbeing Strategy priorities this report relates to?

<input type="checkbox"/>	Improving mental health
<input type="checkbox"/>	Increasing social connection
<input type="checkbox"/>	Supporting greater financial security
<input checked="" type="checkbox"/>	All of the above

Please detail which, if any, of the Health & Wellbeing Strategy 'Ways of Working' this report relates to?

<input type="checkbox"/>	Strengthening our communities
<input type="checkbox"/>	Creating, supporting and working with volunteer and peer roles
<input type="checkbox"/>	Collaborations and partnerships: including at a neighbourhood level
<input type="checkbox"/>	Making the best of community resources
<input checked="" type="checkbox"/>	All of the above

9. Equality Impact Assessment (EIA)

Has an EIA been conducted for this work?

<input type="checkbox"/>	Yes
<input checked="" type="checkbox"/>	No

10. Consultation

Has public, service user, patient feedback/consultation informed the recommendations of this report?

<input checked="" type="checkbox"/>	Yes
<input type="checkbox"/>	No

Have the relevant members/ organisations and officers been consulted on the recommendations in this report?

<input checked="" type="checkbox"/>	Yes
<input type="checkbox"/>	No

11. **Risk Assessment**

N/A

12. **Sustainability**

N/A

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Appendices	Full Hackney Suicide Prevention report

13. **References**

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