

Loneliness and Mental Health

Loneliness is both a cause and an effect of mental distress.

When the person isolates more they face more mental distress

With more mental distress they may isolate themselves more

Those with SMI are the most isolated

Loneliness and mental health

- **Increased propensity to depression**
- **Sleep deprivation**
- **Social anxiety**
- **Stress levels**
- **Cognitive decline**
- **Suicide ideation**

Lifestyle

- **Unhealthier diets**
- **Take less exercise**
- **Drink more alcohol**
- **Other risky behaviours**

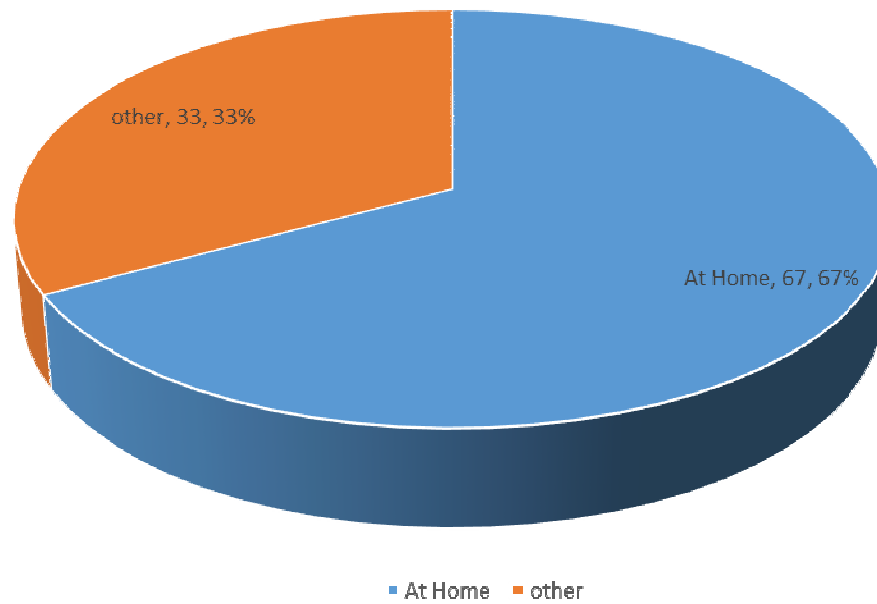
Southampton Suicide Audit

- Work closely with the coroners office
- There were a total of 60 deaths by suicide during the calendar years 2012 – 2015.
- This compares to 63 deaths in the period 2010-2012
Higher than the national average

Key features 2013-15 coroners audit

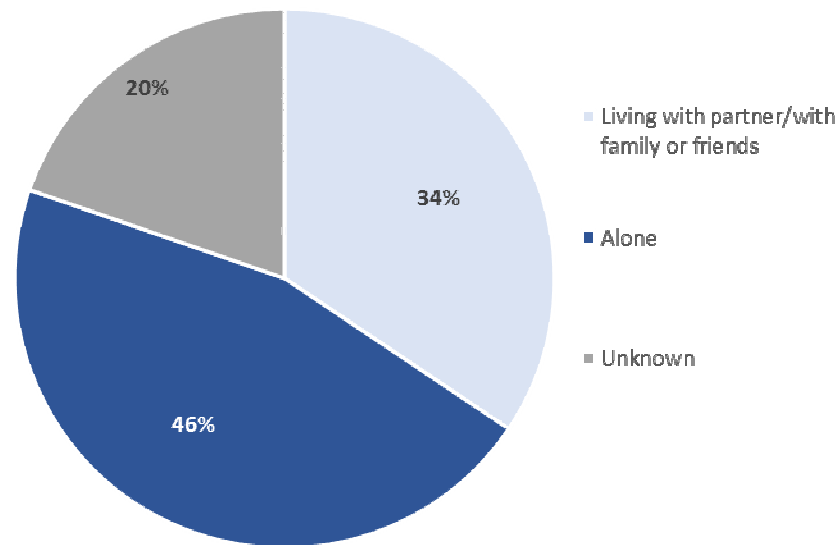
- **Total deaths by suicide 60**
- **Three quarters men**
- **Majority white British**
- **All ages but peak in age group 40-49**
- **60% employed**
- **Hanging at home most common method**
- **Most not known to services**

Place of death



Housing Status

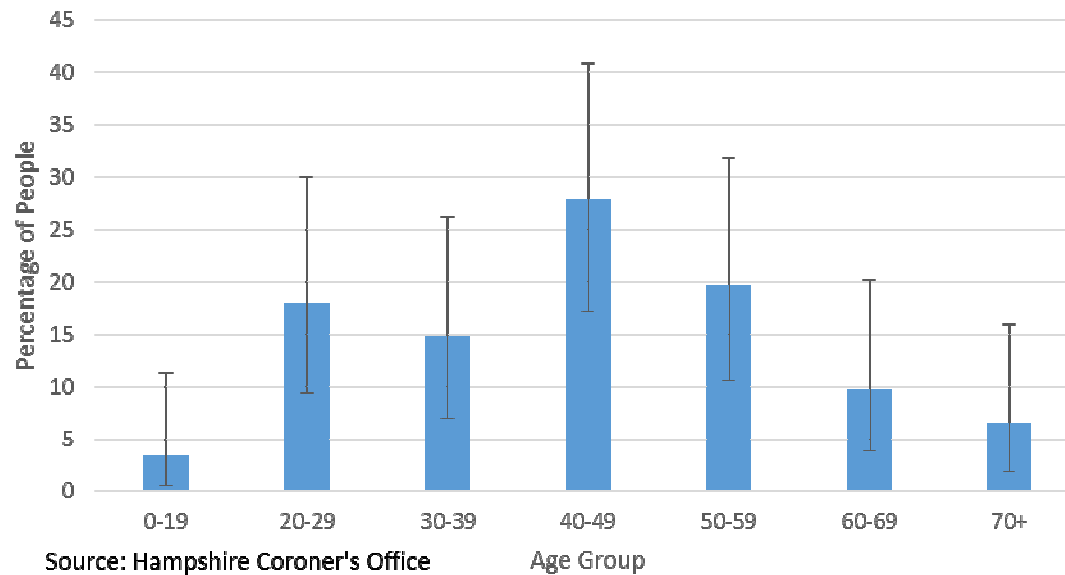
Housing Status of People Dying From Suicide: Recorded Suicides in Southampton: 2013 - 2015 Pooled



Source: Hampshire Coroner's Office

Age

Age of People Dying From Suicide: Recorded Suicides in Southampton: 2013 - 2015 Pooled



Contributory factors

- **Loneliness**
- **Chronic Pain/LTC**
- **Relationship problems**
- **Bereavement**
- **Not wanting to be a burden on others**
- **History of abuse**
- **Involvement with criminal justice system**
- **Debt**

Case studies

Student

Male

Lived halls of residence

Two years + study

**No known MH issues or
other health conditions**

**No one seemed to know
him**

Retired nurse

Female

Own house

**Mother, grandmother,
widow**

LTC

**Did not wish to be a
burden**

Never saw anyone

Southampton Suicide Prevention Plan (Southampton Suicide Prevention Group)

- **Reduce the risk of suicide in key high risk groups**
- **Tailor approaches to improve mental health in specific groups**
- **Reduce access to the means of suicide**
- **Support the media in delivering sensitive approaches to suicide and suicidal behaviour**
- **Support research, data collection and monitoring**

- **Feeds into Be Well – public Mental Health Strategy and Southampton Citywide Anti stigma work**

What else helps?

- **IAPT**
- **CBT**

- **Mindfulness**

- **Strengthening communities**

- **Five ways to wellbeing**

- **Challenging stigma**

- **Befriending and peer support**

Any Questions?

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SOUTHAMPTON
CITY COUNCIL