SANDWELL BETTER MENTAL HEALTH
Better mental health for all

Sandwell
Metropolitan Borough Council

HEALTHY SANDWELL
We find the support you need

Sandwell Suicide Prevention Strategy 2026 - 2031

Our Vision for Sandwell

We want everyone in Sandwell to have the best mental health and wellbeing possible throughout their life. Good mental health and wellbeing can help people stay healthy, happy and connected. By helping people with their mental health, we hope to reduce the number of people who die by suicide in Sandwell.

Our priorities are:

1
Using Evidence

We will use information, research and local knowledge to understand what works well and what isn't working well. This will help us make good decisions and improve support for people.



2
Creating Safer Communities



We want Sandwell to be a place where people feel safe and supported. We will work to reduce the risk of suicide, improve wellbeing and make it easier for people to get help when they need it.

3
Suicide Prevention is Everyone's Business

Everyone can play a part in preventing suicide. We want more people to understand mental health, wellbeing and suicide, spot warning signs and know where to get help.



We will know we are making a difference when:

- Fewer people die by suicide.
- People know how to look after their mental health and wellbeing.
- People know where to go for support.
- Help is available when people need it, including during a crisis.
- More people are trained in suicide prevention.
- We have good information to help us understand what changes are needed.
- There are fewer opportunities for people to use common methods of suicide.
- Families, friends and communities affected by suicide can get the support they need.
- Local media reports on suicide in a safe and sensitive way.
- People are better protected from harmful online content, especially children and young people.

Who will help make this happen?

The Sandwell Better Mental Health Partnership will lead this work. Many organisations will work together, including:

- Health services
- Local council services
- Schools and services for children and young people
- Housing services
- Community and voluntary organisations
- Mental health services
- Safeguarding and support services

Listening to local people

People who live in Sandwell are very important to this work. We will listen to residents, including people who have personal experience of mental health problems, self-harm or suicide. Their views will help shape what we do now and in the future.

Do you or does someone you know need support with mental wellbeing?

Go to **www.healthysandwell.co.uk/mental-health-services-directory** for details of support available. For urgent mental health support, call **NHS 111** and select **option 2**.