

## Key Actions

### Southampton Suicide Prevention Action Plan 2016/17 (SPSG = Southampton Suicide Prevention Steering Group)

#### Priority 1: To reduce risk in key high risk groups

Target suicide prevention work: These groups have been shown to be at high risk in Southampton

- Men aged 35 – 49
- Older men
- Those in contact with mental health services
- Those living in social isolation

| Action Needed   | Lead agency/contact                    | Estimated completion date | Update  |
|---|--|---------------------------|---|
| 1. Promote Steps to Wellbeing (IAPT) to these groups.   | Steps to Wellbeing (Dorset Healthcare) | Ongoing                   | STWB continues to work with a wide client group                                 |
| 2. Reflect these groups in the refreshed "Be Well" public health strategy.                    | Public Health                          | Dec 2017                  | Be Well strategy due to be completed after the update of the mental health JSNA |
| 3. Explore new initiatives to respond to loneliness and social isolation.                     | Community Solutions Group              | March 2017                | This work is ongoing  |
| 4. Improve risk assessment and safety/crisis planning for people with mental health problems. | SHFT                                   | January 2017              | SHFT have made a number of improvements to their service                        |
| 5. Improve response to people with comorbid SMI and substance misuse                          | SHFT                                   | April 2017                |   |
| 6. Improve crisis response for mental health issues (crisis lounge etc.)                      | SHFT                                   | April 2018                | Work in progress. Crisis lounge provision should be available by April 2018.    |

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|--|---------------------------------------|----------------------------------|--|
| 7. Improve therapeutic input for people with severe mental health problems (PD service)  | CCG/SHFT                              | April 2019                       | Work on track.   |
| <b>Priority 2: Tailor approaches to improve mental health and wellbeing in specific groups</b>   |                                       |                                  |  |
| <p>The following groups may need additional support to improve their mental health and wellbeing.(This list is not exhaustive)</p> <ul style="list-style-type: none"> <li>• Looked after children</li> <li>• Care leavers</li> <li>• People living with long term physical health problems</li> <li>• People with untreated depression</li> <li>• People who are especially vulnerable due to social and economic circumstances</li> <li>• LGBT</li> </ul> |                                       |                                  |  |
| <b>Action Needed</b>   | <b>Lead agency/contact</b>            | <b>Estimated completion date</b> |  |
| 1. Investigate the provision of prevention and early help for secondary school pupils in the light of big lottery funding decision.  | SCC                                   | TBC                              |  |
| 2. Develop a campaign to raise awareness of mental health issues amongst men.  | SPSG<br>Southampton anti-stigma group | April 2017                       | Successful Saints vs Stigma football event rolled out at the end of April. Three day campaign raising awareness of mental health and suicide in men. |
| 3. Continue to roll out Five Ways to Wellbeing campaigns   | SCC comms and<br>SPSG                 | Ongoing                          | Ongoing.   |

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| <p>4. Improve the knowledge and confidence of front line staff who are in contact with people who may be vulnerable because of social/economic circumstances.(Training) (e.g. DWP, debt advice, housing and benefit advice)</p> | <p>Public Health</p>  | <p>Training to housing staff commences August 2016<br/><br/>JB Centre+ by April 2018</p> | <p>Training delivered to housing staff. PH working with Job Centre Plus, to deliver mental health training to staff who now work with an increasing complex caseload.</p>   |
| <p>5. Host a local suicide prevention conference.</p>   | <p>Public Health</p>  | <p>October 2016</p>  | <p>Conference held last October at Southampton Football stadium. Over 120 people attended and benefitted from suicide prevention training. Excellent media coverage and evaluations. (Funded by Health Education England, Wessex)</p>   |
| <p>6.Scope support available for the LGBT community and make recommendations</p>  | <p>Southampton University, Solent University, Public Health, Red Lipstick</p> | <p>December 2017</p>   | <p>Arranged a joint at Southampton Solent University meeting between the relevant Students' Unions; attended by Southampton University's LGBT's society and Solent's LGBT officer. Solent putting in catch ups between our LGBT Society Committee, LGBT+ Officer, Trans Officer &amp; the LGBT+ Staff Network in place from October when positions have been filled, allowing for wider support for all those who identify at Solent as LGBT+ regardless of whether they're staff or students. (Solent University's GA, Wellbee project and music students organised a successful fundraising gig for Red Lipstick Foundation.)</p> |

| <b>Priority 3: Reduce access to the means of suicide.</b>   |   |                                  |  |
|---|---|----------------------------------|--|
| <b>Action Needed</b>  | <b>Lead agency/contact</b>                        | <b>Estimated completion date</b> |  |
| 1. Reduce access to ligature points in inpatient units.   | Southern Health                                   | ongoing                          | Regular ligature audits undertaken in inpatient units.   |
| 2. All agencies to work together to identify and manage hotspots for both completed and attempted suicides.   | SPSG and Police, BTP, Network Rail, SCAS, Healios | Ongoing                          | Work progressing well on completed deaths. Attempted suicides requires more work.  |
| 3. Work with planning and developers to include suicide risk in health and safety considerations when designing multi-storey car parks, bridges and high rise buildings that may offer suicide opportunities. | SPSG  | Ongoing                          | Current work being considered to improve safety and signage on Itchen Bridge.  |
| 4. Identify and respond to new or unusual suicide methods.  | SPSG  | Ongoing                          | ongoing  |
| <b>Priority 4: Provide better information and support to those bereaved by suicide</b>  |   |                                  |  |
| <b>Action Needed</b>  | <b>Lead agency/contact</b>                        | <b>Estimated completion date</b> |  |
| 1, Ensure that the support pack "Help is at Hand" is distributed and available to all appropriate agencies (e.g. police, health).   | SPSG  | Ongoing                          | This is available. There is now a staff member employed by SHFT working directly with bereaved families providing support. |
| 2. Work with local agency Red Lipstick in developing a local resource to support those bereaved by suicide.   | Public Health, Coroner's office, Southern Health  | July 2017                        | This group has been very active in supporting families bereaved by suicide. Work hampered by lack of funding.              |

| <b>Priority 5: Support the media in delivering sensitive approaches to suicide and suicidal behaviour sensitively</b>   |                                 |                                  |   |
|---|---------------------------------|----------------------------------|---|
| <ul style="list-style-type: none"> <li>Promote the responsible reporting and portrayal of suicide and suicidal behaviour in the media.</li> </ul>               |                                 |                                  | •   |
| <b>Action Needed</b>  | <b>Lead agency/contact</b>      | <b>Estimated completion date</b> |   |
| 1. Encourage the inclusion of details of local support organisations and helplines in any coverage of suicide deaths.   | SCC media team                  | December 2016                    | See comment below   |
| 2. Promote the responsible reporting and portrayal of suicide and suicidal behaviour in the media.  | SCC media team, Samaritans      | December 2016                    | Samaritans media guidelines sent to press, encouraging them to report deaths by suicide in a sensitive way, with regard to families.    |
| <b>Priority 6: Support research, data collection and monitoring</b>   |                                 |                                  |   |
| <ul style="list-style-type: none"> <li>Build on the existing research evidence and other relevant sources of data on suicide and suicide prevention.</li> </ul> |                                 |                                  | •   |
| <b>Action Needed</b>  | <b>Lead agency/contact</b>      | <b>Estimated completion date</b> |   |
| 1. Continue to audit all Southampton suicides.  | Public Health, Coroner's office | Ongoing                          | This work is ongoing. Portsmouth PH staff now trained in undertaking suicide audit, so will be able to share learning across the patch. |
| 2. Suicide Prevention Group to identify key data sources on suicide attempts and self-harm.   | SSPG                            | April 2017                       | Now looking at real time surveillance as rolled out in Thames Valley.   |