

APPENDIX

Suicide statistics

Following several years of decline, the latest England and Wales suicide rate remains statistically significantly higher than the rates seen in recent years between 2014 and 2017.

From 2001 to 2019, suicide was the leading cause of death for both males and females aged 20 to 34 years in the UK, for all years observed.

Males aged 45 to 49 years had the highest age-specific suicide rate (25.5 deaths per 100,000 males); for females, the age group with the highest rate was 50 to 54 years at 7.4 deaths per 100,000. After these groups, rates then decrease until the ages of 80 to 84 years, from which they begin to rise. Many factors contribute to this widely seen phenomenon around the world such as psychiatric illness, deterioration of physical health and functioning, and social factors.

People who are socioeconomically disadvantaged or who live in areas of socioeconomic deprivation have an increased risk of suicidal behaviour. Features of socioeconomic disadvantage include low income, unmanageable debt, poor housing conditions, lack of educational qualifications, unemployment and living in a socioeconomically deprived area. (*Samaritans – “Dying from Inequality” Socioeconomic disadvantage and suicidal behaviour 2017*).

Studies reported by the Royal College of Psychiatrists (*Self-harm, suicide and risk: helping people who self-harm*) estimate that in the year after an act of self-harm, the risk of suicide is 30–50 times higher than in the general population. Non-fatal self-harm leading to hospital attendance is the strongest single risk factor for completed suicide.

Table 1. Suicide numbers in Nottinghamshire (Office for National Statistics)

	2019	2018	2017	2016	2015	2014
England	5,316	5,021	4,451	4,575	4,820	4,882
Nottinghamshire	80	47	72	46	50	80
Ashfield	15	3	9	9	9	11
Bassetlaw	18	12	20	6	11	17
Broxtowe	7	7	8	6	6	11
Gedling	10	4	8	8	4	12
Mansfield	7	3	10	9	6	9
Newark and Sherwood	13	11	9	2	7	9
Rushcliffe	10	7	8	6	7	11
Nottingham	43	27	29	20	22	25

Nottingham City and Nottinghamshire Suicide Prevention Strategy 2019-23

[Click here for the link to Nottingham City and Nottinghamshire Suicide Prevention Strategy 2019 - 23](#)

This strategy is an update of the Nottinghamshire Suicide Prevention Framework for Action 2015-2018 and the Nottingham City Suicide Prevention Strategy 2015-2018. It was produced by Nottingham City and Nottinghamshire County Public Health, in partnership with Nottingham & Nottinghamshire's Suicide Prevention Steering Group and Nottinghamshire Healthcare NHS Trust in January 2019.

The overall aim of this strategy is “to reduce the rate of suicide and self-harm in the Nottingham City and Nottinghamshire population, by proactively improving the population mental health and wellbeing, and by responding to known risks for suicide in the population”. This aim is intended to be realised by focusing on five strategic priorities:

1. At-risk groups
2. Use of data, particularly via real-time surveillance
3. Training and bereavement support
4. Staff training.
5. Media

Progress against the strategic priorities is managed through an action plan steered by the Nottinghamshire and Nottingham City Suicide Prevention Steering Group. Oversight is maintained by the Nottingham City and Nottinghamshire County Health and Wellbeing Boards as well as the Nottinghamshire Integrated Care System (ICS), via the ICS Mental Health and Social Care Board.

Helplines

Nottingham and Nottinghamshire Mental Health Crisis Line

0808 196 3779

This is available to anyone in mental health crisis and in need of immediate help anytime and anywhere across Nottingham and Nottinghamshire. The crisis line is open 24 hours a day, seven days a week to people of all ages. The crisis line is operated by local health workers, who will help obtain the right support.

The Nottinghamshire Mental Health Helpline

0300 555 0730

<https://www.turning-point.co.uk/services/nottingham-helpline>

This service is available 9am-11pm, seven days a week, for anyone of any age living in Nottingham or Nottinghamshire who needs emotional support or information about what help is available locally for people struggling with their mental health. Professionals are also welcome to call the helpline for advice on working with patients with mental health issues. The helpline is staffed by a team of supportive

mental health workers who can provide information and advice and are able to direct people to other services where needed.

Samaritans

116 123 (free, for everyone, 24/7)

<https://www.samaritans.org/>

This organisation is well known for its round the clock telephone “listening” service. The website also contains a large amount of practical information to help and support those who may have thoughts of self-harm or suicide, or anyone concerned about a person with such thoughts.

CALM

0800 585858 (5pm to midnight)

<https://www.thecalmzone.net/>

The Campaign Against Living Miserably (CALM) is leading a movement against suicide.

They run a free and confidential helpline and webchat – 7 hours a day, 7 days a week for anyone who needs to talk about life’s problems. They also support those bereaved by suicide, through the Support After Suicide Partnership (SASP).

Hub of Hope

<https://chasingthestigma.co.uk/hub-of-hope/>

The Hub of Hope is a first of its kind, national mental health database which brings together over 1,200 organisations and charities, large and small, from across the country who offer mental health advice and support, together in one place. The service can be accessed by an App which then enables the user to find all services which are local and have been registered.

Access can also be made by texting HOPE to 85258 for 24/7 crisis support across the UK.

The Silver Line

0800 4 70 80 90

www.thesilverline.org.uk

The Silver Line is a free confidential telephone helpline offering information, friendship and advice to older people in the United Kingdom, available 24 hours a day. As of 1 October 2019 The Silver Line joined forces with Age UK to help more of the older people who are struggling with loneliness and isolation.

Papyrus Hopeline UK

0800 068 4141

(9am-10pm Mon-Fri, 2pm-10pm at weekends and Bank Holidays) for children and young people under the age of 35

Papyrus is a national charity dedicated to the prevention of young suicide.

The Hopeline is staffed by advisers who work with young people to understand why thoughts of suicide might be present. They also provide a safe space to talk through anything happening in their lives that could be impacting on their, or anyone else’s, ability to stay safe.

Childline

0800 1111

<https://www.childline.org.uk/>

Online and 24/7 phone support for under 18s.

Childline aims to help anyone under 19 in the UK with any issue they're going through. Callers can talk about anything. Whether it's something big or small, they will be speaking with a trained counsellor who is there to support.

Cruse

0808 808 1677

www.cruse.org.uk/get-help

The Cruse Bereavement Care Freephone National Helpline is staffed by trained bereavement volunteers, who offer emotional support to anyone affected by bereavement.

Other mental health services

General Practitioner Service

Most low level mental health issues are successfully treated and managed through the NHS GP service. Initially, advice is given and where appropriate, a referral made to the "Let's Talk" counselling service. Where this is unsuccessful in managing the condition, medication may be prescribed if appropriate. For more serious cases where a more in-depth mental health diagnosis is required, clients are referred to the Local Mental Health Teams for more specialist management.

Local Mental Health Teams

The Local Mental Health Teams provide mental health services for people aged 18 to 65 years across Nottingham City, Nottinghamshire County and Bassetlaw. There are eleven Local Mental Health Teams, each of which includes the following specialist staff: Mental Health Nurses, Occupational Therapists, Psychologists, Psychiatrists, Community Support Workers, Peer Support Workers and Employment Specialists.

The service in Broxtowe is Broxtowe & Hucknall Local Mental Health Team, The Hope Centre, Dovecote House, 38 Wollaton Road, Beeston, Nottingham, NG9 2NR Tel: 0115 854 1271

The Local Mental Health Teams have brought together the following services: Assertive Outreach, Community Rehabilitation, Community Assessment Treatment Services, City Recovery Service, Early Intervention in Psychosis, Social Inclusion and Wellbeing, Community Occupational Therapy Service, Medical Services.

Staff have the skills to help people to cope with periods of severe mental illness and work on their personal path of recovery. They work with people who have a wide range of mental health difficulties. Some may require short term intervention and

sometimes longer term care plans will be put in place. They also work with carers and families involved in providing care.

Support offered can include:

- Psychological support and therapies
- Identification of social care needs and ways of meeting those needs
- Practical support
- Occupational therapy
- Medication
- Recovery work and support groups
- Employment course
- Links to wider community resources
- Signposting and advice

Notts Help Yourself website

www.nottshelpyourself.org.uk

The Notts Help Yourself website is designed to help people find information about a whole range of organisations and services in the county including:

- activities, groups and events in the local community
- childcare providers
- support for children and young people aged 0 – 25 with a special educational need and / or a disability
- health and social care information and support for adults and children

Searches can be made by topic or district. The website has details and contact information for 123 organisations providing services in Broxtowe under the heading “Social, emotional, and mental health needs”.

Every Mind Matters website

www.nhs.uk/oneyou/every-mind-matters/

This NHS website has expert advice and practical tips to help people look after their mental health and wellbeing. The website also contains links to provide information for people who may need urgent assistance.

NHS Choices website

www.nhs.uk/conditions/stress-anxiety-depression/

This website provides information and advice on a range of mental health issues.

Middle Street Resource Centre

Middle Street Resource Centre (MSRC) provides support for people with lived experience of mental health issues. They are based in Beeston and cover the Greater Nottingham and surrounding areas. They have two main support groups which are the Mind Set Programme and the Next Step Network. They are professionally managed with support from volunteers.

Hope Centre

Hope Nottingham is a Christian charity, working with local churches and community groups to serve those in need in neighbourhoods all around Nottingham.

Hope House in Beeston has become a one-stop community support centre, working in partnership with many local agencies, to provide a place of trust and transformation for local people.

This includes help with addiction and access to counselling; life skills and volunteering opportunities; practical support with clothing and Foodbank; law centre advice sessions; homeless and mental health support; housing and advocacy support.

Eastwood Mental Health Hub

The Eastwood Mental Health Hub is a service created by Citizens Advice and Mind and part funded by Broxtowe Borough Council, to promote mental health well-being along with providing advice on issues such as debt, benefits, letters from official organisations, forms, housing, penalty charges and more.

The Eastwood Mental Health Hub is being run by an Early Intervention Advocacy Caseworker and a Mind Mental Health Caseworker.

This is a relatively new service aimed at preventing and reducing crisis whether it be mental health crisis or an issue that needs regular intervention. There are one to one sessions, group activities, mindfulness awareness events, and arts and crafts in order to promote better mental health.

Complex Case Panel

This is a group convened and chaired by Broxtowe Borough Council. It is made up of officers from various partner organisations and meets on a monthly basis. The aim of the group is to share information in order to inform discussion of individual cases where a person has complex needs which, for whatever reason, appear not to be met and individual agencies have been unable to resolve. This may be because they just fall short of various thresholds, or they are failing to engage, or for other reasons. The officers will discuss the case and ensure that whatever help and support can be provided is made available to the individual. Many of the cases involve residents with mental health or substance misuse issues and self-neglect.

Broxtowe Borough Council website

The Council's website gives advice on contacts where people have mental health concerns, as well as guidance for those troubled by thoughts of suicide or bereaved as a result of suicide.

Care First Employee Assistance Programme

The Council's Employee Assistance Programme is provided by Care First. All employees and Councillors can access the service. All calls are answered by British Association for Counselling and Psychotherapy (BACP) accredited counsellors for immediate crisis support. Care First also offer alternative counselling solutions such as online real-time counselling, online Cognitive Behaviour Therapy courses and an online counselling 'chat' function. These diverse streams are designed for ease of access and an alternative method for diverse workforces.

Dealing with threats of suicide

From time to time it is possible that a member of staff will hear a customer make a statement of intent to harm or kill themselves. Declarations of this nature can cause distress for those concerned. Some customers may say they intend to self-harm or kill themselves as a threat or a tactic to "persuade". Others will mean it. It is very hard to distinguish between the two and especially on the telephone. For this reason, all declarations are taken seriously with an assumption that a customer may well follow through with their threat. Internal procedures are in place so officers who may receive such calls know how to deal with them in order to minimise distress and maximise the chances of an outcome where everyone is safe.

Staff training

All managers within the authority have received training on Mental Health First Aid. This equips these officers with the awareness to identify any signs of deteriorating mental health in the teams they manage, and how to make the initial steps to positively assist in dealing with any such issues.

Staff Mental Health Working Group

This group has been created in order to allow staff to come together to discuss the issues around mental health in the workplace and make suggestions for measures which can be introduced to bring about improvements.

Advice when reading this document

If by reading and reviewing this report you become concerned about your own or someone else's suicidal and self-harm thoughts or behaviour we advise that you speak to a trained health care professional by either:

- **Making an appointment with your GP**
- **Telephoning the Samaritans on 08457 90 90 90**
- **Telephoning Cruse Bereavement Care on 0844 477 9400**