

# Thrive LDN- Suicide Prevention

Towards happier, healthier lives for all Londoners.

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# Who we are and what we do...

- Thrive LDN is a citywide movement aimed at improving the mental health of all Londoners.
- This is done through a variety of methods from campaigns, festivals, innovation and community work.
- Some examples of our work include the City Hall take over for World Mental Health Day 2019, the Mental Health First Aid training program for all London schools.
- In 2019 over 200,00 people took part in Thrive LDN events.
- In 2020/21 Thrive LDN's reach was 685,000 through various events, campaigns and activities.
- Thrive LDN's work was consistently mentioned throughout Mayor Sadiq Khan's re-election campaign and manifesto.

# Suicide Prevention Education

- Thrive LDN commissioned Papyrus UK to deliver an educational programme aimed at those who are in contact with 16-21 year olds.
- The programme works across three stages:
  - A ninety minute session exploring the conversation around suicide and how the subject can be discussed and those vulnerable identified.
  - A session based on discussing and working towards suicide prevention strategies in these particular educational settings.
  - A two day assist course
- The project was halted due to the pandemic but has now transitioned to an online setting.



# Real Time Surveillance System

- Thrive LDN has lead on the design and implementation of the only whole region RTSS, covering approximately 9 million people.
- The RTSS provides a system to securely share information on Suicide for multiple agencies including the MPS, LAS, NHS, BTP, STP and all 33 local authorities in London.
- The system is all online and has been developed with QES, a data solutions company with vast experience in similar systems such as the CMD and CDOP.
- The Thrive LDN system is part of the national pilot for RTSS.
- The System was launched in 2019 on World Suicide Prevention Day.
- The RTSS has been integral in London's Covid-19 response, providing data on potential links with suicide through deep dives.
- The RTSS will play a pivotal role in the programmes funded by the Wave 4 NHS funding for suicide prevention.
- RTSS allows information to be shared quickly and securely to enable vital services such as bereavement support.
- The system allows a greater understanding of suicide and provides crucial knowledge for future prevention strategies.

# Covid-19 Response

- Thrive LDN's Suicide Prevention Programme realigned their suicide prevention programme to respond to the Covid-19 pandemic.
- This response has included:
  - the creation of an economic support group working with partners from the GLA, Trussel Trust and Debt Free London among others.
  - A poster campaign with tfl providing information and support for those commuting in London.
  - Covid-19 related suicide data via deep dives utilising the RTSS.



# The ZSA Campaign

**The Zero Suicide Alliance** is a collaborative of National Health Service trusts, businesses and individuals who are all committed to suicide prevention in the UK and beyond. The alliance is ultimately concerned with improving support for people contemplating suicide by raising awareness of and promoting FREE suicide prevention training which is accessible to all.

- Thrive LDN lead a campaign to get 100,000 Londoners to take the free online suicide prevention training over the next 12 months.
- The campaign is supported by the Mayor of London and partners including the NHS in London, London Councils, London's police forces, Transport for London, and other emergency services, such as London Fire Brigade and the Maritime and Coastguard Agency, alongside voluntary and community groups.
- By September 2020 there were 120,000 completed training sessions and as of April 2021 there have been over 210,000 completed training sessions.
- So now we are relaunching and aiming higher...

# The Future...

- Thrive LDN will continue to strive towards the ambition of making London a Zero Suicide City, one person taking their own life is one too many.
- The RTSS will continue to be embedded in the healthcare system and local authorities providing real time data to aid suicide prevention strategies and projects to reduce suicide in London as well as nationally.
- Thrive LDN will continue their work with partners and stakeholders to achieve a consistent approach for all Londoners.
- Thrive LDN will continue to support the various voluntary services and charities in their pursuit for reducing suicide.



# Thank you

If you have any questions please get in touch.

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