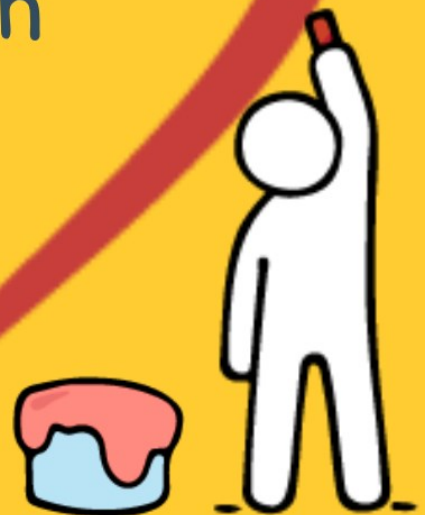


# Kent and Medway Suicide and Self-Harm Prevention Strategy 2026-2030

Consultation Report  
November 2025

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[www.kent.gov.uk/  
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## **Executive summary**

### **How was the draft Strategy developed?**

- The Strategy was developed by both Kent and Medway Suicide and Self-Harm Prevention Networks (for adults and children).
- The Networks are partnerships of over 250 organisations and individuals living with experience of suicidal thoughts, self-harm or bereavement by suicide.

### **How many people responded to the consultation?**

- 149 responses were received through the online questionnaire.
- 2 questionnaire responses were received by email.
- 2 additional comments were received via email.

### **Who responded to the consultation?**

- 79% of responses were from individual residents of Kent and Medway.
- 7% of responses were from voluntary sector organisations, 3% were from educational settings, and a further 3% were on behalf of a family member or friend.

### **What did respondents tell us?**

- The majority of respondents supported the draft Strategy. 89% agreed with the vision, 88% agreed with the mission, and 91% agreed with the values.
- The majority of respondents (93%) also agreed with the priorities set out in the Strategy, which include making suicide everybody's business by maximising collective impact, and providing specialist suicide bereavement support.
- There was strong support for the identified high-risk groups within the Strategy, with 90% of respondents agreeing with the groups listed.
- Some respondents felt that other groups of individuals should be considered high risk, particularly the LGBTQIA+ community, the neurodivergent community as a whole (as opposed to only autistic people), and women.
- Other respondents commented that focussing on a particular group(s) was inappropriate as anybody can be at risk of suicide. They emphasised the importance of a Strategy that works for all.
- For the purpose of the consultation report, we have highlighted the most prominent themes for each question in the analysis below.
- One of the key recurring themes advocated for suicide prevention training to equip as many people as possible with the skills required to identify when somebody may be at risk of suicide, and the actions to take accordingly.

- Another recurring theme was the need for the Strategy to be supported by available, accessible and robust mental health support services in addition to local community-based support, such as peer groups. The importance of multi-agency collaboration was frequently cited across the responses.
- It was suggested that these services should be supported by a range of visible and appropriate campaigns - particularly at high-risk locations - to enhance wider awareness and increase the likelihood of people taking up support when needed.
- Less frequent themes that occurred throughout the responses included the impact of intersectionality, the importance of involving those with lived experience, stigma, and the value of trauma-informed care.
- For children and young people (CYP) specifically, the role of schools and other education settings in suicide prevention was a consistent theme, as was the role played by friends, family and wider networks. Online harms and social media were highlighted as something as a particular risk to CYP.

#### **What will change as a result of the consultation?**

- The draft Strategy will be amended to take into account the feedback received. Details of what has been changed will be included in a 'You Said, We Did' document which will be made available on the Let's Talk Kent webpage.
- An action plan will be developed which sets out the details of how the Suicide Prevention Programme will seek to fulfil its priorities.