

# **Working with businesses and the community to prevent suicide**

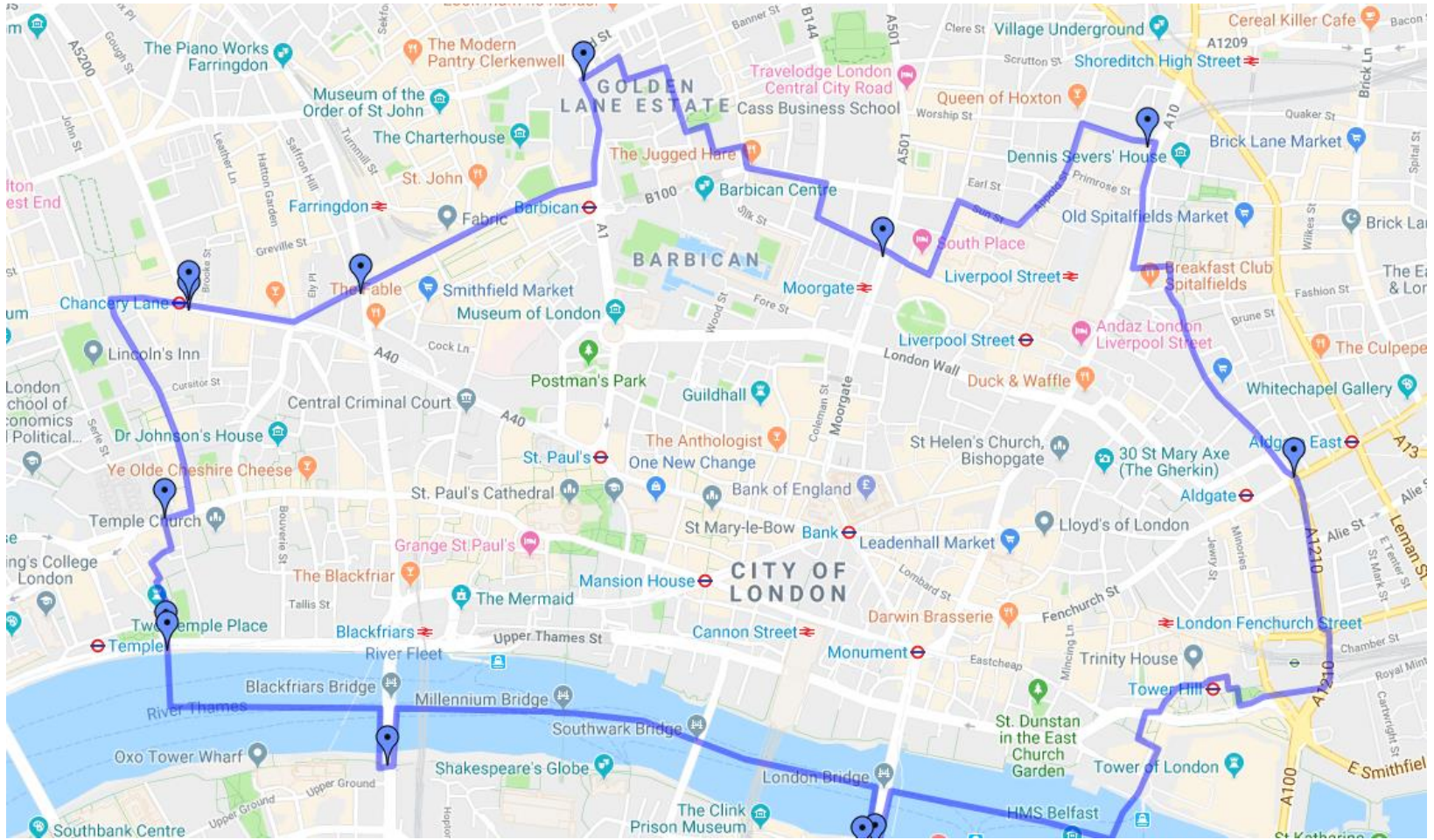
NSPA Conference 2019

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Healthy, City of London Corporation

# The City of London

City of London





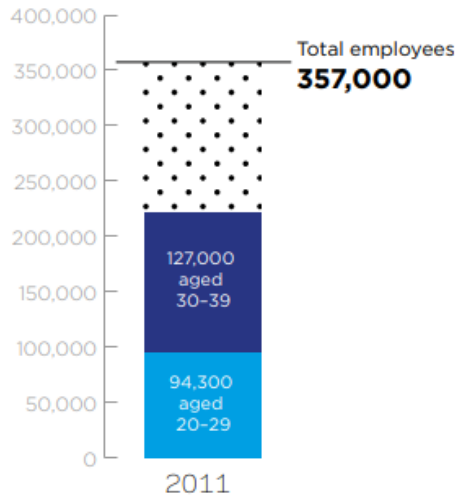
There are

# 483,000

workers in the City of London which equals **9%** of London's total workforce. **1 in 63** UK workers are employed in the City.



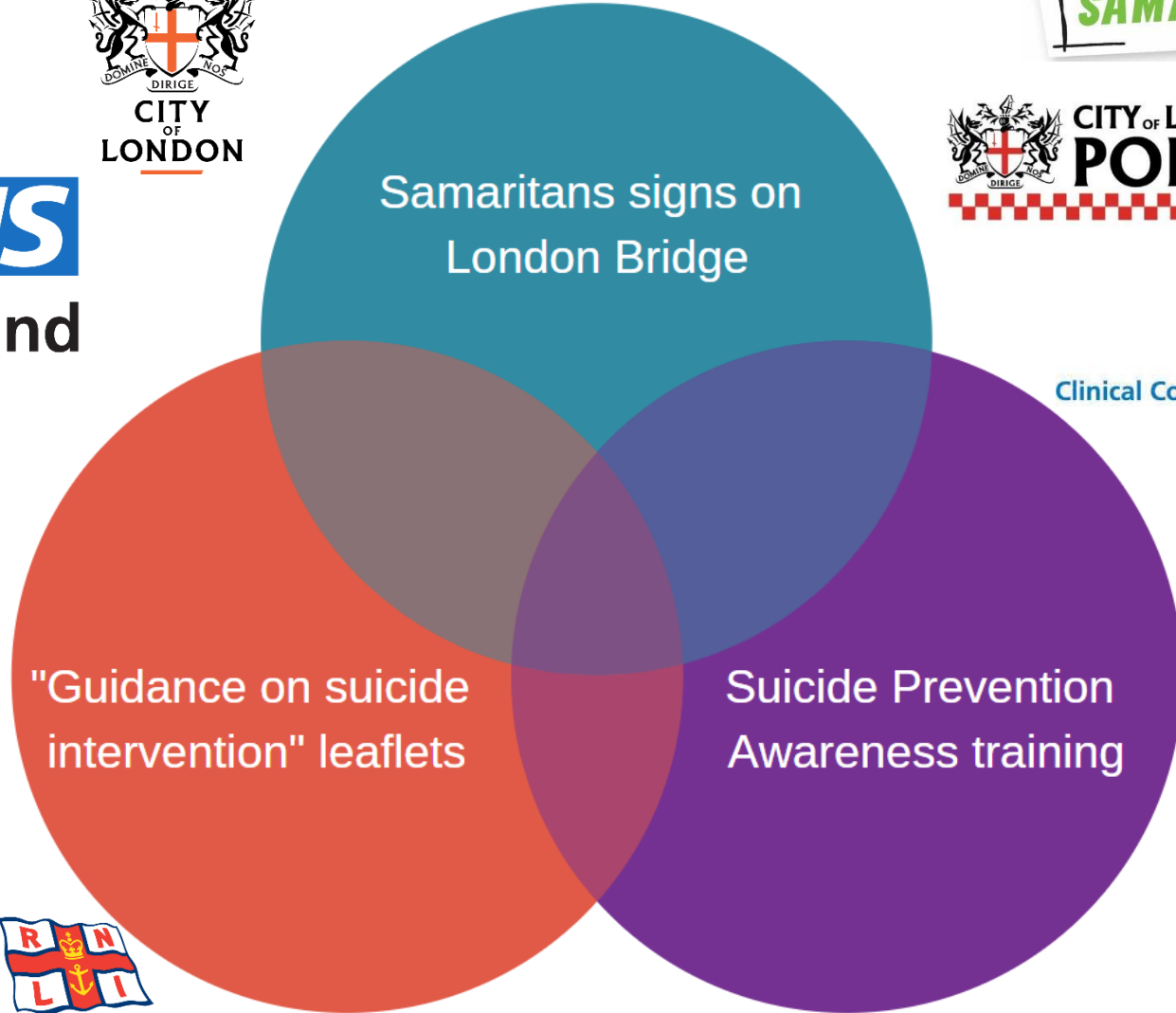
In 2016,



# The Bridge Pilot



City and Hackney  
Clinical Commissioning Group



Lifeboats



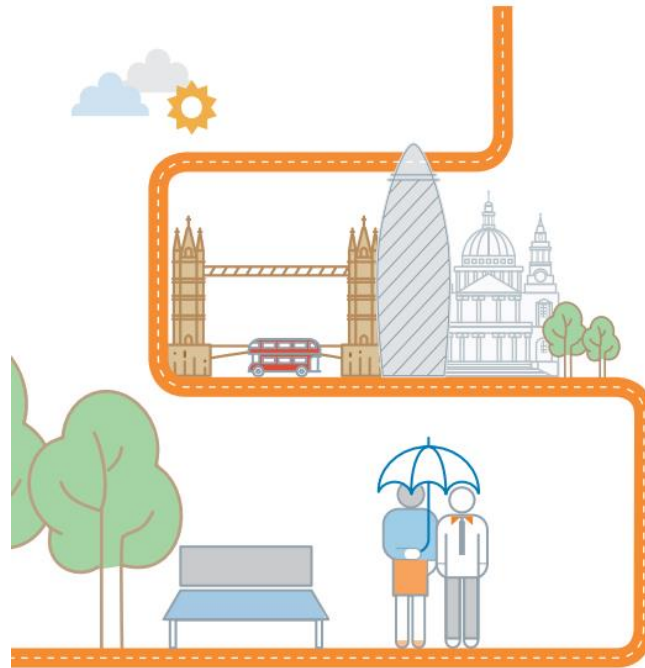
East London  
NHS Foundation Trust

# London Bridge signs

City of London



# “Guidance on suicide intervention” leaflets

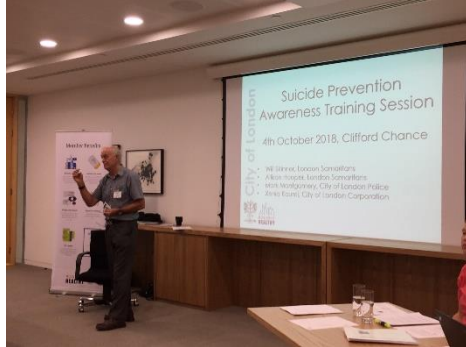


## Guidance on suicide intervention

Department of Community  
and Children's Services  
City of London Corporation



# Suicide Prevention Awareness Training

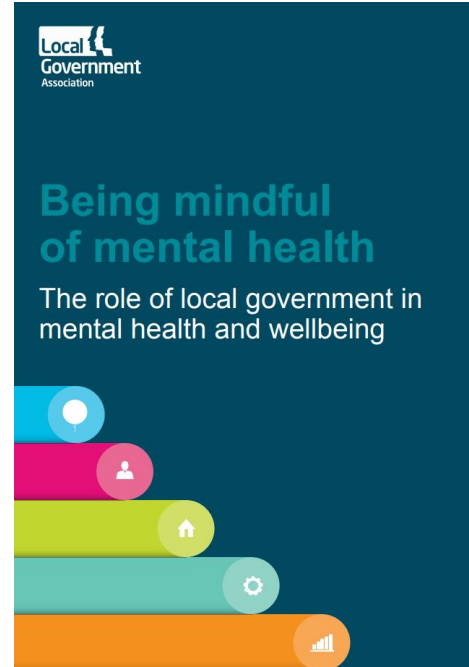


# Overall impact

Hard to measure!

....but:

- Lessons learned (and shared)
- Strengthening local partnerships
- Gathering data, wherever/ whenever possible, is valuable



## Case Study Suicide prevention in the City of London

The City of London (the City) has the highest daytime population of any local authority area in the UK, with hundreds of thousands of workers, residents, students and visitors packed into just over a square mile of densely developed space. It has a reputation for a 'work-hard, play-hard' banking culture, as well as iconic bridges and tall buildings, which have recently seen a number of high profile suicides. The City of London profiled the people who committed suicide and found that as well as residents who live in the City, and those who work in the City, there are also people who travel to the City with the specific intention of committing suicide, but who have no specific connection. Other councils with high buildings and bridges may be experiencing similar issues.

The City of London Suicide Prevention Action Plan was developed in January 2016, using the priorities from the National Suicide Prevention Strategies, with tailored actions for the City's unique local infrastructure and population needs. Drawing together a partnership including the City of London Police, the City Corporation, and other local stakeholders, such as the clinical commissioning group, the Samaritans and the RNLI, the action plan sets out how the City's partners will work towards a reduction in suicides.

"We spoke to the local coroner, and he told us that the majority of suicides were actually from bridges in the City" says Dr Penny Bevan, Director of Public Health for Hackney and the City of London. "This meant it was imperative that we worked in partnership with the City of London Corporation, City of London Police, the Metropolitan Police and the Samaritans to raise awareness and encourage help-seeking behaviour on the City bridges".

The Bridge Pilot began in April 2016. As part of this initiative, permanent signs with

the Samaritan's free phone number have been placed on bridges within the City. The Samaritans and City Corporation, with the help of East London Foundation Trust and City and Hackney Mind, have put together a training package for frontline staff and members of the public, which was delivered free of charge. The training addresses the stigma of suicide and encourages approaching and engaging people who are at risk. A train-the-trainer version of the programme has been developed to maximise reach. So far 121 people have been trained over six sessions and a further 18 trained to be trainers themselves. This includes security staff on the bridges and members of the police force, who are often first responders. It also includes those who work near the bridges, to give them the skills to recognise someone who may be at risk and the confidence to intervene if necessary.

A leaflet has also been developed, which outlines how to recognise a person who may be at risk and how to approach them. So far 5,000 leaflets have been handed out to members of the public during rush hours on London Bridge and as part of the training.

"With the City of London, we have been able to focus our activities on specific hotspots, to try to intervene and prevent suicides in places where we know they are an issue," says Dr Bevan. "We've learned that a really local approach works best - you have to take national resources and tailor them to your own geography and population".



# Beyond the Bridge Pilot



## DRAGON CAFÉ IN THE CITY

FREE AND OPEN TO EVERYONE - A SPACE TO RELAX AND RECHARGE IN THE CITY  
SHOE LANE LIBRARY, EC4A 3JR

### World Mental Health Day Wednesday 10<sup>th</sup> October

12:00 - 15:00 : Doress in your lunch break with a free 15 minute massage. (booking opens in the library from 11.45 on the day)

12:30 - 14:30 : Have a chat in the Thrive LDN Problem Sharing booth.

13:00 - 13:45 : Lunch & Learn - How better listening skills can make us happier at work. Maggie Sawkins will help you to learn to listen, making space to truly hear the experience of the other person. We can make a real difference by 'just' listening; we find it empowers people to understand themselves better, find solutions, handle challenges or re-build relationships; thereby reducing stress in the process. Come along with your lunch and take a look at how we can all be more of our real selves at work, both by learning to be a better listener, and just as importantly, being heard ourselves.

14:00 - 15:00 : Lets paint together - Join Madahumita for an opportunity to relax and reflect with this calming workshop. Looking at water and reflection using watercolours.

17:00 - 18:00 : Sensory Workshop - John Foley will guide you to make scent of your own to take home! Learn how to create your own perfume with emphasis on fruit and other organic extracts made by John himself, who has a wealth of knowledge on scents.

18:00 - 19:00 : Yoga for Mental Health from Balance Garden. As are all the activities, its free to attend! The class is open to all abilities, and mats are provided, although do bring your own if you'd prefer. Phoebe's class will focus on finding comfort in the body and encouraging peace in the mind. Yoga can be a great tool to help reduce stress and anxiety. <https://www.balancegarden.co.uk>

17:30 - 18:30 : Good Moves - Check-in with chess master Ian Grant for this fascinating session looking at strategy and game development.

18:30 - 19:30 : Dan Kaeley is a Mental Health Campaigner, Speaker and Adventure Runner! In 2012 Dan Kaeley was diagnosed with bipolar disorder and has an incredible story to share. From the moment he was going to take his own life to then running 1250 miles (solo & self-supported) from the Colosseum in Rome back to the London Eye. His aim: to share his story and keep more men Alive by talking! Now one of the UK's most passionate & dedicated mental health campaigners, join us for World Mental Health Day at the Dragon Cafe In The City to hear Dan's story and the lessons & lifestyle choices he's made to live life to the full today.

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