



National
Suicide Prevention
Alliance

NSPA Strategy

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Our vision & mission

♡ Fewer people die by suicide



➤ All parts of society work together and take action to reduce suicide and improve support for those affected by suicide

Collaboration saves lives



Empowering communities through collaboration: conference 2016



Creating a new society

- ♡ **Importance of wellbeing and good mental health**
- ♡ **Skills to keep healthy; understand the signs**
- ♡ **Skills to cope with difficult times**
- ♡ **Confidence to ask for help**
- ♡ **Receive the right support**



Our aims

1. Reducing stigma

We want all parts of society talking about suicide and taking action to maintain good mental health, so that it is as normal as talking about and maintaining physical health.

2. Increasing help-seeking

We want more people who are experiencing emotional distress to seek help before they become suicidal.

3. Providing the right support

We want to ensure that when people in emotional distress seek help, they receive appropriate support from the people or organisations they approach and they are offered appropriate options.

4. Reducing access to means

We want it to be harder for people experiencing severe emotional distress to have access to the means to take their own life.

Our aims (continued...)

5. Suicide bereavement support

We want to ensure that people affected by suicide get the support they need to cope with the impact on their life.

6. Improving data & evidence

We want there to be better official data about suicide in England and more evidence about effective suicide prevention. Those working in suicide prevention should find it easier to obtain this data and evidence.

7. Working together

We want organisations with an interest in suicide prevention collaborating with each other to make a bigger difference.



Where do we fit?

National Suicide Prevention Strategy



Public Health
England

NHS
England



National and Local action

Achievements

- ♡ **Help is at Hand refresh**
- ♡ **Guidance for online community moderators in responding to suicidal content**
- ♡ **NSPA Conference 2015 and 2016**
- ♡ **Membership development**



Plans

- ♡ Update of *'Guidance for Local Authorities'* for developing a suicide prevention plan
- ♡ Publication of a *'Framework and Pathway'* for bereavement support and evaluation
- ♡ Developing plans to encourage *'Men to seek help'*
- ♡ Further website development with knowledge hub



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