

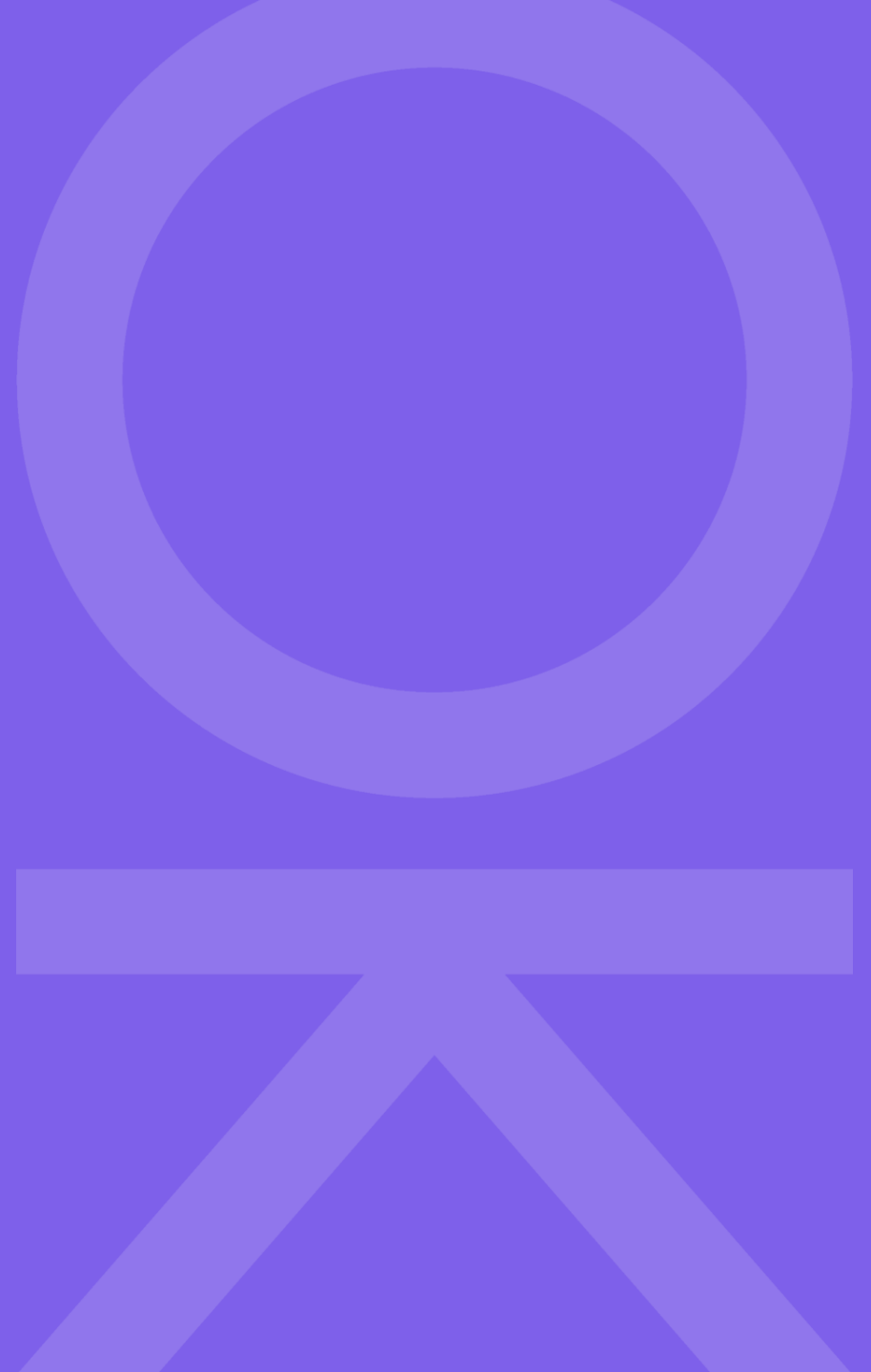
# Thrive LDN

Towards healthier, happy lives

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**Thrive** LDN  
towards happier, healthier lives



# What is Thrive LDN?

**[Thrive LDN](#) is a citywide movement to ensure all Londoners have an equal opportunity for good mental health and wellbeing.**

At its core, Thrive LDN is a participation-driven public mental health partnership that engages with and responds to the needs and insights of Londoners.

We are supported by the Mayor of London and the London Health Board partner.

Since March 2020, we have led the regional coordination of the Public Mental Health response to and recovery from the COVID-19 pandemic.

In May 2021, Thrive LDN was asked by the London Health and Social Care Leaders' Group to undertake a review of public mental health in London. The resulting report, [Towards happier, healthier lives \(2021\)](#), was endorsed by the London Health Board in November.

As a result of the review, the Thrive LDN Advisory Group has been consolidated as the key governing body, reporting directly to the London Health Board, for regional public mental health work across the partnership, tasked with determining the regional public mental health strategy, and maintaining oversight and accountability.

# What does Thrive LDN do?

- **Coordination:** We coordinate public mental health activities across the city working regionally, sub-regionally and locally. This involves, facilitating governance and system engagement, maintaining public mental health crisis response and recovery capabilities, and leading on several development areas.
- **Research and insights:** We synthesise and [publish available data and information on the mental health and wellbeing of Londoners](#). We deliver community insights projects to improve the representativeness and inclusiveness of available data and information.
- **Communications and campaigns:** We coordinate public mental health communications across the city, develop and distribute [Communications Toolkits](#) for partners, and lead and collaborate on numerous public mental health campaigns, such as [Great Mental Health Day](#) and the Transport for London Wellbeing Poster campaign.
- **Programmes and projects:** We lead the delivery of several regional public mental health programmes. These include, the [London bereavement support programme](#), [the Mental Health Recovery Mission](#), [Right to Thrive](#), [Suicide Prevention](#), and [Children and Young People's Mental Health](#).

# Suicide prevention as a regional priority

- **In London, more than 10 people take their own life each week.**
- Thrive LDN and partners share the ultimate aspiration of making London a zero suicide city.
- Thrive LDN is the regional lead for suicide prevention in London on behalf of NHS England and facilitate the multi-agency Thrive LDN Suicide Prevention Group to deliver citywide projects to prevent suicide and support those affected.
- Group membership spans 40 organisations across sectors. This includes London's police forces, first responder agencies, NHS England & Improvement, Office for Health Improvement and Disparities, Transport for London, Maritime & Coastguard Agency, London's five Integrated Care Systems (ICSs), London's 32 local authorities and the City of London, mental health trusts, universities and various third sector organisations. Plus, importantly, those with lived experience.
- We believe partnership working is paramount to creating meaningful change. Within suicide prevention, Thrive LDN particularly considers partnership working key in areas such as the data collection of suicides across London to inform methods of prevention.

# Suicide prevention actions for London

**Suicide prevention partnerships**



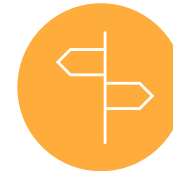
**Data insights**



**Community intervention**



**Enhanced signposting and support**



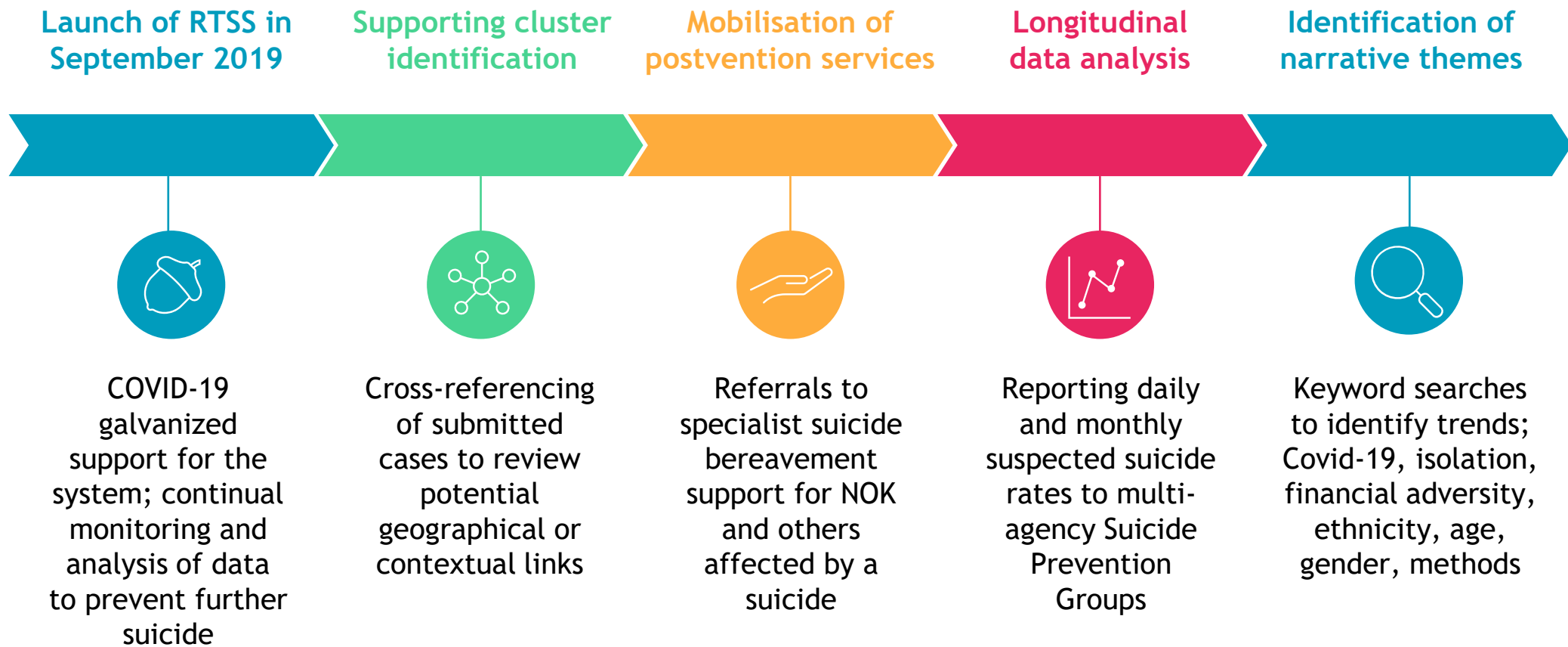
**Education**



**Resilience**



# Real-Time Surveillance Utilisation



# First Hand Proposal

## Developing a resource for people impacted by suicide in London

- ❖ The aim was to produce a resource - which could comprise of several parts - that will provide information and support to people who have been impacted by the suicide of someone they did not know.
- ❖ The primary audience is the general public, the secondary audiences are transport and frontline services who may be witness while at work to someone ending their life.
- ❖ The resource will be self-find/signposted and sometimes proactively offered.
- ❖ Specifically, the outcome should:
  - ❖ Provide information about what has happened, what someone might experience next (practically, emotionally)
  - ❖ Coping with feelings, risk factors, and when to see a professional
  - ❖ Be portable for frontline services to hand out, printable, and available on different digital devices
  - ❖ Be relevant for Londoners, and mindful of its potential use nationally.

# Guided by lived experience

A graphic with an orange background. At the top, the words "First Hand" are written in a large, white, sans-serif font. A white horizontal line is positioned below the text. To the left of the line, a white line-art illustration of a hand is shown, with the index finger pointing towards the text. Below the line, the words "Jo's story" are written in a smaller, white, sans-serif font. At the bottom of the graphic, a horizontal dotted line is drawn.



# Enhanced support & signposting

## 200 wellbeing 'grab bags' launched at 25 busiest tube stations

- London Underground (LU), in partnership with Thrive LDN, has launched a pilot 'grab bag' for staff to have on hand.
- Supports LU's ongoing safeguarding programme that trains staff across the network.
- Designed by Thrive LDN, the bags provide practical support to those in need as well as aiding staff in signposting to wider support services:
  - [First Hand booklet](#)
  - Wellbeing cards
  - NHS mental health crisis lines (CYP)



# Email signposting via RTSS



## Enabling targeted, specialist support

- ❖ The Thrive LDN Real-Time Surveillance System (RTSS) enables real-time referral of those impacted by a suicide to specialist bereavement services.
- ❖ SASP, the Metropolitan police and Thrive LDN developed additional email signposting, to provide information about the investigation and inquest, as well as support options.
- ❖ Similar functionality can be utilised to signpost all those impacted by a suicide to support, using content from First Hand.
  - ❖ Witnesses (public and professional)
  - ❖ Workplaces

# Appendix



# London Underground 'grab bags'



# Education

- With a focus on young Londoners, Thrive LDN commissioned Papyrus UK to provide suicide prevention education to schools, colleges, and London universities.
- The education programme trained close to 1,200 people in London across three different types of workshops: a 90-minute session, half day session and the accredited ASIST two-day course.
- Building on the success of this initiative, a further programme of work has now been commissioned to [deliver training across London FE/HE settings](#).



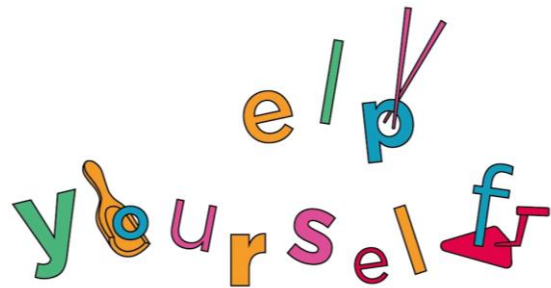
**PAPYRUS**  
PREVENTION OF YOUNG SUICIDE

# #ZeroSuicideLDN

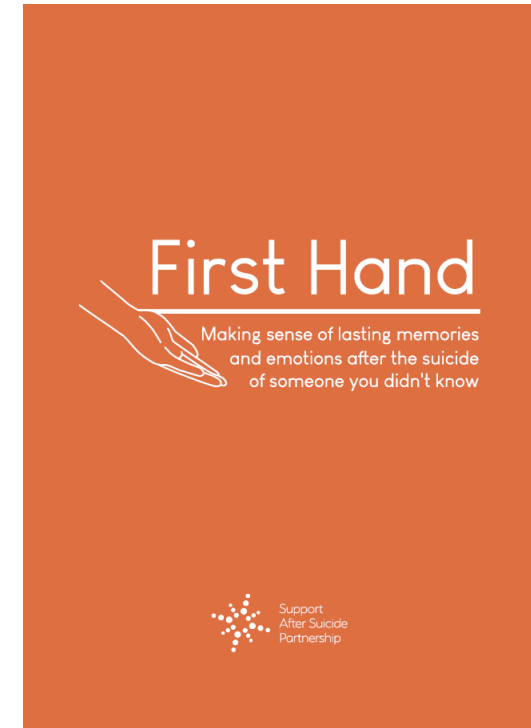
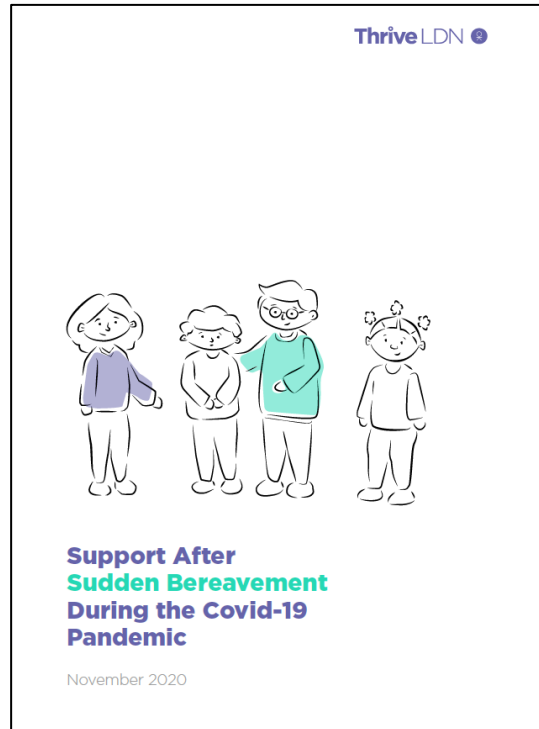
- The [#ZeroSuicideLDN campaign](#) was launched by the Mayor of London in September 2019.
- **Initial goal of 100,000** Londoners taking the Zero Suicide Alliance's free online suicide prevention training within twelve months.
- The **20-minute training** enables you to have a direct and honest conversation with someone who may be in crisis, so that you can help them to find support.
- **More than 300,000 Londoners** have now completed the training, helping to play their part in saving lives and looking out for other Londoners.



# Thrive LDN resources



and others to practical tools and activities to help your wellbeing



# ICS suicide bereavement services



- [NCL Support After Suicide Service](#) - Rethink Mental Illness
- [NEL Grief in Pieces: Support for Suicide Loss](#) - Mind CHWF
- [SEL Suicide Bereavement Service](#) - BLG Mind
- [SWL Suicide Bereavement Liaison Service](#) - BWW Mind
- [NWL Suicide Bereavement Liaison Service](#) - BWW Mind



# Thank you

If you have any questions please get in touch.

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