



Suicide Prevention and Mental Health Promotion Project

The Survey Findings Report

The survey was conducted during October 2023-March 2024

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1. Introduction

The BME Health Forum was commissioned by Rethink and the NHS to work in collaboration with four BME grassroots organisations to conduct a survey regarding suicide prevention and mental health with one hundred residents. Our partner organisations for this project were: **Abdul Mageed Educational Trust, Education and Skills Development Group, Iranian Association** and **Sudanese Community & Information Centre**. They are based in Westminster, RBKC, Hammersmith, Fulham, and Ealing. However, some of their service users are coming from other boroughs including Hounslow, Brent, Harrow, Camden, Hackney and Hillingdon.

2. Methodology

Our partners conducted 121 face-to-face or over the phone interviews with one hundred clients from diverse of backgrounds to complete a survey to understand their awareness about the issue of suicide, the mental health services available and their accessibility, the stigma associated with suicide and mental illness and suggestions to improve provision and accessibility. Our partners interviewed service users at their coffee morning sessions, social events and other regular activities.

3. Demographic data of participants

| Gender | Ages | Ethnicities | Languages spoken (mother-tongue) | Boroughs |
|-------------|-----------|---------------|----------------------------------|-----------------|
| Male= 32 | 65+= 7 | Sudanese = 25 | Arabic = 30 | Ealing =27 |
| Female = 68 | 55-64= 8 | Iranian =25 | Farsi =25 | Westminster =20 |
| | 45-54= 23 | Somali =18 | Somali =18 | Brent = 13 |

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|--|-----------|------------------|-----------------------|----------------------------|
| | 35-44= 22 | Pakistani=5 | English =12 | Hammersmith and Fulham =10 |
| | 25-34= 27 | White British =5 | Urdu = 5 | RBKC=9 |
| | 25-18= 13 | Black African =4 | Bengali =2 | Harrow =5 |
| | | Caribbean = 4 | Tigrinya =1 | Camden=3 |
| | | Egyptian =2 | Kurdish= 1 | Newham =3 |
| | | Bangladeshi =2 | Frensh =1 | Slough =3 |
| | | Djiboutian =1 | Swahili =1 | Hackney =2 |
| | | Algerian =1 | Hindi =1 | Tower Hamlets =2 |
| | | Eritrean =1 | Turkish =1 | Hounslow =1 |
| | | Mixed =1 | Portuguese/English =1 | Richmond =1 |
| | | Indian =1 | Russian =1 | Hillingdon =1 |
| | | Russian =1 | | |
| | | Moroccan =1 | | |
| | | Turkish =1 | | |
| | | Black British =1 | | |
| | | Iraqi=1 | | |

4. Findings

Our survey contained 13 questions, which the participants answered as below.

4.1 Do you think mental health is discussed enough in your community? Explain in more details.

84% of participants said no, and their quotes are below:

Most people do not know what mental health is. They think it is bad to talk about mental health issues. People will think that they are crazy.

Mental health is a significant issue and so many people are suffering due to long time health conditions, economy, and political issues. Training might help many people to cope with problems.

We need to go to some places to talk to someone.

There is not enough resources in my language about mental health.

I cannot even talk about my mental health easily.

Because there is a lack of information and support to teach people to feel free to talk about it.

Not enough, we need to know more about mental health.

Not enough at all. People have not enough knowledge about it.

Most people do not know what mental health is. And those who know will not talk about it.

Mental health is a serious issue and so many people are suffering due to long time health condition and as it is difficult to talk about it within family and friends, people are struggling so much.

People are shy or scared to talk about it.

Not enough, we need to talk about it more, so people have more knowledge about it.

Because there is a lack of information and support to teach people to feel free to talk about mental health.

I feel that it is very talked about due to the prevalence and visibility. Unlike other more affluent towns in London where mental health may be less visible outside, I feel that in Harlesden because it is so visibly prominent on the streets, I feel that many residents have a strong hyperawareness of mental health as an issue. However, that being said, I still don't think that adequate action is being taken by the Council to support those impacted by mental health. This I feel is due to sociocultural factors in discrimination (minoritised area which is not properly and adequately policed or supported by the government.

We are from the Middle East, we lived in a very bad situation including trauma, flash back, domestic abuse, public attacks, anxiety and other mental health issues.

I do not think how much mental health impact all aspects of your life discussed enough. There is a stigma attached to mental health. Some people find it hard to express their needs and ask for the correct help. The war in Sudan effecting many Sudanese people. I have seen a rise in conversations about self-harm.

We still do not explain more and talk about mental health issues.

Mental health is still a taboo in some communities who believe in spiritual and religious treatment and causes of mental health such as demons Jinn and evil spirits and evil eye. This still not a clear subject within distinct cultures, as well as people do not feel supported by the NHS Mental Health services.

Not enough at all. People have not enough knowledge about it. And do not know where to get help from specially for newcomers to the UK.

14% of participants said yes, and their quotes are below:

Regarding mental health I always have received support from the Iranian Association, and I will always go to them if I have any issues.

Recently they talk about it a bit more but still not enough.

Now I can see they talk about it more than before.

I always received the help as I knew where to go.

Recently I have heard more about it, but you cannot say everything.

It is still not enough but now I can see they talk about it more than before.

I think these days they talk about it a bit more but still not enough.

4.2 Do you think that people in your community are able to seek and receive the help they need for mental health problems? Explain in more details.

71% of participants said no and their quotes are below:

People struggle to access services.

I feel this is because; I don't think there is enough support provided by the community and local MP, however, also due to sociocultural barriers that are specific amongst the different ethnic communities here. In Harlesden, demographics are high density of Somali community, high Jamaican, and prevalent Moroccan community; each cultures face their own barriers into accessing support. For all, I would say one factor is stigma around shame, but also for Jamaicans, like Brixton, I feel that there is quite a prevalent racialised culture of policing against Black Caribbean community and so this is also a further factor in Jamaicans speaking out and seeking support in that they are already stereotype and dismissed.

This is due to the long waiting list and language barriers.

Most people do not know where to start when looking for mental health support and the GPs do not refer often. When they do it could take months before any support provided due to the long waiting list and language barriers.

Due to many problems/languages' issues /fear.

There is still fear of stigma and stereotyping. People are afraid to confess mental health distress because they are afraid for example that social services might take away their children.

The waiting time is too long and when accessing sometimes they cannot express themselves, due to a language barrier.

I think the Language & stigma will be barrier for that.

They feel they will be considered having mental health problems such as abnormal and crazy.

Women feel threatened their children will be taken away from them.

They need more workshops to become aware of mental health issues to understand and need help and support.

More hubs to provide awareness sessions and to be opened for all.

They still scare to access mental health issue and most of communities' members they do not admit it . They do not talk or explain their issues.

No, services have limited access and availability and long waiting lists.

In our community only few, those who are healthy individuals can access the support they require for mental health issues due to significant gap in a reliable resources and lack of preferences.

There is help available but most of the people in my community lack the knowledge to understand the mental health issues they are facing.

Not all of them as they feel shame about mental illness.

They don't want to be labelled as abnormal person.

They often feel like they do not have anyone to talk to or to whom to talk.

People of colour in the system are often marginalised or misdiagnosed and misunderstood.

Black men are often seen as aggressive or dangerous.

Because there is a collective view amongst the majority that if you ask for help, you are deemed as weak.

People in my community cannot seek help, they are worried about what others say.

No, some people are not aware of any support that is available or are ashamed to approach support. They are not able to seek help they need for mental health problems as they are scared people will point out to them as crazy.

There are not enough adverts help for people to seek out. People do not know where to start.

I think they are afraid of being talked about.

People are too afraid to ask for support.

As mental health is not discussed enough. Many people are not able to seek and receive help from people who understand.

To get help you have to believe in mental health.

We need more awareness.

Because people say it is nothing just the extra thoughts.

There is no access to help and support.

Most people do not know where to go for specialist help or support. They don't know people who have experienced the same situation.

*I see many people need help but no help.
I don't know anyone in my community has these skills.
For some it is ok to seek help, but the majority are not seeking help when they need it.
Because they will be signed as insane.
Lack of resources for young people and in marginalised communities. The available resources are not shared in an effective way.
People struggle to access services.*

19% of participants said yes and their quotes are below:

*Visit GP to access support.
From local community I can receive support.
Through GP there is accessibility, but early signs of mental health can go undetected.
There are many places' people can seek support if they are feeling suicidal.
It is easy to get help, but people do not want to be helped.
People understand they can always ask for help when they are stressed out.
I think GP can refer patients to the right directions and other organisations, charity, and women groups.
They can seek help but might not get the support they need.
Several places to reach out.
People within my demographic are able to access support they need.
They can see access through GP, but they give up after that to chase it as the NHS make difficult to access.
If it is diagnosed then definitely there are Centres, which helps but unfortunately most of the times people avoid or hide these types of issues.
Yes, people can find help but naturally avoid getting it.
We need more awareness on the subject matter.
Yes, there is, but without others knowing in their community.
We have places you can attend for support.
I believe online websites make it easily accessible for people to see the needed support.
For the people who acknowledge they have mental health issues and seek for solutions, but not for people who acknowledge they have mental illness but have language barriers.
There are many facilities and programmes available for people to access and it is widely spoken about and encouraged in schools and in workplaces.
The NHS is there to support and schools raise a lot of awareness and have good facilities- not so much at home.*

4.3 What do you think is the role that language and culture play in how your community access mental health support?

100% of participants said the role of language and culture is very important and their quotes are below:

*Language and culture play a significant role in accessing mental health support specially for first generation of migrants and refugees.
Language and culture are both the most principal factors in every one's life.
It is very important as so many Iranians do not speak English.
It is especially important as it is much more helpful if you can talk about how you feel in your language.
It is especially important to be able to express your feeling in your own language.*

Role of language is especially important as you can express your feeling much better. It is especially important as you need a place to be able to express yourself by your own not through an interpreter.

Of course, language is particularly important and have someone to talk to in your language is important too.

Language has a significant effect as you feel more confident to talk about your problem. Particularly important as for myself I have a better feeling when I can express myself in my own language.

Very important. I had the talking therapy before but as it was through an interpreter, and it did not help me as much as I could not express my feelings. Now I have it in my language and I saw the changes in myself.

Very important specially for those who do not speak English like me It is very important as so many Iranians do not speak English.

It is very important as it is much more helpful if you can talk about how you feel in your language.

Many people are new in the country and do not know the language.

Language is a key role in accessing mental health as you can talk to someone if you feel down. And if needed seeking for more help.

language is very important and have someone to talk to in your language is essential, especially if you have mental health problem.

It is very important as you need a place to be able to express yourself by your own not through an interpreter.

It is very important specially about mental health.

Language has a significant effect as you feel more confident to talk about your problem.

Very important specially for those who do not speak English like me.

It can be a barrier in people accessing support. If someone does not have good knowledge of English, they may be limited in accessing support. Culture issues around shame.

English is the second language for many people in the community, this prevents them from accessing mental health services.

There is an obvious lack of understanding from the health professionals. Even with a translator the nuance of Sudanese Arabic is not translated well. The translator is only supports for a short amount of time. This can make it feel rushed.

Important role to help and explain the benefits of mental health support services to help and support our BME communities. Languages is important to explain how to access services for mental health that provided by NHS or other organisations.

Raising awareness of the community in their own languages and respecting their beliefs and culture create a sense of mutual respect and raise the confidence of those who suffer mental health and help them to open and take it out of their chest.

It is crucial, as it allows individuals to clearly express their feelings, emotions, and their thoughts. In addition, in some cultures individuals cannot mentioned any topics related to their mental health, otherwise they might be excluded from their social group, due to a lack of understanding from their peers.

Because a lot of people who live here, English it's not their first language also in their culture it is shame to get mental health support.

Language has a very important role because people need to communicate and present their problems/conditions and whatever they are going through to receive the support they need.

The language barrier is a big obstacle in people live prevent them from clearly explain their mental health issues.

To have information about mental health in Arabic and other languages.

it is very important role in the BME communities to fill the gap and explain to the Arabic speakers or other languages and help them to access mental health support.

There is not enough culturally appropriate and language accessing services.

Huge as many people cannot speak English language as first language.

Culture and language play key role and they feel ashamed to declare it.

When someone speak in the language, they understand that reduce stress.

Language barriers always limit people to access mental health services. Some culture looks down on mental health support.

Accessing mental health support services influenced by financial constraints and challenges within health services and in addition to language and culture.

Play an important role specially for men, who feel stigmatised to talk and reaching out to mental health support.

Culture and language play major roles as they are prohibiting from to seeking help.

Language is barrier for sharing information.

I think it is easier to access mental health support, if you are in a community that is part of the same culture/language. As its easier to relate is all to people.

Someone who speak your languages and know your culture, make your life easier. As these are the barriers to access everything. They help you to express yourself fully and easily.

Someone who work in local community could find someone speak same language could support.

Language barriers can cause people to not be able to receive the support they require. Some may also not be aware of the severity of mental health and undermine their feelings as it is something they are not used to back home.

Language barriers may make it harder to access resources. Many students will come from other countries to the UK, and they may have struggles adapting. Cannot understand that they have mental health problem as it isn't spoken about back home.

All Arabs do not want mental health support.

The culture and language play massive role in accessing the services. The service itself is not cooperated with us.

May be the language one of the reasons, but it is not the key word.

Language will help communication with someone.

Languages and culture play important role to access mental health services.

People can understand each other.

They will make easier for people to get help.

It is harder to speak to someone about anything if they cannot speak and understand the language.

A key role, language barriers can hinder communication and prevent service users and providers to understand each other.

It is difficult for most people to articulate the phrase 'mental health' in Somali and within the culture it is not seen as normal or acceptable.

If it comes to community or people, they do not support they laugh or say false words for that people so it's a big sensitive issue.

We are misunderstood and often do not receive adequate support because of that.

We will not know how to express ourselves in English due to the language barrier and Lack of Somali's mental health workers.

It is very unlikely for someone to accept they have mental issues.

Having translators available or advice documents in several languages will help accessing services.

They both play a significant role in how they access mental health support. Language barrier is one reason of lack of access to mental health support due to them not speaking same language, hence making them lack confidence in seeking help.

Big part! If people feel like they will not be understood or listened to properly.

In my language there are no words for mental health issues. Also, people feel shy talking about it.

It may be difficult to find mental health support with people who cannot speak the same language. Culture sees mental health as a joke that is insignificant.

There is a language barrier between the older and younger generation.

Religion/culture plays a large part in how a person seeks help and support. They may firstly go to religious leaders for treatment.

This plays a crucial role in the community.

Both play a significant role, lack of understanding English and the way culture sees mental health makes people lack access to support.

You are shut out of services if you cannot communicate your needs or advocate for yourself.

4.4 Thinking about the young people in your community, what issues do they face in accessing support for their mental health?

The participants' quotes about the issues young people are facing summarised below:

Young people themselves, their families, culture, and lack of trusted therapists within their community.

They are not trained to recognise warning signs. Young people might be able to get support from the NHS source, but I am sure the NHS support is extremely limited and normally elderly have priorities.

They may have no confidence and, they feel shy to go and seek help regarding mental health.

Feeling embarrassed, ashamed, or worried in case they get bullied.

As they may be so stubborn and proud, they may not get the help they needed.

They feel embarrassed, shy and stubborn.

They may feel shy and embarrassed to seek help if in case someone finds out and they get bullied later.

Young people have more problem than us elderly people. They do not have the confidence to talk to someone.

Feeling shy or embarrassed to talk about their problems.

They may feel shy or stress of being labelled.

Brent (Harlesden) is a melting pot of many communities mainly home to Somali, Moroccan and Jamaican communities. I feel that within these cultures there are all underlying cultural barriers that may inhibit young people from seeking and accessing support for their mental health. For instance, with Somali community there is issues around shame and cultural stigma also linked to religion. This is the same with the Moroccan community. Within the Jamaican community, there are individual barriers to accessing support. This is also due to shame and stigma from their own community, but as mentioned before also due to

sociocultural stereotypes and prejudice also present within policing. This could be a barrier in them seeking support.

There is not enough mental health support in the schools and at the community.

Young people find it hard to articulate it and can be influenced into bad coping mechanisms. Stigma, fear, shame, and lack of knowledge are affecting young people to access mental health services.

Denial, frustration and instability with poverty, school problems such as suspension, exclusion, and isolation. They are led to mental health distress and young people might think of alternative ways to seeking mental health support. We need mental health awareness in schools and colleges.

They do not know the pathway to access to the service, therefore they feel confused, lost, and anxious about it, as well as their families.

They follow their parent culture.

It is exceedingly difficult most of the times to receive the appropriate support around mental health.

There is lack of knowledge among parents to be able to help their children and young people.

Stigma/fear/shame/lack of knowledge/no information are affecting young people to access mental health services.

Tweaked support in school and access the gyms will help young people to feel good.

Stigma and as a young person it can be hard to recognise and admit there is a problem.

Lots of crime and stabbing affecting young people mental health.

Young people tend to have access to support, but the barriers are around the parents understanding the health services.

More open discussion will help young people's mental health.

Money, culture, shame, and unawareness are affecting young people mental health.

Not enough time during the week to seek for help. Not taken seriously due to their ages.

In our community young people grapple with various challenges including not willing to disclose their problems. Unfortunately accessing mental health support proven to be specially challenge for them.

Parents not allowing to talk about that openly.

I believe the issues that might be facing is seeking support out (face-to-face), meeting online, phone call and hotlines.

First thing the young people might not speak to their parents, so to seek help they might feel scared to be judged or bullied.

Young people may not reach out and receive mental health support as they may fear the reaction from their peers. Mental health can sometimes be seen as a weakness within the youth and some people would rather suffer in silence than receive the help they need.

Financial issues affecting young people's mental health.

They could be embarrassed or ashamed, selfish, feel like they are worrying people around them, mental health can be taken for weakness. Fearful of the reaction they are going to get from people around them.

More workshops and classes to help these are needed.

They are shy to talk about it.

It is not easy to access the mental health services for young people.

It depends on their family and how they accept and understand how the mental health is important.

They are shy to talk about it.

Give them more knowledge to raise their awareness about accessing mental health services. Some young people cannot talk about their issues to others. Youth Clubs should do more talks about this.

Anxiety, depression, and stress related to academic and social pressure. Finance and other socio-economic factors play a key role in current issues facing young people.

Young people, especially Somali girls, are more likely to talk about it amongst each other but boys not so much.

Most of the time struggling with studies, financial needs are not satisfied due to that they face these problems. House issues, job seekers they become sick.

Keeping up image, not having anyone to relate to causing mental health to young people.

Families not understanding/accepting the diagnosis initially, misdiagnosis, overrepresentation, and lack of resources.

They will not know where to find help. Might be too afraid to ask for help.

People will look down on them that is why they deny their problem.

Young people lack who to speak to support them with mental health as community does not believe mental health problems exist.

Finding common ground following peers to get support.

The waiting lists to get help with mental health is an issue.

Nowhere to have an outlet without feeling judged.

Trying to admit to their parents that they are struggling.

There are not many people to talk to about these things.

Stigmatisation, lack of awareness, financial and social stress/pressure.

They do not know where to go other than the GP, so don't always get the full picture of what support is available.

With young people they do not talk or try to get help because the household they are from does not discuss it.

They are lost between two worlds, the one they are born in and that of their parents.

Most on class where they feel down, and centre might not be open.

They do not receive and have access to support.

4.5 What do you know about suicide?

The participants gave their insights and views as below:

95% of participants said have some knowledge about suicide and their quotes are below:

When someone harm him/herself with the goal of ending his/her life due to a mental health disorder or other issues such as drug abuse or chronic pain, etc.

When people have problems for a long time and or have long-term conditions they naturally think of suicide as an option.

I know it is the most demanding thing to do.

It is a profoundly severe problem and if people with mental health do not receive the help they need, it may result to suicide.

I know when you are hopeless, tired, and mentally under so much pressure, which you cannot cope you may think the life is not worth living so the suicidal thoughts are coming to you.

Serious mental health with no help will lead to suicide.

It is a very last stage of serious mental health for someone who has not receive any support.

It is not a wonderful thing, but unfortunately it is happening every day.

*I know it's a serious mental health which leads to suicide.
Unfortunately, you hear about this ,and it is happening all over the world.
Serious mental health problems if not treated will lead to suicide.
I know what it is, and you hear a lot more than before.
I know when you have no hope in life it may lead you to this.
It is a very last stage of mental health when there is no treatment.
I know about it and it is in my mind too.
When someone harm him/herself with the goal of ending his/her life due to a mental health disorder or serious health problem.
When people have problems for a long time and or have long-term health conditions, life gets harder, and they may think of harming themselves or end their life.
I know it is the most awkward thing to do. It happens when there is a serious mental health problem, which no one has supported you.
It is a profoundly fundamental problem and if people with mental health do not receive the help they need, it may result to suicide.
It is a very last stage of serious mental health for someone who has not receive the support in a suitable time. So, their mental health has gone worse.
When mental health does not get the treatment on time it will get worse, and suicide is the last stage of serious mental health.
It is not a pleasant thing, but unfortunately it is happening every day.
It is the very last stage of mental health which has not been treated for long.
Religion, especially in the Islamic community from what I know, I understand that it is deemed sin to take one's life according to teaching. I feel that this can often be a barrier in those in the Muslim community who are battling with mental health and struggling with suicidal thoughts as they feel prevented in speaking out. One way I think that this could be prevented is through having open forums and discussions led by imams who speak openly and invitingly about this topic and signpost to mental health support. In the same way, I feel that religion can be a barrier in one accessing support due to beliefs that support should only be sought from God. I have encountered many people who have rejected the idea of seeking support for this reason as they have been taught that we should only seek support from God and tell God what we are going through.
We have to control and support people acting before committing suicide.
I know a minimum amount through mental health training.
It's the act of ending your own life.
Despair and losing hope.
I believe that happens after an individual feels lost emotionally and struggles to ask for help. In addition, after a prolonged period of time without the right support they quit, as a way of stopping their emotional pain.
When someone feels very overwhelmed with their situations and does not get help or the individual does not feel they can share their issues with anyone, isolate themselves, get depressed and may be think about suicide.
It is the desire and thoughts to end own life due to stress.
Suicide mean is when someone cannot cope with life and took his own life.
We have to control and support people to stop things or acting to suicide.
It is unbelievably bad and painful ,really needs to explain to people how bad it is and try to stop it.*

Many factors can make you feel suicidal. We can be one tipping point away from taking our own life.

It is happening a lot.

People feeling depressed.

I work in suicide prevention, and I understand much around the issue for people.

It is triggered by past and present trauma and its influences.

It is a huge deal that can affect everyone.

Suicide can have signs or come as a complete shock. We need to spread awareness and allow people to talk.

People may contemplate suicide for assorted reasons including mental health issues, overwhelmed, stress, feeling of hopelessness, or a sense of isolation. It's complex and sensitive topic. If we see someone is struggling, it is important to seek help from mental health professional support or networks.

It is when you end your life because of depression or temporary problem you will end your life.

There is always help available there, but people need to accept that they need help.

I know that suicide has become common over the years unfortunately, I believe online, hotlines have become more accessible.

The hardest decision is to end your life as a solution. This is the effect of bad mental health.

Suicide usually occurs when someone cannot manage their depression any longer and decide to take their own life.

It is related to depression.

When a person thinks negative about their life according to certain problems they think to finish their life.

It's action that you are feeling hopelessness to continue their life due to feeling worthless.

Living your problems and depression or sickness without letting others or not sharing your feelings that cause suicide.

People are stressed and finding hurting themselves as a coping mechanism.

This is a problem in the UK.

Suicide is a complex issue influenced by numerous factors such as mental health, social isolation, trauma, substance misuse and environmental factors.

Harm self.

Suicide is a state of helplessness and isolation that an individual feels and ends their life to make the pain stop.

Suicide is a sensitive word when it comes because when people lose hope from their life then they do these types of things.

My son tried to commit suicide. Thank God he failed but it showed he needed help.

A family member survived from suicide. It is exceedingly difficult.

When people feel they are of no use to themselves or to the world and do not believe they should be alive.

Suicide is when someone ends their life.

Have heard of cases of suicide.

I know that it can be seen as a last resort for people with severe mental health.

I know when people feel low and feel like they have nobody to talk to and in a deep place they think about suicide.

Suicide is when someone tries to kill themselves.

It is when someone is severely depressed and kills themselves.

Suicide is illegal.

It is when someone has lost all hope and does not want to be here anymore.

I know a lot because my niece tried to do suicide 10 years ago.

Bad thoughts.

Some people talk a certain way that makes other know something is wrong.

Killing oneself, taking one's own life.

Mental health and self-harm.

5% of participants said either know nothing about it or have a little of knowledge and their quotes are below:

I do not know anything about suicide.

Simply basic knowledge.

Nothing!

Not a lot.

I don't really know about suicide.

I have to attend suicide prevention training.

4.6 Do you think there is a strong stigma around suicide and self-harm in your community?

98% of participants said yes, there is stigma around suicide and self-harm in their communities and their quotes are below:

In Iranian community it is so hard for people to talk about suicide and self-harm, as you will get labelled as mad or crazy.

As a Muslim community usually, people avoid thinking about suicide unless there is no other option available for them. However, those who commit suicide are not those who live a very normal life. They either really suffer or have mental problems believing that they suffer more than everyone else.

It goes back to the culture and the way people react to these matters.

In my culture everyone is trying to find out what was the reason for that person to commit suicide and even they find out, they will think of whatever they want and will have the assumption which suits them.

There is stigma around suicide and self-harming in my community, but I cannot say it is strong. People have suffered so much that they understand other difficulties.

They will call that person mad and mental.

One hundred percent and it is in our culture.

Unfortunately, people do not see this as an illness, so if someone committed suicide or self-harm they call that person crazy.

Unfortunately, you will be labelled as crazy or mad.

Unfortunately, as a result most families do not talk about it and if it's happened within their families', they will keep it as secrets and will not talk about it.

They will call that person insane or mad.

If it happens in a family, they will hide it.

They will label that person mad and crazy.

There is stigma around suicide and self-harming in my community, but I can't say it is strong.

Specially within the Muslim community as it is a big sin.

In Iranian community it is so hard for people to talk about suicide and self-harm, as you will get labelled as mad or crazy.

It goes back to the culture and the way people react to these matters.

They will call that person crazy and insane.

Unfortunately, people don't see this as an illness, so if someone commit suicide or self-harm, they call that person mad or the way they talk about it, will hurt that person more.

They will label that person mad and crazy.

There is a strong stigma around suicide and self-harm in my community. I feel that for Islamic communities, this shame and stigma can be even more heightened due to beliefs about it being haram to self-harm and commit suicide.

There is stigma in the community because people do not know why this is happening.

The stigma is to do with religious reasons and societal pressure to seem strong, however since the war in Sudan, I have seen a greater feeling of hopelessness and more speaking about self-harm. A clear cry for help from an already demanding situation.

People are ashamed to talk about their suicidal thoughts and self-harm.

All community members feel shame, scare fears from this topic, so they do not like to speak about it as they are uncomfortable conversations.

Sometimes the individual is in an overly complicated situation among the family members and cannot even go anywhere to get help may have self-harm or suicide thoughts.

The struggle with life living in a foreign country away from own community it has an impact on the community. Also, most of them have conflict in their communities.

There is not enough awareness of the problems for others to help.

In my community there is exist pervasive stigma surrounding suicide and self-harm.

Unfortunately lack of awareness compounds the issue with many people failing to recognise these struggles as illness. Breaking the silence and fostering understanding is crucial to address the challenges individuals are facing mental health issues encounter daily.

Again, to reach that point it is because they do not feel comfortable to reach out seeking help.

Due to culture and opinions based on religious believes.

Though in the poor communities exist, I grow up in white working class, stigma around mental health is low. People still unsure how to discuss self-harm. Understanding the language is one part. Breaking the stigma that exist in my community is important.

Stigma for both the deceased and their remaining family and friends.

It is from faith perspective considered as a sin.

People with mental illness and self-harm will not talk about it because they will be worried about what people will say about them.

The victim patients get isolated.

There is strong stigma surrounding self-harm and suicide. They can manifesto in diverse ways such as social isolation, shaming and judgement. Creating a supportive environment where individuals can feel safe to receive support is essential.

As its against our religion and believes if I understood the question right.

Suicide and self-harm are both not taken seriously enough in the community. Suicide is seen as a selfish act and is not taken seriously until someone commits suicide.

A lot of ethnic minorities associate suicide with selfishness and a way of neglecting their loved ones.

In my community if someone committed suicide it shames his family and even it forbidden in Islam.

And not a lot of people talk about it and how it affects our lives.

It is not something positive.

There is stigma due to culture and beliefs to name a few. This stigma is hindering open communication, providing support and resources, and fostering supportive community.

There is strong stigma related to suicide.

Just uttering or mentioning committing suicide is a taboo and most people in the community would take an individual to the mosque because they believe it is a faith issue not mental health.

Suicide is a strong stigma around suicide, and it has a harmful effect in our society.

Not everyone is comfortable to talk about it.

Again, it is not understood; lack of education all round. I do not think this is just a cultural issue.

Majority of Somalis are Muslim, and suicide is forbidden in Islam.

People may feel judged if they approach help and often feel different.

They discriminate when someone is in such situation and frame them as dangerous.

People hardly talk about such stuff.

The idea of suicide can be seen as a weakness.

People and families tend to get embarrassed by the topic of suicide.

Self-harm and suicide have a strong stigma around it. In our community, such things bring shame to your family.

Because one is seen as too loose when he/she commits suicide rather than being seen as one who struggled.

Reduce stigmatisation of people with mental health.

It is seen as having a weak mind, not resilient.

There is strong stigma around both as soon as someone tries to harm-self, the stigma is passed to the whole family.

Suicide is seen as something done by someone who is crazy and lost their mind.

There is a notion of madness or of evil possession. Some go for traditional remedies instead of medical support/help.

2% of participants said there is no stigma, or they are not aware of it and their quotes are below:

No, in my community everyone is open and available to talk about this daily, as we've got many charities supporting individuals around this topic.

No, I don't think there is a strong stigma around suicide and self-harm in my community and if it exists, I am not aware of it.

I have not dealt with any suicidal situations or had any conversations about it either.

4.7 Do you think we should be talking more about suicide and how to prevent it? Expand and give more details.

99% of participants said yes and their quotes are below.

Training specially face-to-face programmes are helpful. As many people can recognise the warning signs and deal with it before it is late.

It is very important, so people have some knowledge about it so they may help themselves or others in difficult situation.

By giving out more information about this matter to everyone specially try to help who has a family history regarding suicide, to prevent this.

Definitely talking and giving more information about suicide and mental health will help a lot.

We should talk about it, but I do not think people will talk about it in front of others.

It will help many people.

There is a significant need for that.

We need to talk about this much more, so people have a better understanding of mental health.

It is very important.

More workshops, books and more information will help a lot of people.

We need to have more information, so people have a better understanding of mental health.

I think talking about this issue and giving more information as how to deal with it, will help a lot.

Of course, there is a need for this in every single community.

There are significant needs for these.

Training specially face-to-face programmes are helpful. Talk about these issues even at schools.

It is very important, so people have some knowledge about it so they may help themselves or others in difficult situations.

By giving out more information about this matter to everyone specially try to help who has a family history regarding suicide to prevent this.

It will help many of people as they will have an idea as where to get the help if they need it.

We need to talk about this much more, so people have a better understanding of mental health.

There is a significant need for that.

It is very important. We should talk more so people have some idea of how to get help.

There are significant needs for that.

I think more work in terms of self-care, grounding, and soothing techniques – in other words safety planning needs to be openly talked about and taught in schools immediately from primary school (gentle introduction) right through to the workplace. Life is incredibly stressful and is bound to come with its challenges and so it's important that we're taught techniques in how to soothe ourselves and decrease risk. Techniques are encouraging conversation in teaching children to learn about what makes them feel safe, what makes them feel happier and what are their triggers. Recognising triggers is a big key to reducing risk.

More mental health support and talking therapies.

Not everyone knows and talks about it. It would be good to talk about it.

I think it would be best with a more approach. Very useful to give people the tools to understand the language, how to notice the signs of distress and how to have mental hygiene to prevent a crisis.

I think it would be helpful to talk about it to create awareness so that individual going through and watch them to keep them safe.

Talking about it makes it easy to tackle and deal with. It is no more a taboo or something to be ashamed of . It reduces the risk of self-harm.

We should get more charities and organisations involve, especially the ones who have influence among young people. We should produce more literatures in different languages, so the message could be passed on with clarity across all the cultures.

I think more workshops around suicide will improve their confident and confidentiality to talk about their mental health issues.

More awareness sessions about mental health for the local community in different languages will help.

More mental health support and talking therapies.

More sessions/classes/awareness sessions/ask community members to monitor people with mental problems.

Conversations around suicide should be normalised in communities for all people with education and correct language to hold the speech.

Offer more 121 sessions and groups discussions.

I think this should be openly discussed at special platforms like TikTok and Instagram.

We can emphasise the importance of open communications. Destigmatizing mental health and encourage people to seek professional help. Highlighting support, networks, and resources such as helplines and mental health organisations can be reliable. Providing hope and understanding can make a significant impact.

Training, upskilling people, open conversations, going to schools, universities, faiths, religious leaders really help.

To support people and encourage them to talk about it.

To create awareness and make people know there are ways available to help.

I believe that we should talk about it because some people may not be comfortable with talking about their situation, but if they hear about it, it may help without them needing to talk about it.

Personally, I do not want to talk about it, but sure to help people to ask for help and find other ways out there for them to speak without being judged about what they are going through.

Definitely, the more ethnics minorities parents especially are educated in this matter the more they will potentially be able to support their children and avoid it happening.

We need more information about it.

Prevention starts with recognising warning signs and taking them seriously.

Especially for the teenagers because they are immature, and their hormones are unstable.

Because so many people got depression and severe mental problem and they do not say that cause sometime to commit suicide.

It is essential to approach discussion about suicide with empathy and respect while emphasising hope and possibility of recovery. By openly addressing the issue we can save lives and support those who are struggling.

Talks at Community Centre and look for help at Community Centres.

We need to talk more about it.

More resources available for free and open discussion.

It is important to talk about it.

Because giving someone that safe space to talk will/can stop them from going through with the act. It will make them feel loved and cared from which can sometimes make a difference.

Because it gives people more knowledge to move in their lives.

100% it is needed.

More awareness needs to be available and safe spaces for people to talk.

At least people will have awareness, there are a lot of people with mental health or suicidal who would appreciate any help.

This would help people come out and speak, therefore reduce, and prevent suicide; they will be aware of what to do and who to approach to seek for help.

The more knowledgeable people are on it, the easier to find support or process their feelings.

More awareness would be beneficial.

I think if we normalise mental health more people will feel comfortable.

People should not be suffering in silence and those who require help with their depression or mental health should be able to access these services.

Community should offer help before one reaches the stage of suicide.

So many people try to commit suicide and prevention can be made through passing education.

Early intervention must be the way forward.

Special young adult who are in beginning of their life need support.

People should be aware of the harmful effects.

To make people have the awareness and know what to do when they experience it.

It removes the loneliness/isolation knowing you or your family are not the only ones going through this.

1% of participants said no and their quote is below:

I think talking about this issue for people who think about it could be persuasive.

4.8 When you are feeling depressed or down, who do you go to for help? (Pick top 3)

| | | |
|--|-----------|------------|
| Friend | 58 | 65% |
| Family member | 57 | 64% |
| NHS | 33 | 37% |
| Spouse | 25 | 28% |
| community organisation/ charity | 17 | 19% |
| Self-help books | 14 | 16% |
| Religion, religious leader, attending religious service | 10 | 11% |

| | | |
|--|---|----|
| Leaflets and websites | 8 | 9% |
| Online Forums | 7 | 8% |
| No one | 5 | 6% |
| Samaritans and other telephone support | 3 | 3% |
| Myself | 1 | 1% |

4.9 Think to a specific time when you were having a really hard time emotionally. Who was most helpful to you for emotional support? (Pick top 3)

| | | |
|---|----|-----|
| Friend | 54 | 64% |
| Family member | 53 | 62% |
| Spouse | 26 | 31% |
| NHS | 23 | 27% |
| community organisation/ charity | 16 | 19% |
| Self-help books | 6 | 7% |
| Religion, religious leader, attending religious service | 10 | 12% |
| Leaflets and websites | 5 | 6% |
| Online Forums | 5 | 6% |
| No one | 4 | 5% |
| Samaritans and other telephone support | 2 | 2% |
| Myself | 3 | 1% |

4.10 Who would you contact if you were having suicidal thoughts?

- *I will talk to my family and then I will seek help from a professional or a charity in this area.*
- *Perhaps I wouldn't call anyone. If the suicidal thoughts are really serious, you commit suicide. You wouldn't talk about it unless you have initial awareness*
- *My sister*
- *Maybe my family*
- *If I am in that stage, I am not going to contact anyone.*
- *My family*
- *Suicide is very serious and last stage of mental health.*
- *No one*
- *I will to my partner or my GP*
- *My doctor*
- *Maybe my close friend or my family.*
- *No one as it may upset that person.*
- *My doctor*
- *No one*
- *I will talk to my family and then I will seek help from professional or a charity in this area.*
- *To be honest if the thought is strong I would not call anyone.*

- *My wife.*
 - *Maybe my family*
 - *My family or my best friend.*
 - *I will talk to my partner or my GP*
 - *No one*
 - *My doctor*
 - *No one probably as I have nobody in this country.*
 - *I am not sure as I never have had this thoughts before.*
 - *Probably my sister or close friends*
 - *I would speak to God first then my family and friends*
 - *Police*
 - *No one*
 - *My husband*
 - *Speak to my spouse, and try to see how I am valuable in his life and my religious believes.*
 - *Community*
 - *NHS*
 - *GP, Community, Someone close.*
-
- *Family*
 - *A close friend*
 - *No one*
 - *sibling*
 - *Mother*
 - *Single Point of Access*
 - *My friends*
 - *Definitely I will not thought. If it comes I will concern to Allah, pray as much as I can so that I can overcome.*
 - *Family*
 - *My friend*
 - *Family, non judgemental person*
 - *Spouse, Family, Friend*
 - *I would contact my friend and my mum*
 - *No one*
 - *My husband*
 - *The Samaritans*
 - *Nobody*
 - *A close friend*
 - *A friend*
 - *Pray or Family member*
 - *My dad*
 - *Family*
 - *Online support or group*
 - *NHS*
 - *Family member who shall reach out to NHS*
 - *Telephone support group or online forums*

- No one, I would check online
- My family then my GP

**4.11 If someone close to you was having suicidal thoughts, would you know how to help?
70% of participants said yes and their quotes are below :**

As I am not a professional, I would refer him/her to the NHS or an on-line helpline.

Yes, I will ask a professional for help or I will call Samaritans.

I will try to talk to him/ her.

I will talk to him/her but as a human not professionally.

I will try to talk to him/her and then seek help from a professional.

I will seek help from a doctor.

I will seek help from a professional.

I will try to listen to him/her and then seek help from a doctor.

By talking positive, giving hope, and telling him/her that they are not alone.

Yes, I will ask a professional for help or I will call Samaritans. I do not think I can help them myself.

I will try to talk to him myself while I am asking for a professional help.

I will talk to him/her but as a human not professionally.

I will try to talk to him/her while I seek help from a professional.

Yes, I can help but without saying how.

I would talk to them.

Ask them, but I am not sure it would be enough.

We will look for help together, talk with them, and listen actively.

I would have encouraged them to speak openly about their feelings . Express my concerns and offer support. Encourage them to seek professional support such as therapies, counsellor. Consider involving friend or family. In emergencies contact local mental health hotlines emergency services immediate assistance.

I will help by referring them for a training.

I would comfort them.

I hope I do. Sure, I will stand by them and advise them to seek help and find solutions toward what are going through.

I would like to hope so, I would be incredibly supportive and advise them to get professional help with my support.

I think so, I'd keep checking on them and make sure they seek the help they need.

Contact GP.

I will give my advice and I will send them to the nearest community.

I will let him to spot how he is good and try to support him and seek help for him.

Contact the NHS.

Will offer them support.

Establish risk level in terms of how likely they are to act on thoughts (i.e. if they have plans).

If risk of them acting on thoughts was high, it is important to de-escalate through speaking to them about support and reminding them of the factors in their life that would prevent them from acting on their life such as their family, loved ones, friends, pets. These are called protective factors and can help to counter suicidal thoughts. I would make sure that before I

left them, they have all the numbers and contacts they could call if ever they felt as though they may act on their thoughts.

Offer emotional support and call 999 in an emergency.

I would engage them in a positive conversation and encourage them to remember good moments in their lives.

I will call the professional.

Ask them to go to the NHS.

I would make sure to actively listen and ask them what they want me to do for them and help in any way.

I will motivate him/her, be with him or her and always stay busy in work.

Talking through an issue, recognising signs and symptoms, offer of other support.

Help them with listening and understand their problems.

Listen to them, offer help, and keep them company. Do not rush them.

I would talk to them and ask them to seek professional help.

I will call someone who has more experience.

I believe I would or rather be of help.

Refer him to professionals.

To be honest I would seek professional help.

Take them to doctors.

Keep them busy!

Get them the help they need.

I would make sure to actively listen and ask them what they want me to do for them and help in any way.

I will motivate him/her, be with him or her and always stay busy in work.

Talking through an issue, recognising signs and symptoms, offer of other support.

I will seek help from a specialist.

23% of participants said no or not sure how and their quotes are below:

No one!

I do not know how but will try my best and seek help from professional.

I cannot help as I do not know how.

I am not sure. I think I will talk to them and refer them to a professional phycologist.

I am not sure.

I do not know how but will try my best and seek help from professional.

I cannot help as I do not know how.

I am not sure I will try to help them.

I would not know how to help.

Not beyond telling them to seek help.

7% of participants did not respond.

4.12 If there was one thing we could change to reduce the prevalence of suicide what would it be?

75% of participants gave their suggestions and their quotes are below:

To improve support for people who self-harm or think about suicide and more support for their families.

Maybe gathering and social activities throughout the community will help people to feel that they are not alone, which is a great source of energy and motivation.

I think if we have some face- to- face or online session to talk about mental health and wellbeing within community, it will help a lot of people. Also having social gathering so people do not feel lonely.

Trying to teach people how to get help if they suffer from mental health at first stage and give more information about this matter.

By talking and listening to people and providing help through the community.

Try to refer them to a therapist.

More information through community organisation will help.

Giving more information about this and talk more.

Giving hope to people.

Talk about this and give more information.

Talk and treat this like an illness and giving people more information so they have a better understanding.

More information about suicide and mental health and educating people how to seek help.

Talking more openly to people about this and treat it as an illness.

I have no idea but give assurance to people who feels this way.

Accessing mental health support with less waiting time.

Maybe gathering and social activities throughout the community will help people to feel that they are not alone.

I think if we have some face-to-face or online session to talk about mental health and wellbeing within community, it will help a lot of people. Social gathering.

Trying to teach people how to get help if they suffer from mental health.

Having workshop within the community to educate people more about mental health and talk about it as an illness.

Try to educate people how to see the first sign of mental health , so they get the help at the early stage.

More information through community organisation will help.

Giving more information about this and talk more.

I have no idea, but maybe give assurance to people who feels this way. Or try to help People.

Clamp down on drugs especially class A drugs, as this a huge problem in Harlesden and is known to have life altering effects for the mental health.

Have talks and workshops in different languages for our community.

Have better access to support.

Awareness and more support in the community.

More clear messages through the educational system, as well as I would use different sports activities to work emotions and feelings.

Encourage the individuals to engage in things that make them feel happy and comfortable.

Encourage them to involve in get involve in socializing with people and activities of their choice.

Provide support!

More work to raise the awareness around this issue .

More hubs in the community to raise the awareness about mental health.

More support changing NHS system.

Earlier access to general mental support reduces stigma.

Find out about the root cause.

Understanding the complexities of people taking their own life. Creating open dialogue among all people.

To reduce bothering from nationalities, skin colour, religious. To add the children school history books. To reduce domination and oppression.

Society, family, and cultural pressures .

Addressing mental health stigma and improving access to mental health resources could significantly reduce the prevalence of suicide. Open conversations, education and de-stigmatization play crucial role in creating a supportive environment for those struggling with mental health issues.

Acknowledging and acceptability that is common and can happen to anyone.

To keep people engaged in positive activities and conversation.

Raising awareness about mental health.

Judging on people about what are going through.

Keep demanding more support for those with mental health issues and make it a more spoken about issue in schools and work.

It's important that this is more widely spoken about in schools and work, so people feel less ashamed to speak up.

Mental health support helpline.

Limit access to the means of suicide. Interact with the media for responsible reporting of suicide. Early identifying, access, manage and follow up anyone who is affected by suicidal behaviour.

Try to make connections with the surrounding community even if you can go to the park.

May be getting help easier.

Involve in social media.

Better help outside the NHS.

Having communities come together more often, creating bigger spaces for these communities, and having open conversations about mental health.

Fear/anger/thoughts/overthinking/lack of confidence.

Spread the word about the topic and how to manage it, who to seek early help from. Make it Ok to talk about it.

More awareness.

Talk more. More Somali run workshops.

Socialise with friends and family.

To arrange support that may be needed either mental health or emotional support.

Educate and raise awareness about suicide to the community.

More advertised support systems.

Spread more awareness about support available.

To provide different options for people with mental health to get help.

Doing more often with people in communicating.

Changing opinions in the community.

Make help more accessible.

Sensitization of the topic, community awareness.

Community awareness.

Normalise mental health.

To get early help that is not available you have to go long way to get right help.

Be active, go to the gym, be around people with positivity.

Educate people on suicide.

Talk, Talk and Talk. Speak up and speak out!

23% of participants did not respond.

2% of participants said they don't know, and their quotes are below:

I do not know, more training on the topics is needed.

No idea. I do not know .

4.13 What can the community do to reduce the risk of people feeling suicidal?

83% of participants suggested the following:

To educate people to talk to each other , provide care to vulnerable people, treat people living with mental health issues fairly and refer any case of suicidal thoughts to relevant charities or professionals.

Training, social gathering, celebrating festivals and outdoor activities.

Organising more events and providing wellbeing support in my language.

By having more socialising club and workshop about mental health and how to stay healthy.

Supporting and providing information and give awareness in our language will help. Also, more relaxing classes like Yuga, and mindfulness.

By giving more information and awareness about this matter in our language.

Providing more awareness about suicide and mental health. Also arranging more socialising events, which will help people who feels very lonely and isolated.

Providing and organising workshops regarding this matter.

With my experience nobody can help.

We need more information and workshops about mental health in our own language, so people have a better understanding of mental health.

By having workshop about mental health in native language languages.

Having more workshops about mental health and more social clubs for people who feels lonely.

More workshops and seminars.

More workshops and professional talks.

More talk and workshop about mental health.

To educate people to talk to each other, provide care to vulnerable people.

Training, social gathering, celebrating festivals and outdoor activities.

Organising more events and providing wellbeing support in my language. Workshops about mental health.

By having more socialising events within the community, and workshops about mental health.

Providing more awareness about suicide and mental health. Also arranging more socialising events, which will help people who feels very lonely and isolated a lot.

We need more information and workshops about mental health in our own language, so people have a better understanding of mental health.

Providing and organising workshops to give more information.

With my experience nobody can help.

By having workshops about mental health in first language. Also, some more socialising events so people do not feel isolated.

More talk and workshops about mental health.

Needs to be spoken about in mosques to accommodate Muslim community.

Council needs to have more pop-up workshops where anyone can seek support.

Schemes to link people in with specialist mental health workshops focused on how to take care of our mental health.

More advertising of practical grounding techniques people can do to soothe themselves such as the 5-4-3-2-1 technique.

Better mental health support.

Educate its members, break the taboo, and create a support system.

Try to support each other look for people who had mental issues and vulnerable.

Raising awareness, getting together and reduce isolation and loneliness.

Be more friendly, more available, and more supportive without judgements.

Encourage people to attend workshop that are relevant to the suicide.

Organise events to encourage them to attend and engage in activities in which they are interested.

Organise this kind of workshops.

To provide services that are accessible to all.

More awareness sessions/meetings/focus groups/support groups for vulnerable people.

More of services less of taboo.

Being able to talk about it without feeling stigmatised.

Collective communications, speaking openly about experiences. Creating equitable space where people can feel a sense of belonging.

Talk, group discussion and support and the NHS to think differently.

More conversation, empathy and not theory.

Encourage talking and sharing videos and books.

Building a supportive community involves fostering open communication, reducing stigma around mental health, and providing resources such as counselling services. Educating members to recognise signs of distress, and encouraging empathy can contribute to safer and more compassionate environment. Additionally promoting mental health awareness campaigns can help break down barriers and encourage seeking help when needed.

Conversations, training and focus on prevention and wellbeing opportunities.

To create more awareness by sharing information about it.

Raising awareness about mental health.

It's not only about what the community provide as it provides a lot to be honest. It is about what the individual to access and use what is available. Community can provide more activities and train people to build knowledge on how to support each other.

Create more support groups where people can speak to others experiencing similar things, so they feel less alone.

There needs to be more representation in mental health advocates so young ethnic people feel less alone and understand that it can happen to anyone .

Increase their knowledge and awareness.

To do more activities, to make them busy, and conduct permanent awareness and campaigns.

Have strong bond with families and solve any problems occurred from the start. Not push it to the edge.

Offer more courses and talks.

Provide help and support with talks and courses.

Provide courses.

Make it ok to talk about it.

Be nicer!

Open conversation and raising awareness .

Create spaces for people to learn about mental health and have councillors within every community space who can talk to these individuals.

There should be more workshops on that, and people should be aware of consequences.

Train more people to help with this.

Early mental health support.

More awareness and open discussions. Helping people to understand the triggers and underlying causes , which vary in individuals.

Less shaming, more understanding.

Making friends will help.

Make available more safe spaces to come and talk to people. Offer free counselling to prevent suicide.

Interesting help seeking opportunity and making it easily accessible.

Create a sense of family and support.

Be more inclusive, kind, supportive.

Be more open to those who are struggling and not judge them.

By having more and advertise more about mental health.

Helping others and not to act embarrassed.

Normalise discussion of mental health and preventing suicide.

Self-help centres, reduce stigmatisation of people with mental health.

Help centres.

Provide more mental health training.

Workshops, support groups, supporting families who need help, talk about suicide.

Go to doctors or community.

Having a strong family foundation.

Spread more awareness.

Raise awareness.

Be open and honest about the challenges we face.

15% of participants did not answer the question.

2% of participants said they do not have any ideas .

5. Discussion and Conclusion

The survey's findings revealed that over 80% of participants believe that mental health has not been discussed enough in their communities. Participants suggested that it was important to provide training to educate people, and to provide information and resources in community languages to build people's confidence and empower them to talk about mental health and seek early help. They also talked about creating safe spaces where people can discuss this sensitive topic.

Over 70% of participants said people in their communities are not able to seek and receive the help they need for mental health problems due to many barriers such as fear, stigma, cultural issues, lack of confidence and that services are not culturally appropriate.

100% of participants said language and culture play significant role in how their communities access mental health support. Currently there isn't enough recognition of the importance of language and culture in the way mental health services are commissioned and delivered.

Participants felt that young people are facing many barriers to receiving support for their mental health including stigma, lack of confidence (shyness & fear) embarrassment and shame. Participants felt that there is not enough mental health support in schools and in the community and that young people find it hard to articulate mental health problems and can be influenced into bad coping mechanisms. Additionally, denial, frustration, lack of stability, poverty, school disciplinary methods (suspension, exclusion and isolation) were all mentioned as issues that contribute to mental health distress that young people might be experiencing.

95% of participants said they know what suicide is and gave many interpretations for it. Participants stated that suicide is a complex issue influenced by numerous factors such as mental health, social isolation, trauma, substance misuse and environmental factors. Some participants described it as a state of helplessness and isolation and that individuals end their life to make the pain stop. They also said that suicide is the action of people who are feeling their life is hopeless and worthless. Participants also said that people who are suffering from depression and do not receive support and are unable to share their feelings with others are vulnerable to suicide.

98% of participants said there is strong stigma around suicide and self-harm in their communities. They said that in some communities people who are feeling suicidal are labelled as crazy or insane. Also, within Muslim communities, suicide is perceived as a major transgression against God and is strictly forbidden.

99% of participants said we should be talking more about suicide and suggesting ways to prevent it. They suggested providing training, especially face-to-face programmes, so people can recognise the warning signs and deal with them before it's too late. They suggested delivering workshops and events to raise awareness about suicide at community settings and in different languages to normalise talking about suicide. Also, they requested more information for people to understand mental health and said that support available in community languages will be extremely helpful.

When participants were asked about who they go for help when they are feeling depressed or down, the most popular answers were 'a friend' (65%) followed by 'a family member' (64%). The NHS was chosen as a source of support by a significant portion of people (37%) as were charities and local organisations (19%). There seemed to be little enthusiasm for leaflets and websites (9%), online forums (8%) or the Samaritans and other telephone support (3%) in this cohort. Worryingly 6% said they would not ask anyone for help.

When participants were asked to think about a specific time when they were having a tough time emotionally and where they turned to for help, the results were very similar to those above. There were also similar results when people were asked who they would speak to if

they were having suicidal thoughts, with many people citing a family member as their number 1 source of support but also friends and the NHS. Again, some people replied 'nobody' and many left the question blank.

75% of participants said they would know how to help someone close to them if they were having suicidal thoughts. Many participants suggested referring someone to a health professional, a GP, to the NHS, Samaritans, or online helplines. They also said they would talk to them positively, listen and let them know they are not alone. Also, they would consider involving a friend or family member and in emergency situations they will contact the local mental health service or the police.

Participants' responses about how they think suicides can be prevented centred a lot on giving people more opportunities to talk and be supported and having more information in the community about mental health and how to seek help. There were similar responses to the question about how the community can help, with many responses focusing on holding information workshops, particularly in mother tongue languages.

6. Recommendations

- Provide training, education and awareness raising workshops (preferably face-to-face) about mental illness and suicide in community settings and in community languages.
- Involve communities and religious leaders in the training and awareness raising workshops to ensure content and delivery is culturally and linguistically appropriate
- Organise 'train the trainer sessions' with staff in community organisations to cascade the training onto communities.
- Ensure there are clear pathways on how to seek medical help for mental health problems and suicidal thoughts, that are easy to access, don't require referrals or have other barriers and are culturally and linguistically appropriate for a diverse population.
- Normalise talking about suicide and mental health illness to reduce the stigma. This should be modelled by professionals and staff.
- Model the culture of being kind, supportive and non-judgmental to each other. This can be done by everyone.
- Deliver social events and other projects to reduce social isolation at community settings.
- Provide support for young people in schools with clear pathways for receiving NHS support.
- Support Youth Clubs to play their role including to raise awareness of young people around mental health and support available. And provide safe spaces for young people to discuss mental illness and suicide prevention.