

# **Suicide Prevention**

## **Health and Wellbeing Board**

31<sup>st</sup> January 2017

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# Why is suicide prevention so important.....

- Every life lost represents someone's partner, child, friend or colleague, and their death will profoundly affect people in their family, workplace, club and residential neighbourhood.
- This will impact on their ability to work effectively, if at all; to continue with caring responsibilities and to have satisfying relationships. This will, in turn significantly raise their own risk of future mental ill-health and suicide'

Hamish Elvidge, bereaved parent and Chair of The Matthew Elvidge Trust



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# Preventing Suicide in England – a cross government strategy to save lives

**“Local responsibility for coordinating and implementing work on suicide prevention will become, from April 2013, an integral part of local authorities’ new responsibilities for leading on local public health and health improvement”**

This strategy has **2 objectives**:

- a reduction in the suicide rate in the general population in England
- better support for those bereaved or affected by suicide

It also identifies **6 key areas of action**:

- reducing the risk of suicide in key high-risk groups
- tailoring approaches to improve mental health in specific groups
- reducing access to the means of suicide
- providing better information and support to those bereaved or affected by suicide
- supporting the media in delivering sensitive approaches to suicide and suicidal behaviour
- supporting research, data collection and monitoring



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# The All Party Parliamentary Group on Suicide and Self Harm Prevention

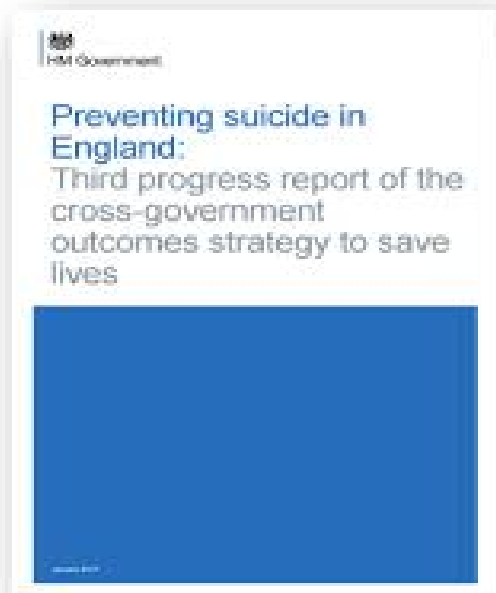
The All Party Parliamentary Group on Suicide and Self Harm (APPG) survey found that:

- around 30% of local authorities do no suicide audit work
- around 30% of local authorities do not have a suicide prevention action plan
- around 40% of local authorities do not have a multi-agency suicide prevention group

• <http://www.samaritans.org/sites/default/files/kcfinder/files/APPG-SUICIDE-REPORT.pdf>



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Every local area has a multi-agency suicide prevention plan by the end of 2017

Better targeting of suicide prevention and help seeking in high risk groups

Improving data at national and local level helping take action and target efforts more accurately

Improving responses to bereavement by suicide

Expanding the scope of the national strategy to include self-harm



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To contribute to a national  
10% reduction in the  
number of suicides by  
March 2021

Suicide prevention action  
plan



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## Local suicide prevention planning

A practice resource



- Men
- Self-harm
- Acute mental health care
- Depression in primary care
- Children and young people
- High frequency locations
- Isolation
- Bereavement support

## 4.10 - Suicide rate (Persons) 2013 - 15

Directly standardised rate - per 100,000

Area	Recent Trend	Count	Value		95% Lower CI	95% Upper CI
England	—	14,429	10.1		10.0	10.3
Yorkshire and the Humber region	—	1,497	10.7		10.2	11.3
Barnsley	—	67	10.6		8.2	13.4
Bradford	—	148	11.4		9.6	13.4
Calderdale	—	71	12.9		10.1	16.3
Doncaster	—	81	10.1		8.0	12.5
East Riding of Yorkshire	—	78	8.5		6.7	10.6
Kingston upon Hull	—	81	12.1		9.6	15.1
Kirklees	—	108	9.7		7.9	11.7
Leeds	—	208	10.5		9.1	12.0
North East Lincolnshire	—	45	11.0		8.0	14.8
North Lincolnshire	—	36	8.3		5.8	11.5
North Yorkshire	—	164	10.0		8.5	11.6
Rotherham	—	96	14.2		11.5	17.3
Sheffield	—	159	11.1		9.4	13.0
Wakefield	—	81	9.2		7.3	11.5
York	—	74	14.0		10.9	17.6

Source: Public Health England (based on ONS source data)




















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## 4.10 - Suicide rate (Male) 2013 - 15

Directly standardised rate - per 100,000

Area	Recent Trend	Count	Value		95% Lower CI	95% Upper CI
England	—	10,989	15.8		15.5	16.1
Yorkshire and the Humber region	—	1,173	17.2		16.2	18.2
Barnsley	—	54	17.4		13.0	22.8
Bradford	—	110	17.1		14.0	20.7
Calderdale	—	52	19.7		14.6	25.9
Doncaster	—	65	16.4		12.7	21.0
East Riding of Yorkshire	—	55	12.5		9.4	16.4
Kingston upon Hull	—	65	19.3		14.8	24.7
Kirklees	—	81	14.5		11.5	18.1
Leeds	—	170	17.5		14.9	20.4
North East Lincolnshire	—	37	18.2		12.7	25.1
North Lincolnshire	—	31	14.5		9.8	20.6
North Yorkshire	—	130	16.6		13.8	19.7
Rotherham	—	74	22.9		17.9	28.8
Sheffield	—	123	17.3		14.3	20.7
Wakefield	—	67	15.8		12.2	20.2
York	—	59	22.9		17.4	29.7

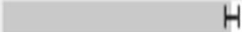





Source: Public Health England (based on ONS source data)



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#### 4.10 - Suicide rate (Female) 2013 - 15

Directly standardised rate - per 100,000

Area	Recent Trend	Count	Value		95% Lower CI	95% Upper CI
England	—	3,440	4.7		4.6	4.9
Yorkshire and the Humber region	—	324	4.6		4.1	5.1
Barnsley	—	13	*		-	-
Bradford	—	38	5.8		4.1	8.0
Calderdale	—	19	*		-	-
Doncaster	—	16	*		-	-
East Riding of Yorkshire	—	23	*		-	-
Kingston upon Hull	—	16	*		-	-
Kirklees	—	27	4.8		3.2	7.1
Leeds	—	38	3.8		2.7	5.3
North East Lincolnshire	—	8	*		-	-
North Lincolnshire	—	5	*		-	-
North Yorkshire	—	34	3.9		2.7	5.5
Rotherham	—	22	*		-	-
Sheffield	—	36	5.1		3.6	7.1
Wakefield	—	14	*		-	-
York	—	15	*		-	-

Source: Public Health England (based on ONS source data)



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# Suicide Audit - Aims

- To understand more about the people who take their own life in Barnsley:
  - The number of cases of suicide each year
  - Demographic factors
  - Risk factors
  - Common causes of death
  - Patterns in contact with healthcare services and medical history
- To inform the development of a Suicide Prevention Action Plan for Barnsley, in order to improve practice and reduce the number of people who take their own life in Barnsley



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# Methods

- **Data from HM Coroner**
  - Inquest records with a verdict of suicide from Barnsley residents from the last 5 years
  - Relevant information from these records will be extracted using a proforma based on recommended best practice



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# An Audit of Suicides – key findings

<b>Demographics:</b> <ul style="list-style-type: none"><li>• 85% male</li><li>• The majority, 64% aged between 30 and 59 years (31% aged 30-44 and 33% aged 45-59)</li><li>• 46% born in Barnsley</li><li>• 43% lived alone</li></ul>	<b>Circumstances:</b> <ul style="list-style-type: none"><li>• 69% died in their own home</li><li>• 65% died by hanging</li><li>• 24% of suicides occurred on a Monday</li><li>• 42% had no drugs or alcohol in their system</li><li>• 45% left a suicide note</li></ul>
<b>Risk factors:</b> <ul style="list-style-type: none"><li>• Almost half, 48% were single, divorced or separated</li><li>• 37% were unemployed</li><li>• 52% were known to have had relationship problems</li><li>• 57% were known to have had a drug or alcohol problem or both</li><li>• 46% had previously attempted suicide or self-harmed</li><li>• 54% were known to have had a mental health condition (most commonly depression)</li><li>• 49% had problems with money and/or their job</li><li>• 23% had been affected by bereavement</li><li>• 31% had a physical health condition</li></ul>	<b>Contact with services:</b> <ul style="list-style-type: none"><li>• At least 33% had contact with primary care in the month before their death, mainly for a mental health condition</li><li>• 45% were known to be in contact or had previously had contact with mental health services</li></ul>



# Barnsley Suicide Prevention Action Plan

Appendix 2 Final Draft Suicide Prevention Action Plan 020920016.docx - Microsoft ...

DRAFT—PLEASE DO NOT CIRCULATE WITHOUT PRIOR PERMISSION

**PUBLIC HEALTH STRATEGY**

OUR VISION  
WORKING TOGETHER FOR  
A BRIGHTER FUTURE  
A BETTER BARNSELY

THE PUBLIC HEALTH STRATEGY WILL CONTRIBUTE TO ACHIEVING A BRIGHTER FUTURE AND A BETTER BARNSELY BY ENSURING CHILDREN HAVE THE BEST START IN LIFE AND EVERYONE ENJOYS A HAPPY HEALTHY LIFE WHEREVER THEY LIVE AND WHOEVER THEY ARE.

**Suicide Prevention Action Plan**

Suicide is one of the leading preventable causes of death under 65 years of age and a major public health concern with 4,882 people taking their own lives in England in 2014<sup>1</sup>. Suicide has a devastating impact on society. Economic costs are also high, estimated at £1.7 million for each life lost for those of working age<sup>2</sup>. Over the last 30 years there has been a generally downward trend in suicide rates in the United Kingdom from 15.6 deaths per 100,000 people in 1981 to 10.6 deaths per 100,000 in 2007. However, since then the suicide rate has begun to gradually increase with 11.8 deaths per 100,000 people recorded in 2013<sup>3</sup>. There are however, variations in the risk factors, which mean men, are almost three times as likely to take their own lives as women; with men aged 40-44 representing the most at risk group<sup>4</sup>.

Suicide is often the end point of a complex pattern of biological and psychological factors<sup>5</sup>, the impact of which is far reaching, affecting the close friends and family members of the deceased who are left vulnerable to long term psychological ill health<sup>6</sup>, and increased risk of suicide<sup>7</sup>. It is estimated that between six and ten 'survivors' are directly affected by any one suicide meaning that in the UK between 36,000 and 61,000 people per year become suicide survivors, and are at risk of psychological harm<sup>8</sup>.

<sup>1</sup>Office for National Statistics (2016). Suicides in the United Kingdom: 2014 Registrations: <https://www.ons.gov.uk/peoplepopulationandcommunity/birthsdeathsandmarriages/deaths/datasets/suicidesintheunitedkingdomreferencetables>.

<sup>2</sup>Mental Health Promotion & Prevention: The Economic Case (p26) Martin Knapp, David McDaid and Michael Parsonage (editors). Personal Social Services Research Unit, London School of Economics and Political Science, January 2011. <http://www.lse.ac.uk/businessAndConsultancy/LSEEnterprise/pdf/PSSRUfeb2011.pdf>

<sup>3</sup>Sowcroft, E (2015) Suicide Statistics Report 2015: Samaritans 2015 [http://www.samaritans.org/sites/default/files/kcfinder/branches/branch-96/files/Suicide\\_statistics\\_report\\_2015.pdf](http://www.samaritans.org/sites/default/files/kcfinder/branches/branch-96/files/Suicide_statistics_report_2015.pdf)

<sup>4</sup>Department of Health (2002) National Suicide Prevention Strategy for England: <https://www.gov.uk/government/publications/suicide-prevention-strategy-for-england>.

<sup>5</sup>Omerov, P et al. The ethics of doing nothing: Suicide Bereavement and research: ethical and methodological considerations. Psychological medicine, 2013; p1-112

<sup>6</sup>Pitman, A, Osborn, D and King M. Suicide bereavement and risk for suicide attempt: a national cross-sectional survey of young adults. The Lancet, 2014; 383(S) p82.

<sup>7</sup>Jordan, JR and McIntosh JL (2011). Suicide bereavement: Why study survivors of suicide loss?--Grief after suicide: Understanding the consequences and caring for survivors. Routledge. New York.

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DRAFT—PLEASE DO NOT CIRCULATE WITHOUT PRIOR PERMISSION

The Barnsley Suicide Prevention Group has been examining a range of national guidance and local information including the local suicide

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10:15 28/09/2016



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# Recommendations

- Reduce risk of suicide in high risk groups
- Tailor approaches to improve mental health in specific groups
- Reduce access to means of suicide
- Provide better information and support to those bereaved or affected by suicide
- Support the media in delivering sensitive approaches to suicide and suicidal behaviour
- Support research, data collection and monitoring
- Wellbeing Promotion



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# Support the media in delivering sensitive approaches to suicide and suicidal behaviour



Leeds Council have worked with the National Union of Journalists to develop media reporting guidelines

<http://www.leeds.gov.uk/docs/CoveringSuicide.pdf>

Samaritans have published reporting guidelines

<http://www.samaritans.org/media-centre/media-guidelines-reporting-suicide>



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Facebook post from Barnsley Council (@BarnsleyCouncil) dated September 10 at 10:00am. The post features a quote: "When you feel like giving up, just remember the reason why you held on for so long." and a link to the Samaritans free helpline (116123). The post has 3,732 people reached and 33 shares.

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@BarnsleyCouncil

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Like Message ... More

**Barnsley Council**  
Published by Sprout Social (7) · September 10 at 10:00am · E

Today is World Suicide Prevention Day. We're supporting the message that suicide is preventable & help is available

"When you feel like giving up, just remember the reason why you held on for so long."

THE SAMARITANS FREE HELPLINE IS AVAILABLE ROUND THE CLOCK ON 116123

3,732 people reached

Boost Post

Like Comment Share

Kay Ward, Elizabeth Gordon and 29 others

33 shares

Write a comment...

PO Box 634  
Barnsley S70 9GG  
01226 770770

Typically replies within a day  
Message Now

http://www.barnsley.gov.uk Promote Website

PAGE TIPS

- What's a Boosted Post? A boosted post is the easiest way to reach more people on Facebook.
- Help People Take Action Add a call-to-action button to the top of your Page.
- Know Friends Who Might Like Your Page? Invite friends to like Barnsley Council and help you connect with more people.

See All Page Tips

APPS

Barnsley Council website

PHOTOS

## World suicide prevention day 'connect, communicate, care'

'Connect, communicate, care' is the theme of this year's World Suicide Prevention Day. Organised by the International Association for Suicide Prevention, the day aims to highlight that although a serious public health problem worldwide, suicide is preventable.

As part of its public health role, Barnsley Council has a responsibility for prevention work to reduce incidents of suicide. The Barnsley Suicide Prevention Group has been examining a range of national guidance and local information to understand more about the profile of individuals who have taken their own life in the borough. There is good evidence about actions that can be taken at a local level to reduce the likelihood or opportunity for suicide, which the group

has started to translate into an action plan.

As part of this work the council is taking the opportunity presented by World Suicide Prevention Day to signpost parents and carers to e-safety educational material which can help to create a safer online environment for children and young people by protecting them from harmful online content.

The Barnsley Safeguarding Children Board website has a section for parents and carers which links to a section entitled *Staying safe online*. In addition, the National Crime Agency's Thinkuknow website has information and advice for children, young people, parents and carers around children's wellbeing including online safety.

## Barnsley gives its backing to suicide prevention day

By Katie Harston

BARNSELEY Council has given its backing to a suicide prevention day to remind people tragedies are preventable.

Latest data available from the council's Public Health team shows on average 24 people died each year by suicide or 'injury of undetermined intent' in the borough between 2012 and 2014.

The vast majority - 86 per cent - of deaths from suicide and undetermined death are men.

As part of its public health role, the council has a responsibility for prevention work to reduce incidents of suicide and seized the opportunity to link in with Saturday's global prevention day, organised by the International Association for Suicide Prevention.

It was held to highlight that, although suicide is a serious public health problem world-wide, it is preventable.

A Barnsley Suicide Prevention Group was set up in November last year by the council to develop and deliver an action plan with the aim of reducing the number of suicides and suicide attempts in Barnsley.

It also wants to establish better support for people bereaved and affected by suicide.

The prevention group has been looking at a range of national guidance and local information to understand more about the profile of individuals in Barnsley who have taken their own life.

The council said there is good evidence about actions that can be taken

at a local level to reduce the likelihood or opportunity for suicide, which the group is using to form the basis of its action plan.

As part of this work, the council used the world suicide prevention day to signpost parents and carers to educational material which can help to create a safer online environment for children and young people by protecting them from harmful online content.

Coun Jim Andrews, the council's cabinet spokesman for public health, said: "Every suicide is a tragedy and when someone takes their own life the effect on family and friends is devastating. Many others involved in providing support and care also feel the impact."

"However, the theme 'connect, communicate, care' reminds us suicide is preventable. We can all play a part in



**BACKING:** Coun Jim Andrews.

helping to prevent suicidal feelings. For example, check on someone you may be concerned about, and start a caring conversation with them - ask how they are and how they're getting on. Investigate ways of connecting with other individuals or groups who are trying to prevent suicide."



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## The Health and Wellbeing Board is asked to:

- Note the progress so far on suicide prevention work.
- To support the development and implementation of the suicide prevention action plan.
- Agree to receive annual reports detailing progress on implementation of the local suicide prevention action plan and highlighting any key areas of concern.



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