





Somerset Suicide Prevention Strategy 2025 – 2030

If you need support.

	<p>This leaflet talks about suicide. It can be upsetting.</p>
	<p>If you need help, call Mindline on 0800 138 1692.</p> <p>This is a phone line for Somerset's service for mental health. It is open all day, every day. Mindline help people of any age.</p>
	<p>Mindline also has a webchat service, this service is open every day from 8pm to 11pm.</p> <p>Also use the link below:</p> <p>Somerset's Mental Health Alliance - Open Mental Health</p>
	<p>You can also call 111. Choose option 2 when you call.</p>



SHOUT

Text SHOUT to 85258. Shout is a free, private text messaging service, anytime day or night for anyone. They can help you with your mental health problems.



Open Mental Health

Open Mental Health is a website. They can help you with your mental health problems.

If you need help, you can fill out a form on the website.

[Somerset's Mental Health Alliance - Open Mental Health](#)



Healthy Somerset

Healthy Somerset is a webpage. It is made by Public Health at Somerset Council. You can find tips there to help your mental health. It shows where to get help if you need it.

[Support with your mental health](#)

Introduction



Suicide is when someone chooses to end their life.

our
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Together we care




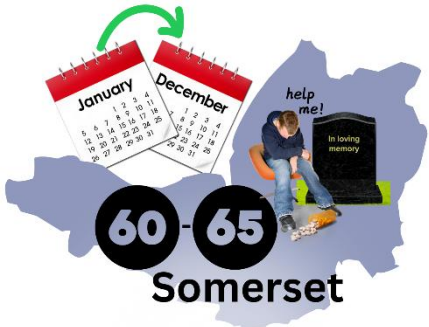
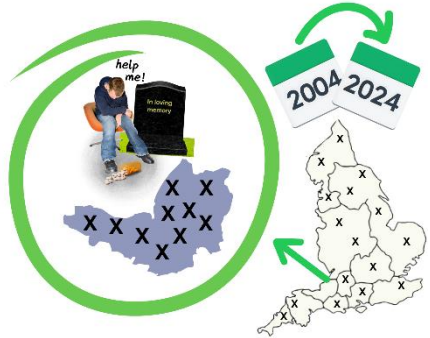


Somerset's Integrated Care System, also called Our Somerset, brings together all the groups responsible for the health and care of our communities in Somerset.

our
SOMERSET
Together we care



Together we made a plan to help stop people taking their own lives.






Why we wrote a plan.

	<p>Suicide affects many people and can make family, friends, colleagues and whole communities feel sad.</p>
	<p>In Somerset, about 60 to 65 people die by suicide each year.</p>
	<p>For the last 20 years there have been a few more suicides in Somerset than in other parts of England.</p>
	<p>We do not know why more people die by suicide in Somerset.</p>
	<p>More men die by suicide than women.</p>



We need to understand their reasons for suicide so we can do something to support them.

What we will do to reduce suicide in Somerset.

	<p>A Suicide Prevention Partnership brings lots of services together to help reduce suicide in Somerset.</p> <p>The Suicide Prevention Partnership reports to the Somerset System Mortality Group.</p>
	<p>They have a plan to follow each year.</p> <p>The plan shows what they will do to help.</p> <p>They have three main aims to reach, see below.</p>
	<p>1. Use facts and real stories to help reduce suicide. Listen to people's lived experience.</p>
	<p>2. Get everyone of all ages in Somerset involved. This includes schools, businesses and news places. With a message that we can all help reduce suicides.</p>
	<p>3. Make sure services are good for everyone and the services meet everyone's needs. That they make a difference and have a lasting effect.</p>