

Halton suicide prevention strategy – Action plan 2015-16

| 1. Improve the mental health and wellbeing of Halton people | | | | | | |
|---|--|---|---|-------------------|--|-----------------|
| Objective | Targets/ outcomes | | Actions | Timescales | Lead | Comments |
| Improve the mental health and wellbeing of Halton people through prevention and early detection | Increase of 1% in self-reported wellbeing (feeling worthwhile). Baseline (2012) 17.6% | 1 | Support the delivery of Halton’s Mental Health and Wellbeing Commissioning Strategy priority area 1 - “Improve the mental health and wellbeing of Halton people through prevention and early detection” | Ongoing | Mental Health Prevention sub group | |
| 2. Promote the early identification and support of people feeling suicidal | | | | | | |
| Objective | Targets/ outcomes | | Actions | Timescales | Lead | Comments |
| Reduce the stigma and discrimination associated with mental health and suicide locally | Suicide awareness campaign plan developed and agreed by all agencies | 2 | Develop a local multi-agency suicide awareness campaign plan | Nov 2015 | Health improvement team/ Halton suicide prevention partnership | |
| | | 3 | Ensure suicide prevention support lines are promoted widely across the borough – CALM, Hopeline- UK, Samaritans, Papyrus, and the local assessment team number. | Nov 2015 | Halton suicide prevention partnership | |

| | | | | | | |
|--|--|---|--|-----------|---|--|
| Increase local awareness of the warning signs of suicide and how to access support | 1% of the local population is trained in suicide prevention skills. | 4 | Deliver suicide awareness training to local community members to enable them to recognise the warning signs of suicide in themselves, their family and friends (LINK TO AREA FOR ACTION 3) | June 2016 | Health improvement team | |
| | Local organisations have trained their staff in suicide alertness and intervention skills. | 5 | Develop a local suicide awareness training plan for community members, local community groups and key professionals who interact with known high risk groups (LINK TO AREA FOR ACTION 3) | Jan 2016 | Health improvement team/ Public Health | |
| | 3 large local workplaces have been supported in developing suicide prevention policies | 6 | Support local workplaces to develop suicide prevention policies | June 2016 | Health improvement team | |
| Ensure the prompt support of individuals identified to be at risk | Support services are readily accessible | 7 | Review local pathways to rapid assessment and support from adult and Child and Adolescent Mental Health Services for those identified to be at risk of suicide | Jan 2016 | Halton suicide prevention partnership/ 5BP/ CAMHS partnership board | |

| | | | | | | |
|---|---|----|--|-----------|--|--|
| | Reduction in the number of Section 136 issued in Halton | 8 | Support and strengthen Operation Emblem | Jan 2016 | Halton CCG/ Cheshire Police/ 5BP | |
| Improve outcomes for people experiencing a mental health crisis | Crisis care concordat declaration and action plan developed | 9 | Support the development of a local Crisis concordat declaration and action plan | June 2015 | Halton CCG/ 5BP | |
| Provide extra support to those who re-attempt suicide | Repeat attenders are identified and supported using an MDT approach | 10 | Take a multidisciplinary approach to supporting individuals who repeatedly attempt suicide | Jan 2016 | Halton suicide prevention partnership | |
| 3. Reduce the risk of suicide in known high risk groups | | | | | | |
| Reduce the risk of suicide in young and middle aged men | Raised awareness of increased risk of suicide and pathways to support among key front line professionals who work with this group | 11 | Ensure key front-line professionals and local groups who interact with young and middle aged men undertake suicide awareness training – (LINK TO ACTION 4 + 5) | June 2016 | Health improvement team | |
| | | 12 | Deliver community outreach programmes that promote suicide awareness messages at traditional male settings e.g. in partnership with the Widnes Vikings, at local sports clubs and in local pubs. | June 2016 | Health improvement team/ CALM | |

| | | | | | | |
|--|---|----|---|-----------|---|--|
| Reduce the risk of suicide in people with mental health problems | Raised awareness of increased risk of suicide and pathways to support among key front line professionals who work with this group | 13 | Deliver suicide awareness training to GPs – explore potential of using BMA e-learning package- (LINK TO ACTION 5) | June 2016 | Health improvement team | |
| | | 14 | Promote the early identification and treatment of depression (LINK TO Halton’s Mental Health and Wellbeing Commissioning Strategy) | June 2016 | Adult & Older peoples MH Delivery Group | |
| | | 15 | Ensure the identification and support of women with a possible mental disorder during pregnancy or the postnatal period | June 2016 | Midwifery/ Health Visitors | |
| | Local mental health services benchmarked against best practice | 16 | Assess local mental health services against best practice using the National Confidential Inquiry into suicide and homicide by people with mental illness self-assessment toolkit - http://www.bbmh.manchester.ac.uk/cmhr/research/centreforsuicideprevention/nci/toolkits | Jan 2016 | 5BP | |

| | | | | | | |
|---|---|----|--|-----------|--|--|
| | | 17 | Support the implementation of the 5BP Suicide Reduction Strategy | Jan 2016 | 5BP/ Halton suicide prevention partnership | |
| Reduce the risk of suicide in People with a history of self-harm | Raised awareness of increased risk of suicide and pathways to support among key front line professionals who work with this group | 18 | Train key professionals to identify self-harm behaviour, recognise that people who self-harm are a high risk group for suicide and refer appropriately | June 2016 | Health Improvement Team | |
| | | 19 | Support the implementation of NICE clinical practice guidelines on self-harm | June 2016 | Halton CCG/ Public Health | |
| | | 20 | Support the development of a local peer support group for those who self-harm | | Health Improvement Team | |
| Reduce the risk of suicide in People in contact with the criminal justice system | Raised awareness of increased risk of suicide and pathways to support among key front line professionals who | 21 | Deliver suicide awareness training to key professionals who interact with those in contact with the criminal justice system (LINK TO ACTION 5) | June 2016 | Health improvement team | |

| | | | | | | |
|--|---|----|--|-----------|--|--|
| | work with this group | | | | | |
| Reduce the risk of suicide in who misuse drugs or alcohol | Raised awareness of increased risk of suicide and pathways to support among key front line professionals who work with this group | 22 | Deliver suicide awareness training to key professionals who interact with those who misuse drugs or alcohol (LINK TO ACTION 5) | June 2016 | Health improvement team | |
| Reduce the risk of suicide in children and young people | Raised awareness of increased risk of suicide and pathways to support among key front line professionals who work with this group | 23 | Deliver suicide awareness training to key professionals and support groups who interact with children and young people (especially vulnerable children and young people) –(LINK TO ACTION 4 + 5) | June 2016 | Health improvement team | |
| | | 24 | Develop school and college-based approaches to promote suicide awareness among staff, pupils and parents to recognise the warning signs of suicide and increase knowledge of referral routes into specialist support | June 2016 | Health Improvement Team/ School nurses | |
| | All local school and colleges have bullying prevention initiatives | 25 | Implement school and college-based bullying prevention initiatives (to include tackling cyber bullying and | Jan 2016 | Health Improvement Team | |

| | | | | | | |
|--|--|----|---|-----------|---|--|
| | | | reducing homophobic bullying) | | | |
| | New Tier 2 CAMHS service commissioned | 26 | Deliver community outreach programmes that promote suicide awareness messages among young people | Jan 2016 | HBC Children's commissioner | |
| | | 27 | Ensure the early support of children and young people with emotional, behavioural or mental health difficulties through a new tier 2 CAMHS service and a specific service for looked after children (LAC) | Jan 2016 | CAMHS partnership board | |
| Reduce the risk of suicide among older adults | Raised awareness of increased risk of suicide and pathways to support among staff and voluntary groups working with older people | 28 | Deliver suicide awareness training to key professionals and voluntary groups who support older people (LINK TO ACTION 4 + 5) | June 2016 | Health Improvement Team | |
| | | 29 | Promote the early identification and treatment of depression among older adults (LINK TO ACTION) | June 2016 | Adult & Older peoples MH Delivery Group | |
| | | 30 | Support the implementation of the Halton loneliness strategy | Jan 2016 | Loneliness strategy group | |

| | | | | | | |
|---|---|----|---|-----------|--|--|
| | | | | | | |
| Reduce the risk of suicide in Survivors of abuse and violence including sexual abuse | Raised awareness of increased risk of suicide and pathways to support among key front line professionals who work with this group | 31 | Deliver suicide awareness training to key professionals and local support groups who interact with survivors of abuse and violence (LINK TO ACTION 4 + 5) | June 2016 | Health improvement team | |
| | | 32 | Improve identification and appropriate referral to support services of those experiencing domestic violence – link to domestic abuse strategy | June 2016 | Domestic abuse strategy implementation group | |
| | | 33 | Ensure the early identification and assessment of vulnerable children | Ongoing | Halton safeguarding children’s Board | |
| Reduce the risk of suicide in veterans | Raised awareness of increased risk of suicide and pathways to support among key front line professionals who work with this group | 34 | Deliver suicide awareness training to key professionals and local support groups who interact with veterans (LINK TO ACTION 4 +5) | June 2016 | Health improvement team | |
| Reduce the risk of suicide in People living with long-term physical health | Long-term conditions programme piloted | 35 | Support the development of a local long-term conditions patient programme to ensure patients feel | Jan 2016 | Public Health | |

| | | | | | | |
|--|---|----|---|-----------|---------------------------------------|--|
| conditions | | | more confident in managing their condition and take an active part in their care | | | |
| Reduce the risk of suicide in People who are especially vulnerable due to social and economic circumstances (for example due to debt, housing problems or unemployment) | Raised awareness of increased risk of suicide and pathways to support among key front line professionals who work with this group | 36 | Deliver suicide awareness training to key professionals who interact with People who are especially vulnerable due to social and economic circumstances (LINK TO ACTION 5) | June 2016 | Health improvement team | |
| | | 37 | Develop referral pathways between services that support people who may be vulnerable due to social/ economic circumstances (financial advice and debt support services, housing trusts, employment support agencies) and mental health services | Jan 2016 | Halton Suicide Prevention partnership | |
| Reduce the risk of suicide in lesbian, gay, bisexual and transgender people | Raised awareness of increased risk of suicide and pathways to support among key front line professionals who | 38 | Deliver suicide awareness training to key professionals and local support groups who interact with lesbian, gay, bisexual and transgender people – (LINK TO ACTION 4 + 5) | June 2016 | Health Improvement Team | |

| | | | | | | |
|--|--------------------------------------|----|---|-----------|---|--|
| | work with this group | 39 | Implement school and college-based bullying prevention initiatives to reduce homophobic bullying – (LINK TO ACTION 21) | Jan 2016 | Halton anti-bullying partnership group | |
| Area for action 4: Reduce access to the means of suicide | | | | | | |
| Reduce the number of suicides and suicide attempts at high-risk locations including the Silver Jubilee Bridge (Runcorn and Widnes Bridge) and the new Mersey Gateway Bridge | Best practice evidence reviewed | 40 | Review best practice evidence related to reducing the risk of suicide at the Silver Jubilee Bridge (installation of physical barriers, placement of signs and telephones, camera) | June 2016 | HBC Emergency Planning team/ Cheshire Police | |
| | | 41 | Advise on suicide prevention interventions planned for the new Mersey Gateway Bridge | June 2016 | HBC Emergency Planning team/ Cheshire Police | |
| | | 42 | Work with local authority planning departments and developers to consider safety when designing new buildings/ structures to reduce suicide opportunities | Ongoing | Cheshire Police (architectural liaison officer) | |
| Reduce hanging and strangulation in psychiatric inpatient and criminal justice settings | Evidence of regular ward assessments | 43 | Ensure regular assessment of ward areas to identify and remove potential risks e.g. ligature ligatures and ligature points, access to medications, access to windows and high risk areas – LINK TO ACTION 12) | Ongoing | 5BP | |

| | | | | | | |
|---|--|----|--|-----------|---|--|
| | | 44 | Ensure safer environment for at risk prisoners e.g. safer cells and provide care for at-risk prisoners | Ongoing | Cheshire Police | |
| Reduce the number of suicides and suicide attempts on the rail network | | 45 | Ensure staff working on the rail network are trained to recognise the warning signs of suicide and help individuals access appropriate support | June 2016 | Regional suicide prevention network | |
| Area for action 5: Provide better information and support to those bereaved or affected by suicide | | | | | | |
| Provide better information and support to those bereaved or affected by suicide | Postvention service commissioned | 46 | Commission a postvention service to ensure we have effective local responses to the aftermath of a suicide | June 2016 | Public Health | |
| | Peer support group successfully running in Halton | 47 | Support a local peer support group for those bereaved or affected by suicide | June 2016 | Health Improvement Team | |
| | Updated media reporting guidelines produced and distributed to local | 48 | Promote the responsible reporting and portrayal of suicide and suicidal behaviour in the media – updated guidelines for media produced | June 2016 | Health Improvement Team / Regional suicide prevention network | |

| | | | | | | |
|--|--|----|---|-----------|---|--|
| | media outlets | | | | | |
| Area for action 6: Support research, data collection and monitoring | | | | | | |
| Monitor local suicide trends | Annual audit conducted and shared with key partners | 49 | Produce an annual data report to ensure that local data relevant to suicide prevention activity is collected, shared between partners and used to monitor suicide trends, progress and inform local activity. | June 2015 | Public Health | |
| | | 50 | Continue to undertake an annual local suicide audit based upon coroners records | June 2015 | Public Health | |
| Evaluate local suicide prevention activities | Evaluation of local suicide prevention activities undertaken to inform future practice | 51 | Develop mechanisms to evaluate local suicide prevention activities and training in order to inform future practice | June 2016 | Public Health | |
| Review regional and local evidence of best practice | Halton plays an active role in the regional Cheshire and Merseyside Suicide | 52 | Maintain an active role in the regional Cheshire and Merseyside Suicide Reduction Network | Ongoing | Public Health/ Halton suicide prevention partnership | |

| | | | | | | |
|--|-------------------|----|---|---------|---|--|
| | Reduction Network | 53 | Assess the suitability of effective regional and national suicide prevention interventions for local implementation | Ongoing | Public Health/ Halton suicide prevention partnership | |
|--|-------------------|----|---|---------|---|--|

DRAFT