

 	<b>Health and Wellbeing Board</b> 23 April 2019
	<b>Report of the Director of Public Health</b>
<b>Public Mental Wellbeing Strategy and Suicide Prevention Plan</b>	

<b>Wards Affected:</b>	All
<b>Key or Non-Key Decision:</b>	Non key
<b>Open or Part/Fully Exempt:</b> <small>(If exempt, please highlight relevant paragraph of Part 1, Schedule 12A of 1972 Local Government Act)</small>	Open
<b>No. of Appendices:</b>	One Appendix 1: Brent Public Mental Wellbeing Strategy and Action Plan
<b>Background Papers:</b>	None
<b>Contact Officer(s):</b>	Marie McLoughlin, Consultant in Public Health Tel: 020 8937 6214 Email: <a href="mailto:Marie.McLoughlin@brent.gov.uk">Marie.McLoughlin@brent.gov.uk</a>

## 1.0 Purpose of the Report

1.1 This report introduces the Brent Public Mental Wellbeing Strategy and Suicide Prevention Plan.

## 2.0 Recommendation(s)

2.1 The Health and Wellbeing Board is asked to approve the Public Mental Wellbeing Strategy and Suicide Prevention Plan

## 3.0 Detail

3.1 In July 2018, the Health and Wellbeing Board endorsed and adopted the Thrive LDN principles to shape its approach to the promotion of mental wellbeing. Thrive LDN is a city-wide movement sponsored by the Mayor of London and the London Health Board which aspires to promote mental wellbeing, prevent illness and eliminate suicide in London.

3.2 Thrive LDN has six aspirations:

1. A city where individuals and communities take the lead
2. A city free from mental health stigma and discrimination
3. A city that maximises the potential of children and young people
4. Develop a healthy, happy and productive workforce
5. A city with services that are there when and where needed
6. A zero-suicide city

3.3 Aspiration 3 is being taken forward in Brent by the iThrive work and aspiration 5 is within the scope of the Health and Care Transformation Plan. Therefore, the public mental wellbeing plan focuses on the other 4 aspirations.

3.4 Since the adoption of the Thrive LDN principles, a multiagency task and finish group has planned and delivered the “*Are we ok, Brent?*” campaign aiming to overcome stigma and promote the 5 ways to wellbeing. The 5 ways to wellbeing (connect, be active, take notice, keep learning and give) is an evidence based approach which can be incorporated into everyday activities and which is shown to enhance mental wellbeing. *Are we ok, Brent?* added Create to message 5 +1 ways to wellbeing, maximising synergies with the London Borough of Culture 2020. The *Are we ok, Brent?* Campaign was highlighted in the Mental Health Foundation’s report “Londoner’s said” which has been very positively received by the London Health Board.

3.5 The aspiration for London to become a zero-suicide city encompasses both action to reduce the suicide rate and better support for those affected or bereaved by suicide. Public Health England have produced guidance to support local authorities and their partners to develop suicide prevention action plans. This guidance has been used locally to produce the Brent Suicide Prevention Action plan.

3.6 The Suicide Prevention Plan has been informed by a workshop in April 2019 attended by PHE, the local NHS mental health provider, third sector organisations (including those with particular expertise in suicide prevention and / or support to those affected by suicide) and the police.

3.7 Key messages from the event were:

- Endorsement of the action plan in Appendix 1;
- A desire to link up with other boroughs and create joint actions;
- Agreement to set up subgroups to take forward each of the action areas.

#### **4.0 Financial Implications**

4.1 There are no financial implications as a direct result of this report.

#### **5.0 Legal Implications**

5.1 There are no legal implications as a direct result of this report.

## **6.0 Equality Implications**

- 6.1 The suicide prevention plan identifies those at highest risk of suicide. Targeted actions will be developed, however, it should be noted that locally none of those whom the Coroner identified as having died as a result of suicide in 2017 were in contact with services.

## **7.0 Consultation with Ward Members and Stakeholders**

- 7.1 Thrive LDN, Are we ok Brent? and the suicide prevention plan have all been informed by engagement with elected members, clinicians, local and national voluntary sector organisations, the police and local people.

**Report sign off:**

**Melanie Smith**

Melanie Smith  
Director of Public Health