

Suicide prevention update

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Suicide prevention context

Purpose

- Provide an insight into the scale and cost of the issue nationally and locally
- Raise awareness of what the key factors are in suicide and who is at risk
- What is happening nationally regionally and locally to address this issue
- What more can be done

Suicide prevention context

Suicide

The act or an instance of killing oneself intentionally/ a person who kills himself intentionally.

Suicide prevention

An umbrella term for the collective efforts of local citizen organisations, health professionals and related professionals to reduce the incidence of suicide.

National Picture



50



6 and 60

£1.67million

Suicide prevention context

What is happening

- National Suicide Prevention Alliance
 - National strategy
 - Toolkit to support local areas
 - Samaritans report 'Dying from Inequality'
- GM Suicide Prevention Executive
- GM Suicide Prevention Strategy

Preventing Suicide in England

6 key areas for actions

- Reducing risk of suicide in high risk groups
- Tailoring approaches to improve mental health in specific groups
- Reducing access to means of suicide
- Providing better information and to support those bereaved or affected by suicide
- Supporting media to delivering sensitive approaches to suicide and suicidal behaviour
- Supporting research, data collection and monitoring
- Reducing rates of self harm as a key indicator for suicide

Samaritans report 'Dying from inequality'

Societal

- Suicide risk increases during periods of recession
- Those with high levels of unemployment benefits experience lower recession related suicides
- Social and employment protection for the most vulnerable in society can reduce suicidal behaviour

Community

- Strong association between area-level deprivation and suicidal behaviour (2-3x higher in the most deprived areas)
- Hospital admissions for self harm are 2x higher in most deprived
- Multiple and large employer closures resulting in unemployment can increase stress, break down social connections and increase feelings of hopelessness and depression

Dying from inequality

Individual

- Those who are unemployed and in unmanageable debt are at increased risk of suicidal behaviour
- An increased risk of suicidal behaviour is linked to job insecurity, part time, irregular or short term contracts
- The experience of being bankrupt or losing ones home can lead to an increased risk of suicidal behaviour
- Disadvantaged individuals are less likely to seek help for mental health problems

Bury suicide prevention context

In Bury

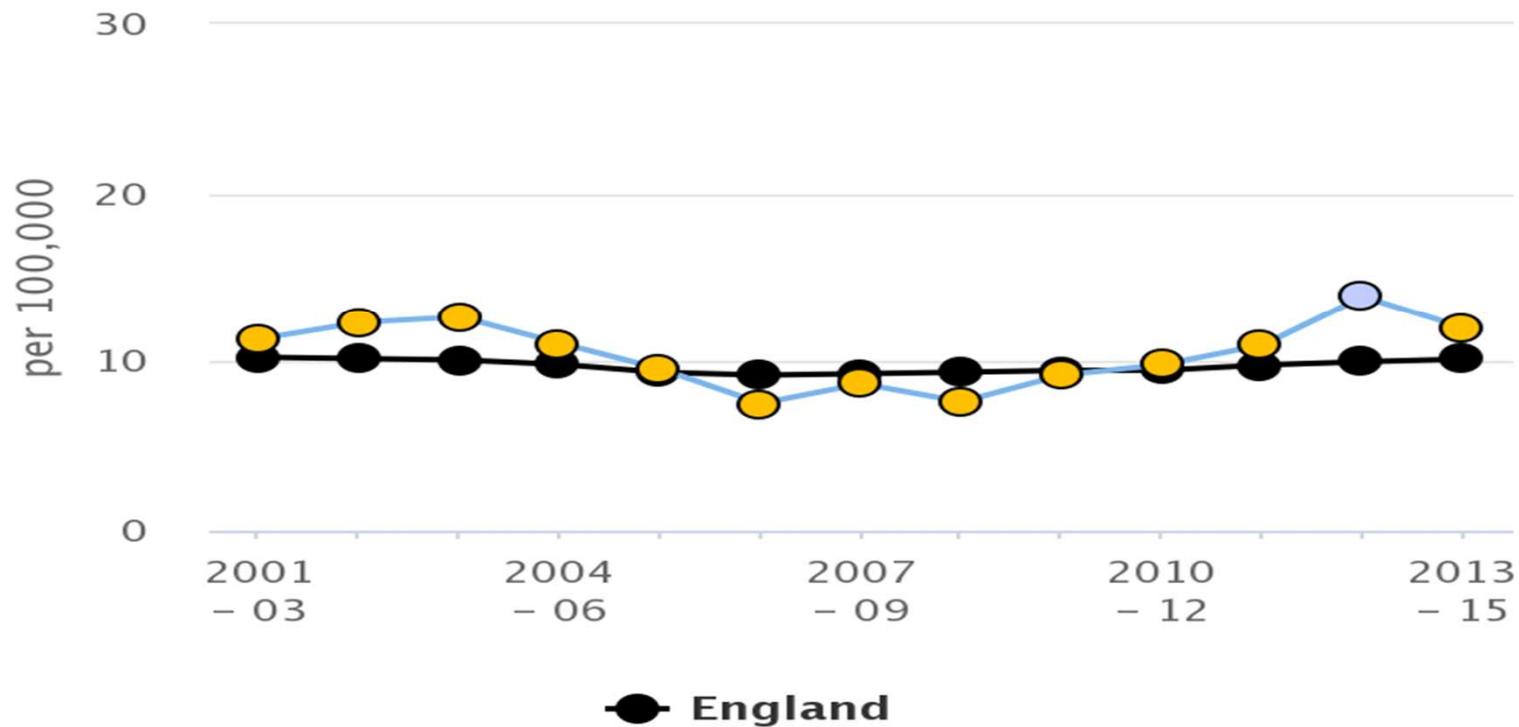
- 104 suicides between 2011 and 2016
- Average of 18 deaths per year
- 76% male

Over the last 5 years

- Bury East has the highest rate of suicide in Bury (63.7 per 100,000)
- Ramsbottom, Tottington, North Manor and Bury West all have a suicide rate less than 50 per 100,000

Bury suicide prevention context

Suicide: age-standardised rate per 100,000 population (3 year average) (Persons) – Bury



GM Suicide Audit

The cases were 85% men

Peaks in age in mid-life and in old age

Hanging was the most common method

Anecdotally quite a high proportion did have children

Key themes and factors included:

- Social isolation
- Physical health conditions
- Relationship problems and breakdowns
- Job loss, job issues, and long term unemployment
- Financial problems including benefits and debt
- Mental health
- Drugs and alcohol was a common theme with some very high intake of alcohol
- Previous attempts at suicide or self harm
- Referral to psychological therapies but then not responded to the opt in letter
- Some appears extremely impulsive and often included alcohol and drugs taken at the time of death but others were extremely planned.
- A few had been in contact with the police for sex crimes

Progress to date

- Public Health within Bury Council coordinated first multi-agency suicide prevention meeting in August
- Attendance from all key partners including LA, police, fire, CCG, Pennine Care, Pennine Acute, Samaritans, Children's, 3rd Sector and lay members.

Actions to date

- Reviewed the suicide rates in Bury
- Audited what activities each agency is doing to reduce/prevent suicide
- Reviewed all the National and GM strategies and guidance
- Developed and agreed a terms of reference
- Developed a draft multi-agency action plan

Planned next steps

- Get action plan agreed and endorsed
- Officially launch Bury suicide Prevention Action Plan
- Ensure all relevant agencies are signed up to the action plan at a senior level
- Ensure the suicide prevention group meets regularly to monitor the progress of the action plan
- Regularly feedback to the H&WB (on an agreed basis) so the Board can assess and be assured by the groups progress against the action plan