

Cheshire East Suicide Prevention Action Plan 2023 – 2025

Introduction

It is estimated that for every one suicide there can be up to 135 people affected.

This means that in Cheshire East between 2019 to 2021 there were approximately 13,500 people that experienced loss by suicide ¹.

Suicide prevention is everyone's business and therefore it's important that we work together across Cheshire East to reflect this message.

This local action plan has been developed following the publication of the Cheshire and Merseyside Suicide Prevention Strategy in November 2022. It aligns closely with other local plans, including the Cheshire East Joint Local Health and Wellbeing Strategy, and the Cheshire East Place Mental Health Plan (All Age Strategy).

We have delivered three online workshops to gather consultation and feedback to inform the development of this plan. Each workshop covered a separate component of the priorities in our regional strategy. The first session looked at prevention, followed by intervention and lastly postvention (support after a suicide). There were over 50 attendees at each workshop, these included representatives from the voluntary sector, health colleagues, town councillors, and representatives of those with lived experience (***see Appendix 1 for full list***). The input from these workshops and further engagement was used to influence the local priorities in this 2-year plan.

Comments from Matt Tyrer, Director of Public Health and Chair of the Self-Harm Suicide Prevention Board:

We are really pleased with the level of interest and participation in the drafting of this Action Plan, but, of course, creating the Plan is just the beginning. We now need to work together to deliver what we have agreed are the priorities and do our utmost to minimise the number

¹ Office for Health Improvement and Disparities. (2022). Public Health Profiles. <https://fingertips.phe.org.uk/> © Crown copyright 2023

of suicides in our area. I shall look forward to working with existing stakeholders and those that join us to help implement the plan in recognition of the importance of the work.

If you or anyone you know is affected by suicide, then please find support and information in the following link: [Suicide Prevention, Support, and Information](#)

This is a live document that will be monitored and updated throughout the 2-year period.

The listed projects in the *action plan under 'tailer approaches to improve mental health in specific groups'*, are ongoing for this period. We acknowledge that this action plan will be developed and reflect contributions that support people with other protected characteristics.

Draft

Cheshire East (CE) Suicide Prevention Action Plan 2023 - 2025

Long Term Outcomes

Reduced Suicides

Reduced Self Harm

Priorities	What are we doing?	Who inputs into this work?	Frequency	Short term outcomes
Governance, leadership, and partnership working	Effective and regular meetings with suicide prevention leads and frontline professionals both on a local and regional footprint. Cheshire and Merseyside Suicide Prevention Partnership Board Cheshire and Merseyside Suicide Prevention Group (LASP) Cheshire East (CE) Mental Health Partnership Board CE Self-harm and Suicide Prevention Board (SHSP board)	<ul style="list-style-type: none"> - Cheshire and Merseyside Public Health (CHAMPS) - Cheshire East Council - Health and Social care - Integrated Care Board (ICB) - Voluntary, Community, Faith, and Social Enterprise organisations (VCFSE) - Cheshire and Wirral Partnership (CWP) - North West Ambulance Service (NWAS) - Criminal Justice System - All Age Carers Reps (CEPCF) - Lived Experienced Networks 	Monthly meetings with LASP Quarterly Board Meetings (CE)	Regional strategy renewed every 5 years Local action plan reviewed annually
Data analysis and monitoring (RTS)	Receive and sensitively store real time surveillance (RTS) data notifications. Attend the Cheshire and Merseyside Data Learning panel	<ul style="list-style-type: none"> - Coroner - CHAMPS - Public Health Intelligence - Public Health Improvement 	RTS monitoring and receiving data.	Review and manage (RTS) data to inform response

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Priorities	What are we doing?	Who inputs into this work?	Frequency	Short term outcomes
	<p>Lead the CE Data Learning group</p> <p>Identify high risk groups using regional and local data. Trends and risk factors.</p> <p>Receive monthly self-harm analysis (CYP) from local hospitals.</p> <p>Identify clusters and if required complete a Community Response Plan (CRP) following the procedures in the CRP document.</p>	<ul style="list-style-type: none"> - CE data learning group members - CE Hospital Data Analysts - Community Response Plan (CRP) listed professionals 	Bi-monthly meetings	<p>Establish enhanced data sharing with Cheshire Coroner and Police</p> <p>Re-establish a date to complete suicide audits.</p> <p>Community Response Planning Group (if required)</p>
<p>Reduce access to means</p> <p>Network Rail →</p> <p>Access to non-prescription pain medication →</p>	<p>Continue to support the work with Network Rail/Samaritans in our train stations – Rail Industry Suicide Prevention Programme</p> <p>Campaign to restrict access to non-prescription pain medication (paracetamol, ibuprofen, aspirin) in shops. Collect and analyse data. Develop a project plan to influence all sales to be moved behind the counter and off the shop floor. Explore other access to means and if restrictions can be applied.</p>	<ul style="list-style-type: none"> - Network Rail - British Transport Police - Public Health Suicide Prevention leads - Cheshire East Council (CEC) - NHS - Integrated Care Board (ICB) - CAMHS (CWP) - Health and Safety - Supermarkets - Local shops - Care Communities 	<p>Ongoing</p> <p>2023 -2025</p>	<p>Continue to engage/support the Cheshire East rail suicide prevention programme, campaigns, and training.</p> <p>Research in other local authorities. Engagement from key stakeholders, including supermarket chains and shops. Project development with key outcomes to move all sales to behind shop counters.</p>
<p>Reduce risk of suicide in high-risk groups</p>	<p>Using the key groups from the national and regional strategy to prioritise locally. The JSNA will provide local information to influence action to recognise groups with multiple risk factors to suicide (Appendix 2)</p>	<ul style="list-style-type: none"> - Public Health Intelligence - Joint Strategic Needs Assessment (JSNA) steering group - JSNA multi-agency subgroups 	2023 -2025	<p>Recognise high risk groups locally.</p> <p>Input into JSNA's</p> <p>For example, CYP Emotional, Health and Wellbeing</p>

Priorities	What are we doing?	Who inputs into this work?	Frequency	Short term outcomes
<p>Tailor approaches to improve mental health in specific groups</p> <p>Men’s Mental Health →</p> <p>Children and Young People →</p>	<p>Commissioned providers targeting men in rural farming communities</p> <p>Paint your bar/gym/coffee shop blue campaign in local businesses</p> <p>Education, social, health care and VCFSE services to have awareness of self-harm and suicide prevention resources and have access to the free training. Develop safety planning bitesize training offer and evaluate.</p> <p>Influence all education settings to utilise the suicide prevention guidance in school’s document.</p> <p>Data analysis on patient audit in primary care presenting with self-harm and suicidality</p>	<p>Service Providers:</p> <ul style="list-style-type: none"> - Mentell - Lightworks Project - Andy’s Man Club <p>- Emotionally Healthy Children and Young People (EHCYP) services</p> <ul style="list-style-type: none"> - Integrated Care Board (ICB) - Primary care/NHS - Cheshire and Wirral Partnership (CWP) - Education settings CE - Safeguarding Children in Education Settings (SCiES) - Youth Service and Participation Team - Voluntary, Community, Faith, and Social Enterprise organisations (VCFSE) 	<p>Commissioned 2023-2024</p> <p>2023-2025</p>	<p>Increased uptake of support services in farming/rural communities.</p> <p>Increased engagement, awareness of support services specifically for men.</p> <p>Increased uptake of Suicide prevention self-harm awareness and safety planning training from professionals via digital booking platforms.</p> <p>All schools using Suicide Prevention Guidance in schools (Appendix 3) and embedding into their whole school approach.</p> <p>Patient audit key trends, risk factors and comorbidities to influence targeted support/intervention.</p>

Priorities	What are we doing?	Who inputs into this work?	Frequency	Short term outcomes
Gypsy, Roma, and Traveller Community →	Contributing towards the development of the Cheshire East strategy. The group will raise awareness, developing resources and training to improve health outcomes for this specific group. Mental health and suicide prevention will be prioritised, and outcomes will be agreed.	<ul style="list-style-type: none"> - Gypsy Roma Traveller Community Operational Group members - Primary care/NHS 	2023-2025	<p>Increased access to health in primary care. Improved awareness of culture and history.</p> <p>Develop awareness and training, with resources. Engagement from lived experienced networks (LEN)</p>
Domestic Abuse →	<p>Suicide prevention will be added to the strategy and training prioritised for all frontline professionals.</p> <p>Development and delivery of suicide prevention training to Multi-Agency Risk Assessment Conference (MARAC) representatives. Contribute to data and monitoring.</p>	<ul style="list-style-type: none"> - Cheshire East Domestic Abuse Board members - Domestic Homicide Review Panel - NHS - VCFSE - MyCWA - Domestic Abuse Lead Advisor (CEC) 	2023-2025	<p>Increased awareness of suicide prevention and domestic abuse.</p> <p>Increased support to service users and suicide safety planning.</p>
Substance Misuse →	Contribute towards the place substance misuse strategy and delivery plan	<ul style="list-style-type: none"> - CE Combating Drugs Partnership 	2023 -2025	<p>Increased awareness of suicide prevention and substance misuse.</p> <p>Develop support, including safety planning.</p>
All Age Carers →	Contribute towards the place all age carers strategy	<ul style="list-style-type: none"> - CE All Age Carers Strategic group 	2021 -2025	Increased awareness of suicide prevention with professionals supporting carers.

Priorities	What are we doing?	Who inputs into this work?	Frequency	Short term outcomes
Cost of Living Information and Support →	A range of information, support and a Crisis phone line is offered to all residents. More is on the website: Cost of living (cheshireeast.gov.uk)	<ul style="list-style-type: none"> - CE Cost of Living Strategic group - ALL professionals in contact with the general public. 	Ongoing	<p>Increased awareness of information and support offered to all residents living in CE</p> <p>Residents confident accessing support initiatives</p> <p>Professionals cascading relevant information and offering support/signposting</p>
Internet safety →	We are raising awareness and encouraging all organisational settings and parent/carers to download a suicide safety software called R;pple. https://www.ripplesuicideprevention.com/	<ul style="list-style-type: none"> - CE Suicide Prevention Board - Education settings - Health settings - Cheshire East Council - VCFSE CE residents 	Ongoing	<p>For all education, voluntary settings to download the software (free cost)</p> <p>For parent/carers to feel confident to install</p> <p>Businesses and organisations using the software and raising awareness.</p>
Awareness in the community and tackling stigma	Support national wellbeing campaigns and awareness days/months. Offer awareness and information. Engage with lived experienced networks/groups to break down stigma.	<ul style="list-style-type: none"> - Mental Health Groups Wellbeing Networks - Care Communities - Communities Team - CE Communication Team - VCFSE 	2023- 2025	<p>A multi-agency approach to recognise national awareness days.</p> <p>Community approach to deliver campaigns.</p> <p>Increased engagement with Lived Experienced Networks (LEN)</p>

Priorities	What are we doing?	Who inputs into this work?	Frequency	Short term outcomes
<p>Suicide prevention and self-harm awareness training</p>	<p>Continue to deliver suicide prevention training to frontline professionals (health, social care, VCFSE, education and criminal justice system)</p> <p>Developed learning, using case studies to reflect how to support people with inequalities and/or protected characteristics:</p> <p>For example, supporting and caring for elderly people, people exposed or experiencing domestic abuse or substance abuse. Those who are from a minority ethnicity and people with a severe mental health illness residing in supported living housing. Please see risk factors to suicide (Appendix 2)</p> <p>Source train the trainer suicide prevention training and secure funding. Source train the trainer with self-harm awareness and secure funding.</p>	<ul style="list-style-type: none"> - Self-Harm and Suicide Prevention Board members - Commissioned providers - VCFSE 	<p>2023-2025</p>	<p>Increased numbers of professionals trained in suicide prevention, meet learning outcomes of the course</p> <p>Develop and deliver a self-harm training offer for professionals. Increase capacity of trainers delivering free courses to frontline staff.</p>
<p>Supporting those bereaved by suicide and monitoring the media</p>	<p>A postvention service is in place to provide specialist bereavement support to those who are exposed to or affected by suicide. Community response framework to respond to any suicide clusters.</p>	<ul style="list-style-type: none"> - Amparo - Survivors of Bereavement by Suicide (SoBS) - Samaritans (Step by Step) - Self-Harm and Suicide Prevention Board members - Samaritans Media support service 	<p>Ongoing</p>	<p>Increased awareness and uptake of the specialist postvention support offer. Increased numbers of professionals attending Amparo training.</p>

Priorities	What are we doing?	Who inputs into this work?	Frequency	Short term outcomes
	<p>A specialist support group (SoBS) offered in Crewe and potential group to be introduced in Macclesfield.</p> <p>Explore postvention guidance documents for organisations and schools.</p>	<p>- Cheshire East Council (CEC) Communications Team</p>		<p>Develop a Cheshire East postvention guidance for workplaces and for schools. Data monitoring on engagement of support services. Continued monitoring of the media and training offer to communication professionals.</p>

Strategies/Guidelines/Information

National	Regional/local
<p>National suicide Prevention Strategy (2012) Preventing suicide in England - A cross-government outcomes strategy to save lives (publishing.service.gov.uk)</p> <p>National Confidential Enquiry (2022) NCISH Annual report 2022: UK patient and general population data 2009-2019, and real-time surveillance data - NCISH (manchester.ac.uk)</p> <p>NICE Guidelines 2018 Recommendations Preventing suicide in community and custodial settings Guidance NICE</p>	<p>Cheshire and Merseyside Suicide Prevention Strategy Suicide-Prevention-Strategy-2022-2027-compressed.pdf (champspublichealth.com)</p> <p>Cheshire East Joint Local Health and Wellbeing Strategy and Five-Year Plan Layout 1 (cheshireeast.gov.uk)</p> <p>Cheshire East Place Mental Health Plan (All Age Strategy). <i>(Link once published 2023)</i></p> <p>Cheshire East Livewell Information page Suicide Prevention, Support, and Information (cheshireeast.gov.uk)</p>

Appendix 1 – List of organisations who have contributed

We wish to thank all organisations who have contributed to the development of this action plan and look forward to working together to address suicide prevention.

Organisations are listed A-Z.

Organisations

- Active Cheshire
- CE Parent Carer Forum (CEPCF)
- AMPARO
- Big Life Group
- The Bridgend Centre
- Care community representatives
- Change Grow Live (CGL)
- Central Cheshire integrated Care Partnership – Mental Health and Social Prescribing
- Cheshire East Council – Communications
- Cheshire East Council – Communities
- Cheshire East Council – Education Welfare Service
- Cheshire East Council – Youth Work and Participation
- Cheshire East Council – Social Care
- Cheshire East Council – Swab Squad
- Cheshire East Council – Public Health
- Cheshire and Merseyside Integrated Care Board (ICB)– Mental Health
- Cheshire and Merseyside Local Authority Suicide Prevention Group (Chair)
- Cheshire Police
- Cheshire without Abuse (myCWA)
- Cheshire and Wirral Partnership (CWP) - Children Services
- Cheshire and Wirral Partnership (CWP) – Community Mental Health
- Citizens Advice Bureau
- Councillors
- Department of Work and Pensions (DWP)

- Healthwatch
- Holy Trinity Hurdsfield
- Lived Experience Network (LEN) Cheshire and Merseyside Coordinator
- Mid Cheshire Hospital Foundation Trust
- Survivors of Bereavement by suicide (SoBS)
- Social Prescribers (PCN)
- The Samaritans
- Visyon

Appendix 2 – Risk factors to suicide

The following risk factors were highlighted during an online workshop with professionals and people with lived experience that took place on the 20th of January 2023. Responses were collected through Mentimeter (an online tool to collect feedback from attendees). These have subsequently been grouped into the following themes:

Risk factors are sorted A-Z.

Individual and family risk factors

- All forms of addiction (e.g., substance misuse, gambling)
- All forms of abuse (e.g., domestic abuse, sexual abuse)
- Bereavement
- Bullying
- Carers
- Criminal justice system
- Employment problems (e.g., poor quality and conflict)
- Ethnicity and culture
- Gender
- Homelessness
- Individuals with debt and money issues
- Lack of physical exercise

- Living on your own
- Loneliness and social isolation
- Mental health conditions
- Neurodevelopment conditions
- Older people
- Perinatal mental health
- Poor physical health
- Refugee and asylum seekers
- Relationship breakdowns
- Self-harm
- Sexuality
- Side effects of prescription drugs
- Social care involvement with family
- Stigma
- Stress and poor mental health
- Unemployment
- Young people

Environmental risk factors

- Access to means (e.g., readily available access to paracetamol in shops)
- Access to services and the reduction of services (such as libraries closing)
- Cost of living
- Housing (quality and affordability)
- Impact of the Covid-19 pandemic
- Natural disasters and climate change
- Neighbourhoods and where people live
- Transition from child to adult services

Appendix 3 – Schools Guidance Document (2019)

Suicide Prevention Statement for Schools can be downloaded using the link below:

Suicide Prevention Statement for Schools of Cheshire East

Guidance

OCTOBER 2019

Insert name SCHOOL

Insert school logo here

Last Updated: January 2023

