

Shropshire Suicide Prevention

March 2026

Suicide Data: Current Position

Suicide Rate - 3 year average 2022 – 24 (DHSC, Fingertips)

- Shropshire = 13.5 per 100,000 (119 deaths with a verdict of suicide)
- England = 10.9 per 100,000
- West Midlands average -10.5 per 100,000
- Significantly higher than both England and West Midlands average
- 7th out of 16 areas compared to statistical neighbours

Comparison to Regional and Statistical Neighbours

Area ▲▼	Recent Trend	Count ▲▼	Value ▲▼	95% Lower CI	95% Upper CI
England	-	16,657	10.9	10.8	11.1
West Midlands region (statistical)	-	1,664	10.5	10.0	11.0
Shropshire	-	119	13.5	11.0	16.0
Stoke-on-Trent	-	90	13.1	10.5	16.1
Worcestershire	-	202	12.4	10.7	14.2
Coventry	-	107	11.8	9.5	14.1
Solihull	-	62	11.0	8.4	14.2
Telford and Wrekin	-	55	11.0	8.3	14.3
Herefordshire	-	54	10.6	7.9	13.9
Staffordshire	-	238	10.1	8.8	11.4
Birmingham	-	284	9.9	8.7	11.1
Sandwell	-	86	9.8	7.8	12.1
Warwickshire	-	160	9.7	8.2	11.2
Wolverhampton	-	68	9.6	7.5	12.2
Dudley	-	78	9.2	7.3	11.6
Walsall	-	61	8.2	6.3	10.6



Area ▲▼	Recent Trend	Neighbour Rank ▲▼	Count ▲▼	Value ▲▼	95% Lower CI	95% Upper CI
England	-	-	16,657	10.9	10.8	11.1
Neighbours average	-	-	-	-	-	-
Cumberland	-	7	137	19.4	16.1	22.7
Cornwall	-	11	232	15.0	13.1	17.0
Westmorland and Furness	-	5	88	14.8	11.8	18.3
North Yorkshire UA	-	1	239	14.1	12.2	15.9
Northumberland	-	10	114	14.0	11.4	16.7
Cheshire East	-	15	148	13.7	11.5	16.0
Shropshire	-	-	119	13.5	11.0	16.0
Devon	-	14	297	13.5	11.9	15.1
East Riding of Yorkshire	-	6	130	13.5	11.1	15.9
Dorset	-	12	129	12.8	10.5	15.1
Somerset UA	-	4	172	11.4	9.7	13.2
Suffolk	-	8	215	10.7	9.3	12.2
Herefordshire	-	3	54	10.6	7.9	13.9
Wiltshire	-	2	137	10.0	8.3	11.7
Gloucestershire	-	9	171	9.9	8.4	11.3
West Berkshire	-	13	33	7.8	5.3	10.9



Source: Office for National Statistics

[Indicator Definitions and Supporting Information](#)

Insights on recent suicide risks

- **Coroner audit (2020 – 2024) themes mirror national patterns**

- Relationship breakdown
- Previous unmet chronic bereavement
- Financial stress
- Co-occurring mental and physical health conditions

- **From Real Time Surveillance**

- Men 60% male, 40% female (slightly higher rate in females compared to England average)
- August and December (the highest monthly total for 2024-25 and 2025-26 to date).

- **Themes**

- Mental health conditions - most common
- Substance use
- Previous overdose/self-harm
- Physical health/chronic pain
- Complex serious mental health
- Relationship breakdown
- Domestic abuse
- Financial concerns
- Parenting struggles
- Emerging ADHD – diagnosed/suspected
- Loneliness
- Homelessness

1. Community Action: Orange Button + Outreach

- **Orange Button Community Scheme launched Sept 2025**
 - Recruit visible network, trained volunteers,
 - Signposting and Stigma Reduction
 - Currently 171 OB holders and 160 registered to train
- **Outreach Events**
 - Samaritans Ending Stigma Together seminars
 - Market staff engagement across Shropshire towns
 - Feedback from the events was positive and promoted local offers including the Suicide Bereavement Service
- **Comms**
 - Refresh of Pick up the Phone You Are Not Alone (aim to launch May 2026)
 - Review of local website information (Healthy Shropshire, Safeguarding and ICB)
 - System Partner Call to Action (within the HWWB Report)

2. Clinical & frontline practice shift: Safety Planning

- **GP/Primary Care Suicide Prevention Toolkit**
 - Launched April 2025
 - Purpose to support identification of risk, co-produce safety plans, connect to appropriate support
- **Priority - Staying Safe from Suicide Guidance (NHSE, 2025)**
 - Prioritise effective safety planning over traditional risk assessment
 - Free training available for all at [MindEd Hub](#)
- **Review of CYP Suicide Care Pathways**
 - Multi agency task & finish group established

3. Workforce & System Learning

- **Subsidized workforce suicide prevention training offer in place**
 - [ASSIST](#) (2 day workshop) delivered 5 times in 2025 and further 2 in 2026 planned
 - Local [Suicide Prevention in our Communities](#) course established (3 hours) – 60+ to date
 - [STORM](#) training: 45 trained (May 2025 – Feb 2026)
- **Training Matrix published**
 - Suicide, self-harm and bereavement
 - Help partners navigate training most appropriate for different workforce tiers
- **Suicide Death Learning Review panels established March 2026**
- **Expansion of Real Time Surveillance**
 - Currently supported by teams from
 - Social Care
 - Health (physical and mental)
 - Substance Use
 - Criminal Justice
 - Financial and welfare support
 - Housing
 - VCSE
 - This has improved both data quality and reporting.
 - Recent focus on asking about known neurodivergence and chronic conditions

Partner Call to Action

- Review current identification and response to suicide risk within your services for delivery of the **Staying Safe from Suicide guidance**
 - To support building workforce confidence and capability for **safety planning** approach with patients/service users where concern for suicide are identified
- Promote the new **Training Matrix** along with opportunities for staff to access suicide prevention training relevant to their grade/role.
 - Particularly for those who work most frequently with higher risk and vulnerable cohorts
- Promote awareness of the **Orange Button Community Scheme** and opportunity for recruitment of OB Volunteers (which includes access to free training and support resources)
- Continue to promote awareness of **local support contacts**

Local Support for Concerns About Suicide

- **Samaritans** – Call or text **116 123** (24/7) | Email: jo@samaritans.org
- **Papyrus** – For under 35s | Call **0800 068 4141** | Text **07860 039967**
- **Shropshire Mental Health Support** – Visit www.shropshiremhs.com | Call **01743 368 647**
- **Shout Mental Health Text Line** - Text **'STW'** to **85258**, free of charge and at any time, to start a conversation with a trained mental health professional
- **NHS 111** – Select the mental health option (24/7)
- **FREEPHONE 24/7 Urgent NHS Mental Health Helpline** 0808 196 4501 or email access.shropshire@mpft.nhs.uk
- **Shropshire Rural Support** – Call 0300 123 2825 (or text 85258)
www.shropshireruralsupport.org.uk
- **Bereavement Support** – Call **0345 678 9028**
- **Local & National Resources** – Visit shropshire.gov.uk/suicideprevention
- Further information about local support is available via: [Healthy Shropshire | Shropshire Council](#) and [Suicide concerns and prevention | Shropshire Council](#)