

# Suicide Prevention Strategy for B&NES 2016 – 2019

- **Produced by the B&NES Suicide Prevention Strategy Group**
- **Local refresh of previous strategy, in line with government's 2012 strategy *Preventing Suicide in England. A Cross Government Outcomes Strategy to Save Lives***
- **Key component of Priority 6 of the B&NES Health and Wellbeing Strategy – *Promote mental wellbeing and support recovery***

## Key messages

- **Suicide is a devastating event. An individual tragedy, life altering for those bereaved and a cause of trauma for involved communities and services.**
- **Reducing the risk of suicides in B&NES demands collective commitment and contribution, from key stakeholders and partners**

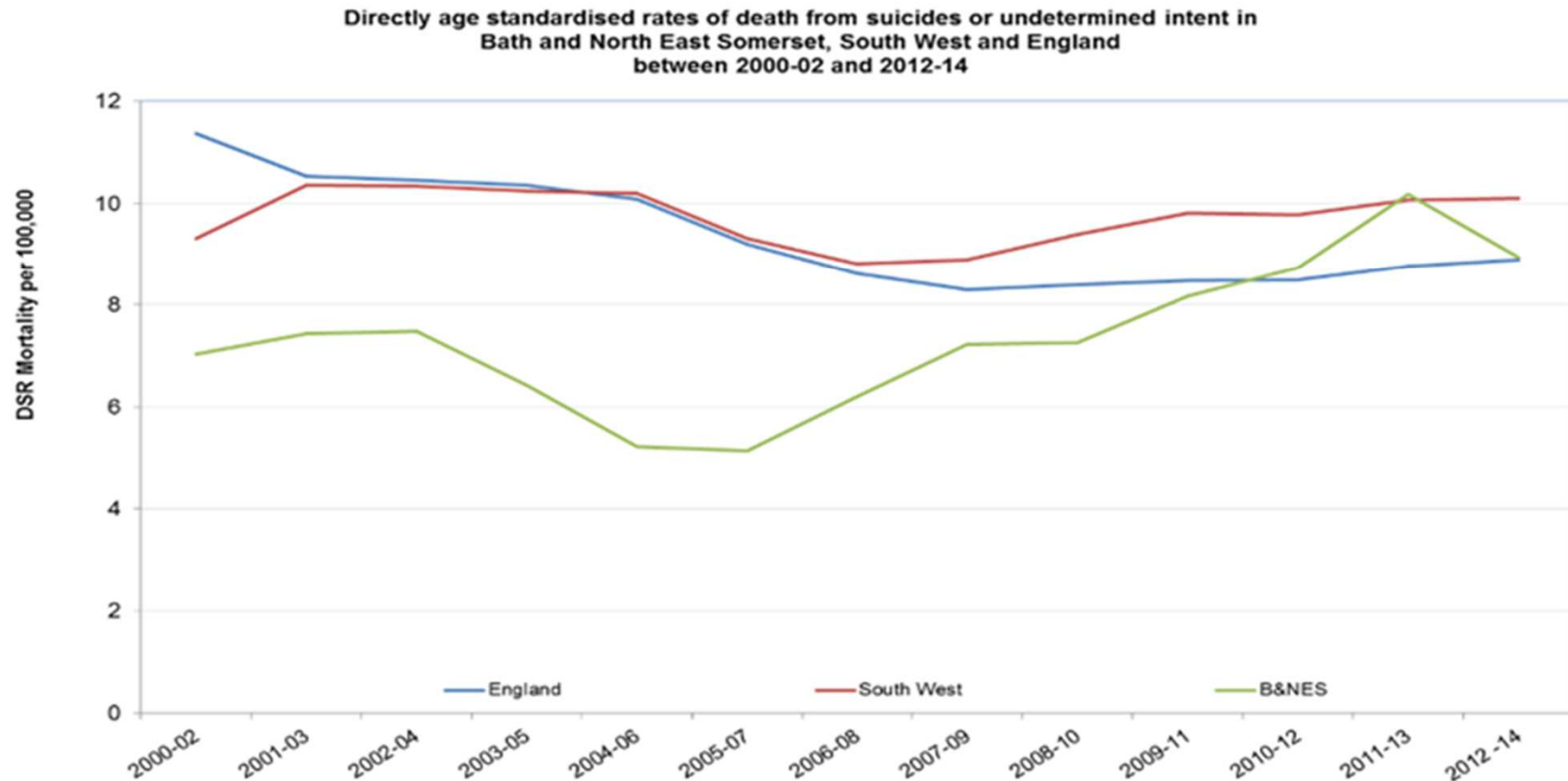
# Partnership working

- **Adult Social Care**
- **Avon Wiltshire Mental Health Partnership NHS Trust**
- **NHS B&NES Clinical Commissioning Group**
- **British Transport Police**
- **Children & Young People Services, B&NES Council**
- **Child & Adolescent Mental Health Services**
- **Drug and Alcohol Services**
- **GP Surgeries**
- **RUH Emergency Department**
- **Public Health (B&NES and Wiltshire)**
- **Samaritans**
- **Southside Family Centre**
- **University of Bath**

## **Suicide data headlines for B&NES**

- **16 deaths each year, on average**
- **Middle-aged males have the highest rate**
- **Leading cause of death amongst men and women under 35 years**
- **Most deaths are amongst men (more than three times the rate of female deaths)**
- **The majority of people who die by suicide in B&NES are not in contact with mental health services**

## Comparing B&NES for deaths from suicide or undetermined intent 2000 - 2014



Bath and North East Somerset – *The place to live, work and visit*

# Risk groups

- **People with a history of self-harm**
- **Young and middle aged men (35-54 years)**
- **People in contact with mental health services**
- **Middle aged men in lower socio-economic groups**
- **People in contact with the criminal justice system**
- **LGBTQ people – particularly young gay and bisexual men**
- **Specific occupational groups such as doctors, nurse and veterinary workers, farmers and agricultural workers**

## **B&NES self-harm data**

- **Hospital admissions for self-harm are significantly higher than national average. Around 550 admissions each year.**  
**...although we know that RUH more likely to admit someone for self-harm compared to other hospitals**
- **Around 30% are repeat admissions and a small proportion of people have a high number of these**
- **Strong relationship with deprivation**
- **In 2013/14 there were 72 admissions of under 18 year olds, an average of between 1 and 2 admissions a week**

# Action Plan: 6 key objectives

- 1. Keep up to date with current guidance and research, local trends and intelligence**
  - **Maintain self-harm register and include children and young people**
  - **Use SHEU data on young people who self-harm**
  - **Undertake an audit of LSCB self-harm guidelines**
  - **Work with Avon Coroner to learn from local deaths**
  - **Identify and map suicide hotspots**



## **2. Integrate suicide prevention within a broader framework for promoting mental health and wellbeing**

- **Support actions to improve the emotional health and wellbeing of children and young people**
- **Evaluate the Wellbeing College**
- **Reduce stigma around mental illness**

### **3. Tailor approaches to improve mental health in specific groups and reduce risk in high risk groups**

- **Provision of suicide prevention training for frontline staff**
- **Support for young LGBT people**
- **Packages of work to reduce self-harm**
- **Developing interventions that specifically target men**

## 4. Reduce access to means of suicide

- **Ensure all GPs following safer prescribing advice**
- **Reduce risk of suicide on the railway**
- **Reduce risk of suicide in public places**

## **5. Support those affected or bereaved by suicide**

- **Set up a B&NES SOBS (Support for Survivors of Bereavement by Suicide) group**
- **Explore the use of available support materials by the police and emergency teams / departments**
- **Develop support resources for use by schools in response to a sudden death or suicide**

## **6. Support the media in delivering sensible and sensitive approaches to suicide and suicidal behaviour**

- **Develop a local media campaign for 2016 Suicide Prevention Day**