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# **Suicide Prevention Update**

**Health Overview Scrutiny Committee**

**5<sup>th</sup> October 2020**

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# Context – Policy and Partnerships



## National Suicide Prevention Strategy 2012 Six Key Areas for Action

1. Reduce the risk of suicide in key high-risk groups
2. Tailor approaches to improve mental health in specific groups
3. Reduce access to the means of suicide
4. Provide better information and support to those bereaved or affected by suicide
5. Support the media in delivering sensitive approaches to suicide and suicidal behaviour
6. Support research, data collection and monitoring.

## One Year On Report – Local Actions

1. Develop a suicide prevention action plan
2. Monitor data, trends and hot spots
3. Engage with local media
4. Work with transport to map hot spots
5. Work on local priorities to improve mental health

## NHS Zero Suicide Ambition

- NHS England and NHS Improvement Suicide Prevention Programme provides funding to STPs for suicide prevention work. NCL has successfully bid for Wave 1 and Wave 3 funding.
- National Suicide Prevention Alliance



- London Mayor / Thrive London Zero Suicide London
- North Central London Suicide Prevention and Self-Harm Reduction Steering Group (Barnet, Enfield, Haringey, Camden, Islington) established to oversee NCL wide suicide prevention work.



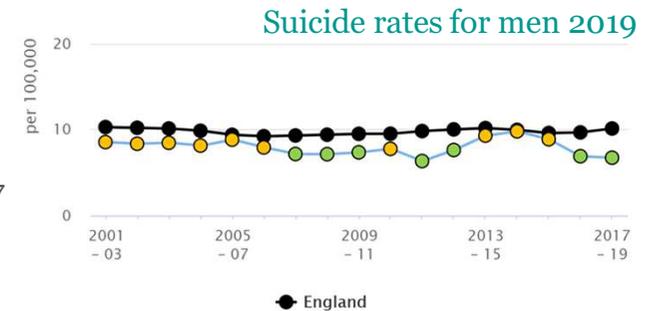
- Multi-Agency Suicide Prevention Group has worked to reduce suicide in the Borough since 2014. The group brings together a range of local partners including representatives from the Barnet Clinical Commissioning Group, Coroner's Office, Police, Ambulance services, NHS, Children's and Adult Social Care, Network Rail, and the Voluntary and Community Sector. The partnership focuses on two key areas; to reduce the number of people who die by suicide in Barnet and provide better support to those bereaved.
- Produced Barnet Suicide Prevention Action Plans since 2014.

# Context – Intelligence

## BARNET



- 67 suicides registered = 6.9 deaths per 100,000 (2016-18).
  - Represents significant decrease from 2015-17 rate of 8.9\*.
  - Rate significantly lower than England and 5<sup>th</sup> lowest in London.
- Over a 5 year period, average number of suicide deaths per year is around 27 (2014-2018)
- Suicide rate for men has shown a significant decrease from 14.3\* to 10.9\* whereas the rate for females is not significantly different from previous years at 3.0\*.
- Since January 2020, 2 suspected suicide deaths.
- Emergency admissions for intentional self harm 10<sup>th</sup> highest rate in London (94.4\*)



## LONDON and NCL

- 8.1 deaths per 100,000
- No significant difference in rates between Barnet, Enfield, Haringey, Islington, Camden and London.
- Enfield has the lowest rates in NCL at 5.9.



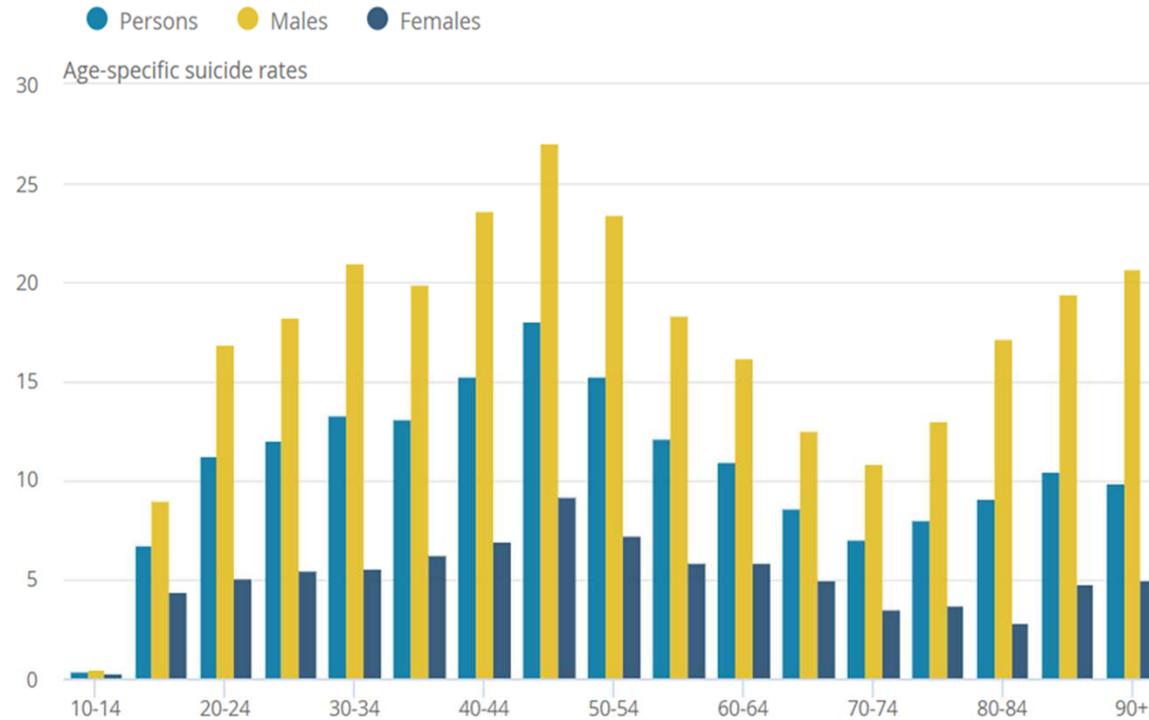
## UK

- 9.6 deaths per 100,000
- Biggest killer of men under 49. 45-49 year old males have highest rate at 27.1\* (603 deaths).
- Rates increasing in the under 25s. 10-24 year old females show significant increase since 2012.
- Most common method is hanging (59.4% males, 45% females)

The most recent data from the ONS represents deaths registered in 2018 after review by the coroner. From this year we have access to live suspected suicide data from Thrive London, helping to close this time lag.

\*all rates shown X per 100,000

# Context – Intelligence



## UK Age-specific suicide rates registered in 2018

Source: Office for National Statistics, National Records of Scotland, and Northern Ireland Statistics and Research Agency

## Achievements through Partnership Working 2020

Prevention							Postvention
Data on suicide and self harm	Comms and campaigns	Access to means	Pathways	Incident review	CYP	Training	Bereavement support

### NCL Support After Suicide Service

- Wave 1 NHSE Funding for Bereavement Support awarded to NCL in 2019; £87,000 p.a. for 5 years, supplemented by £66,500 p.a. from NCL borough PH budgets.
- Contract awarded to Rethink and due to commence May 2020.
- Paused March 2020 due to Covid-19. Due to launch mid-October 2020.

### Adapting during Covid-19

- Temporary North Central London Suicide Bereavement and Support Helpline with Rethink. Some callers mentioned that if they had not made contact they would have attempted suicide or would have self-harmed to a greater extent.
- Commissioned a Covid-19 Bereavement Support and Counselling service to add capacity to the existing LBB bereavement offer.

## Achievements through Partnership Working 2020

Prevention							Postvention
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### Thrive London suicide prevention information sharing hub

- London's first multi-agency information sharing hub.
- Live data on attempted suicide in Barnet – shows that since Jan 2020 there were two people lost to suicide in Barnet.
- Quickly facilitate and signpost to NCL Support-After-Suicide service.

### Thrive London data review group in NCL

- Improve understanding of local incidences to identify emerging trends and improve planning.

# Achievements through Partnership Working 2020

Prevention							Postvention
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## Free online training

- Working with Thrive London to promote Zero Suicide Alliance Training – 20 minute online training.

## Targeted training

- Papyrus funded to deliver training to faith-based charities, schools, colleges and universities.

## Digital mental health support

- Kooth - online counselling and wellbeing service for children and young people.
- Good Thinking - a digital mental wellbeing service for adults in London.
- Able Futures to support people experiencing mental health issues in the workplace.

## Future Actions – NHSE Wave 3 Funding across NCL

Prevention							Postvention
Data on suicide and self harm	Comms and campaigns	Access to means	Pathways	Incident review	CYP	Training	Bereavement support

### NHS England Suicide Prevention Programme Wave 3 Funding

- Award from 20/21 for 3 years of £315,000 p.a.
- Barnet will appoint and host a Programme Manager to work across the system.
- Defined elements of the proposal include:
  - NCL Suicide Prevention Steering Group – Programme management and system leadership reporting into DsPH.
  - Gap analysis and quality improvement of responses to self-harm – with a focus on pathways from A&E
  - Development of specific service improvements to address identified gaps including support for young adults (18-25), other non-statutory services with a focus on middle-aged men, and a specific trial of psychologically informed peer support following self-harm
  - Expansion of community based training in suicide awareness
- Additional strategic areas for joint partnership working identified and resourced

## Future Actions – London Borough of Barnet

- Multi-Agency Suicide Prevention Strategy that builds on LBB Suicide Prevention Action Plan Successes and integrates with NCL Wave 3 programme actions.
- Close working and consultation with people with lived experience.
- Coproduction with organisations and residents to improve our collaborative response.
- Workshop held with VCSE partners during World Suicide Prevention Day online event (September 2020) on “How to improve our collaborative response to suicide prevention in the Covid-19 world?” Begun to identify priority areas including
  - Access: improving accessibility for specific groups e.g. people with autism.
  - Awareness: Improving overall awareness with training for staff and the public, especially targeted at recognising the signs of suicide and communities in which suicide is taboo.
  - Determinants: Tackling the systemic determinants of suicide and building a systems approach to good mental health and wellbeing.

# Challenges posed by Covid-19

- Redeployment of health and care resources into COVID pandemic response
- Risks such as recession, redundancies and social isolation may lead to increased incidence.
- Reaching high risk groups may become more difficult with changes to service provision and access.

