

## Slough Borough Council

**Report To:** Slough Health and Well-being Board

**Date:** 16<sup>th</sup> September 2025

**Subject:** Suicide Prevention in Slough

**Chief Officer:** Tessa Lindfield, Director of Public Health & Public Protection

**Contact Officer:** Sarah Rayfield, Consultant in Public Health

**Ward(s):** ALL

**Exempt:** NO

**Appendices:** None

### 1. Summary and Recommendations

- 1.1 This report set to provide the Health and Wellbeing Board with an overview of local suicide prevention work in Slough and how the local work aligns with wider Berkshire-level initiatives; highlighting progress, partnerships, and opportunities for further development in reducing suicide risk and improving support for those affected.

Please indicate which priority in the Joint Local Health and Wellbeing Strategy, [Slough Wellbeing Strategy 2020 – 2025](#), your report links to:

Priority 1 – Starting Well	Priority 2 - Integration	Priority 3 – Strong, Health and Attractive Neighbourhoods	Priority 4 – Workplace Health
X	X	X	X

- 1.2 Consideration:

- ☒ Information  
☐ Discussion  
☐ Decision  
☐ Endorsement

### Recommendations:

The Health and Well-being Board is recommended to note the work currently in place on Suicide Prevention, both in Slough and across Berkshire. This work contributes to all four priorities for the Health and Wellbeing Board.

### 2. Report

#### Introductory paragraph

- 2.1 Suicide prevention has been a national priority since 2016 and remains a high priority for public health teams in Slough and across Berkshire. This report aims to highlight

progress, partnership working, and future work in reducing suicide risk and improving support for those affected.

## Background

- 2.2 Globally, nearly 800,000 lives are lost to suicide each year, yet many of these tragedies are preventable<sup>1</sup>. It is estimated that one in five adults experience suicidal thoughts and feelings at some point in their lives<sup>2</sup>.
- 2.3 Every suicide is devastating, often with long lasting and far-reaching impacts with researchers estimating that up to 135 people are affected to some degree by each suicide<sup>3</sup>.
- 2.4 The national Suicide Prevention Strategy for England 2023 - 2028<sup>4</sup> set out the government's ambitions to reduce suicide rates, improve support for people who have self-harmed and improve support for people bereaved by suicide.

## Data

- 2.5 During 2021 – 23, the suicide rate in Slough was 10.7 deaths per 100,000 (40 deaths in total), similar to the rate for England at 11.0 deaths per 100,000.
- 2.6 Nationally, suicide rates are higher among men, with the highest rates seen in the 45 – 64 age group, followed by people aged 25 – 44. The most common method for deaths nationally is hanging, suffocation and strangulation, followed by poisoning<sup>5</sup>.
- 2.7 Data provided by Thames Valley Police, indicated that there were 8 deaths by suspected suicide in Slough in 2024/25.

## The Slough Suicide Prevention Group

- 2.8 The Slough Suicide Prevention Group was re-established in January 2025, now chaired by a Consultant in Public Health. The aims and objectives of the group are in line with the national Suicide Prevention Strategy and work is directed by an action plan which aligns with delivery of the Berkshire Suicide Prevention Strategy 2021-2026<sup>6</sup>.
- 2.9 The Group meets quarterly with membership including:
  - Slough Borough Council
  - mental health services

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<sup>1</sup> [Preventing suicide: A global imperative](#)

<sup>2</sup> [Adult Psychiatric Morbidity Survey: Survey of Mental Health and Wellbeing, England, 2014 - NHS Digital](#)

<sup>3</sup> [How many people are affected by one suicide? - Centre for Suicide Prevention](#)

<sup>4</sup> [Suicide prevention strategy for England: 2023 to 2028 - GOV.UK](#)

<sup>5</sup> [Near to real-time suspected suicide surveillance \(nRTSSS\) for England: data to January 2025 - GOV.UK](#)

<sup>6</sup> [Berkshire Suicide Prevention Strategy 2021-2026.pdf](#)

- Thames Valley Police
- domestic abuse services
- drugs and alcohol services
- safeguarding
- Berkshire Healthcare NHS Foundation Trust (BHFT)
- the Integrated Care Board (ICB), and other partners.

2.10 The following actions have taken place in 2025:

- Refresh of the Slough local Suicide Prevention Action Plan.
- Over-seeing of the Suicide Bereavement Project.
- Identifying potential opportunities for learning from case reviews: including case studies, Safeguarding Adult Reviews, and Domestic Abuse Related Death Reviews.
- Contribution to Berkshire wide Suicide Prevention activities.
- Preparation for World Suicide Prevention Day on 10 September 2025.

### **Community Champions – Mental Health First Aid training and Bereavement Support**

2.11 In September 2024, Slough CVS were commissioned to deliver a six-month pilot project on Mental Health First Aid and bereavement support for people who are bereaved by Suicide. The primary aim was to provide a culturally informed and accessible pathway to mental health support, particularly for the South Asian community.

2.12 The work has included:

- Listening to voices from the community through engagement and outreach.
- Recruiting volunteers each with a personal or shared connection to the issues of mental health and bereavement.
- Mental Health First Aid Training for 11 community volunteers.
- Suicide Bereavement Training for 20 community volunteers.
- Establishing a supportive self-help group in the community.
- Partnership with local faith and community organisations, including Jamia Masjid, Bucks Mind and Afro Caribbean groups.
- Significant learning, including the need for bereavement support to be more tailored, culturally sensitive and community based. The value of working with trusted local leaders in the design of services was highlighted.

2.13 The next steps include the expansion of support groups, ongoing cultural competency training and encouraging peer mentoring for ongoing support.

### **Suicide Prevention work across Berkshire**

2.14 The Berkshire Suicide Prevention group meets quarterly with representation from local authority, BOB and Frimley ICBs, Thames Valley Police and the NHS. The group advocates for a collaborative approach, working towards the prevention of suicides across Berkshire through coordinated actions taken by member organisations.

2.15 Current areas of focus for the Berkshire Suicide Prevention group include:

- Over-seeing implementation of the Berkshire Suicide Prevention Strategy.
- Continued investment in commissioned Bereavement Support Services.

- Mapping of Suicide Prevention training, including provision and promotion across Berkshire.
- The development of a near to Real Time Suspected Suicide Surveillance System for Berkshire which will allow real-time reviewing, recording and reporting of suspected suicides, building a fuller picture of contributing factors.
- Exploring potential options for a Berkshire Suicide Audit.
- Sharing of local good practice and resources.
- Domestic Abuse and Suicide
  - Development of a Domestic Abuse and Suicide Toolkit
  - Proposals for a Domestic Abuse and Suicide Task and Finish group to review data, improve reporting and pathways and identify opportunities for learning from Domestic Abuse Related Death Reviews (DARDR).

## **Next Steps**

2.16 Current and future work on Suicide Prevention in Slough includes:

- The Suicide Prevention Group will continue to meet quarterly and monitor progress against the action plan.
- To embed culturally tailored bereavement and MHFA programmes into the wider suicide prevention strategy.
- Strengthen the links between local and Berkshire Level initiatives to ensure consistent and collaborative approaches, including the development of a nRTSSS for suspected suicide intelligence sharing.

## **3. Implications of the Recommendation**

### ***3.1 Health and Well-being Board and Partners Implications***

This report provides an overview of local suicide prevention work in Slough and outlines how it aligns with and benefits from wider Berkshire-level initiatives. The aim is to highlight progress, partnerships, and opportunities for further development in reducing suicide risk and improving support for those affected.

### ***3.2 Equality implications [Mandatory]***

The Slough Suicide Prevention work focusses on priority areas that have been chosen due to local data, intelligence, and evidence, but the commitment remains to reduce suicide for all residents across Slough. Equality and diversity has been consistently considered throughout, with the understanding of different groups at a higher risk of suicide, as outlined in the national suicide prevention strategy.

### ***3.3 Environmental implications [Mandatory]***

The Slough local Suicide Prevention work does not address climate impact directly or indirectly, as it is focussed upon reducing suicide and self-harm across the life course in our borough. It is not foreseen that the plan will have an impact on carbon emissions or resilience to the effects of climate change

### ***3.4 Financial implications [Discretionary]***

*Not applicable*

3.5 *Legal implications [Discretionary]*

*Not applicable*

3.6 *Risk management implications [Discretionary]*

*Not applicable*

3.7 *Procurement implications [Discretionary]*

Not applicable

3.8 *Workforce implications [Discretionary]*

Not applicable

3.9 *Property implications [Discretionary]*

*Not Applicable*

**4. Background Papers**

None