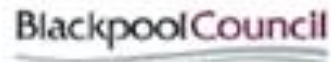




Healthier
**Lancashire &
South Cumbria**



**Suicide prevention
is everyone's business**



Louise Thomas: Clinical Network Programme Manager

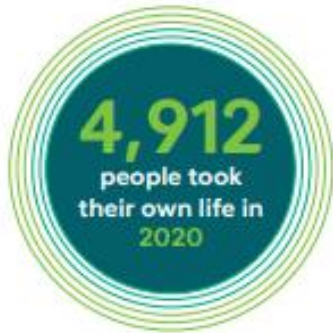
Neil Smith: Senior Advisor - Multi Agency Strategic Partnership

1. Understanding

Understanding suicide

- Suicide Prevention is "Everyone's Business". You don't have to be a Mental Health professional to help somebody.
- Not every person who takes their life has a mental health diagnosis, so there are many people struggling that are 'completely unknown to services'
- Suicide **can** often be prevented with the right help and support
- AWARENESS: Suicide is not confirmed until the Coroner's inquest
- LANGUAGE: People don't 'commit' suicide – it is not a crime; take own life, complete suicide or die from suicide, are preferred ways to talk about suicide.

Suicides in England



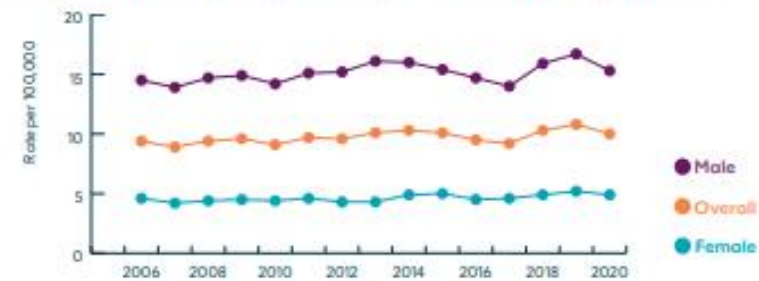
Age groups with highest suicide rate per 100,000



The suicide rate among people aged 35-39 (13.1 per 100,000) has increased 3.1% compared to 2019 (12.7 per 100,000)

Click to add text

Suicide rate per 100,000 in England 2006-2020



Overall, the suicide rate in England has decreased by 7.4% compared to 2019.

The male suicide rate has decreased by 8.4% compared to 2019.

The female suicide rate has decreased by 5.8% compared to 2019.

Males are 3.1x more likely to die by suicide in England than females.

Notes about data: Data source – Office for National Statistics (ONS). Suicide refers to deaths where the underlying cause is intentional self-harm and events of undetermined intent. Data represents suicide registrations. Increases/decreases are based on one year of data. These may not indicate longer term trends and may not be statistically significant. Overall rates for male, female and all persons are age standardised. Rates broken down by age group are crude.

*It is important to note, that these deaths didn't all happen in 2020, and we will not know how many did until all deaths are officially registered- this can sometimes take a year or more

2. Myth Busting

Myths & Facts (from Samaritans webpage)

MYTH	FACT
People who talk about suicide aren't serious and won't go through with it.	People who kill themselves have often told someone that they do not feel life is worth living or that they have no future. Some may have actually said they want to die.

Takeaway:

- Listen (don't be dismissive)
- Ask how they are feeling (if you feel comfortable)
- Know some basic signposting information to get them to talk to someone

Myths & Facts (from Samaritans webpage)

MYTH	FACT
Talking about suicide is a bad idea as it may give someone the idea to try it.	Suicide can be a taboo topic. Often, people who are feeling suicidal don't want to worry or burden anyone with how they feel and so they don't discuss it. But, by asking someone directly about suicide, you give them permission to tell you how they feel. People who have felt suicidal will often say what a huge relief it was to be able to talk about what they were experiencing.

Takeaway:

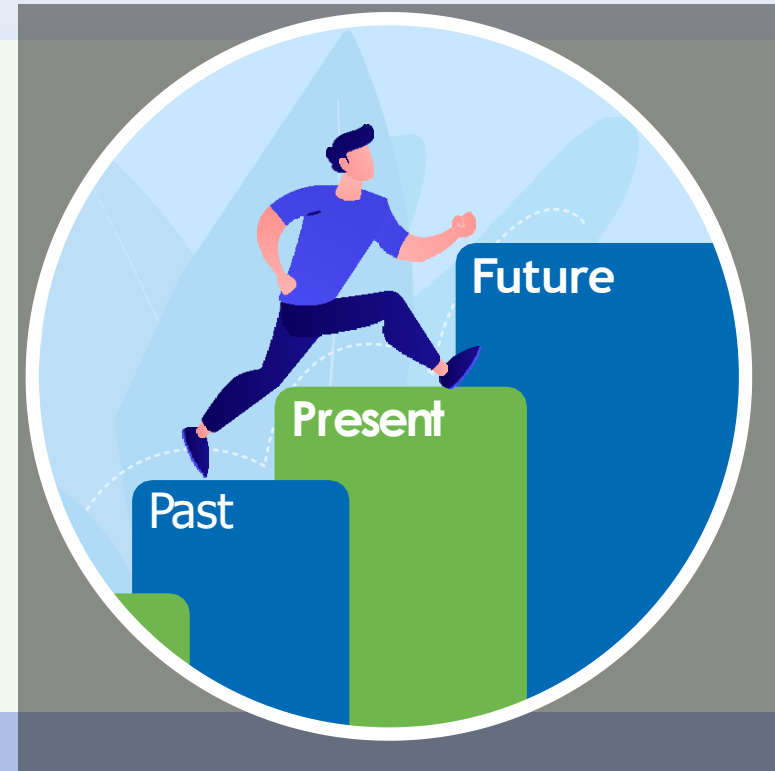
- Give people permission to talk
- Listen - don't try to problem solve
- Know some basic signposting information to get them to talk to someone

Real Time Surveillance

WHAT is it - HOW does it work

Our ➤ Ambition

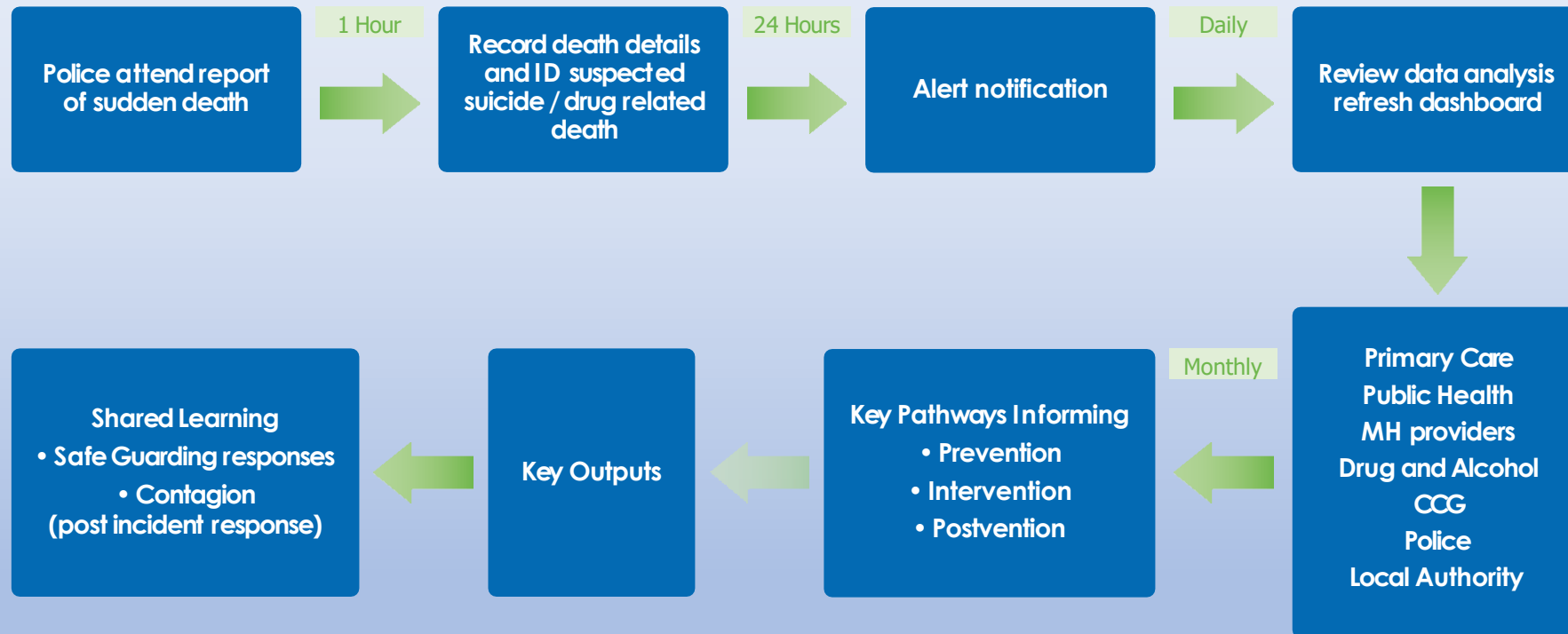
- To Save Life – Prevent Suicide
- Police NOT HM Coroner system
- One System – all partners
- Same Day Data Alert
- Develop sustainable Partnerships
- Rapid Intelligence NOT data
- National SP Programme – UK Leader



Real Time Surveillance Key Guiding Principles

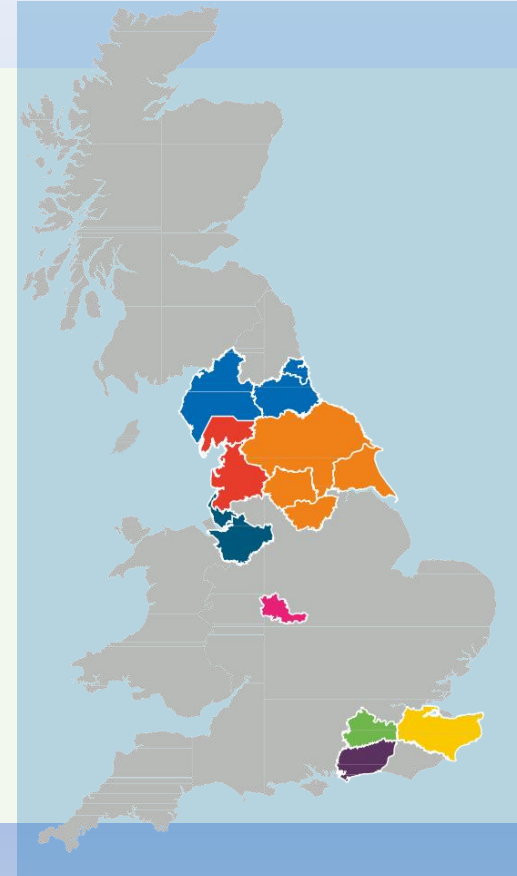
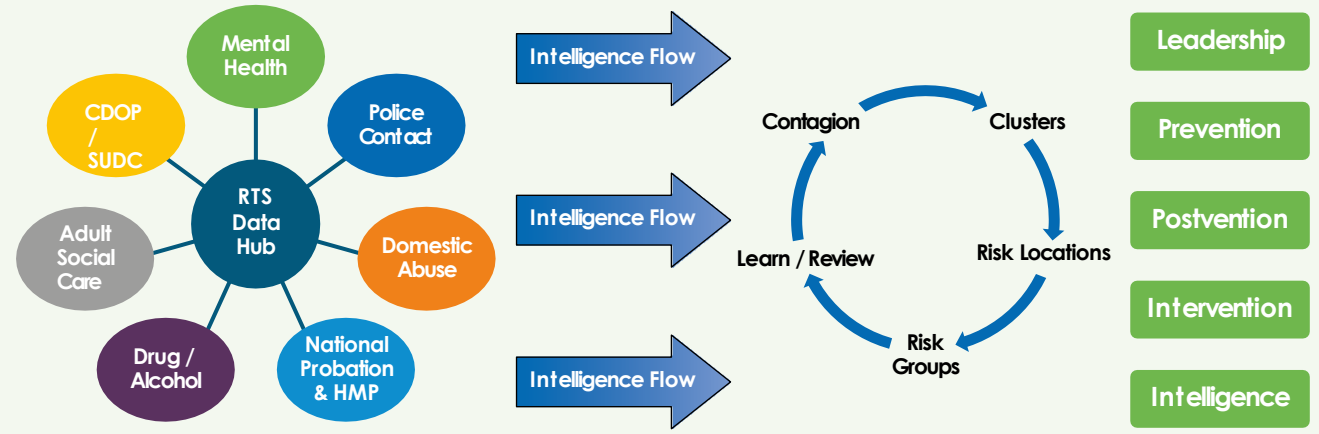
- 1.** *Suicide Prevention is everyone's Business.*
- 2.** *We agree to share information and data across organisations to increase learning and new action opportunities.*
- 3.** *We will be intelligence led in all our responses to real time information.*
- 4.** *We will work together and collaboratively to increase our capacity to prevent self harm and suicide.*
- 5.** *We share the 'prevention' challenge and accept mutual accountability to reduce suicide and self harm.*
- 6.** *Rapid delivery of local responses to local problems supported by timely research and analysis.*

Real Time Alerts Process



Our Spread LOCAL and NATIONAL

- Real Time Surveillance - Data Connectors and Flow Model
- Intelligence NOT Data

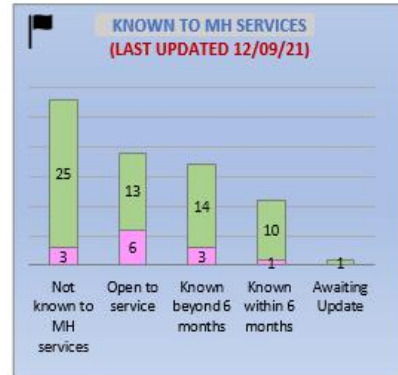
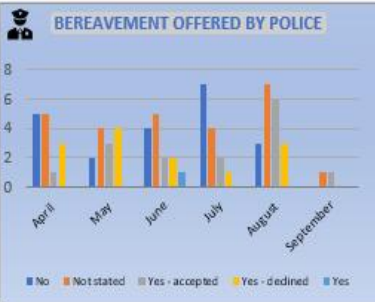
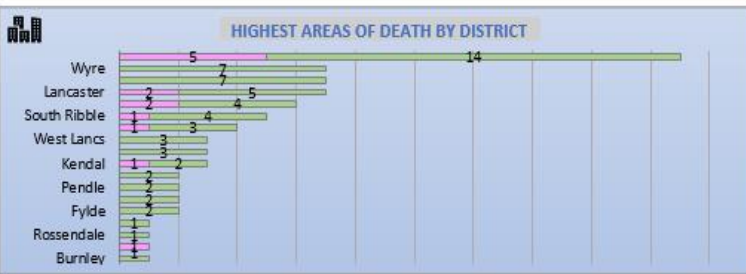
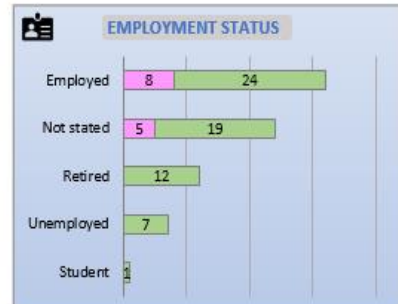
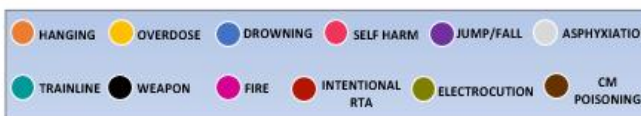
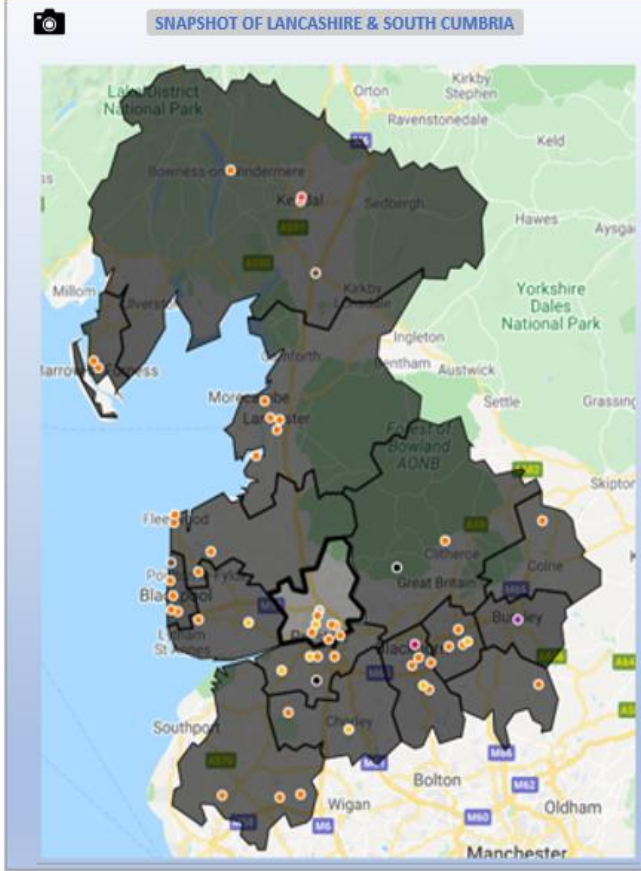
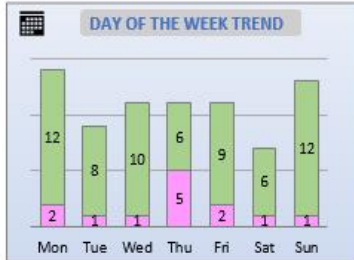
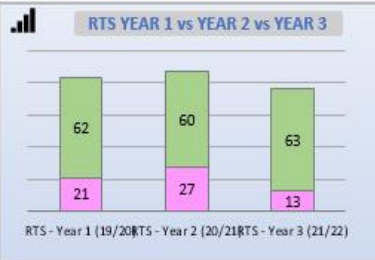


RTS DASH BOARD

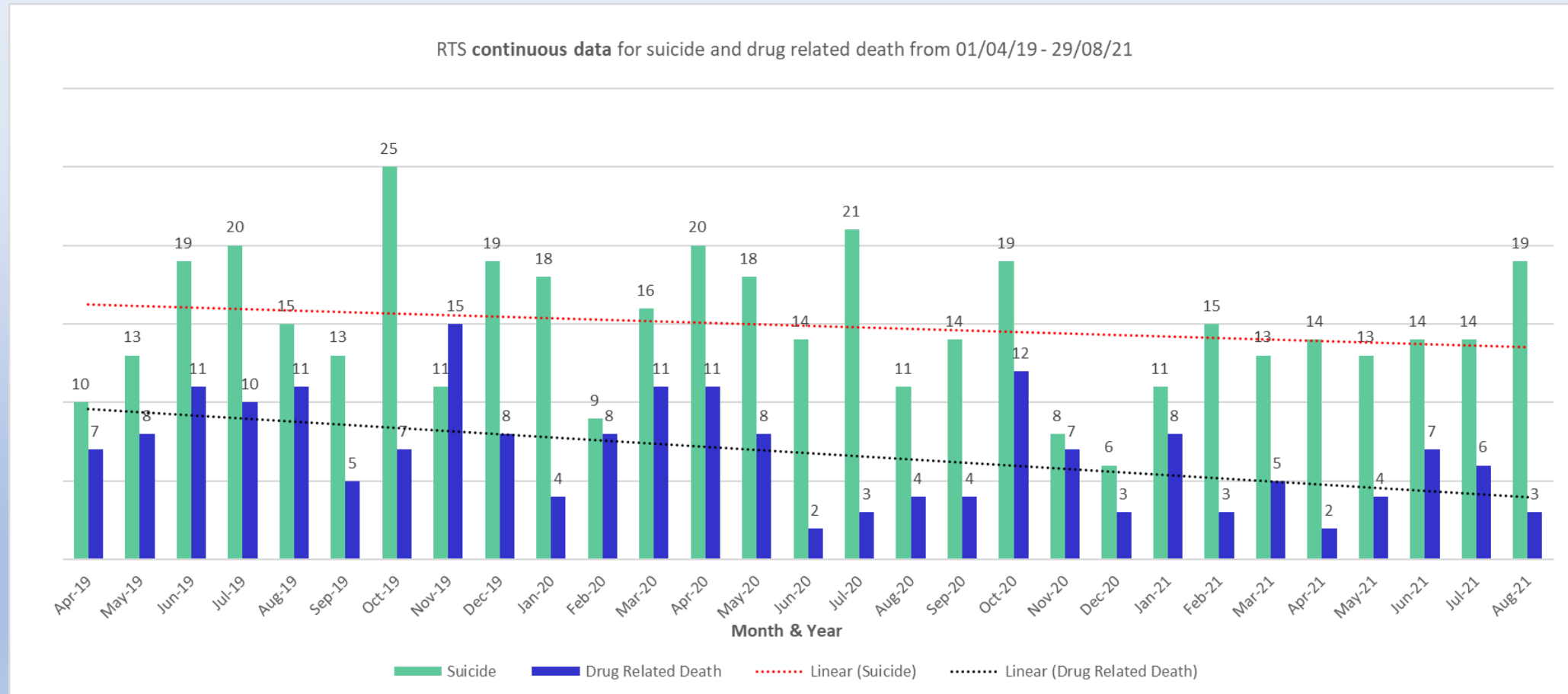


LANCASHIRE & SOUTH CUMBRIA ICS SUSPECTED SUICIDE RTS DASHBOARD - September: WEEK 22 CUMULATIVE DATA 01/04/21 - 12/09/21

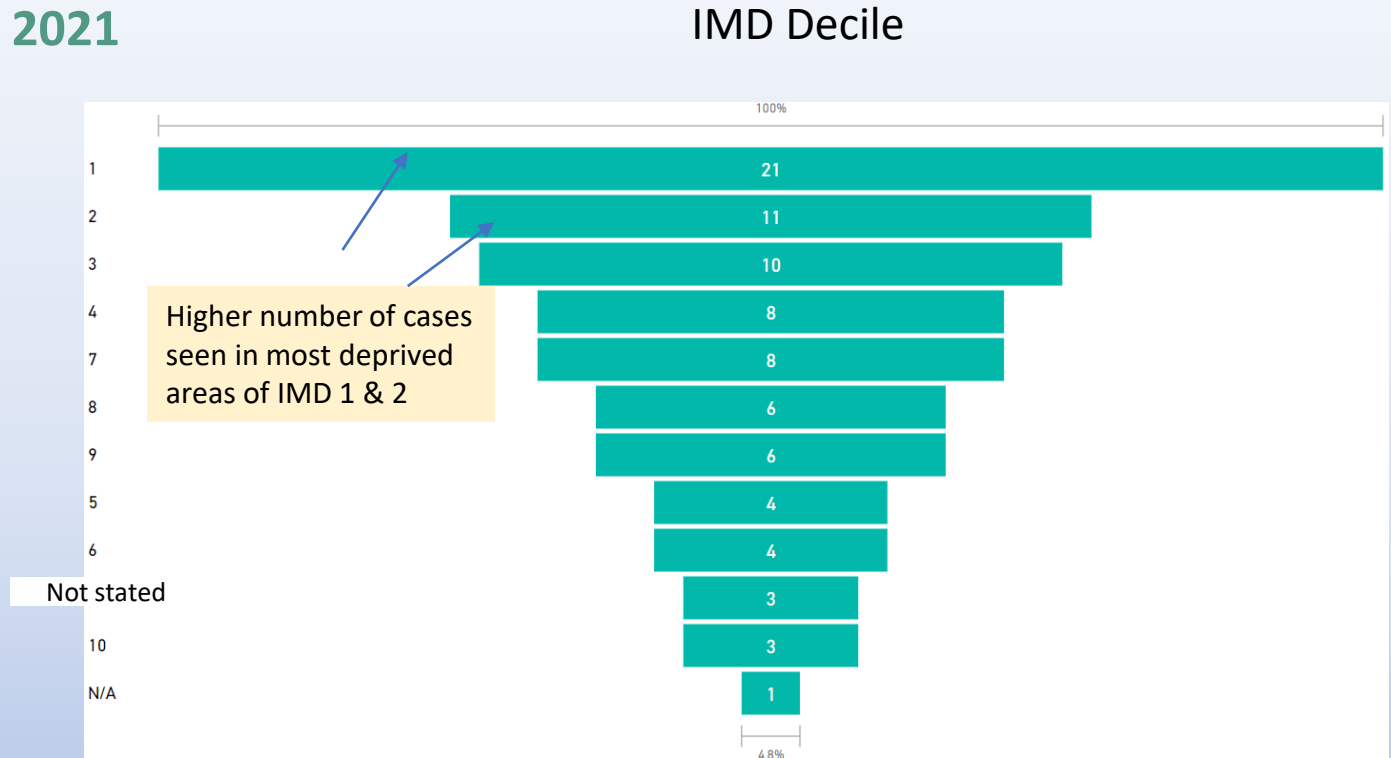
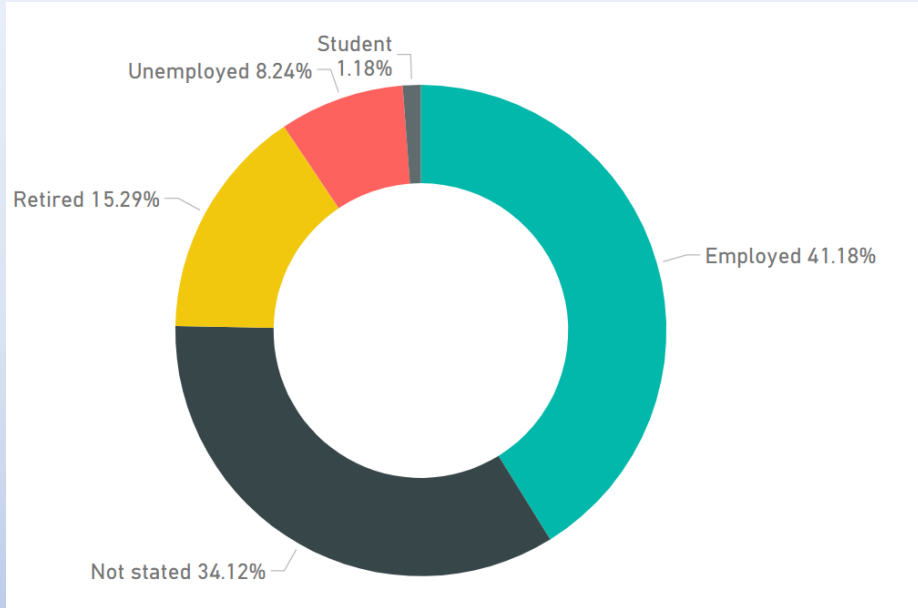
MALE FEMALE



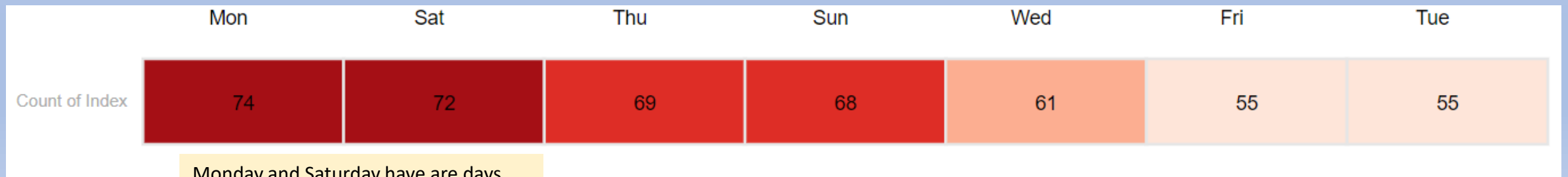
PANDEMIC TRENDING



Suspected suicide cases by employment and IMD Decile - RTS yr 3 April 2021-September 2021

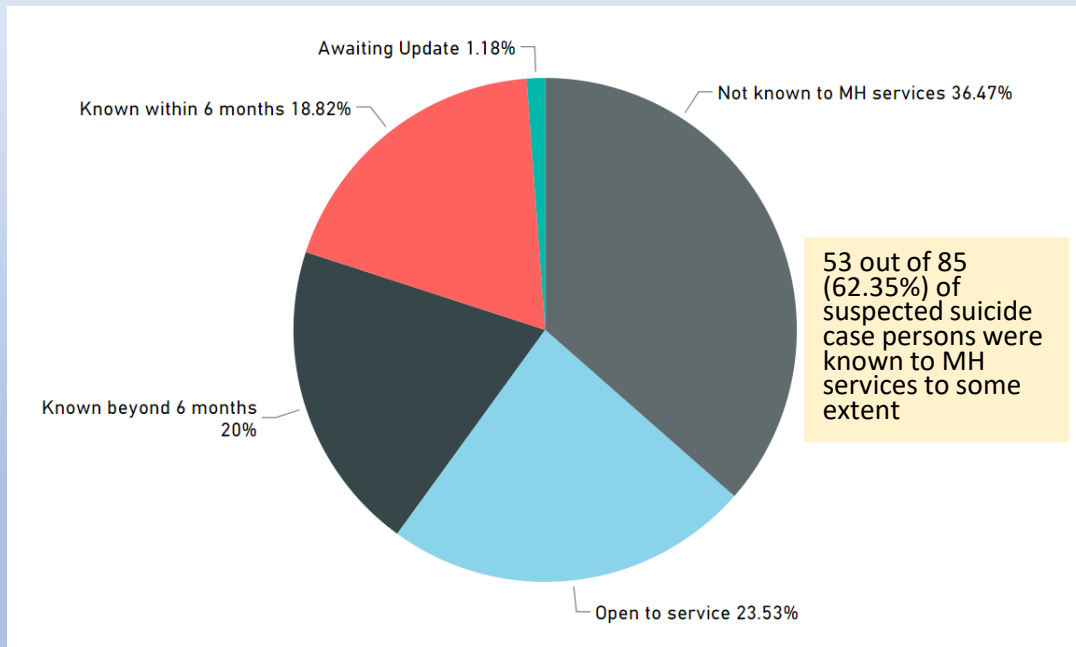


Suspected Suicides by days April 2019- September 2021

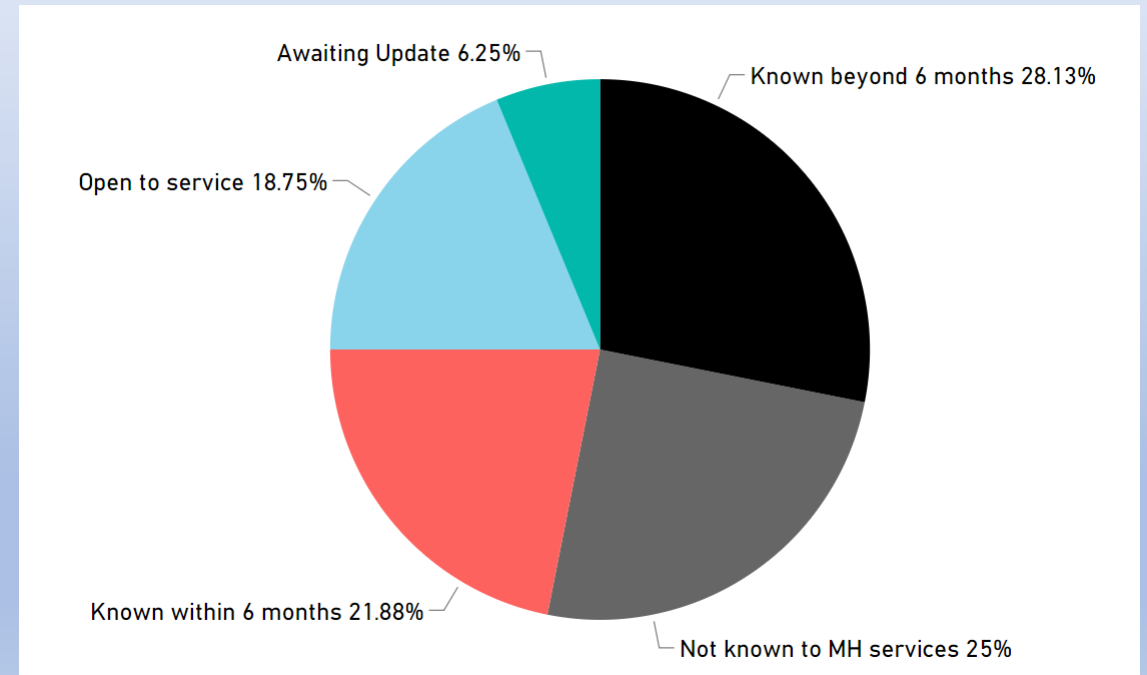


Monday and Saturday have are days with highest number of Suspected Suicides since April 2019

RTS Yr 3 April 2021- September 2021 Suspected Suicide cases known to MH services –

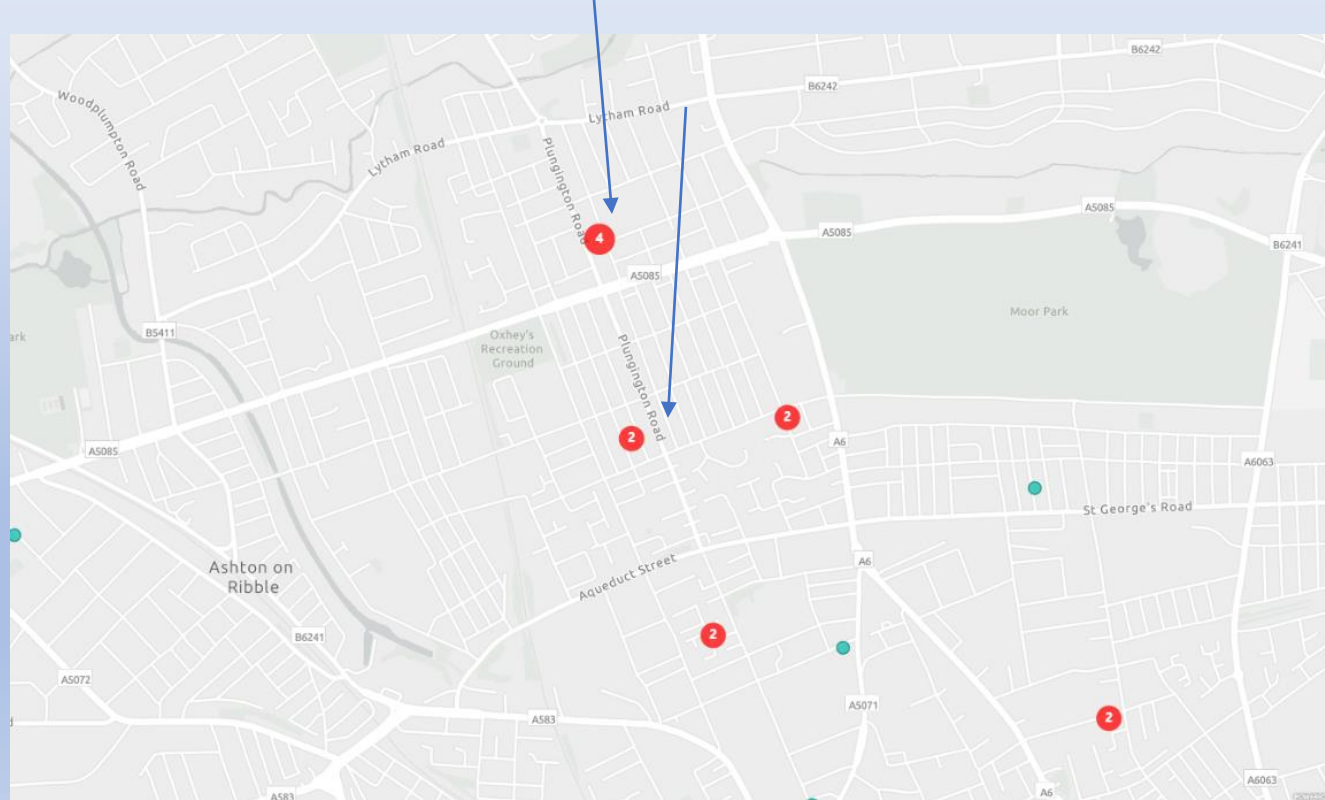
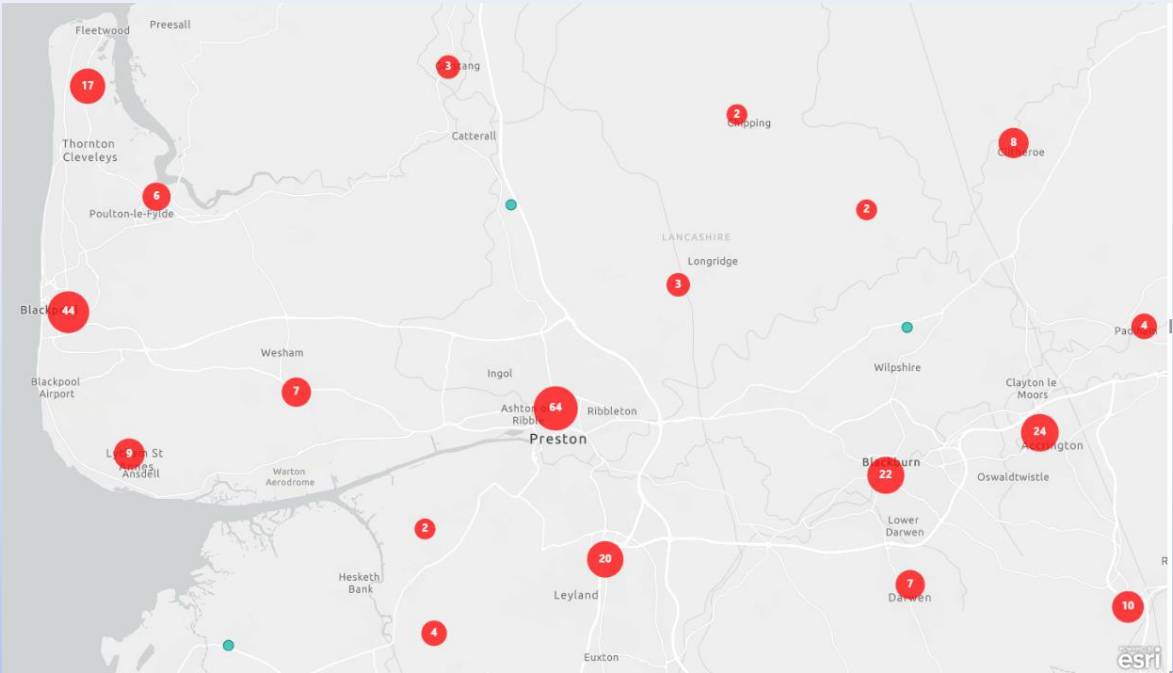


RTS Yr 3 April 2021- September 2021 Drug related death cases known to MH services –

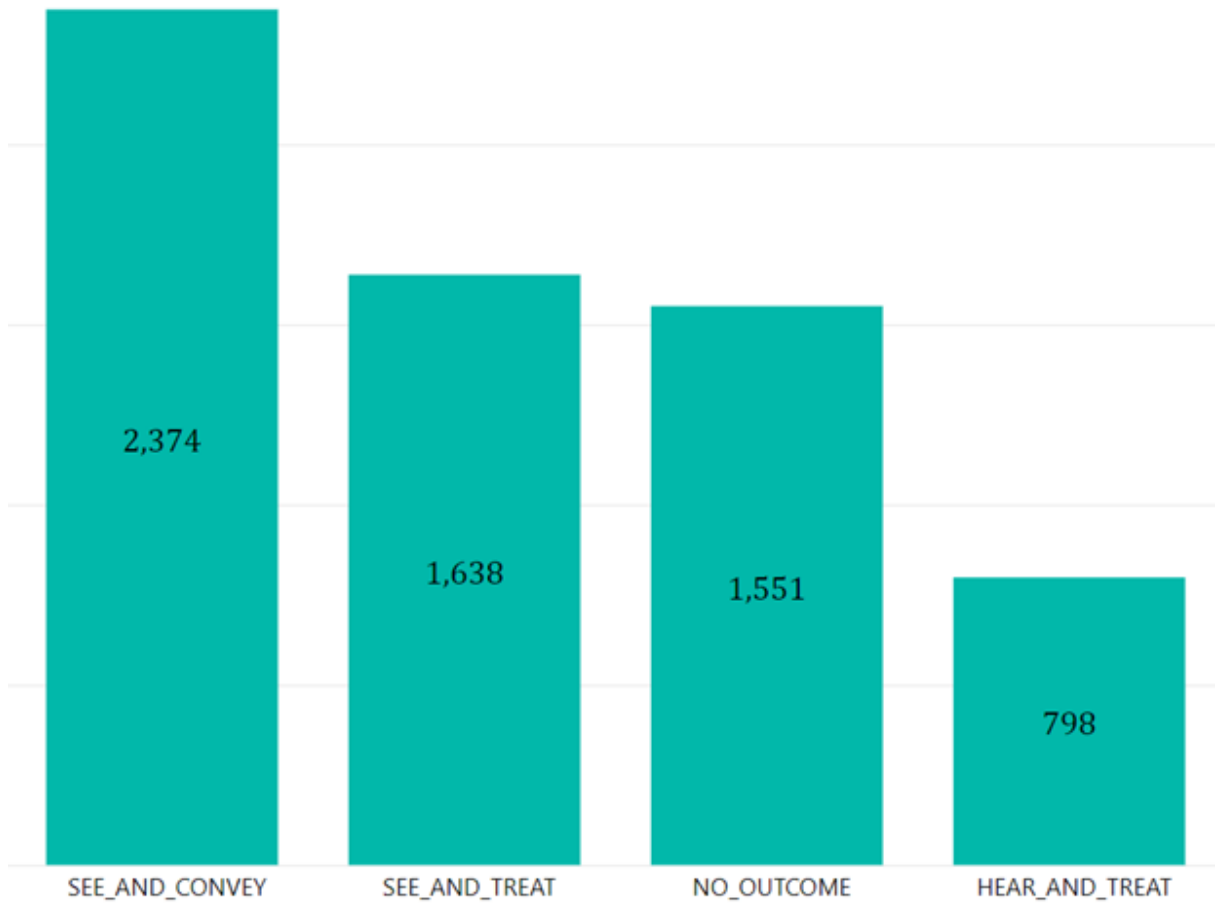


Identify areas of suicide cluster using home postcode

Suspected suicide clusters can be identified in areas of each town, to identify any links, trends and services available

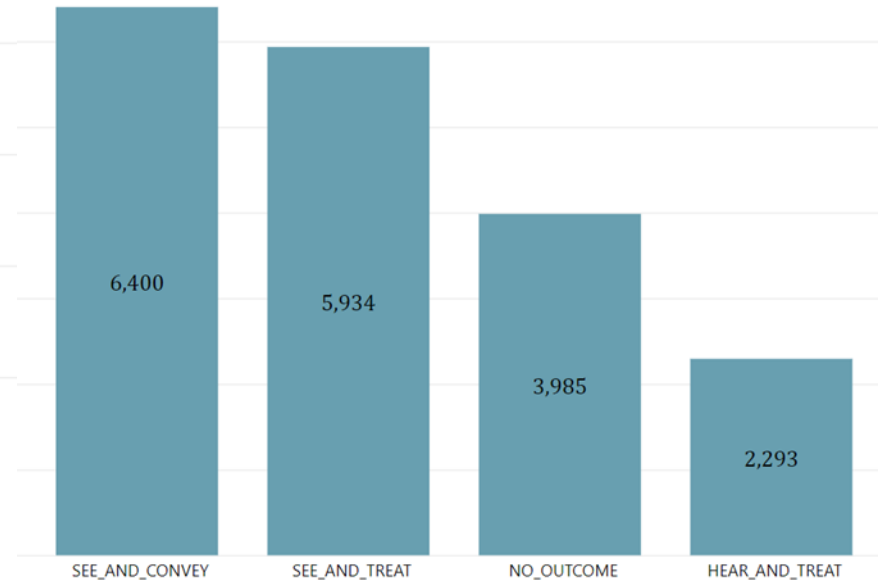
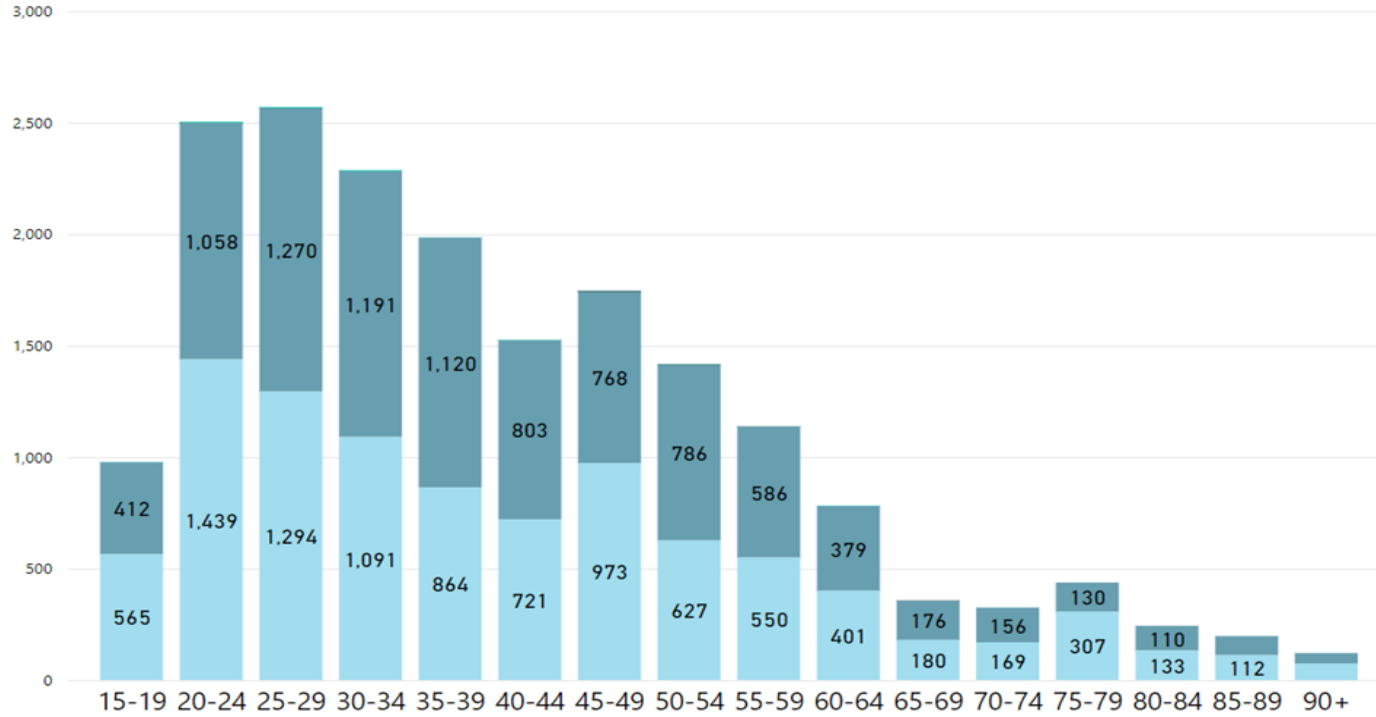


Self Harm Dashboard- CYP 0-25



Self Harm Dashboard- Adult 18+

Gender ● Female ● Male ● None Recorded ● Unknown Gender



How we use the Real Time data in Lancs and South Cumbria?

- Intelligence led, using RTS data, targeted facebook adverts to key groups in high risk suicide area-
- Campaign has been rolled out across the ICS via:
 - Facebook
 - Twitter
 - Instagram
- Printed material sent out to:
 - Community Pharmacists
 - Community Hubs
 - GP surgeries
 - Urgent Care Centres
 - A&Es
- Digital versions available for screens in key locations across ICS

LET'S KEEP TALKING TO PREVENT MALE SUICIDE

CLARKE CARLISLE
Ex-Footballer and Mental Health Ambassador

It's okay to ask "Are you thinking about suicide?" Listening is more powerful than you think.

If you're struggling to cope then call **Samaritans on 116 123**
or talk with an **Orange Button Wearer**, they've had the training to help you.

Lancashire and South Cumbria
Health and Care Partnership
#SuicidePrevention
Healthierfsc.co.uk/MaleSuicide

> Value



OUR NEXT BIG CHALLENGE

- Primary Care Links to RTS data – Understanding Risk factors
- More Collaboration and Community Engagement – Building capacity
- Sharing the Learning – Rapid Reviews – Real Time Responses.

Thank you for listening

Question or Challenges