

Suicide Prevention Wokingham Update



WOKINGHAM
BOROUGH COUNCIL

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Health Overview and Scrutiny Committee
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Overview

- Background and National Context
- Berkshire Strategy
- Update on local action plan
 - Suicide Prevention
 - Bereaved by suicide (BBS) support
- Local intelligence
- Next Steps

What do we know about suicide?

1. Suicides take a high toll
2. There are specific groups of people at higher risk and specific risk factors that increase the risk of suicide
3. Preventing suicide is achievable and restricting access to the means for suicide works
4. Supporting people bereaved by suicide and responsible media reporting is critical

Death by suicide in England in 2016



Friends and relatives of people who die by suicide have a 1 in 10 risk of making a suicide attempt after their loss



People bereaved by suicide are 80% more likely to drop out of education or work than their peers, while 8% of young adults bereaved by suicide surveyed had dropped out of an educational course or a job since the death



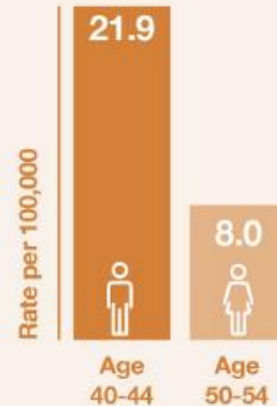
A conservative estimate of 10 people directly affected by each of these deaths gives a minimum total of almost 50,000 people annually who could benefit from support after suicide



Gender: 75% of suicides are by men



Age: highest rate is 40-44 yr old men



Mental ill-health:



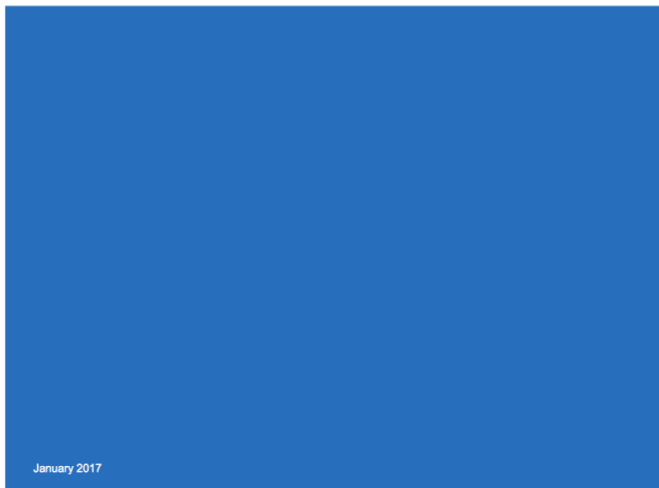
Around 1 in 3 people who die by suicide are known to mental health services

National Context



Preventing suicide in England:

Third progress report of the cross-government outcomes strategy to save lives



1. every local area to produce a multi-agency suicide prevention plan
2. better targeting of suicide prevention in high risk groups including self-harm prevention
3. Improve bereavement by suicide and support
4. improve data at national and local levels

Wokingham action plan in line with Strategy

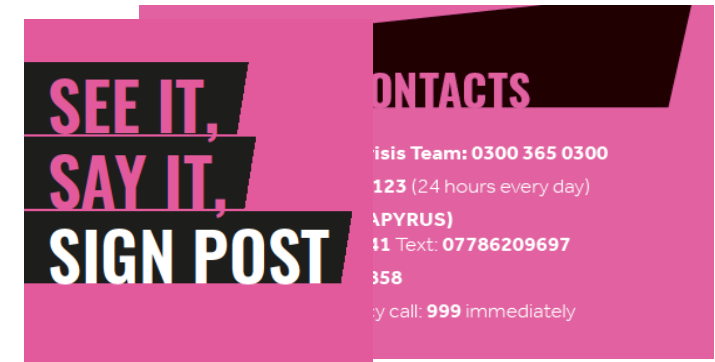
Two core elements:

- a) Suicide prevention
- b) Bereavement support

Suicide Prevention Actions

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- Raising awareness - cards & leaflets
- E-learning at WBC
- [WBC Suicide Prevention Webpage](#)
- Mainstreaming - making it everyone's responsibility
- Partnership working





- Focus group June 2018 SOBS Wokingham
- Task and finish group
- Advocacy pilot and evaluation

Local Intelligence

- Real Time Surveillance TVP
- Berkshire suicide audit

Next steps

- PHE Suicide Prevention Strategy peer review
- Multi-agency review and updates of action plans Feb-March 2019
(local audit findings to feed in)
- Calmzone report
- Evaluation of advocacy pilot
- Exploring support for young people and self-harm
- National funding investigated