



# Suicide and Suicide Prevention

An overview of current challenges and future opportunities // 2016

Forward  
Presented by for life 



# Learning Outcomes

- The Global Picture
- National Picture
- West Midlands Picture
- Local Snapshot
- Economic Costs
- The Evidence Base
- Local Opportunities // future possibilities



# The Global Picture

- ▶ Every year, nearly one million people die from suicide.
- ▶ Every forty seconds somebody takes their own life
- ▶ In the last 45 years suicide rates have increased by 60% worldwide.
- ▶ Suicide is among the three leading causes of death among those aged 15-44 years in some countries, and the second leading cause of death in the 10-24 years age group.



# The National Picture

- ▶ Figures released by the Office for National Statistics (ONS) in February 2016 (2014 data) showed that whilst suicides in the UK had decreased by 2%, suicides in England had increased to 4882 cases
- ▶ The most common means for completing suicide for both men and women is hanging
- ▶ 75% of suicides are by men
- ▶ 75% of all suicides are not known to mental health services/been in touch with MH services within the last year
- ▶ Associations (where they exist) – Self harm // abuse // previous attempt // bereaved by suicide



# Suicide – Just the tip of the Iceberg.....

West Midland, 2014

Population: 5.5 million

Reported suicides: 572

**Unreported suicides: 5% to 25% more suicides = 710**

**Suicide behaviors: 100 times greater than number of suicides = 71,000**

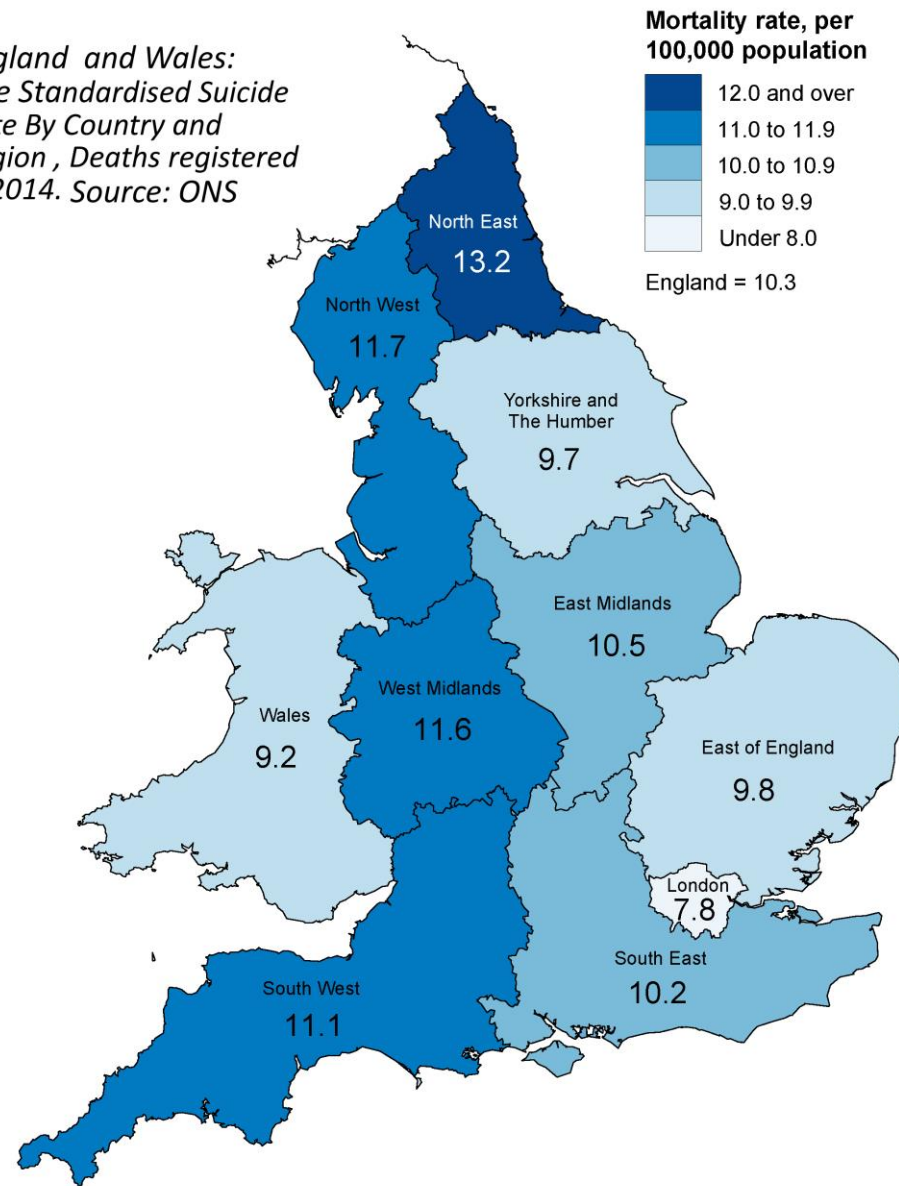
**Number of people affected: At least 16 per suicide behaviour = 1,136,000**

**People with thoughts of suicide: 275,000**

# Death Rate by Suicide Regional

*England and Wales*

England and Wales:  
Age Standardised Suicide  
Rate By Country and  
Region, Deaths registered  
in 2014. Source: ONS



# Suicide – Caution on statistics

Main reasons for the under-reporting of deaths by suicide:

- Misclassification of deaths.
- Requirement for absolute certainty with Coroners.
- The subjective nature of the coronal system
- Narrative Verdicts

For more information go to [http://www.samaritans.org/sites/default/files/kcfinder/branches/branch-96/files/Suicide\\_statistics\\_report\\_2015.pdf](http://www.samaritans.org/sites/default/files/kcfinder/branches/branch-96/files/Suicide_statistics_report_2015.pdf)



# Suicide verdicts per Local Authority

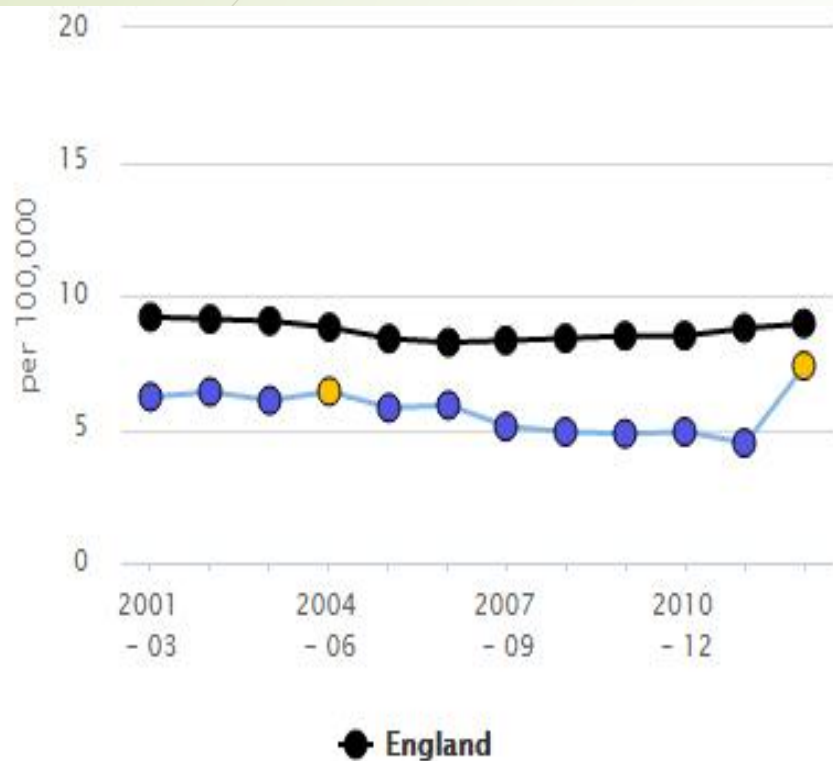
Number of suicides by local authority, deaths registered 2002-2014<sup>1,2,3,4</sup>

Area Names	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014
<b>ENGLAND</b>	4,436	4,430	4,513	4,410	4,178	3,999	4,288	4,392	4,202	4,518	4,513	4,727	4,882
<b>West Midlands (Met County)</b>													
Birmingham	90	73	73	79	71	62	73	68	64	54	57	77	138
Coventry	21	19	29	36	26	22	30	41	27	35	27	28	28
Dudley	18	24	32	20	19	16	25	15	29	21	11	20	31
Sandwell	32	28	25	14	27	22	28	23	22	25	17	25	28
Solihull	13	10	14	11	12	11	12	8	10	12	9	7	29
Walsall	20	14	30	22	17	18	17	20	14	12	19	19	28
Wolverhampton	28	33	30	35	27	15	31	16	13	24	19	20	25





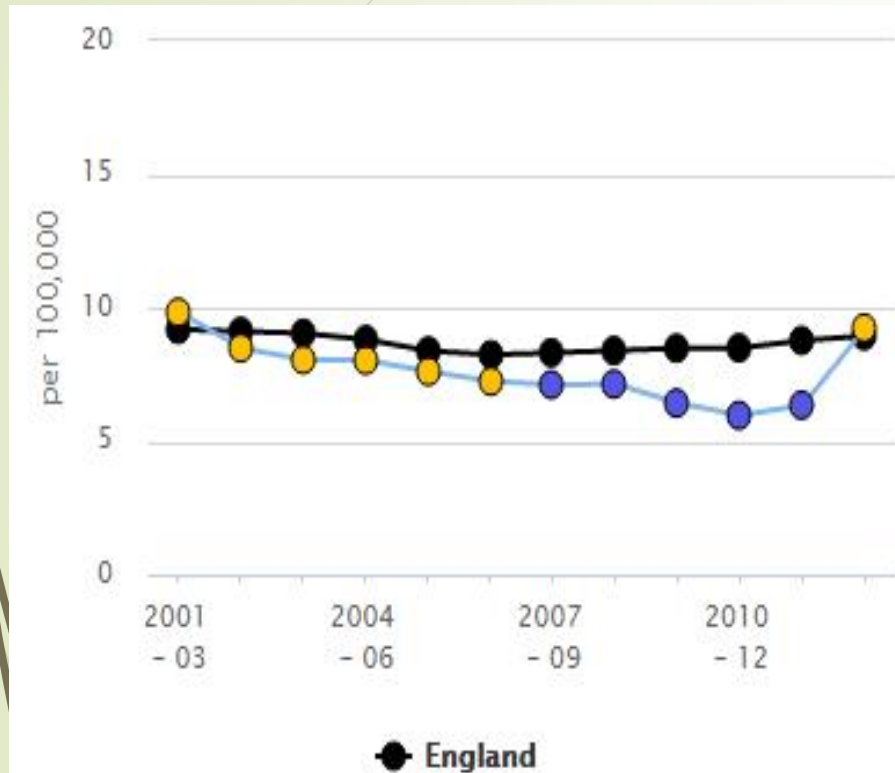
# Solihull - Suicide age-standardised rate: per 100,000 (3 year average)



Period		Count	Value	Lower CI	Upper CI	West Midlands	England
2001 - 03	●	36	6.2	4.3	8.6	9.4	9.2
2002 - 04	●	37	6.4	4.5	8.8	8.9	9.1
2003 - 05	●	35	6.1	4.2	8.5	8.6	9.0
2004 - 06	●	37	6.4	4.5	8.8	8.2	8.8
2005 - 07	●	34	5.8	4.0	8.1	7.6	8.4
2006 - 08	●	35	5.9	4.1	8.2	7.8	8.2
2007 - 09	●	31	5.1	3.4	7.2	8.0	8.3
2008 - 10	●	30	4.9	3.3	7.0	8.5	8.4
2009 - 11	●	30	4.8	3.2	6.9	8.2	8.5
2010 - 12	●	31	4.9	3.3	7.0	8.2	8.5
2011 - 13	●	28	4.5	3.0	6.5	8.3	8.8
2012 - 14	●	45	7.4	5.4	9.9	9.1	8.9

Source: Public Health England (based on ONS source data)

# Birmingham - Suicide age-standardised rate: per 100,000 (3 year average)



Period		Count	Value	Lower CI	Upper CI	West Midlands	England
2001 - 03	●	270	9.8	8.7	11.1	9.4	9.2
2002 - 04	●	236	8.5	7.4	9.7	8.9	9.1
2003 - 05	●	225	8.1	7.0	9.2	8.6	9.0
2004 - 06	●	223	8.0	7.0	9.2	8.2	8.8
2005 - 07	●	212	7.6	6.6	8.7	7.6	8.4
2006 - 08	●	206	7.2	6.3	8.3	7.8	8.2
2007 - 09	●	203	7.1	6.1	8.2	8.0	8.3
2008 - 10	●	205	7.1	6.2	8.2	8.5	8.4
2009 - 11	●	186	6.4	5.5	7.4	8.2	8.5
2010 - 12	●	175	6.0	5.1	6.9	8.2	8.5
2011 - 13	●	188	6.3	5.4	7.3	8.3	8.8
2012 - 14	●	272	9.2	8.1	10.4	9.1	8.9

Source: Public Health England (based on ONS source data)

# The Economic Cost of Suicide

- ▶ **England – Cost of a suicide estimated at £1.7 million\***
- ▶ **Cost for reported suicides in Birmingham and Solihull\*\* = £539,000,000**
- ▶ **These estimates have been based on 3 sets of cost components:**

**Direct costs** i.e. the services used by the individual leading up to and immediately following the suicide. This includes, for example, unsubsidised GP visits, prescribed medication, counselling, funeral costs, court costs, use of emergency services, insurance claims and medical services.

**Indirect costs** i.e. the costs to society of each suicide. These include the time lost from work and lost production from an exit or absence from the workforce

**Human costs** i.e. lost years of disability free life in addition to the pain and grief experienced by family and friends

\*Knapp M, McDaid D, Parsonage M (editors) (in press) Mental health promotion and mental illness prevention: The economic case. PSSRU, London School of Economics and Political Science

\*\* 2012-2014 based on 3 year count – Solihull = £76,000,000 // Birmingham = £463,000,000



# Birmingham & Solihull Strategic (2015)



The All-Party Parliamentary Group (APPG) on  
Suicide and Self-Harm Prevention

Inquiry into Local Suicide  
Prevention Plans in England

Birmingham (7a)	x	x	x	6.3 ✓	Suicide "not a key public health outcome" as local rate has declined in Birmingham.
Sandwell (7d)	x	✓	x	7.5 ●	Local group for suicide in children/young people – looking to expand to adults.
Dudley (7c)	✓	✓	x	5.7 ✓	Two local strategies – one by public health, one by Mental Health Trust.
Solihull (7e)	✓	x	①	4.5 ✓	Plan published although originally due to run 2010-13.

Action Plan & Multi-Agency Steering Group

Audit



# The Evidence Base – Some of What Works?

- **Strategic – Suicide Prevention Zero Tolerance Approach** – Incorporating the Detroit Model – a both clinical and community based approach to preventing suicide#
- **Training** - Economic modelling work has estimated that suicide-training courses provided to all GPs in England could result in net savings of over £500 million after one year and further considerable savings over the longer term\*
- **Peer Led Group/Targeted Programmes** - most effective for improving health outcomes when facilitated by trained peers, lay people (not necessarily peers) or professionals\*\*
- **Postvention Support** – supporting those bereaved by Suicide and utilisation of Help is at Hand // Working with survivors of suicide
- **Information** – Social Media and Mobile Technologies – The value of E Participation\*\*\*

# <http://www.no-more.co.uk/files/no-more-strategy.pdf>

\*Knapp M, McDaid D, Parsonage M (editors) (in press) Mental health promotion and prevention: the Economic Case. PSSRU, London School of Economics and Political Science.

\*\* [https://www.nesta.org.uk/sites/default/files/peer\\_support\\_-\\_what\\_is\\_it\\_and\\_does\\_it\\_work.pdf](https://www.nesta.org.uk/sites/default/files/peer_support_-_what_is_it_and_does_it_work.pdf)

\*\*\* Social media and e-participation in NHSScotland - [https://www.royalsoced.org.uk/cms/files/advice-papers/inquiry/digitalparticipation/Evidence/Healthcare%20Improvement%20Scotland%20\(Social%20Media%20&%20e-Participation%20in%20NHS%20Scotland\).pdf](https://www.royalsoced.org.uk/cms/files/advice-papers/inquiry/digitalparticipation/Evidence/Healthcare%20Improvement%20Scotland%20(Social%20Media%20&%20e-Participation%20in%20NHS%20Scotland).pdf)

# Local Opportunities//Future Possibilities - Training



## ASIST

Standardised  
2 Day  
One to One SafePlan



## safeTALK

Standardised  
Half Day  
Spotting signs & referral

## S.C.H.E.M.E

an approach to  
ASSISTING LIFE

Tailored  
2 hours  
Systematic steps

# Local Opportunities//Future Possibilities - Peer Led Group/Targeted Programmes



Through both targeted and public awareness raising events, **ManMade** looks to reduce the number of men dying by suicide each year in the UK.

**To date:**

ManMade Family

ManMade Dudley

ManMade | The Conference

ManMade | CRUSE

ManMade Website

[www.manmade.org.uk](http://www.manmade.org.uk)

# Information and Access – E – Participation - URBRUM

- Social Media based information portal
- Service database included
- Community based conversations
- Local Intelligence
- Up-to-date and organic in nature
- Accessible and relevant
- **Community Resource Key Supported**
- Innovative





Forward  
for life



**Terry Rigby**  
**Company Director**

e. [terry.rigby@forwardforlife.org](mailto:terry.rigby@forwardforlife.org)

w. [www.forwardforlife.org](http://www.forwardforlife.org)

m. 07585776800