

Suicide Prevention Update

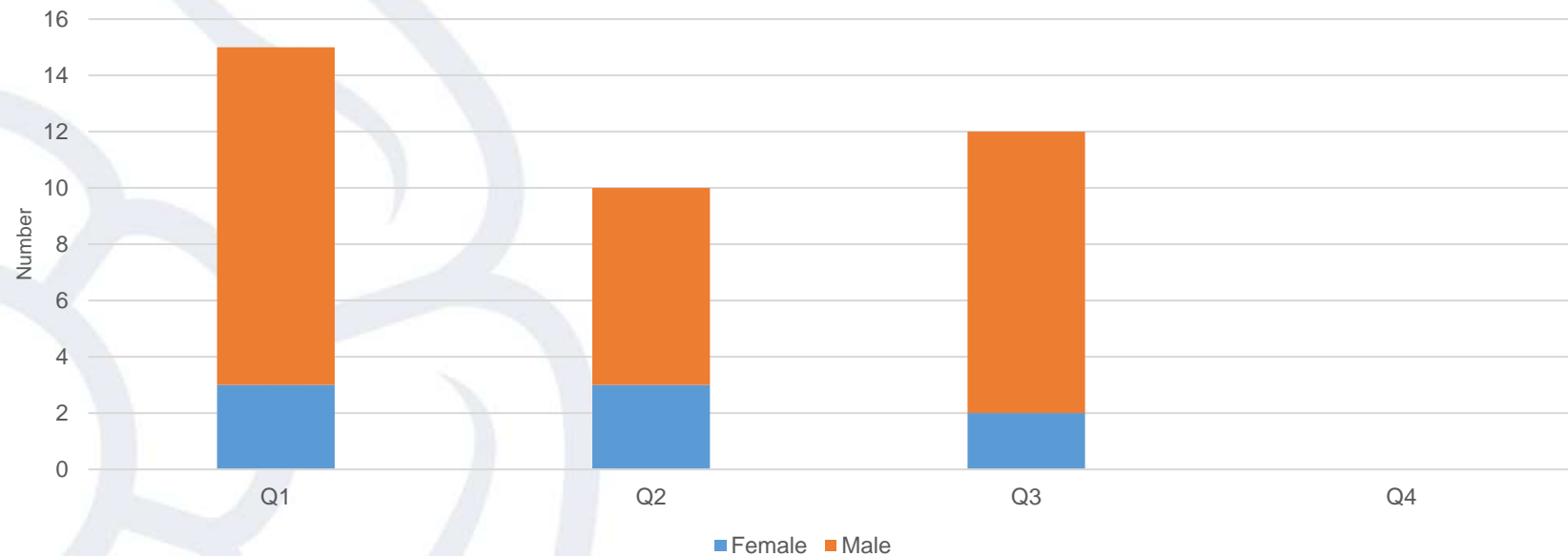
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Suspected Suicides in North Yorkshire 2020/2021

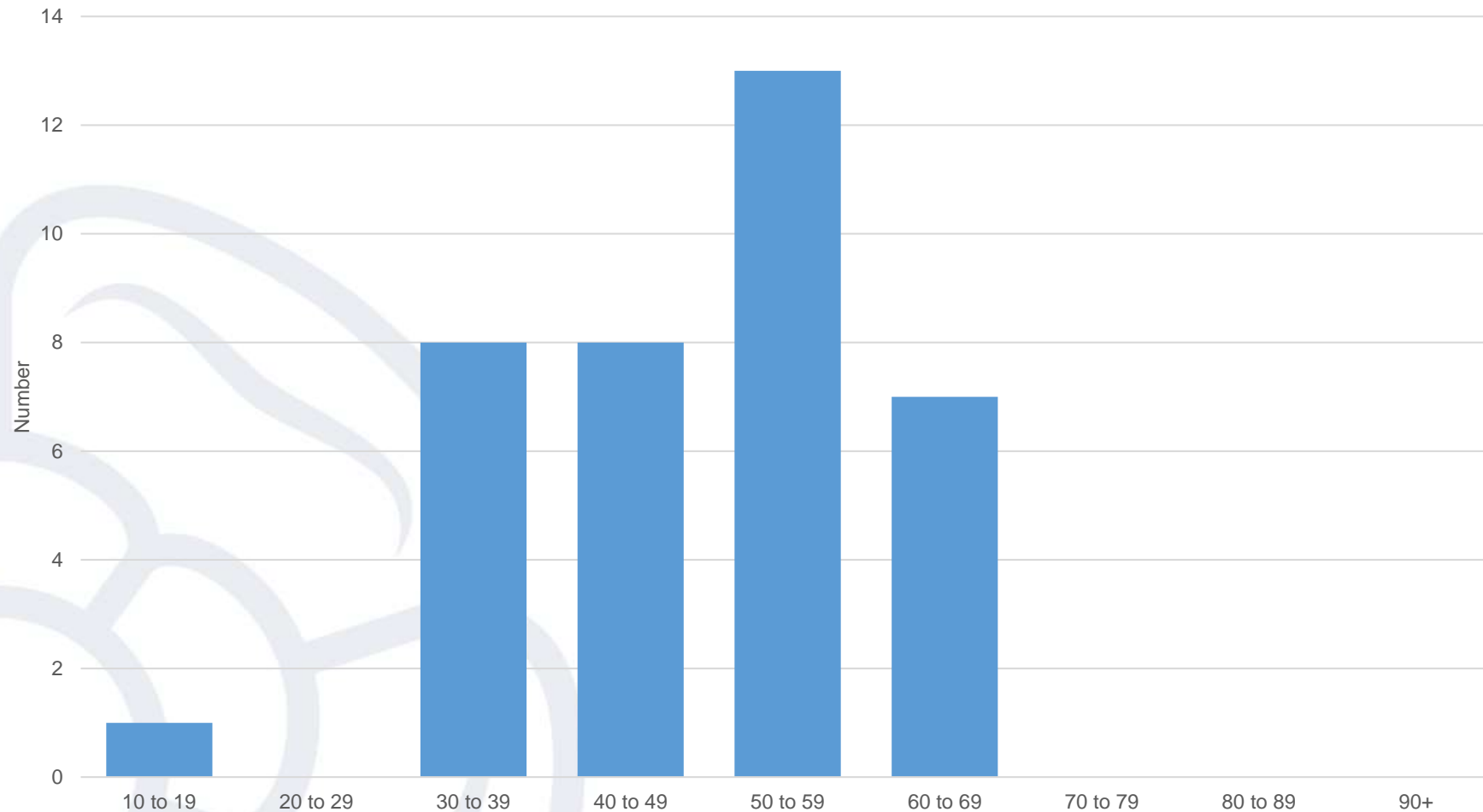
2020		2021 January – to 8/9/21	
Male	63	Male	29
Female	15	Female	8
Total	78	Total	37

Number of suicides by gender (1st January 2021 to date)



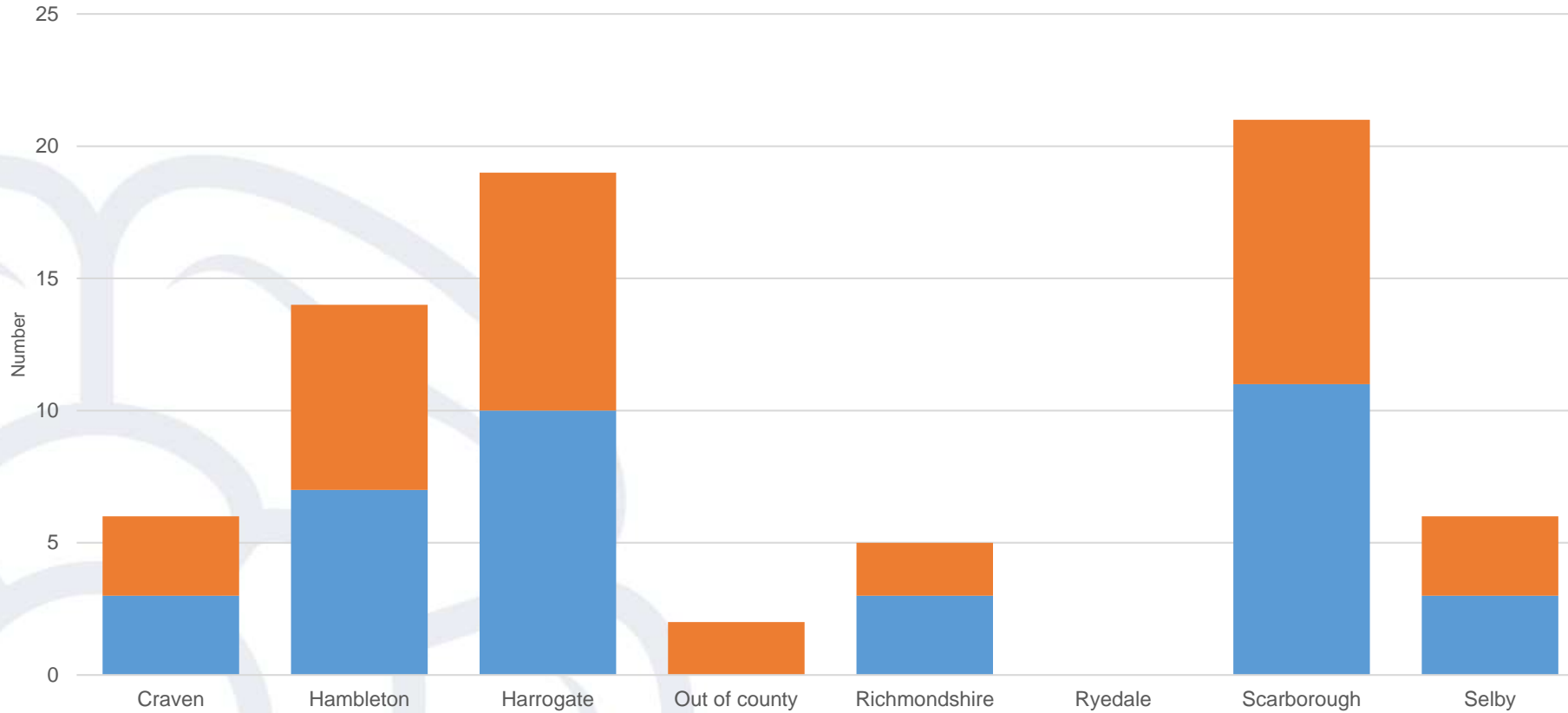
Age Range

Number of suicides by age (1st January 2021 to date)



District

Home district and place of district of death (1st January 2021 to date)



Orange is residence
Blue is location of death

NHS England funding to reduce suicides

NHS England have over the last three years provided funding to reduce suicides nationally.

In North Yorkshire we have received the following which is managed by the Stronger Communities project:

- 2019/20 £71,000 Training and community projects
- 2020/21 £96,000 Training community projects and postvention support
- 2021/22 £143,000 Training, community projects, self-harm project, postvention support

Total £310,000



Priority 1 - Reduce the risk of suicide across the North Yorkshire population, particularly targeting high-risk groups

Case Study

Supporting people who are at high risk of suicide. REACH (Reducing Exclusion for Adults with Complex Housing needs). A three-year partnership project between, Scarborough Borough Council (SBC), Health and Adult Services (HAS), Tees Esk and Wear Valley (TEWV) and Beyond Housing (BH). The model is based on a Housing First approach.

The REACH project will provide dedicated housing and intensive and community support to people who are currently homeless or likely to be made homeless due to a range of social and long term health needs including; mental health/substance misuse, physical health needs or because of their criminal activity or anti-social behaviour.



Support for men (North Yorkshire and HCV STP wide)

Qwell for men provides vital counselling, peer support and a safe, confidential space for round the clock support



Free, safe and anonymous support

Qwell for Men
Humber Coast and Vale

 **Qwell**

qwell.io/hcv



Priority 2 Recognising and reducing common contributory factors and life stressors

Annual audits of coroners records identifies factors which contribute to a person taking their own life these include:

- Financial
- Family break down
- Substance misuse
- Mental Health issues (a combination of people with low level anxiety and those with a mental health diagnosis)

Community Grass root grants

- Music events
- Men in sheds projects
- School projects to support young peoples mental health and wellbeing
- Wellbeing projects in the community 1-1 and group focused
- Counselling support
- Activities; nature, art, social
- Awareness raising events



Total allocated to community projects £124,558

Priority 3 Reduce access to the means of suicide

Samaritans signage at Malham Cove and along the coast at Whitby/Scarborough. Working with Humber Bridge to look at work they have been doing to prevent suicides on the bridge. Work with British Transport Police (BTP) to prevent suicides at stations



Priority 4 Supporting the media in delivering sensitive approaches to suicide and suicidal behaviour

The media have been very supportive and work closely with the media/communication team at NYCC to ensure we promote the right messages and adopt the Samaritans guidance

**Samaritans' media
guidelines for
reporting suicide**

Priority 5 - Improve support for those affected by suicide in North Yorkshire in the days, months and years after a death.

Major Incident Response Team (MIRT) provides support for those affected by suicide and we are enhancing the volunteer offer from MIRT. We have put a funding opportunity together for a organisation to work alongside MIRT volunteers to offer specialist counselling support to families who may need access to free counselling service to help them deal with their grief.

Supporting those
bereaved by suicide

Major Incident Response
Team (MIRT)



Priority 6 Further develop research, data collection and monitoring

We are working with the coroner and police to continually review data collection and monitoring to ensure we are able to react to any increases or changes.

A review of the research and working with partners ensures that the work we do contributes to a reduction in suicides and supports those affected by suicides across North Yorkshire.

Priority 7 - Develop opportunities for training and awareness raising



Head First [Home > Head First \(headfirst-northyorks.org\)](https://headfirst-northyorks.org) is North Yorkshire's first Mental Health Training Hub and was developed in September 2020 to provide resources and news around mental health and suicide prevention as well as a range of online and face-to-face training options free of charge for people living, volunteering and / or working in North Yorkshire.

- Approved 14 training providers,
- During the Covid-19 pandemic, face to face training has not been possible but providers have still delivered 17 training courses
- Over 200 people trained who live / work / volunteer in North Yorkshire.



Priority 8 Reducing rates of self-harm as a key indicator of suicide risk

We have funded 'Just B' (part of Herriot Hospice) to help us design and develop a specification for a new non-clinical self-harm support service as part of the wider suicide prevention programme. We are keen that the design of the specification for the new service is co-produced with people with lived experience of self-harm and support services, and that it reflects the needs and views of people affected

The logo for 'Just B' is a green rounded rectangle with the text 'JUST 'B' in white and purple. The word 'JUST' is in white, and the letter 'B' is in purple. The background of the slide features a faint, light blue graphic of a person's head and shoulders.

JUST 'B'

Members Seminar – Mental Health Training

Wednesday 10th November 2021 colleagues will provide members with information on support for people bereaved by suicide and provide mental health training taster session delivered by Pat Sowa a HeadFirst trainer, champion for suicide prevention and a mother who lost her son Dom to Suicide in 2017.

We ask that as many people join this event and support the work in reducing suicides in North Yorkshire.



Further Work

- Understand the impacts of covid and monitoring changes in suicide rates
- Development of a new self-harm support service in January including potential opportunities to enhance provision in Scarborough
- World Suicide Prevention Day 10th September panel discussion with professionals to strengthen the work we do in collaboration with agencies
- Work with Sirius Minerals to inform the funding strategy for children and young peoples mental health.
- Evaluate the enhanced postvention support delivered by MIRT

Thank you

Any questions?

