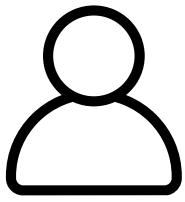


# Preventing Suicide



Havering MECC Factsheet

Last updated: 20/05/25

<div>18</div> <div>deaths by suicide, on average a year in Havering.</div>	<div>Men are 3-4X more likely to die by suicide than women.</div> <div></div>	<div>Females are 3X more likely to have suicidal thoughts than males</div> <div></div>
<div>1 person dies by suicide every three weeks in Havering.</div> <div></div>	<div>On average 135 people are affected to some degree by every person lost to suicide</div> <div></div>	

- Suicide prevention is everyone’s business.
- Most people who feel suicidal want to end their pain, not their life.
- Suicide is complex; no single cause leads to it.
- Talking openly about suicide reduces stigma and can save lives.
- Asking directly about suicidal thoughts often lowers anxiety.
- Suicidal feelings are usually temporary and treatable with support.
- Those bereaved by suicide have a higher risk and need specialised support.
- Use sensitive language: say “died by suicide” instead of “committed suicide”; death by suicide is not a crime—listen without judgement or shame.



SAMARITANS

Call free day or night on

116 123

A registered charity



For suicide prevention signposting and practical resources, please visit the Havering Suicide Prevention webpage here.