

A large, solid orange circle is positioned on the left side of the slide, partially cut off by the edge.

Worcestershire

Creating a Suicide Safer Communities



- Suicide Prevention and Public Mental Health
- Who is at Risk?
- Accessing services
- Homework

## **Suicide devastates the lives of individuals, families and communities**

- Suicide bereaved ( families, friends)
- Suicide affected ( colleagues, neighbours, care providers)
- Suicide exposed (first responders, witnesses, investigators, bereavement counsellors)
  
- People with suicidal thoughts
- Families and carers of those with suicidal thoughts
- The wider community

# The WHO Public Mental Health Approach

Everyone, irrespective of where they live, has the opportunity to achieve good mental health and wellbeing....especially communities facing the greatest barriers and those people who have to overcome the most disadvantages. This includes those living with and recovering from mental illness.

WHO, 2013



# What makes us healthy?



# Who is at risk?

- In the UK in 2018, there were 6,507 deaths by suicide (a rate of 11.2 deaths per 100,000 people).
- In Worcestershire, there were 164 suicides from 2017 – 2019 (a rate of 10.5 per 100,000 people).
- Overall, men accounted for three-quarters of UK deaths by suicide in 2018.

# Deaths by Suicide – Worcestershire

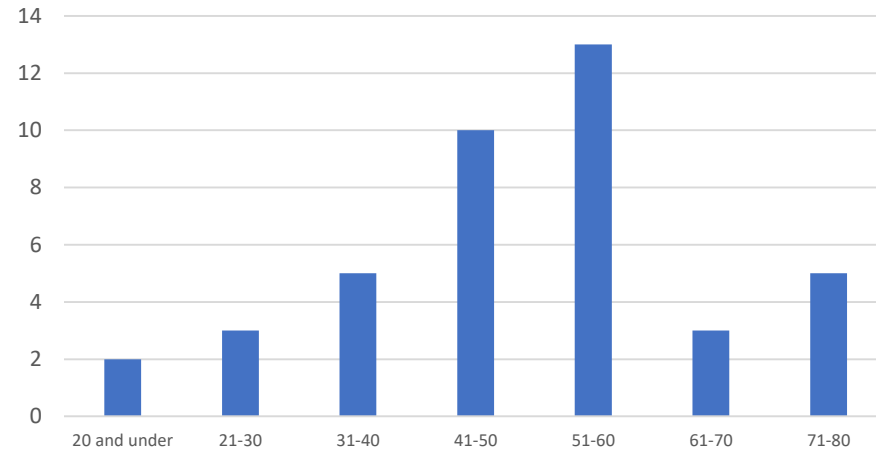
January 2019 – December 2019

41 deaths – 36 male, 5 female

**Average age:** 51 years

**Range:** 18 – 88

Additional “open” and undetermined - 7 people



## Resident district:

Worcester City – 6 people

Wyre Forest – 4 people

Wychavon – 12 people

Redditch – 9 people

Bromsgrove – 3 people

Malvern Hills – 6 people

Other – 1 person

## Occupations:

Warehouse

Chauffeur

Engineer

Retired

Teacher

Builder

Housewife

Factory Worker

Finance

Police

**Notes:** Other health conditions, including depression (1)

All deaths with a suicide verdict that occurred between 1<sup>st</sup> January 2020 and 30<sup>th</sup> April 2020 and for which an inquest has been concluded

- Suicide behaviours are complex, there is no single explanation of why people die by suicide.
- For many people, an attempt may occur after a long period of suicidal thoughts or feelings, while in other cases, it may be more impulsive.
- Several risk factors commonly act together to increase vulnerability to suicidal thoughts or behaviour.

Societal	Community	Relationships	Individual
Stigma associated with mental health prevents people from seeking help	Poverty	Isolation and lack of social support	Mental ill-health, previous suicide attempts and self-harm behaviours
Inappropriate media reporting	Experiences of trauma or abuse	Relationship breakdown	Chronic pain
Difficulties accessing or receiving care	Experiences of disaster, war, or conflict	Loss or conflict	Drug and alcohol misuse
Access to means of suicide	Experiences of discrimination		Financial loss
			Family history of suicide



# Protective Factors

Protective factors help to reduce vulnerability to suicidal behaviour and are an important part of preventing suicide.

- **Societal** - the ability to easily access effective mental health support and treatment when needed
- **Community** - being in full-time employment, having supportive school environments for children and young people
- **Relationships** - having strong and supportive social connections (e.g. positive relationships with family and friends)
- **Individual** - problem-solving skills and coping skills that help people to manage in difficult circumstances, feeling hopeful or optimistic toward the future even in times of stress

# Making Worcestershire Suicide Safer

- Worcestershire Suicide Prevention Partnership
- Tackling Loneliness – partnership group, PLUS service
- Wave 3 suicide prevention funding to reduce risk in men
- Training – 2 day ASSIST training, PAPYRUS Spe-ak training
- Bereavement services
- Addressing stigma - Now we're talking H&W



# About the campaign

The Now We're Talking campaign aims to encourage our communities, to talk and seek support when experiencing lower level mental health difficulties such as stress, anxiety, low mood or depression.

There is lots of stigma associated with mental health, through the campaign we aim to breakdown this stigma across Herefordshire and Worcestershire, by reminding people it's okay to not be okay.

So if you find yourself struggling or know someone that is, remind them they're not alone and encourage them to seek the help and support they require.



# Who we are

Herefordshire & Worcestershire IAPT Service – Improving Access to Psychological Therapies

We have worked with a number of organisations and companies to ensure we have the most supportive counties in the country.



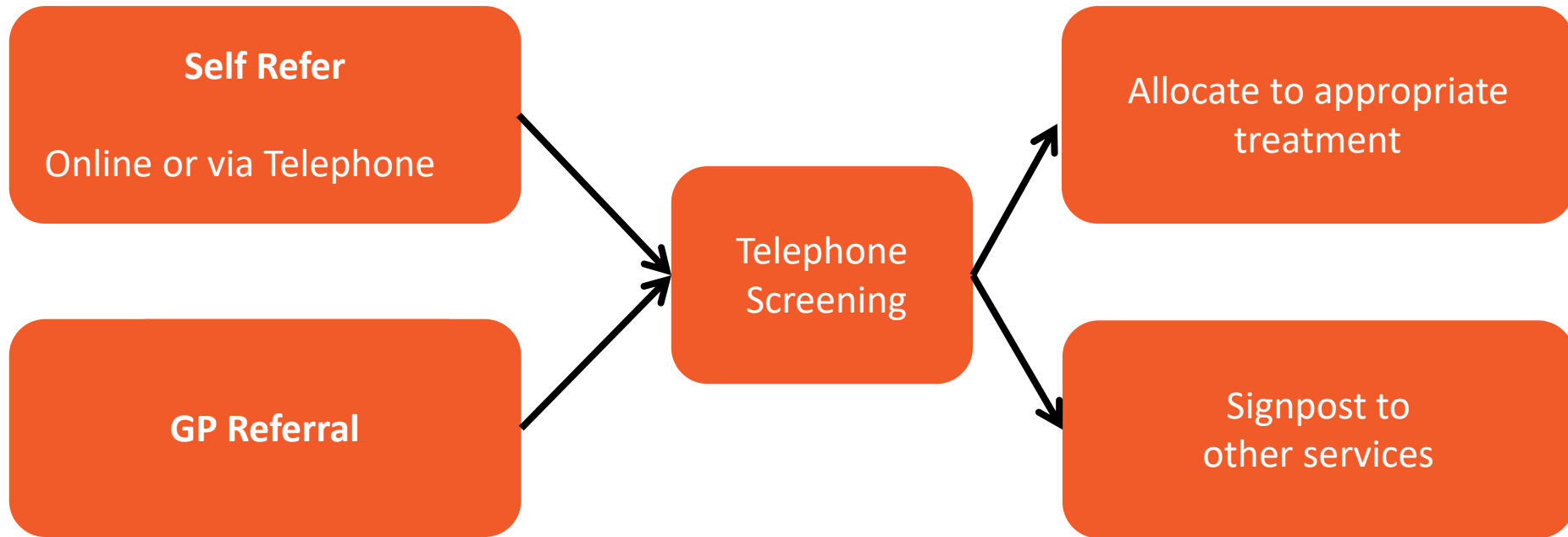
# Who we see

- People experiencing mild to moderate common mental health difficulties
- Aged 18+ (from 16+ in Worcestershire)
- Registered with a GP in Herefordshire or Worcestershire

# How we can help?

- Depression / Low mood
- Generalised Anxiety and Worry
- Health and Social Anxiety
- Obsessive Compulsive Disorder
- Stress
- Phobias
- Post Traumatic Stress Disorder
- Long Term Conditions
- Sleep problems
- Losing a loved one

# How to refer



# Treatment & Support Available

Range of talking therapies include;

- Online educational courses
- SilverCloud - online unaided or guided self-help
- Counselling
- Video/ Telephone Sessions
- Face to face sessions



# Treatment & Support Available

- Cognitive Behavioural Therapy (CBT)
- Counselling
- Mindfulness-Based Cognitive Therapy (MBCT) – *Course*
- Acceptance and Commitment Therapy (ACT) – *Course*
- Relationship Counselling through Relate
- Enhanced Service (Psychotherapy / Psychology / Gateway Service)

# Other Services

For a comprehensive list of mental health and wellbeing support available across Herefordshire & Worcestershire, visit:

[www.nowweretalking.nhs.uk](http://www.nowweretalking.nhs.uk)

If you require urgent advice call our 24hr support line:




**01905 681 915**

If you or someone you know is struggling with their mental health, encourage them to reach out and seek support.

### You can self refer:

- **Online**
  - [Herefordshire Referral Form](#)
  - [Worcestershire Referral Form](#)
- **Telephone**
  - Herefordshire: **0800 073 2200**
  - Worcestershire: **0300 302 13 13**

# PAPYRUS Prevention of Young Suicide

-  Founded in 1997 by parents personally touched by young suicide
-  Our core belief: many young suicides can be prevented
-  Only national charity dedicated to the prevention of young suicide

# HOPELINEUK

CALL HOPELINEUK  
**0800 068 41 41**

OPENING HOURS Mon-Fri 10.00a.m. - 10.00p.m.  
Weekends and Bank Holidays 2.00p.m. - 10.00p.m.



CALL HOPELINEUK  
0800 068 41 41

CALL HOPELINEUK  
0800 068 41 41  
Registered Charity Number 107088



# Homework.....

**Talking about suicide does not cause suicide**

Talking about suicide openly and directly doesn't hurt – it doesn't increase the risk of it happening or put ideas in people's heads. That's a myth

You don't have to be an expert to support someone who is struggling or at risk of suicide. 'Let's Talk' by [Zero Suicide Alliance](#) is free to complete online, and will teach you how to #seesaysignpost: spot signs someone is struggling, speak out in a supportive way, and point them towards support



**SAVE A LIFE...**  
**TAKE THE TRAINING**

Take our **FREE** suicide prevention training 

The advertisement features a woman with long, curly blonde hair and a green headband, looking directly at the camera with a serious expression. The background is a blurred urban street scene. The text is overlaid on a dark grey background.

Thank you