

# Suicide Prevention

Adults and Wellbeing Scrutiny Committee

21 September 2020

# Suicide Prevention – *The national picture*

- There were 6,507 deaths by suicide in the UK in 2018
- This is an increase of 10.9% on the previous year
- Men are 3 times as likely as women to commit suicide
- The highest suicide rate is among men aged 45 to 49 (27%)
- The suicide rate for people under 25 has increased by 23% in 2019 with 703 recorded deaths
- According to data compiled by The Samaritans, the overall increase is driven by a rise in male suicides

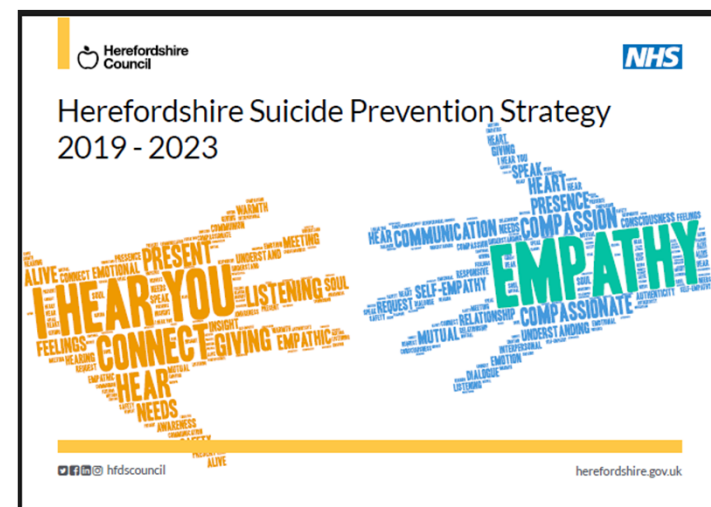
# Suicide Prevention –*Local picture*

- Interpreting suicide data very difficult, due to small numbers, time lapse
- 16 deaths in Herefordshire for 2018, 16 in 2017, with a reducing trend
- Deaths of men 3 times more likely than women's to be recorded as suicide
- Higher suicide rate among 35-64s and especially men aged 45 to 64
- Low numbers of deaths among under 25s locally to 2018
- High representation of farming/construction sectors (predominantly male)
- Higher incidence in areas of greater deprivation
- Hanging is the most common method, nationally and locally (12/16 in 2018)
- Potential increase in recorded suicides as standard of proof changes

# Suicide Prevention – *Strategy*

- Herefordshire’s Suicide Prevention Strategy has been published for the period 2019 – 2023 which identifies 7 key priority areas:

- Communities
- Media
- Bereavement information and support
- Reducing the means of access to suicide
- Reducing the risk of suicide for high risk groups
- Mental health services
- Self harm



# Suicide Prevention – *Action Plan*

- The plan focuses on the priorities from the Strategy. Multiple stakeholders lead implementation and take responsibility for progress.
- The Action Plan has various action areas, which include
  - GPs, A&E and emergency services to identify people at risk of suicide
  - Make sure support is available in all Talk Community hubs
  - Support the establishment of peer-led support groups of people who have been bereaved through suicide
  - Improve the use of data and research to develop regular updates on suicides in the county monitor high risk groups and put in place preventative activities
  - schools, GPs, NHS services and others to work together to identify and manage risk of self-harm

# Suicide Prevention – *Action Plan*

- **GPs, A&E and emergency services to identify people at risk of suicide**
  - Working with Police, Fire and Ambulance to develop the means to share information
  - CRHT (Crisis Resolution and Home Treatment) commencing street triage service
- **Make sure support is available in all Talk Community hubs**
  - Suicide Prevention workers (Wave 3) to provide guidance and training
  - Linking with Talk Community Hub project, allied with knowledge of various support services
- **Support the establishment of peer-led support groups**
  - Liaising with national networks/charitable groups over local developments
  - Information provided through bereavement services
- **Schools, colleges and GPs to work together**
  - Mental Health Support Team planned for all Herefordshire secondary schools
  - Identify and work with those at risk of self harm
- **Improve the use of data**

Proposals developed with Coroner, Police and Public Health

## Suicide Prevention – *Real time data*

- Real time data (RTD) provides information on deaths immediately
- Enables interventions and support to those affected by suicide in advance of a coroners conclusion that suicide was the cause of death
- Identifying patterns and factors amongst local deaths
- There are sensitivities to be managed in relation to RTD
- RTD enables people at risk of suicide to get support when needed
- People bereaved by suicide are more likely to feel suicidal themselves, and around 9% make a suicide attempt

# Suicide Prevention – *funding (Wave 3)*

- The Government has provided £25million over 3 years for SP
- As part of the Wave 3 funding Hereford and Worcestershire received £153k
- The monies will fund new project work across Worcestershire and Herefordshire
- The project will link through Talk Community and VCSE (Voluntary, Community and Social Enterprise) to optimise sustainable impact, supported by agreed communications approach
- In Herefordshire the focus is rural/farming communities and men
- Supported by wider work with farming community, military and other sectors/communities



# Suicide Prevention – *Challenges / opportunities*

- Challenges

- Covid19 may have escalated risk of suicide and obstructed access to support
- Progress depends on whole systems and whole communities
- Covid19 and Brexit may bring financial hardship to local people and economy
- Availability of local intelligence and interpreting data

- Opportunities

- Mental Health Transformation – local pilot and new MH service for schools
- Collaborative working through MH Partnership Board
- Positive engagement and information from emergency services agencies
- Talk Community
- Engagement with primary care and social prescribing

# Suicide Prevention – *Training and resources*

- Zero Suicide Alliance online training  
<https://www.zerosuicidealliance.com/training>
- The Samaritans – Suicide facts and figures  
<https://www.samaritans.org/about-samaritans/research-policy/suicide-facts-and-figures/>
- Borderlands Rural Chaplaincy  
<https://www.borderchaplain.org/>
- Kooth  
<https://www.kooth.com/>
- Survivors of Bereavement by Suicide (SOBS)  
<https://uksobs.org/>