

London Vision

Improve mental health and progress towards zero suicides



Our ambition: London is city where everyone's mental health and wellbeing is supported; working towards becoming a Zero Suicide city

Our commitment: we will ensure that all Londoners have access to mental health care, support and treatment, especially those experiencing health inequalities

The challenge we face...

Two million Londoners experience mental ill health every year. The impact of mental illness is not equal, with poverty and deprivation acting as key drivers of poor mental health. Austerity has impacted financial and housing security and public services; essential to protect from mental illness and for recovery

2 million

Londoners experience mental ill health every year

Up to
140

Londoners per 100,000 were detained under the Mental Health Act in 2017/18

12

Londoners die each week from suicide

That's
13

people on the average bus and more than **100** on the average tube

The Mayor of London's Health Inequalities Strategy included plans to tackle income inequality, a significant factor in, and consequence of, mental illness

Stigma and health inequalities, including the mortality gap of

10-20 years,

remain a significant cause of concern

Our actions so far...

- **Promoting open conversations about mental health and wellbeing** through Thrive LDN's 'Are you OK London?' campaign
- Promoting the London Healthy Workplace Award to **encourage employers to promote and support mental health and wellbeing**
- Innovating to **develop Good Thinking, a digital mental health and wellbeing service** for adults
- **Offering small grants (through Team London) to voluntary and community sector organisations** working to support people affected by loneliness and social isolation through social prescribing
- Increasing **access to psychological therapy close to home**, and perinatal mental health care
- **Achieving waiting time targets for urgent mental health services:** 24/7 community-based crisis response for adults and older adults, and all-age mental health liaison service for all London's emergency departments
- Ensuring **people living with severe mental illness have a physical health check** and that action is taken based on the findings
- Increasing **access to a range of alternatives to traditional crisis care**, such as Crisis Cafes
- **Delivering a pan-London s136 model of care with the NHS, police, local authorities and voluntary sector** that supports people in crisis
- Developing **local multi-agency suicide reduction plans**, led by Public Health teams in Local Authorities
- **Reducing suicide remains an NHS priority** with clear commitments to post suicide-support services and reducing inpatient suicides
- Encouraging all staff in the NHS, and in wider public services to **undertake suicide prevention training**

Our next steps...

- We will focus on interventions in schools, colleges, workplaces, and building social connectedness in communities for those in older age. For example, Thrive LDN is working with Papyrus in schools and colleges to engage with, and support, the work of London's Universities to improve student mental health
- We will simplify access to support and services through digital routes, such as Good Thinking, using digital tools that support efficient person-centred decision making, digital communication/information sharing with professionals and between services and once people are in services, they are offered digital enabled therapies and tools to support their recovery
- We will build on our ambition to be a Zero Suicide city, by changing social attitudes and behaviour, and by deepening our understanding on how and where to intervene
- The Mayor is leading a public-facing campaign with Thrive LDN for 100,000 Londoners to complete the free 20 minute Zero Suicide Alliance training. Thrive LDN will continue to develop an interagency real-time Suicide Information Hub to deploy system-wide intelligence across London on suspected and completed suicides
- The NHS, Local Authorities, and the Metropolitan Police Service will help London's employers by running internal campaigns to encourage employees to complete Zero Suicide Alliance training and, where appropriate, more intensive training e.g. for NHS emergency departments staff
- We will promote social connectedness to prevent suicide in later life through social prescribing

