1. PURPOSE

1.1 Mental Wellbeing was identified as a priority in the Joint Health and Wellbeing Strategy for St Helens. St. Helens public health with partners has developed a 2 year Suicide Prevention Action Plan to address the main risk factors relating to suicide in the borough. Alongside this work 5 Borough Partnership has also developed a Suicide Strategy for their organization. Local data from our local suicide audit shows that only 52% of people who completed a suicide were in touch with mental health services and nationally this can be as low as 25%, therefore much of focus on prevention needs to be developed across organizational boundaries and not solely within mental health services. However, those in touch with mental health services are well placed to have their needs assessed and plan put in place to address individual risk. For this reason 5 Boroughs have set an ambitious ‘zero’ target for suicides across the organization.

1.2 The HWBB are asked to:
   - To agree the actions set out in St. Helens Suicide Prevention Action Plan
   - To note 5 Borough Partnerships organizational Suicide Strategy for 2014/15

2.0 St Helens Suicide Action Plan (Appendix A)

2.1 The cross government strategy ‘Preventing suicide in England‘ sets out a clear direction for local areas to analyse and understand what measures they can introduce to help to reduce the number and rate of suicides locally. The local Suicide Prevention Action Plan has used the key risk areas identified in the national strategy, assessed the gaps locally using a mix of direct interviews with key stakeholders and a stakeholder event and has developed a plan based on the key priorities identified as part of this process. The national strategy identifies 5 groups at increased risk of taking their own life:
   - Young and middle aged men
   - People in care of mental health services
   - People with a history of self-harm
   - People in contact with the criminal justice system
   - Specific occupational group
2.2 In St. Helens the profile for people who complete a suicide is similar to the national picture and therefore the Suicide Prevention Action Plan for St. Helens mirrors the national strategy with more emphasis on the areas of greatest concern, such as, young and middle aged men which are high profile within local audits.

2.2.1 **Key successes to date**

2.2.2 St. Helens has continued to develop it’s suicide prevention work through training of front line workers on suicide risk and mental health and wellbeing, including working with schools, and support for services such as CALM (Campaign Against Living Miserably). However, much of the work was co-ordinated across Halton and St Helens. This new plan focuses on interventions to address the needs in St. Helens whilst also linking into the wider footprint across Cheshire and Merseyside. The small number of suicides annually for St. Helens means that trends and conclusions are better made by analysing data across Cheshire and Merseyside and where appropriate, interventions can be more cost effective and sustainable commissioned across this wider footprint.

2.2.3 Much of the work on suicide prevention is ensuring effective training and development processes are in place and staff know where to refer someone they are concerned about. Current services that are specifically commissioned to deliver this which from the Public Health Grant are:

Table 1: Current investment in Suicide Prevention from the Public Health grant 2013/14

<table>
<thead>
<tr>
<th>Name of contract holder</th>
<th>Description</th>
<th>Length of contract</th>
<th>Annual Costs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bridgewater Health Improvement Team</td>
<td>Mental Health and Wellbeing – delivery of mental health and wellbeing training and suicide prevention</td>
<td>31/03/2014 Currently being reviewed as part of the Bridgewater Contract</td>
<td>£58,000</td>
</tr>
<tr>
<td>Liverpool Community Health</td>
<td>Campaign Against Living Miserably – a support service aimed specifically at men</td>
<td>Commissioned jointly across Merseyside</td>
<td>£13,164</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td></td>
<td><strong>£61,164</strong></td>
</tr>
</tbody>
</table>

2.2.4 Other services area support this area and this is reflected in the action plan, for example, additional funding for Tier 2 CAMHS will support the resilience of some of young people who will develop strategies to cope with adverse circumstances into their adulthood.

2.2.5 **Areas for development Suicide Prevention Plan**

2.2.6 There are a number of areas within the plan that require additional investment. These will be subject to business case proposals or reviews and approval for each will be sought on completion of the work. However, table 2 highlights these areas and where known the sums of money proposed to support the areas of development. These will be funded if approved from the public health grant.
### Table 2: Proposed additional initiatives to support suicide prevention action plan

<table>
<thead>
<tr>
<th>Name of service</th>
<th>Description</th>
<th>Annual Costs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Postvention service across Merseyside</td>
<td>This is a service which would offer support to friends and family of those who have recently suffered bereavement through suicide. This would be a pilot and would be fully evaluated, although there is evidence that this approach helps to prevent further suicides. A full business case will be developed for approval.</td>
<td>£22,824</td>
</tr>
<tr>
<td>Review of citizens advice of prescription</td>
<td>Debt advice is invaluable to people in financial difficulties. There is strong evidence that debt advice can help to improve a person's mental wellbeing. Currently there are services in St. Helens in some general practices that support debt advice on prescription. Citizens Advice employ a number of debt advisors funded through St. Helens CCG, however not all GP practices refer to debt advice and there may be other models of delivery that need to be considered. A review of debt advice should be undertaken and an options appraisal completed for the way forward for debt advice. This may mean additional support from the Public Health Ring grant.</td>
<td>TBC</td>
</tr>
<tr>
<td>Campaign to promote male mental wellbeing</td>
<td>Conduct research into the effectiveness of a media campaign to support male mental wellbeing and engaging with men into how to improve mental wellbeing and reduce the risk of suicide. Review the literature on campaign for male mental wellbeing and produce an options paper. To be commissioned from the Public Health grant.</td>
<td>£15,000 circa</td>
</tr>
<tr>
<td>Total</td>
<td></td>
<td>£37,824</td>
</tr>
</tbody>
</table>

3 **5 Borough Partnerships Suicide Strategy 2014/15** (Appendix B)

3.1 The 5 Borough Partnership Strategy takes an organisational view on suicide and self-harm, identifying self-harm as a significant risk factor for mental health and repeated self-harm a high risk of suicide. The overarching aim of the strategy is to have no suicides within service users in the Trust. The key aims are:

- The formation of a dedicated Trust body, The Suicide Prevention Oversight Committee, which will drive the actions within the strategy
- To embed in practice the use of a dedicated Suicide Assessment Scale, which is a bespoke suicide risk assessment tool
- Embed in practice the use of a Suicide Intent Scale for Patients identified at being a risk of suicide by the Suicide Assessment Scale.
- Focus on assessment, management and training for self-harm and substance misuse
- Initiate and implement a multi-disciplinary clinical review for all service users who disengage from services or repeatedly do not attend appointments.

4 CONCLUSION
A Mental Health and Wellbeing Group sub group of the Health and Wellbeing Board will performance manage the overarching plans and strategies and further updates will be provided to the Health and Wellbeing Board.

Supporting papers:
Appendix A: St. Helens Suicide Prevention Plan 2014-2016
Appendix B: 5 Borough Partnerships Suicide Strategy 2014/15
