

## **SUICIDE PREVENTION - UPDATE**

### **Report of the Director of Public Health**

#### **1. INTRODUCTION AND PURPOSE OF REPORT**

- 1.1 The Health and Wellbeing Board has agreed the current Suicide Prevention Strategy and 2020 Action Plan for Stockport in January 2020. This strategy reaffirmed that people in Stockport should never see suicide as their only option.
- 1.2 With the pandemic unfolding shortly after that, the annual update was delayed this year. However, a significant amount of work related to suicide prevention has been undertaken during this challenging period for everyone.
- 1.3 This report updates the Board with current data on suicides by Stockport residents, progress with the existing 2020 action plan, as well as additional actions set during the pandemic response, and presents actions planned for 2021/2022.

#### **2. UPDATE ON SUICIDE**

- 2.1 Every death by suicide is a tragedy - for bereaved family and friends, as well as the community at large. Suicide statistics are usually reported by year of registration; although death registration may occur months after a death, the patterns in the data are usually similar. The table below shows the numbers and rates of death by suicide of Stockport residents, compared to the North West and England over time. Rates have remained constant over recent periods and are not significantly different from the North West or England rates.

**Table: Number of deaths by suicide and age-standardised suicide rates per 100,000 population (aged 10 and over) in Stockport, North West, and England; rolling three-year aggregates (total for each three-year period), deaths registered 2001 to 2020.**

Period	Deaths in Stockport	Rate in Stockport	95% confidence interval (lower)	95% confidence interval (upper)	North West rate	England rate
2001 - 03	70	9	7	11.4	11.2	10.3
2002 - 04	58	7.4	5.6	9.6	10.7	10.2
2003 - 05	72	9.4	7.4	11.9	10.9	10.1
2004 - 06	69	9.2	7.1	11.6	10.8	9.8
2005 - 07	78	10.3	8.1	12.9	10.7	9.4
2006 - 08	67	8.9	6.9	11.3	10.3	9.2
2007 - 09	89	11.8	9.5	14.5	10.7	9.3
2008 - 10	76	10	7.9	12.6	10.5	9.4
2009 - 11	74	9.8	7.7	12.4	10.8	9.5
2010 - 12	63	8.5	6.5	10.9	10.8	9.5
2011 - 13	94	12.8	10.3	15.6	11.3	9.8
2012 - 14	96	12.9	10.4	15.7	11.5	10
2013 - 15	95	12.6	10.2	15.4	11.3	10.1
2014 - 16	75	9.8	7.7	12.3	11	9.9
2015 - 17	68	9	7	11.5	10.4	9.6
2016 - 18	67	8.8	6.8	11.2	10.4	9.6
2017 - 19	68	8.8	6.8	11.2	10.6	10.1
2018 - 20	68	8.8	6.8	11.2	10.7	10.4

- 2.2 The patterns of suicides also mirror those observed nationally, with approximately three quarters of deaths relating to men, and higher rates occurring in middle age, and in more deprived communities.
- 2.3 Some authors use the term ‘deaths of despair’ to refer to deaths by suicide, as well as drug-related deaths

### **3. COVID PANDEMIC AND SUICIDE**

- 3.1 The pandemic raised concerns about potential impacts on mental health, but also suicides, early on. From the outset of the pandemic, we worked hard as a partnership community on suicide prevention, guided by research evidence available at the time (e.g. Gunnell et al 2020).<sup>1</sup> Whereas mental health has arguably been impacted on negatively by the pandemic, no rise in suicides has been observed in 2020 – both locally as well as nationally.
- 3.2 Locally, a close group of colleagues has met fortnightly throughout the pandemic to plan and implement further suicide prevention actions, beyond those included in the existing Action Plan. This activity was accompanied by the wider humanitarian response across the community, including mental health support, so crucial to alleviating distress. Actions focussed on known risk groups, as well as any factors observed in real time suspected suicide notifications.
- 3.3 Key activities included:
- 3.3.1 The launch of universally available key support options (in planning before the pandemic, but launched in mid-April 2020):
- The Open Door 24/7 mental health helpline and safe haven, commissioned by the CCG as part of the adult crisis pathway
  - The Emotional Wellbeing Hub for children and young people aged 0-25
  - Access to the online supported peer community Togetherall, for any Stockport residents aged 16+.
- 3.3.2 Further online support options commissioned by the NHS:
- Kooth (online support for young people aged 11-18)
  - SilverCloud (access to online courses and support, including psychological therapies)
- 3.3.3 Existing [mental health and emotional wellbeing support](#) offers were summarised on the Council COVID-19 web pages, and promoted widely.
- 3.3.4 Signposting [leaflet](#) highlighting variety of key support options (online, phone, personal) for a range of sources of distress (addiction, financial, domestic violence, etc.), continuously promoted to frontline services as well as the community and risk groups.

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<sup>1</sup> [Suicide risk and prevention during the COVID-19 pandemic - The Lancet Psychiatry](#)

- 3.3.5 Regular social media promotion of the above and other key offers of support, as well as support for other relevant national campaigns (e.g. Every Mind Matters), including targeted messaging aimed at risk groups.
- 3.3.6 Posters distributed to frontline services and accessible venues, including shops, during lockdown and beyond.
- 3.3.7 Development and distribution of a Stockport Suicide Prevention and Mental Health Training Matrix with largely free and online training offers.
- 3.3.8 Six additional trainers now deliver weekly suicide awareness training courses to anyone in Stockport (currently online).
- 3.3.9 The Greater Manchester Suicide Bereavement Support and Information Service was integrated into the new Greater Manchester Bereavement Service, which offers a more accessible service, regardless of the cause of bereavement.
- 3.3.10 The Greater Manchester Resilience Hub offers access to mental health support for frontline staff in the wider health and care, including the VCSE, sector.
- 3.3.11 A group formed of interested individuals and organisations wishing to support men. The group continues to meet and implement and promote support offers.
- 3.3.12 Colleagues from Pennine Care developed guidance for primary care colleagues to undertake welfare calls to patients with depression during lockdown.
- 3.3.13 A successful and well-attended Masterclass on suicide prevention delivered to primary care colleagues, including a resource pack.
- 3.3.14 Samaritans volunteers undertook audits of signage on motorway bridges and railway stations, and facilitated correct signage.
- 3.3.15 We undertook an assessment of Council owned structures and their potential risks and mitigation options.
- 3.3.16 We developed an approach for considering suicide risk as part of the planning approval process.
- 3.3.17 In January 2021 the Adult Social Care & Health Scrutiny Committee received an update about the mental health response to the pandemic – this report with further details can be accessed here: [mgConvert2PDF.aspx \(stockport.gov.uk\)](https://www.stockport.gov.uk/mgConvert2PDF.aspx).

#### **4. UPDATE ON ACTION PLANS**

- 4.1 In January 2020, the Health and Wellbeing Board agreed the Suicide Prevention Strategy for Stockport, along with an Action Plan for 2020. The above actions were largely in addition to that Plan. Progress with the Plan is detailed in the Table in Appendix 1. Any actions delayed during the pandemic have been included in the forward Action Plan 2021/2022 which is presented in Appendix 2.

- 4.2 Both plans follow the 10 priorities in our Strategy and present a wide range of actions against each priority, which have been pledged by partner organisations on the Suicide Prevention Forum.
- 4.3 Key actions on the 2021-2022 plan include the development of an all-age Mental Health and Wellbeing Strategy for the borough, including an update of the adult mental health and wellbeing Joint Strategic Needs Assessment, and a mental health awareness campaign for Stockport, as well as further work on the crisis and self-harm pathways, and further promotion of suicide prevention awareness and training across sectors. We are currently developing the strategic framework for the Mental Health and Wellbeing Strategy and aim to present the framework to the Health and Wellbeing Board early next year.
- 4.4 The pandemic may have longer lasting negative economic and mental health after-effects, particularly for already vulnerable groups, which may even increase over time. A recent paper by the International COVID-19 Suicide Prevention Research Collaboration summarises the necessary efforts to prevent suicides as follows:

*'Robust, ongoing governmental and societal responses must include: (1) efforts to prevent and mitigate the negative effects of mass unemployment and economic hardship such as expanded unemployment and related social welfare programs; (2) actions to minimize the long-term damage to the career prospects of young people arising from disruptions to their education and to their transition to employment at a time of labor market upheaval, (3) timely access to high quality, evidence-based mental health treatment and suicide prevention interventions, including crisis helplines and services, with attention to the issue of diminished help-seeking during the pandemic; (4) public health and media messaging emphasizing healthy coping, emotional resilience and avoiding presentations of suicide as a common or rational strategy for managing distress or an inevitable consequence of the pandemic; and (5) efforts to promote social cohesion with particular attention to places and times where societal divisions and/or discord may be emerging.'*<sup>2</sup>

- 4.5 This highlights the importance of work already ongoing in other sectors in support of vulnerable groups and individuals, including - but not limited to - employment support, and mental health and wellbeing. The Borough Plan and Health and Care Plan include our commitment to the all-age Mental Health and Wellbeing Strategy which provides a timely opportunity to support the necessary comprehensive approach to mental wellbeing. This work is alongside more specific suicide prevention actions included in our forward Action Plan.
- 4.6 The Suicide Prevention Forum will maintain oversight of the delivery of the forward Action Plan and continue to update the Health and Wellbeing Board on an annual basis.

## **5. RECOMMENDATION**

- 5.1 The Health and Wellbeing Board is asked to note this update.

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<sup>2</sup> [Suicide Risk and Prevention During the COVID-19 Pandemic: One Year On \(tandfonline.com\)](https://www.tandfonline.com)

## BACKGROUND PAPERS

There are none

Anyone wishing to inspect the above background papers or requiring further information should contact Judith Strobl on telephone number Tel: 0161-474-2535 or alternatively email [Judith.Strobl@stockport.gov.uk](mailto:Judith.Strobl@stockport.gov.uk)

## Appendix 1: Stockport Suicide Prevention Action Plan 2020 – REPORT

Action	End point / means of monitoring	Responsible	Date	REPORT
<b>Ensure local leadership and governance</b>				
Updated Strategy and Action Plan to be agreed by Health and Wellbeing Board	Agreed Strategy and Action Plan	SMBC	January 2020	Agreed at January 2020 Health and Wellbeing Board.
Terms of reference (TOR) for Suicide Prevention Forum agreed by Health and Wellbeing Board, including reporting arrangements	Agreed Terms of Reference	SMBC	January 2020	Terms of Reference presented to Corporate Leadership Team.
Identify local suicide prevention champion(s)	Suicide prevention champions identified	SMBC with partners	March 2020	Cllr Tom McGee identified as local suicide prevention lead, followed by Cllr Jude Wells.
Further extend the linkages and membership of the Suicide Prevention Forum	Established formal links with: <ul style="list-style-type: none"> <li>Children and Young People Mental Health in Education Group</li> <li>Mental Health and Emotional Wellbeing Partnership Board</li> <li>Criminal Justice system</li> <li>Safeguarding</li> <li>Stockport Safety Partnership</li> <li>Primary care representation</li> </ul>	SMBC	March 2020	Membership now expanded to Probation, Primary Care, Safeguarding, Stockport Families, and good working relationships with Highways England and national Samaritans team also.
<b>Build on best available data and evidence to inform local action</b>				
<b>Use best intelligence</b> Update Joint Strategic Needs Assessment (JSNA) with information on mental health and	Updated JSNA available and used to inform future plan updates	SMBC	March 2020	Annual analysis of confirmed deaths by suicide, feeding into JSNA. Formal JSNA for mental health postponed during pandemic; now in preparation. However, regular review of

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illness				emerging trends on mental health impact of the pandemic, and real time data by the public health team has continued to inform the work throughout 2020.
<b>Use best evidence</b> Review any new evidence about effective methods to prevent suicide and self-harm, with a view to updating this action plan	Action Plan updated annually and conform with best available evidence	SMBC	Annually in January	We have set up a 2-weekly call to plan and coordinate suicide prevention activities during the pandemic. Emerging evidence throughout the year has been shared there for consideration and responses planned. Recent evidence includes: reports from National Confidential Inquiry of Suicides, National Suicide Prevention Alliance reports, national reports from Samaritans and others.
<b>Analysis of suspected suicides</b> Analysis of information from real-time data pilot project, to identify any emerging factors to be addressed	Intelligence from real-time data pilot enables consideration of real-time response as required	SMBC with Greater Manchester colleagues	August 2020	A Greater Manchester report of the pilot phase is in the process of being signed off. Factors involved in reported suspected suicides have been considered in the 2-weekly meetings above. Real-time reports enable a timely and focussed response.
<b>Suicide audit</b> Develop a feasible approach to regular suicide data analysis, in conjunction with Greater Manchester (GM) colleagues, to identify current trends and risk factors and be able to respond to them	Agreed approach to suicide data analysis, across local authorities	SMBC with Greater Manchester colleagues	March 2020	No suicide audit taking place at Greater Manchester level; now left to localities to undertake.
<b>Mental health and wellness promotion</b>				
Prepare sign-up to the Prevention Concordat for Better Mental Health	Sign-up to Concordat considered and agreed	SMBC leading, partners contributing	April 2020	This will be taken forward as part of a mental health and wellbeing strategy under the Stockport Borough Plan

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Self-help resources Collate and promote mental wellbeing self-help resources on the Healthy Stockport website	Website revised, local and national wellbeing self-help resources available freely on line	SMBC	December 2019	The <a href="#">Healthy Stockport website</a> brings together self-help resources on a wide range of topics, including mental wellbeing. During the pandemic, signposting to emotional wellbeing and mental health resources was moved to the Coronavirus site: <a href="#">Emotional wellbeing and mental health support - Stockport Council</a> . Considerable effort has gone into producing and distributing leaflets and posters to signpost to support, as well as supportive social media messages throughout.
<b>Connect 5</b> Continue to offer Connect 5 training across Stockport, and participate in Greater Manchester rollout of Connect 5	Regular training courses offered, and uptake monitored	SMBC, Mind	ongoing	Following the conversion to online delivery by Tameside Oldham and Glossop Mind, the uptake of training by Stockport-based individuals was as follows: April 2020-June 2021 saw 14 trainers trained, as well as 63, 41, and 27 people training up to Modules 1, 2, and 3 respectively.
<b>Schools and Colleges</b> Update self-harm policy to reflect new crisis care pathway and offer a refresher training session on the use of the Self-Harm policy for schools during the 19_20 academic year.  Implement the Greater Manchester mental health in education pilot with nine schools + Stockport College	Training course offered, attendance monitored and course evaluated  Settings express satisfaction with support offered.	SMBC	June 2020  Ongoing to June 2020	Due to the pandemic the plans to update the pathway and refresher training were put on hold. This has been included in the new action plan going forward.  The Mental Health in Education agenda has progressed significantly. Stockport is now in the preparation phase for Mental Health Support Teams, with a pilot being delivered in 2



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<p>Map wellbeing offer in schools to the i-Thrive model and ensure all schools are familiar with the programme of support on offer</p> <p>Create network for school and college staff to support each other around training they have undertaken</p>	<p>Frequency of wellbeing offer being accessed on Local Offer website and on Learning Leads</p> <p>Forum established with schools participating in discussion</p>		<p>Ongoing to July 2020</p> <p>June 2020</p>	<p>localities of Stockport by Wellbeing Workers employed by Beacon Counselling.</p> <p>A Scrutiny Review of mental health in schools took place in July. This has identified a number of recommendations going forward.</p> <p>The Checkpoint network for mental wellbeing leads in schools is being re-established and is the main forum for staff support on this agenda.</p>
<p><b>Employers</b>            Deliver 'Wellbeing in the Workplace' support talks to employers locally (e.g. construction industry, tradespersons, young men).            Deliver talks on suicide prevention to workforce in risk groups / occupations (e.g. construction industry, tradespersons, young men)</p>	<p>Number of talks delivered and employers supported.</p>	<p>Samaritans</p>	<p>Ongoing</p>	<p>2020: 4 talks took place to business / employment groups – covering well-being and suicide prevention</p>
<b>Address areas of high frequency, and reduce access to means</b>				
	End point / means of monitoring	Responsible	Date	
<p><b>Real-time data pilot project</b>            Use the real-time data pilot project to identify and respond to any new risks, including locations, means, or other factors</p>	<p>For every suspected suicide, potential new risks, and high-risk groups are considered and responses activated as</p>	<p>SMBC with Greater Manchester colleagues</p>	<p>June 2019-May 2020</p>	<p>Any new factors, locations or risks reported are considered on an ongoing basis and mitigation developed. Examples are: script for supporting people with depression in primary care during</p>

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which need to be addressed, reduce risk of contagion, and identify potential clusters	necessary.			pandemic; training of primary care staff; raising awareness of support via social and other media. Start of a group focussed on the mental wellbeing support for men.
<b>Address public locations involved in suicide (attempts)</b> Explore options for bringing together intelligence from relevant agencies to inform planning and evaluating of possible mitigations	Identified approach for identifying and addressing public locations involved in suicide (attempts)	SMBC with Greater Manchester colleagues	December 2020	Data on persons in distress on motorway bridges is regularly received and reviewed.  North West Ambulance Service has developed real-time data on suicide attempts and self-harm for regular review.
Develop and implement policy for suicide prevention relating to local highways infrastructure	Policy developed and implemented	SMBC	March 2020	Framework developed for assessing risk of Council-owned structures, and higher-risk structures identified for assessment and mitigation. Ten high risk structures were identified, and most structures have been assessed. A report is being written up on assessments with suggested recommendations.  Process developed with planning colleagues to ensure suicide prevention is routinely considered as part of planning new structures.
Identify and train staff at high-risk locations, and ensure they receive appropriate support.	Staff at high-risk locations are trained to identify those at risk, intervene appropriately, including onward referral, and they receive support.	Samaritans	Ongoing	No training from Samaritans branch Outreach team possible during 2020, but links with rail staff maintained. Training and advice from Samaritans Central Office is ongoing.  SMBC suicide prevention training options promoted widely, including towards railway staff, Department for Work and Pensions staff,

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				<p>housing providers, safeguarding staff.</p> <p>Samaritans delivered full audit of signage of all motorway bridges and railway stations in Stockport</p> <p>Delivered caller awareness cards to 14 local stations</p>
<b>Suicide prevention awareness</b>				
Mark international suicide prevention and mental health days to raise awareness of suicide and mental health and reduce stigma, focussing on vulnerable groups	Local activities and publicity	ALL	Annually	<p>Throughout 2020, we promoted mental health and suicide prevention messages via social and other media. Core signposting leaflet developed and distributed via partners. Targeting of at-risk groups via partner channels; older people/shielding, men, employers, Primary Care, financially vulnerable and vulnerable populations. Borough wide leaflet drop in October with Coronavirus guidance included mental wellbeing support.</p> <p>Digital leaflet with Council tax bills included information on Open Door.</p> <p>Other channels utilised such as Members e-brief, Sector 3 Bulletin, One Stockport website, Stockport Homes Group and regular VCSE sector meetings.</p>
Ensure local suicide prevention website provides up-to-date resources and signposting, and ensure sustainability of the website	Website is up-to-date and information continues to be available	SMBC	July 2020 and ongoing	<p>The local suicide prevention website was unsustainable, and visitors are now redirected to the new Greater Manchester Shining a Light on Suicide site, which includes sections for anyone in distress, anyone supporting someone else, and anyone bereaved by suicide. The site</p>

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				also contains links to Stockport-based support.
Continue to offer suicide prevention training across Stockport	Training courses offered, and uptake monitored	Samaritans/ SMBC with partners	Ongoing	Training continued until pandemic; the training programme has been converted to an online offer, and restarted in November 2020 (details below).
<b>Schools</b> Schools are offered the opportunity to attend ASIST training on an annual basis  Run the ASK (Assessing Suicide Risk in Kids) course as a pilot and evaluate whether this course should be part of an ongoing training package for schools	Number of high schools with ASIST trained staff  Training course offered, attendance monitored and course evaluated	SMBC  SMBC	Ongoing  December 19	Due to the pandemic this work has not yet been progressed. This is now included on the new action plan going forward.
Support the Community Partnership set up by Stockport College (this will involve speaking to student groups and staff)		Samaritans, Stockport Mind	Ongoing	<b>2020 Workshops</b> <b>Emotional Health – Vulnerable students - July</b> <ul style="list-style-type: none"> <li>Vulnerable students starting college – out of school / from Pupil Referral Units</li> <li>All students still on roll and engaged</li> </ul> <b>Emotional Health / Suicide prevention - Construction (October)</b> <ul style="list-style-type: none"> <li>1 session for construction staff</li> <li>3 sessions held for construction students</li> <li>Sessions focussed on;               <ul style="list-style-type: none"> <li>The factors that contribute to stress and poor mental health in the industry</li> <li>What students can do to protect themselves and others</li> </ul> </li> </ul>
<b>Employers</b>		Samaritans,	Ongoing	2020 : 4 talks took place to business /

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Offer support to local employers, focussing on employers of risk groups (e.g. manual workers, young men)		Stockport Mind		employment groups – covering well-being and suicide prevention  Branch are also now working more widely with the construction industry in our area – offering workplace talks etc.
Work with Stockport County FC to reach out to their predominantly male supporters	Work in development	Samaritans	Ongoing	2020 – Event cancelled due to Covid but maintained links
<b>Training</b>				
Offer training in suicide awareness and response to work force across Stockport, with focus on primary care, and those in contact with particular risk groups (young men, those suffering mental or other long-term health issues, unemployed, bereaved, those involved in substance misuse, and other vulnerable groups)	<p>Eight trainers trained</p> <p>No of primary care staff trained to Response 1 level</p> <p>No of other staff and volunteers trained to Awareness and Response 1 level, by sector</p>	<p>SMBC</p> <p>SMBC and CCG</p> <p>SMBC leading, with partner organisations</p>	<p>May 2019</p> <p>Ongoing</p> <p>Ongoing</p>	<p>We trained eight trainers in 2019 and lost six up to early 2021, due to other work pressures or life changes. (We have gained six new trainers from the Samaritans team in 2021.)</p> <p>Also developed and shared Suicide Prevention Training Matrix for Stockport partner organisations, which includes a range of (mostly free, and online) training options, from 10-20 min to ½-day courses.</p>
Continue to offer suicide prevention training across Stockport	No of persons trained annually, by sector	Samaritans with SMBC	Ongoing	<p>2020/21: 22 primary care staff trained; 101 participants on Suicide Awareness for Professionals module.</p> <p>(a further 51 staff from Stockport attended suicide prevention training available via Greater Manchester during Jan-April 2021).</p>
Review need for suicide prevention training and awareness / response	Suicide Prevention Forum to review information and agree	SMBC with partners	May 2020	Due to training only being re-established virtually in November 2020, this review will take

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training, and coverage	next steps			place in 2021.
<b>Suicide intervention and post-intervention services</b>				
<b>Adult mental health crisis pathway to be implemented:</b> <ol style="list-style-type: none"> <li>1. Safe Haven (day- and night-time support)</li> <li>2. 24-hour crisis phone line</li> <li>3. Enhanced home treatment team</li> </ol>	Three Pathway components fully implemented	CCG and partners		<p>During 2020 we implemented a Stockport daytime safe haven and 24/7 telephone line (Open Door). Both are now fully functioning and are key components of the Mental Health Crisis pathway. STEM was also extended to a 7-day service and work continues to look at increasing access to the night-time safe haven function.</p> <p>There has been investment into additional staffing for the Home treatment team (HTT) with most posts being recruited to. There has also been additional investment agreed by the CCG to fund the HTT to core fidelity (best practice). The CCG are working with Pennine Care to look at the staffing and core fidelity criteria. This includes aligning the night-time safe haven with the HTT.</p>
Crisis response pathway and service for children and young people (<18 years) delivered		PCFT	March 2021	<p>The GM children and young people crisis care pathway has been implemented and embedded. From a local perspective a key element is establishment of Rapid Response Teams. They provide intensive support for children and young people up to age 18 who are experiencing a crisis in their mental health. They provide support for up to 72 hours. The Rapid Response Team receives referrals from:</p> <ul style="list-style-type: none"> <li>• Healthy Young Minds</li> <li>• All Age Mental Health Liaison Service</li> <li>• Pennine Care Crisis Line</li> </ul>

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				<ul style="list-style-type: none"> <li>NHS 111</li> </ul> <p>Once a young person has been referred to the service they can re-refer themselves if a further mental health crisis occurs.</p> <p>The Mental Health Liaison Service which provides mental health assessment and advice in the Emergency Department at Stepping Hill Hospital was expanded in December 2020 and is now an all age service.</p>
Support a workshop to generate a system-wide understanding of the response and support available to those presenting with suicide attempts or ideation in various settings.	A clear, widely-shared understanding of the response and support available, and any gaps.	SMBC with partners	March 2020	Workshop held, resulting in shared action plan.
2-3-day follow-up after discharge from inpatient care	Patients contacted within 3 days of discharge.	Pennine Care NHS FT	Ongoing	<p>Pennine Care 2020 data for March – Sept 20 showed 62.8% completed in 72 hours, this increase to 74.1% from Sept 20 –Mar 21. It is possible that Covid may have impacted this.</p> <p>Further action planned: Seek to understand barriers and how we can improve further; raise awareness of 72 hour follow up process in Quality Forums and Leadership meetings to strive for improvement.</p>
<b>Active referral to Samaritans</b> Samaritans to call any person who has given permission to be called, following discharge from	Patients offered follow-up by Samaritans.	Pennine Care NHS FT with Samaritans	Ongoing	<p>Pennine Care 2020: 469 referrals to branch 72.1% success rate for contacting</p>

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Access & Crisis or the Mental Health Liaison Teams after self-harm or a suicide attempt.				
<b>Schools</b> Schools are offered talks and resources for postvention support (following a suicide)	Schools teams supported	Samaritans	Ongoing	Support provided when appropriate.
Papyrus Hopeline promoted in Council venues and to schools	Guidance shared with schools	SMBC / Papyrus	Ongoing	Papyrus Hopeline is one of the 4 key contacts for support for young people, promoted on a new business card developed for young people.
Suicide prevention and postvention guidance to be developed for Stockport schools, utilising expertise from partner agencies e.g. Samaritans and Papyrus		SMBC	July 2020	Postvention provided by Step by Step team (Samaritans Central Office) and branch, as required
<b>Self-harm</b>				
Review local intelligence on self-harm and compliance with NICE Guidance, and develop and implement a local pathway to care for people who self-harm	Current practice reviewed  Self-harm response pathway agreed	CCG, PCFT, Stockport NHS FT, SMBC and partners	April 2020  October 2020	A self-harm pathway for children and young people exists for Stockport.  Further work planned for an adult pathway the following year.
Pilot active referral for vulnerable people released from the custody suite in Cheadle	Pilot completed	Samaritans	Ongoing	Pilot delayed until March 2021 due to Covid
<b>Clinical and support services (mental health, primary care, voluntary and community sector)</b>				
Pennine Care FT will develop and	Safer wards, personalised	Pennine Care	April 2020	Work streams have been affected by the



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monitor a comprehensive suicide prevention strategy which will include a zero suicide ambition in inpatient services.	risk assessment, effective pathways, including across organisational boundaries	NHS FT		pandemic including formalising an updated suicide prevention strategy. Suicide Prevention and Bereavement lead now appointed and in post for the trust will support update of strategy. Current ongoing work streams include mortality reviews, theme finding and reaching out to partnerships, picking back up partnership working with Samaritans, learning events and ongoing training to our frontline staff.
Review suicide prevention work for children and young people with the Integrated CAHMS Partnership	CAHMS Partnership view on future actions focused on children and young people	CCG	November 2019	The Integrated CAMHS Partnership was disbanded in December 2019. A new Emotional Wellbeing and Mental Health Partnership was established in January 2020 and the Director of Public Health was appointed as chair. The functioning of the group was severely affected by the Covid Pandemic but has now been re-established with new chairing arrangements. The Partnership is currently reviewing its strategic priorities.
Continue to deliver care in the spirit of the six key elements of the Triangle of Care to ensure the carers of those affected by serious mental health conditions are fully involved in their care.	Carers and service users express satisfaction with the involvement of carers	Pennine Care NHS FT	Ongoing, in place	During the covid 19 pandemic various meetings stood down, however Stockport recognised need to re-establish. Meetings are running again since June 21, and away day planned for 30.09.21 to review terms of reference and purpose of meetings, identify next steps for borough and trust wide meetings, plan a relaunch and review and plan development of carer awareness training.

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<b>Suicide bereavement support</b>				
Seek feedback from people bereaved by suicide, and relevant services, to identify gaps in support	Feedback informs next steps	SMBC	March 2020	Met with Stockport SOBS lead to discuss any evident gaps in bereavement support. Gap in provisions for young people was identified, which has been addressed by the GM Bereavement Service.
Work with Greater Manchester Suicide Bereavement Information Service to identify gaps in support, following the pilot	Evaluation informs next steps	SMBC with Greater Manchester partners	July 2020	This has been attempted but will need further analysis from the Service.
Explore options for closing any gaps in provision	Clarity about how any gaps in provision can be addressed	SMBC and CCG	July 2020	See below
Participate in GM pilot of suicide bereavement information service (SBIS), ensuring Stockport residents are informed about the service	GM service available to anyone bereaved by suicide seeking support	Greater Manchester SBIS	Ongoing till end of pilot	The GM suicide bereavement information service has now merged with the new GM Bereavement Service, which provides a more accessible offer for anyone bereaved, including during the pandemic. We promote the service and its website regularly through local channels.

## Appendix 2: Stockport Suicide Prevention Action Plan 2021/2022

Action	End point / means of monitoring	Responsible	Date
<b>Ensure local leadership and governance</b>			
Complete new Action Plan 2021/22	Action Plan completed	Public Health to lead	June 2022
Annual report to Health and Wellbeing Board	Update of 2020 action plan and new 2021/22 Action Plan presented to Health and Wellbeing Board	Public Health	November 2021
<b>Build on best available data and evidence to inform local action</b>			
New Joint Strategic Needs Assessment (JSNA) for mental wellbeing and health	Updated JSNA available and used to inform future plan updates	Public Health	December 2021
Share regular evidence briefings at Suicide Prevention Forum	Evidence updates are regularly on the agenda	Public Health	March 22
Summarise learning / share Greater Manchester real-time surveillance pilot	Report shared with Suicide Prevention Forum	Public Health	<i>when finalised at GM</i>
Further develop the mental health crisis pathway dashboard	To share with forum to inform target areas and service developments needed, especially in relation to demand and capacity.	CCG	ongoing
<b>Mental health and wellness promotion</b>			
Consider sign-up to the Prevention Concordat for Better Mental Health	Sign-up to Concordat considered and potentially agreed	SMBC and partners	March 2022
Develop Stockport-wide all age mental health and wellbeing strategy	Strategy agreed	All partner organisations	March 2022
Work with Centre for Mental Health on Mental Health equity plan	Plan completed	SMBC and partners	March 2022
Connect 5 - Roll out train the trainer programme: Support new Connect 5 trainers to develop and maintain training offer across Stockport.	Connect 5 trainers are supported through a local network; Connect 5 training freely available; Number of people trained on Connect 5; Frontline staff of wide range of agencies are mental health aware and feel better able to support clients	All partners with frontline staff	Nov 2021;  March 2022; Ongoing
<b>Pennine Care</b>			

Action	End point / means of monitoring	Responsible	Date
Staff support via the staff well-being services	Staff members are offered Staff Well-Being service to assess, plan and deliver one-to-one support as required	Pennine Care	ongoing
<b>GMP</b>			
All wellbeing volunteers (including SPOCs, resilience coaches, peer supporters and leads of informal support groups) will be able to access lunch time learning sessions covering a whole range of topics.	Sessions attended by wellbeing volunteers	GMP	ongoing
REACT training to be delivered to all Sergeants and members of the wellbeing volunteer network	All sergeants trained in REACT	GMP	ongoing
Wellbeing conversation guidance/tool to be launched mid-May 2021 by the force wellbeing volunteer coordinators	Guidance launched	GMP	May 2021 (completed)
<b>Schools and colleges</b>			
Continue outreach work to Stockport schools	Schools supported	Samaritans	ongoing
Delivery of the Mental Health in Education programme, comprising: <ul style="list-style-type: none"> <li>Preparation for Mental Health Support Teams</li> <li>Emotional Literacy Support Assistant training</li> <li>LINK Programme (phase 2)</li> <li>Refresh of Stockport Wellbeing Strategy, aligning with GM Standards</li> <li>Mental Health Leads DfE training</li> </ul>	<ul style="list-style-type: none"> <li>Monitoring of MHST readiness, to start Sep 22</li> <li>One ELSA in every school trained</li> <li>Completion of the LINK programme</li> <li>Wellbeing Strategy refresh completed a re-launched to schools</li> <li>All schools have an identified senior lead with responsibility for mental health and wellbeing</li> </ul>	Emotional Wellbeing in Schools Task Group	Sep 21 – Aug 22
Training offer clearly communicated to schools / professionals	<ul style="list-style-type: none"> <li>School staff and other professionals working with children and young people know what training is available / appropriate and how to access it</li> </ul>	Stockport Family / Educational Psychology	ongoing
Emotional wellbeing support offer for children and young people clearly communicated	<ul style="list-style-type: none"> <li>Wellbeing offer circulated to parents and carers via schools, Local Offer, social media and other communication outlets</li> </ul>	Comms	ongoing
Attend partnership meetings and respond to referrals of vulnerable students with follow up calls	numerical records of referrals	Samaritans	ongoing
<b>Men:</b>			
Work with Men's Wellbeing Group in Reddish / Stockport-	Group is able to develop and deliver support	SMBC and	ongoing

Action	End point / means of monitoring	Responsible	Date
wide on developing and promoting support options for men	options for men, and advises on work for men	partners	
Awareness raising and support for men via a range of local men's groups	? men's groups worked with	Samaritans	ongoing
Build relationship with Stockport County FC	Outreach during match day held	Samaritans	Nov 2021
Offer resources to retail outlets frequented by men (DIY stores, vape shops etc.)	Retail outlets supported	Samaritans	ongoing
Work with retail outlets and services frequented by men to strengthen their ability to signpost them for support	Retail outlets and services supported with advice and signposting material	Open Door	March 2022
Work with pubs to distribute Samaritans beer mats	Pubs supported with beer mats	Samaritans	Completed
Distribute 'Shining a Light on Suicide' beer mats	Pubs supported with beer mats / coordinated with Samaritans to avoid overlap	SMBC	Completed
Develop awareness raising work for and with construction industry (providing workplace talks, articles, workplace training)	articles written for national Design and Build magazine; outreach to key local construction companies, shared information and promotional material;	Samaritans	May 2021 (completed)
Awareness raising and support for military veterans, working with partners Stockport Homes, RECCE, and veterans radio station.	Links established; events attended; radio messages played on veterans radio channel	Samaritans	Ongoing
<b>Criminal Justice system</b>			
Explore opportunities to work with victim support		Samaritans	ongoing
Establish new custody Suite referral system for individuals who are considered to be vulnerable and likely to experience emotional distress or be in personal crisis when released from custody, following investigation for a specific sexual offence	Referrals received and responded to	Samaritans	ongoing
<b>Address areas of high frequency, and reduce access to means</b>			
Continued support of staff at Stockport Station, and continue supply of caller cards, posters, and leaflets		Samaritans	Ongoing
Complete assessments and report on priority Council-owned structures	Assessment report completed	SMBC	Nov 2021
Apply suicide prevention framework to planning new structures and evaluate process	New framework evaluated	SMBC	TBC (both staff involved leaving)

Action	End point / means of monitoring	Responsible	Date
<b>Suicide prevention awareness</b>			
Mental health awareness campaign, aimed at general population, and with focus on men, and young people, including employers.	Campaign developed and initiated	SMBC and partners	March 2022
Mark international suicide prevention and mental health days to raise awareness of suicide and mental health and reduce stigma, focussing on vulnerable groups	Month of Hope communications campaign delivered	ALL	October 2021 (completed; annual)
Further develop local mental health and suicide prevention signposting resources on Council website post-COVID	Mental health and wellbeing, and suicide prevention resources and signposting is easily accessible to all, particularly those most vulnerable	SMBC with partners	Dec 2021
Continue to promote Shining a Light on Suicide website and resources	Ongoing comms	SMBC with partners	Ongoing
<b>Schools</b> Suicide prevention is included in the mental wellbeing training offer for school staff and professionals working with children and young people.	School staff and professionals working with children and young people know how to access suicide prevention training	Emotional Wellbeing Task Group / Stockport Family Workforce development	Ongoing
<b>Training</b>			
Continue to provide Suicide Awareness for Professionals, and primary care-facing courses.	300 further staff trained, across sectors  20 more primary care staff trained	SMBC	March 2022
Review and share suicide prevention training matrix	Updated matrix shared widely with partners	SMBC	Dec 2021
Encourage individuals to complete the free online training session by Zero Suicide Alliance <a href="https://www.zerosuicidealliance.com/training">https://www.zerosuicidealliance.com/training</a>		GMP	April 2021 (completed)
<b>Suicide intervention and post-intervention services</b>			
<b>Adult mental health crisis pathway to be further</b>	To have a fully implemented system for	Making	September

Action	End point / means of monitoring	Responsible	Date
<b>developed:</b> <ol style="list-style-type: none"> <li>1. Safe Haven to offer bookable appointments</li> <li>2. Develop crisis flat offer</li> </ol>	booking appointments to meet people's needs in a crisis including from GPs etc	Space/PCFT	2021; ongoing monitoring thereafter
Safe Haven to work with GMP and the Mental Health Tactical Advice Service to establish joint working arrangements	MH TAS promote Safe Haven	Making Space/GMP	ongoing
<b>Safety Plans</b> Develop work to support and encourage partner organisations to use safety plans	Frontline staff of key partner organisations are familiar with safety plans and confident in using them	Pennine Care with Public Health	March 2022
Improve the process for 72 hours discharge follow up	% discharged patients successfully contacted within 72 hours of discharge.	Pennine Care NHS FT	Ongoing
<b>Active referral to Samaritans</b> Referrals of vulnerable patients for follow up calls	numerical records of referrals	Pennine Care NHS FT with Samaritans	Ongoing
<b>Schools</b> Schools are offered talks and resources for postvention support (following a suicide)	Talks held and schools supported	Samaritans	Ongoing
Explore the available suicide prevention and post-vention guidance for schools and ensure this is shared with schools	Guidance shared with schools	SMBC	March 2022
Share information on suicide prevention offers and training with Safeguarding Partnership organisations	7-minute briefing paper shared widely		Sept 2021 (completed)
Increase in training to spot signs of distress and to initiate sensitive conversations Mental Health First Aid training to be offered to all wellbeing volunteers	Training offers promoted (e.g. Mental Health for Supervisors) and other free offers	GMP	Promoted March 2021; Ongoing
Comprehensive awareness raising plan, using radio, social media and displays on buses, taxis, petrol pump, digital displays.	Campaign completed	Samaritans	April 2021
Awareness cards, posters, and leaflets shared with a wide range of healthcare partners across Stockport		Samaritans	ongoing
Offer support to local communities and organisations in the aftermath of a suspected suicide		Samaritans	ongoing
Postvention standards will be implemented in Stockport	Postvention standards implemented for both patient's families and clinical staff involved in a suspected suicide.	Pennine Care FT	October 2021

Action	End point / means of monitoring	Responsible	Date
<b>Self-harm</b>			
Review local intelligence on self-harm and compliance with NICE Guidance, and develop and implement a local pathway to care for people who self-harm	Current practice reviewed Self-harm response pathway agreed	Pennine Care, CCG, Stockport NHS FT	July 2022
Ensure schools self-harm policy is up to date.	Updated policy is circulated to schools and colleges	School Improvement / Stockport Family	January 2022
Include any locally available training on self-harm in the education mental health and wellbeing training offer	School and college staff know how to implement the self-harm policy	Stockport Family / School Improvement	Ongoing
<b>Clinical and support services (mental health, primary care, voluntary and community sector)</b>			
Pennine Care FT will develop and monitor a comprehensive suicide prevention strategy which will include a zero suicide ambition in inpatient services.	Safer wards, personalised risk assessment, effective pathways, including across organisational boundaries	Pennine Care NHS FT	Feb 2022
Include suicide prevention work for children and young people into work of the Emotional Wellbeing and Mental Health Partnership Group	Partnership view on future actions focused on children and young people	CCG	March 2022
Continue to deliver Triangle of Care to ensure the carers of those affected by serious mental health conditions are fully involved in their care.	Carers and service users express satisfaction with the involvement of carers	Pennine Care NHS FT	Ongoing, in place
Develop and implement Memorandum of Understanding with NWAS (North West Ambulance Service) and VCSE for better support and handover as part of the alternatives to ED (Emergency Department) work stream	MOU in place and NWAS utilising Open Door as a true alternative to ED. This will be monitored by Open Door and NWAS	Making Space, NWAS	Ongoing, in development
Develop enhanced relationships between substance misuse and mental health services	Clearer pathways and improved joint working	Public health / CCG with providers	ongoing
Pennine Care will deliver two new posts to support suicide prevention	Pennine Care has plans (currently sitting as part of a wider consultation process for Corporate Services) to deliver two new posts: <ul style="list-style-type: none"> <li>Suicide Prevention Lead</li> <li>Bereavement officer</li> </ul>	Pennine Care	October 2021



Action	End point / means of monitoring	Responsible	Date
<b>Suicide bereavement support</b>			
Offer Persons Affected and Bereaved by Suicide (PABBS) training programme and annual international conference.	Places allocated to clinical colleagues on PABBS training; Importance of postvention support for the patients and carers embedded in Stockport and wider Trust footprint.	Pennine Care FT	Ongoing
Work with Greater Manchester Bereavement Information Service to assess any gaps in support.	Evaluation informs next steps	SMBC with GM Bereavement Service	July 2021
Prepare plans for addressing potential gaps in support, if relevant.	Proposal developed, if relevant.	CCG / SMBC	October 2021
Further promote awareness of the Greater Manchester Bereavement Service	Frontline staff at relevant services are aware of GM Bereavement Service and signpost people who need support. People in need of support are aware of the service.	SMBC with GM Bereavement Service	ongoing
Individuals in the wellbeing volunteer network who have lost people to suicide can offer 1-2-1 peer support		GMP	ongoing