

Adult Social Care and Public Health Committee
3rd June 2024

Draft Nottingham and Nottinghamshire Self Harm and
Suicide Prevention Strategy 2024 - 2029

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Specialty Registrar

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1 in 5 people have had suicidal thoughts at some time in their life

Suicide



Talk to the Crisis Line any time of day or night on 0808 196 3779 or text the word 'NOTTS' to 85258 to access free, confidential text messaging support, available 24/7
www.nottinghamshire.gov.uk/suicide

The Crisis Line above is run by Notts Healthcare Trust. Further services and support are available through the website.



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Terms to use when speaking about a suicide include:

Taken his/her/ their own life

Ended his/her/ their own life

Die by/death by suicide

Suicide attempt

Attempted suicide

Person at risk of suicide

Unhelpful terms when speaking about suicide include:

Commit suicide

Suicide victim

Suicide 'epidemic',

'wave', 'iconic site',

'hot spot'

Cry for help

A 'successful', 'unsuccessful'..

or 'failed' suicide attempt

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Training offers

- Gain confidence in how to talk about suicide by [taking the free 20 minute online training provided by Zero Suicide Alliance](#)
- Commissioned training is also provided by Harmless, who deliver a range of CPD-accredited and bespoke training services around self harm, suicide awareness and prevention, and mental health at <https://www.eventbrite.co.uk/o/harmless-lets-talk-training>.

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FREE Training

Mental Health Awareness

Nottingham & Nottinghamshire April – September 2024

LEARNING OUTCOMES

- Develop an understanding of mental health, mental ill health and mental wellbeing (including the MH continuum)
- Enhance confidence, working practice, knowledge and skills
- Identify protective and risk factors that can influence mental health
- Understand the direct and wider impacts of mental health conditions
- Spot the signs and symptoms of poor mental health (including stress and burnout)
- Develop skills to respond to and support someone with mental ill health including an understanding of local services and how to support / facilitate access for individuals
- Understand ACEs (Adverse Childhood Experiences) for young people and adults as well as other trauma and its impacts on mental health
- Understand the relationship between self harm, mental health and suicide

training@harmless.org.uk 0115 880 0281 Booking: [harmless.eventbrite.co.uk](https://www.eventbrite.co.uk)



Recommendations of the paper

1. To gain feedback and input from Adult Social Care and Health Select Committee on the draft Nottingham and Nottinghamshire Suicide Prevention and Self-Harm Strategy.
2. To highlight available training opportunities in suicide prevention to the community and voluntary sector.

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Outline

- Definition of Key Terms
- Role of Public Health in Suicide Prevention
- Role of Lived Experience
- Draft Strategy

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What is Mental Wellbeing?

- Mental wellbeing includes a person's emotional, psychological, and social well-being. It determines how a person handles stress, relates to others, and makes choices. Mental wellbeing fluctuates and can become a mental health problem if low mood, stress and anxiety persist over a longer period of time.
- Well known links show that a previous history of mental illness such as depression, psychosis or personality disorder can increase suicide risk.¹

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What is Suicide?

- The National Statistics definition of suicide includes all deaths from intentional self-harm for persons aged 10 years and over and deaths caused by injury or poisoning where the intent was undetermined for those aged 15 years and over.
- Suicide is a major issue for society and a leading cause of years of life lost. Suicide can affect anyone and has a significant, lasting and often devastating impact on individuals, families, communities, and wider society.

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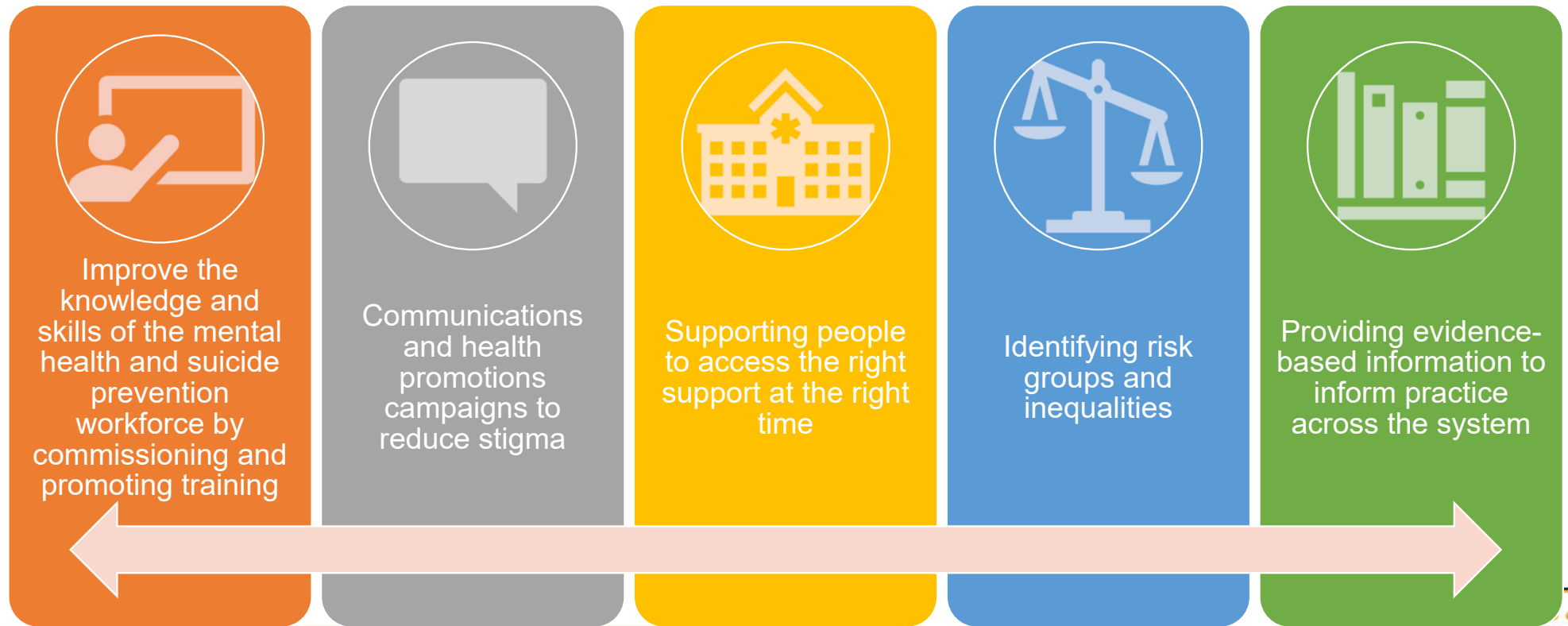
The Role of Public Health in Suicide Prevention

Suicide is preventable and Nottinghamshire County Council, Nottingham City Council and local partners work towards reducing suicide in the local population by proactively improving population mental health and wellbeing, and by responding to known risks for suicide in the population



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Core Suicide Prevention Activities



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Real Time Suspected Suicide Surveillance

- Public Health are also responsible for implementing and managing the Real Time Surveillance of Suspected Suicides System, reported by Nottinghamshire Police and British Transport Police.
- The data provides and monitors 'real time' data on suspected suicide deaths to support the early identification of risk factors and risk groups and enable rapid partnership responses to those risks.

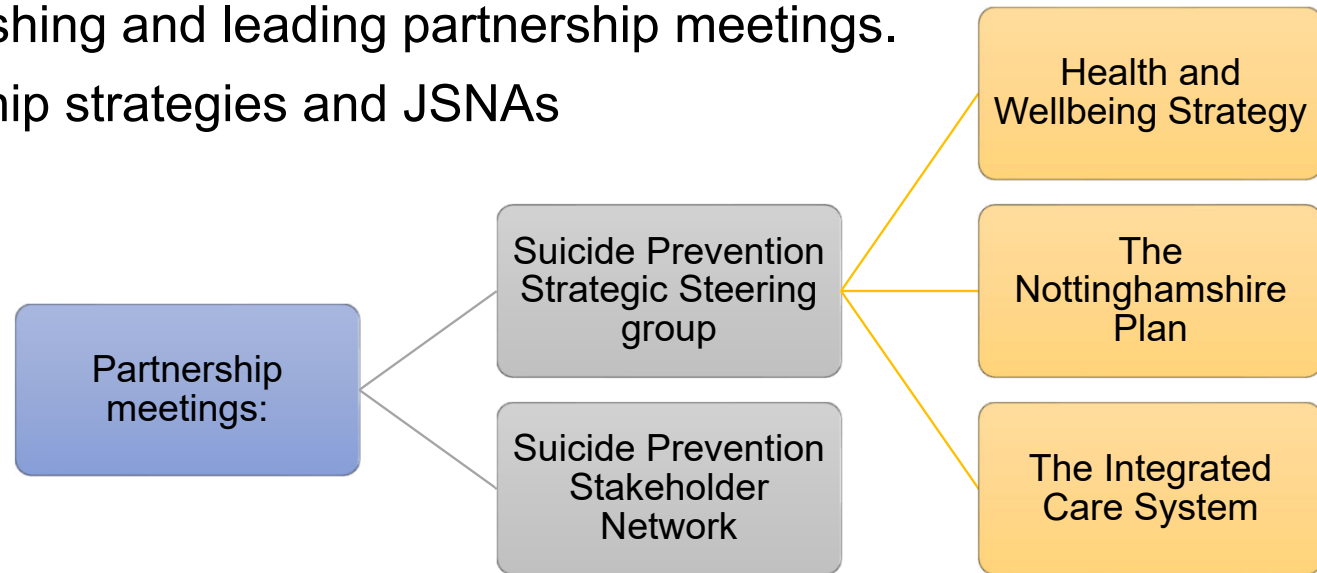
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System Leadership Role in Suicide Prevention

Nottinghamshire County Council Public Health team work closely with Nottingham City Public Health to lead system wide suicide prevention work.

- This includes establishing and leading partnership meetings.
- Developing partnership strategies and JSNAs



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The Role of the Wider Council in Suicide Prevention

At Nottinghamshire County council, we believe Suicide Prevention is everybody's business.

Suicide prevention cuts across the work of Nottinghamshire County Council including:

- the commissioning and provision of mental health support for adults and children and young people,
- promoting and supporting good mental wellbeing in the provision of services across the life course,
- ensuring places and communities promote good health and reduce loneliness,
- supporting good mental and emotional wellbeing within schools,
- supporting residents into the right support for their needs at the right time.

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Role of Lived Experience

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Engagement

- A core principle throughout development of the new local strategy was of co-production.
- Between October and April 2024, a Suicide Prevention Charter was developed by people with lived experience of suicidality or bereavement by suicide.
- The Charter has acted as a 'golden thread' informing strategy development.
- Two link persons from Charter task and finish group formed part of the strategy development group.

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What is the Charter?

The Suicide Prevention Charter sets out the key values and principles which matter to individuals with lived experiences of suicidality or bereavement by suicide. The Charter recognises the value of lived experience and acknowledges that these important voices should shape and influence local suicide prevention activity.

Residents with lived experiences have shared their personal stories and used this to develop a set of 'I' and 'We' statements to set out clear expectations from an individual perspective and what is expected of organisations and services to meet those needs.

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Draft Nottingham and Nottinghamshire Self Harm and Suicide Prevention Strategy

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Strategic Vision for Nottingham and Nottinghamshire

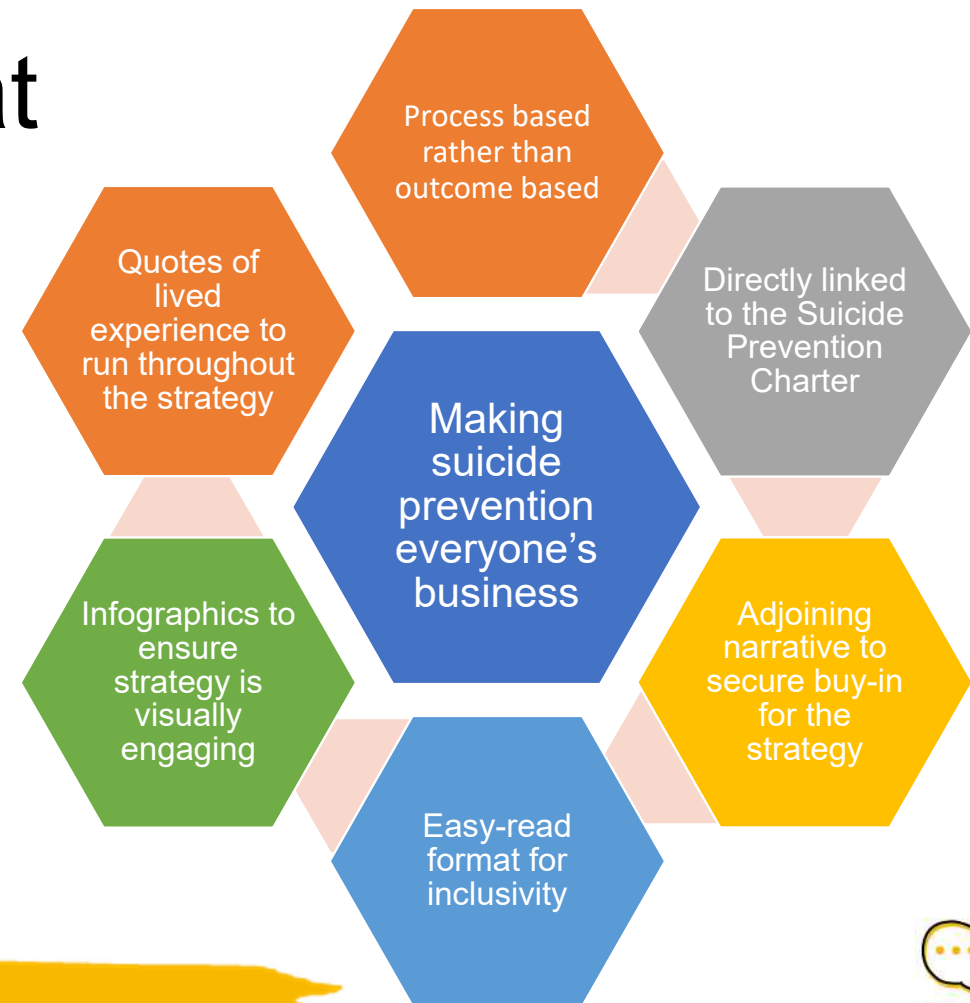
Suicide prevention is everyone's business. Nottingham and Nottinghamshire will be a place where organisations and people understand what they can do to promote wellbeing and reduce suicide and self-harm. Everyone affected by suicidality, suicide bereavement and self-harm will be treated with respect and have access to resources to support them and opportunities to build hope.

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Purpose and Format of the Strategy

- Secure buy-in from wider audiences (Suicide Prevention is everyone's business)
- Voices of lived experience
- Inclusive, engaging format



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Ambitions of Strategy

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Overarching Ambitions

1. Promote a safe and stigma free environment

2. Promote wellbeing and reduce risk in at-risk groups

3. Ensure people get the right support, at the right time and at the right place

4. Ensure local data and lived experience informs and drives self-harm and suicide prevention

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Promote a safe and stigma free environment



Comms
tackling
stigma



Promote
Online
Safety



Training to
develop a
skilled
workforce



Reduce
access to
means



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Promote wellbeing and reduce risk in at-risk groups



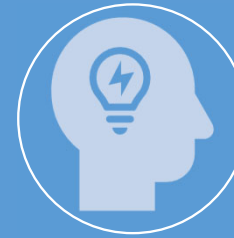
Promote
positive
opportunities



Inclusive
Environments



Tailor
approaches



Recognise
challenging
life factors



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Ensure people get the right support, at the right time and at the right place



Compassionate
skilled
workforce



Support
wider
networks



Effective
crisis support



Improve
pathways to
support



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Ensure local data and lived experience informs and drives self-harm and suicide prevention



Real Time
Surveillance



Self-harm
Intelligence



Lived
experience



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Thank you

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