

An aerial photograph of the Torbay coastline, showing a mix of residential housing, green fields, and a large body of water. The text is overlaid on the right side of the image.

# Suicide Prevention

Torbay Public Health Team  
Nov 2025

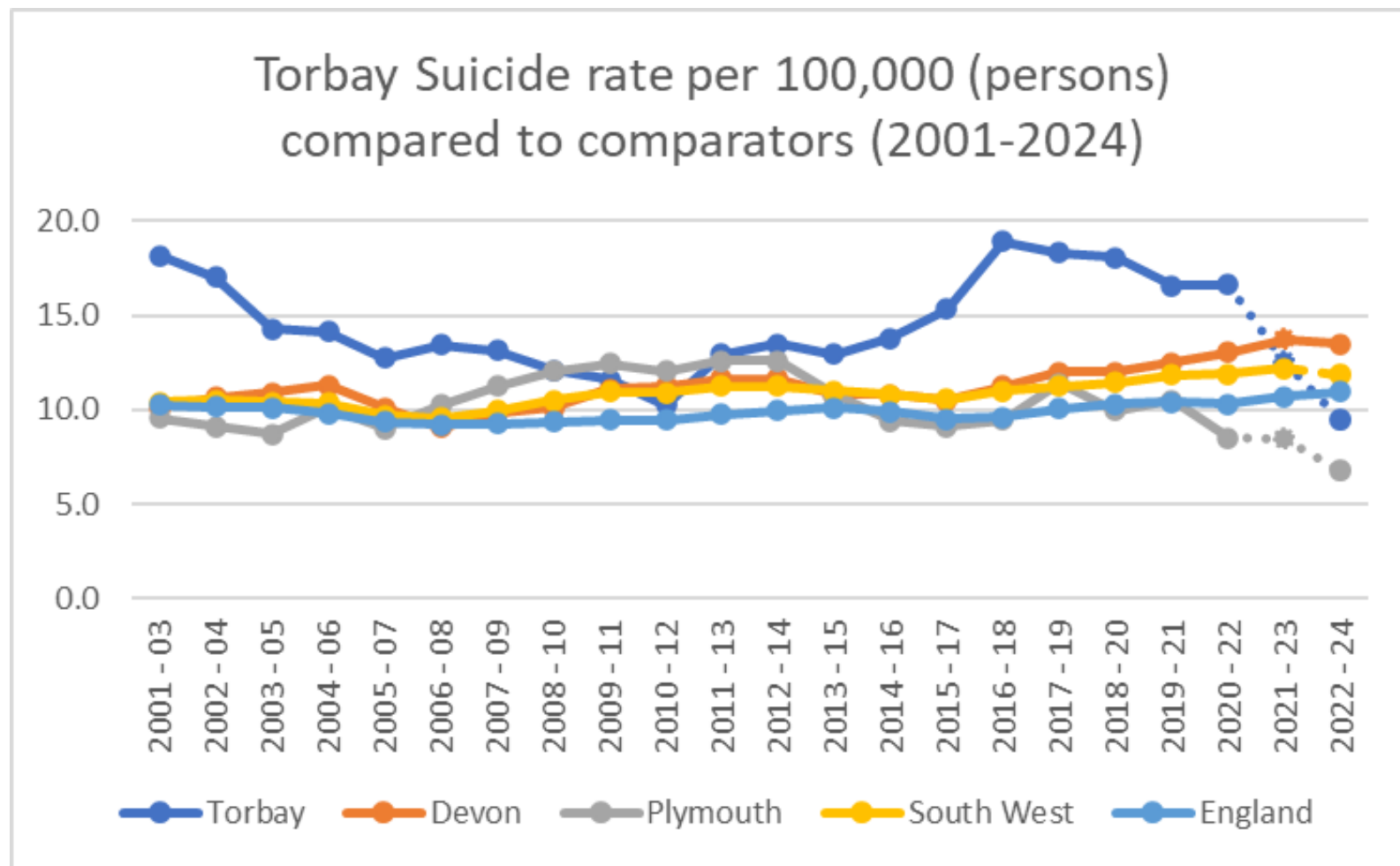
**TORBAY COUNCIL**



# Statistics

## In Torbay per year:

- 20 people die by suicide
- 2,700 are impacted
- £29.2 million cost to the local economy



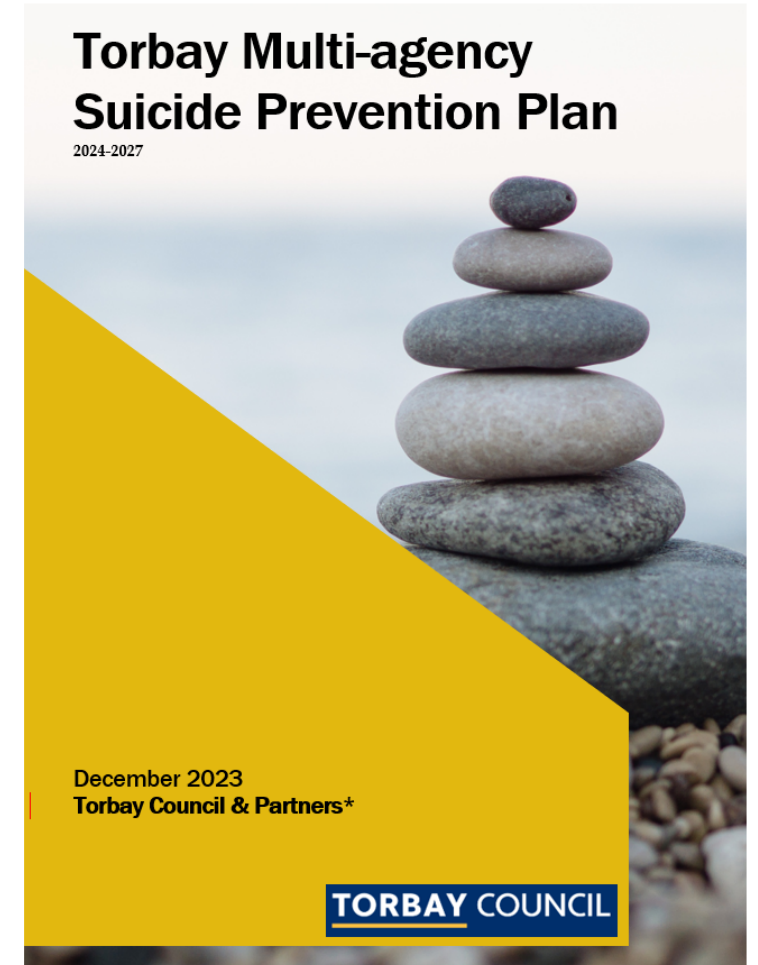
# Torbay Suicide Prevention Action Plan – 2024-27

## Aim:


- Continue our consistent downward trajectory towards the **regional average**

## Action areas:

1. Ensure mental health and emotional support is accessible to all
2. Acknowledge and work with Torbay's risk factors for suicide
3. Harness passion, commit to collaborate and pool resources to reduce suicides



# Priority 1: Ensure mental health and emotional support is accessible to all



## YOUNG MINDS MATTER

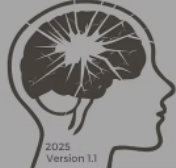
Mental health and wellbeing support in Torbay

TSPP

2025 - Version 1.0.2

Clickable links in PDF

| Self Help / Advice   | Getting Help  | Need Help Now!  |
|--|---|---|
| <p><b>YOUNG MINDS</b></p> <p>Online self help for young people</p> <p><b>THE MIX</b></p> <p>Information and support for under 25's</p> <p><b>NHS Every Mind Matters</b></p> <p>Simple and practical self help for anxiety, low moods and better sleep</p> <p><b>5 Ways to Wellbeing</b></p> <p>Local wellbeing approach</p> <p><b>Mind</b></p> <p>Mental health organisation</p> | <p><b>koeth</b></p> <p>Anonymous, free and easy to use online support</p> <p><b>YOUNG DEVON</b></p> <p>Support for young people aged 11 to 25</p> <p><b>MHST</b></p> <p>Mental Health Support Teams in Torbay schools</p> <p><b>Checkpoint, Torbay</b></p> <p>Phone, online &amp; face to face help for aged 8-18</p> <p><b>Getting More Help</b></p> <p><b>cfhd</b> Children &amp; Family Health Devon</p> <p>For support with severe ongoing mental health issues</p> <p><b>(CAMHS) - 03300 245321</b><br/><b>(out of hours)/ 0300 555 5000</b></p> | <p><b>shout 85258</b><br/>here for you 24/7</p> <p><b>NHS First Response</b></p> <p><b>Need urgent mental health support?</b><br/>Text <b>Shout</b> to <b>85258</b></p> <p><b>Are you in a mental health crisis?</b><br/><b>Call 111</b></p> <p><b>Need to talk 24/7</b></p> <p><b>Hopeline 0800 068 41 41</b></p> <p><b>"it's ok to ask for help" 116 123</b></p> <p><b>PAPYRUS</b></p> <p><b>SAMARITANS</b></p> <p><b>childline</b></p> <p>Childline.org.uk<br/><b>0800 1111</b></p> <p><b>If your life is in danger call 999</b></p> |



## YOUR MIND MATTERS

Adult Mental health and wellbeing support in Torbay

TSPP

2025 Version 1.1

Clickable links in PDF

| Self Help / Advice  | Get Help  | Get More Help  | Need Help NOW!   |
|---|---|--|--|
| <p><b>5 Ways to Wellbeing</b></p> <p>Wellbeing approach</p> <p><b>NHS Every Mind Matters</b></p> <p>Practical self help</p> <p><b>Mind</b></p> <p>Mental health organisation</p> <p><b>The Mix</b></p> <p>Support for Young Adults</p> <p><b>The Joy App</b></p> <p>Service directory</p> | <p><b>Talkworks</b></p> <p>Devon's NHS Talking therapies service<br/>Call 0300 555 3344</p> <p><b>Torbay Community Helpline</b></p> <p>Advice, support, and practical outcomes. Call 01803 446022</p> <p><b>Contact Your GP</b></p> <p>Your GP can offer support &amp; refer you to other services</p> <p><b>Devon Clinic</b></p> <p>Affordable counselling<br/>Call 01803 446022</p> | <p><b>Torquay Mooring</b></p> <p>Online, face to face and phone support<br/>Tel: 07483 991 848<br/>24/7 helpline: 0800 470 0317</p> <p><b>Devon Mental Health Alliance</b></p> <p>Mental health support and advice services across the county</p> <p><b>Community Mental Health Team</b></p> <p>Your GP can refer you to this NHS service to support you if you are struggling</p> | <p><b>NHS 111</b></p> <p>If you are in Mental Health Crisis, call <b>111</b> and select Mental Health (24/7 service)</p> <p><b>Shout 85258</b></p> <p>If you need Urgent Mental Health support but don't feel you can talk to someone<br/>Text <b>Shout</b> to <b>85258</b> (24/7 service)</p> <p><b>Samaritans 116 123</b></p> <p>Need to talk? It's ok to ask for help. Call 116 123</p> |

**If your life is in danger call 999**

# Priority 1: Ensure mental health and emotional support is accessible to all



Torbay Community Helpline  
Support with basic needs  
(18+)



Torbay Age UK  
Emotional support (18+)

Supportive phone-calls/conversations

Warm signposting

Counselling (trainees)


Complex therapeutic support

## Priority 2: Acknowledge and work with Torbay's risk factors for suicide

| %   | Torbay suicide audit (2017-22)                                 |
|-----|--|
| 75% | experienced some form of <b>isolation</b>                      |
| 70% | had one or more <b>mental health conditions</b>                |
| 50% | previously <b>attempted suicide</b> (majority 1-2 attempts)    |
| 45% | live in the 20% <b>most deprived areas</b> in England          |
| 42% | had a <b>chronic physical condition</b> – 31% had multiple     |
| 33% | had <b>substance misuse</b> issues                             |
| 33% | had experienced an <b>ACE</b> – 50% had multiple               |
| 32% | had experience of <b>domestic abuse and/or sexual violence</b> |
| 32% | have experienced <b>bereavement</b> – 59% suicide bereavement  |
| 24% | had a history of <b>self-harm</b> that was known               |





# Priority 2: Acknowledge and work with Torbay's risk factors for suicide




**Torbay Suicide Prevention**  
Call 999 or go to A&E now if someone's life is at risk.

**I want to talk**


 [HOPELINE247 | Papyrus](#)


 [Samaritans - Here to listen](#)

**I want to talk in person**

 [The Moorings @ Torquay](#)

**I want to Text**

 [Get help - free, 24/7, confidential mental health text support service](#)

 [Under 18's support: \[www.kooth.com\]\(http://www.kooth.com\)](#)

**I want to access support**

## Relationship ended?

Relationships bring joy and growth, but not all last forever. Ending a relationship can be emotional, with feelings ranging from sadness to hope. It's important to acknowledge and process these emotions, giving yourself time to grieve.

While difficult, the end of a relationship can also be transformative. Embrace the change, focus on the positives, and find strength in new beginnings. Stay strong, take care of yourself, and look forward to new adventures.

### Be kind to yourself:

- Relationships can end for many reasons; you are not alone.
- Routine tasks may feel harder now. Give yourself time to adjust.
- Treat yourself with the same kindness you would a friend.

### Help yourself by:

- Talking to someone. Many organisations are there to listen.
- Taking care of your body. Eat well, rest, and seek help if needed.
- Joining a group or walking with a friend for distraction.
- Finding a community where you feel you belong.

The end of a relationship may bring about practical concerns; housing, financial worries, etc. The Torbay Community Helpline ("one call - that's all") is a good source of information, further support and advice. The Helpline works closely with specialist organisations in the local community and voluntary sector to provide advice information and support through a dedicated referral pathway. Members of the public can call the **Torbay Community Helpline Telephone 01803 446022**

More information available at: <https://www.torbaycommunities.com/torbay-community-helpline/>

### Five Ways to Wellbeing - ways to improve our mood and our wellbeing include:



Being active is great for your physical health and boosting your mood



Connecting with others and good relationships are important.



Learning new skills and doing new things



Paying attention to the present moment



Acts of giving and kindness

Credit: Public Health, Devon County Council



**Life gone sideways?**



**Get help that actually helps**

**At Breaking point?**  
Whatever your age or experience there is help available

**Vibe Check**  
Maybe you are feeling low, lost someone you love or care about or worried about your actions. Taking action shows strength.  
If you are feeling suicidal, know there are people you can speak to and get help from. Use this QR code to find out about services that can help you now.



[URL: <https://linktr.ee/torbayspp>](https://linktr.ee/torbayspp)

**Worried about?**

- ✓ Money?
- ✓ Feeling alone? Isolated?
- ✓ Child contact issues?
- ✓ Housing/ homeless?
- ✓ Gambling?
- ✓ Alcohol - drugs?
- ✓ Relationships or abuse?
- ✓ Veteran?



[URL: \[www.areyouok.co.uk/life-gone-sideways/\]\(http://www.areyouok.co.uk/life-gone-sideways/\)](http://www.areyouok.co.uk/life-gone-sideways/)



# TORBAY

BATON  
OF  
HOPE

#BringHope2TheBay



[www.torbaybatonofhope.com](http://www.torbaybatonofhope.com)

[www.facebook.com/BatonOfHopeTorbay/](https://www.facebook.com/BatonOfHopeTorbay/)

**TORBAY** COUNCIL



# Tour25

- 20 cities, culminating in London
- **Baton of Hope Torbay**
  - Only area selected in South West
  - Tuesday 30<sup>th</sup> September
  - Including all three towns
  - Over 100 baton bearers signed up



# Priority 3: Harness passion, commit to collaborate and pool resources to reduce suicides

## **Torbay Baton of Hope – Tuesday 30<sup>th</sup> September 2025**

Community-driven where possible, including the three towns of Torbay

Use existing assets and relationships to best effect

Real people, real stories, real places

Inclusive as possible whilst highlighting populations who have an increased risk of poor mental health and suicide

Having an open conversation about suicide but focusing on hope and wellbeing

# Walking relay Pit-stops Transport Events







# Achievements

- Over 100 residents applied to be baton bearers, 86 people walked on the day
- Over 100 volunteers helped to make the day a success
- Over 50 organisations who contributed (lots of gifts in kind!)
- The baton bearers and volunteers collectively walked a 14-mile route (36 miles inc. other transport)
- Over £5,000 was raised in sponsorship by Torbay Communities (commissioned)
- Over £9,000 raised via ticket sales and donations for the suicide prevention grant fund
- ~£15,000 was raised for Baton of Hope UK – over £9,000 raised by a single baton bearer
- ~60 attended the senior leader event. ~250 attended the BIG Show of Hope
- Over 600 people (and counting) signed the Torbay Baton of Hope Legacy pledge
- The Facebook Page has 1.1K followers. Over a third (37%) followed the page on the day/post event
- BBC, Devon Live, ITV News, Torbay Weekly, Torbay Today, Dawlish Today, Radio Exe, DevonAir Radio, Riviera FM
- **Overwhelmingly positive feedback!**

# Feedback

*“You did the most fantastic job to arrange this, from beginning to end, it was perfect. I have had suicidal thoughts most days for over a year now, and this is unfortunately ongoing. On Tuesday though, I felt so strong and supported and very lucky to be alive. I have made an appointment with one of the supporting agencies to keep myself well.”*  
Baton Bearer

*“Unfortunately, I have found out about yesterday's event too late to attend or join in. Can I ask for information to join and support please?”* Be You Wellbeing Hub

*“...poignant, powerful and joyous all in one. It was perfectly organised with great representation from all the organisations who offer support. Personally, I found it a day full of mixed emotions – one-minute tearful listening to some of the stories of loss and the next minute, enjoying the music or the singing of local primary school children.”*  
Healthwatch & Paignton Community Hub



# Legacy



- **Process and impact evaluation**
- **Create a photo gallery, display artwork created and host a thank you event**
- **Showcase the Baton of Hope Torbay documentary film**
- **Enable peer-support for local baton bearers**
- Collaborate with Sound Communities, local schools and Papyrus to distribute age-appropriate suicide prevention resources and training within education settings
- Continue to scope a community art piece that speaks to people who may be struggling, inspires hope and signposts to appropriate support
- Repurpose the Baton of Hope Torbay Facebook Pages and website for general usage by the Torbay Suicide Prevention Partnership.
- Administer the suicide prevention community grant pot (scoping match funding) to extend and grow new grassroots initiatives (with input from baton bearers)

# One Devon ICS suicide prevention plan



- Currently each LA has their own suicide prevention action plan
- Agreement to **move to a single, ICS wide, action plan** with core system partners
- Ambition to still **maintain focus on local priorities** within the shared plan and through local suicide prevention partnerships
- **Accountability to each LA HWBB** will continue with annual reports

# Benefits

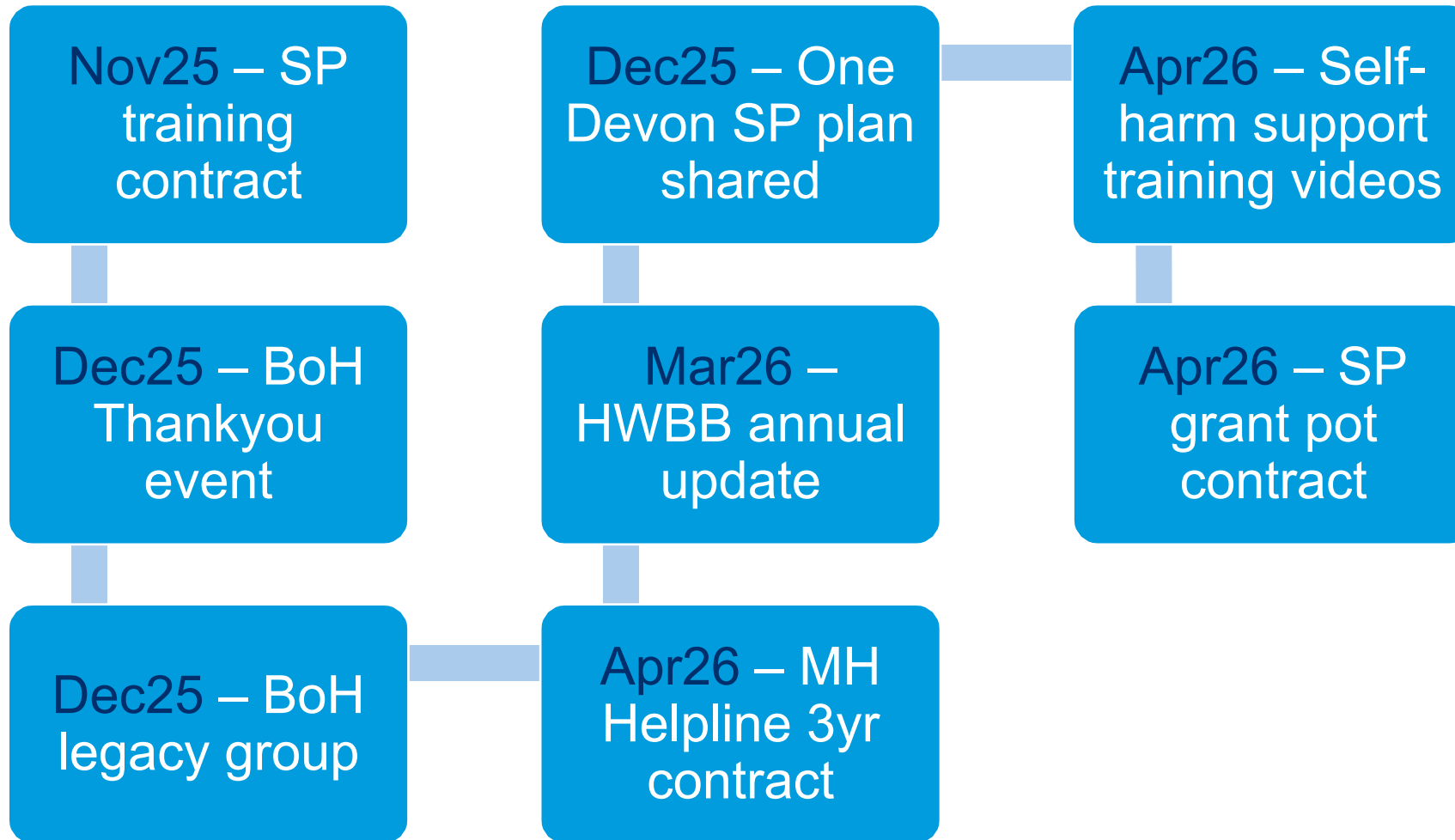
- Reduce duplication and maximise limited resource
- Likely boundary changes with local government reorganisation
- Enhanced system approach
- Stronger collective voice for awareness and action
- Precedent for single plans across ICS



# One Devon Suicide Prevention Activity

- Continuing to deliver suicide bereavement support, real-time surveillance and workforce suicide prevention training
- Bespoke suicide prevention training for GPs
- Engaging with the media to improve reporting on suicide
- Creating self-harm support training resources
- Disseminating the updated It's Ok to Talk About Suicide Z-Card
- Creating a Safety Plan Z-card to supplement the above

# Next 6 months



# Suicides where people had moved to the area within a 5yr period (17-22 coroner audit)

- 14% of people had or were likely to have moved into Torbay within a 5yr period.

\*Please note that this data may not be well captured by coroners' files or have been consistently captured by a range of data auditors.

Following Durkheim's theory of social integration as a determinant of suicide (Émile Durkheim, 1951), the disruption of social ties as a result of residential moving might weaken social connections and regulations that restrain individual actions, such as suicide. Moving might also be a stressful life-event in itself (Morris et al., 2018), often triggered by other life-events such as unemployment, eviction or change in relationship status which have detrimental effects on mental health (Tunstall et al., 2015) and suicide (Turecki and Brent, 2016).



## More info:

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