Hertfordshire Public Health Suicide Prevention Strategy 2025-30 On a Page

Our **FIVE FOCUS AREAS** have been carefully shaped through a combination of PUBLIC and PROFESSIONAL feedback, local DATA and upto-date **EVIDENCE**.

4. Addressing Common Risk Factors Individuals are supported to address factors in their lives that may increase their risk of suicide; organisations are equipped to respond, and public health efforts are evidence-based, whilst ensuring inclusion and early intervention.

OUR VISION: Working TOGETHER with our partners to **PREVENT SUICIDES and PROMOTE MENTAL** WELLNESS, ensuring that every person in Hertfordshire feels **HEARD, SUPPORTED** and **EQUIPPED** with the help they need.



1. Suicide Attempts

Individuals who have attempted suicide, and those who are close to or care for them, receive the support, resources, and care necessary to promote recovery, resilience, and long-term well-being.

2. Children and Young People

Young people, families, and communities have the knowledge and tools to be resilient, support mental wellbeing, recognise distress, and connect to the right help.

Each focus area has a **MISSION** – setting longterm GOALS, but being FLEXIBLE about how we get there, and working together as a SYSTEM.



Residents who belong to groups requiring focused support have access to the right services, and all suicide prevention work is inclusive, proactive and driven by understanding and equity.

5. Individuals Bereaved by Suicide All those affected by suicide loss in

Hertfordshire receive the understanding, resources, and care needed to navigate grief, reduce personal risk, and promote mental wellbeing.

WHAT NEXT? We will use our focus areas, missions and priorities to create an ACTION PLAN. Each area will have an IMPLEMENTATION GROUP to **DEVELOP** and **DELIVER** this plan. By working TOGETHER, we will create a **STRONGER, MORE CONNECTED** safety

net for everyone.