



Champs
Public Health
Collaborative

NO MORE Suicide

Preventing suicide in
Cheshire & Merseyside

Working together to improve health and wellbeing in Cheshire and Merseyside

Champs Public Health Collaborative

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- The Collaborative is made up of many members and partners
- A 17 year collaboration, built from an award winning public health network with a national profile
- Led by the nine Local Authority Directors of Public Health as an Executive Board
- 9 local authorities/9 CCGs/19 hospital trusts, 1 ICS
- 2.5 million people
- Aim: improve the health and wellbeing of local people by large scale action and working together as system leaders
- Focus on a number of key priorities (including suicide prevention) in partnership with PHE, NHSE and the HCP
- Small support team



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Ten key ways we work together as system leaders

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1. Influencing strategic partners to enable collective action
2. Sharing specialist public health expertise
3. Innovating together
4. Securing new resources
5. Co-ordinating public facing campaigns and messages
6. Enabling cross-organisational commissioning
7. Learning through a CPD programme
8. Creating and spreading the evidence to be an intelligence-led system
9. Facilitating peer support and challenge
10. Promoting resilience and risk management



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Population Health Priority

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- Preventing suicide is achievable and everybody can make a difference
- **213** died by suicide per year in C&M
(average of 10 years)
- **2130** bereaved impacted per year
(PHE Support After Suicide 2016, 6-60 per death)
- **1,618** attempts - 0.7% of 16-74 yr population per year
(Adult Psychiatric Morbidity Survey 2016)
- **12,486** have suicidal thoughts – 5.4% of the 16-74 yr population per year
(Adult Psychiatric Morbidity Survey 2016)
- **16,465** affected by suicide in the C&M sub-region in 1 year

Suicide Prevention

A regional partnership approach

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- Preventing suicide is multi-faceted requiring joint-working from local authorities, NHS MH Trusts, CCGs, police, fire, ambulance, vol sector, those with lived experience, Highways Agency, network Rail etc
- Economies of scale: efficiency and effectiveness
Suicide rates and numbers for each LA not considered sufficient for local commissioning and allocation of resources
- Joint & shared information, commissioning & interventions provides greater knowledge, efficiency & impact
- Sub-regional to Local – Local to Sub-regional



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NO MORE Suicide Strategy 2015-20

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The vision

Cheshire and Merseyside is a region where suicides are eliminated, where people do not consider suicide as a solution to the difficulties they face. A region that supports people at a time of personal crisis and builds individual and community resilience for improved lives.

43210%



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How can we reach zero?

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Suicides are not inevitable. There are many effective ways in which services, communities, individuals and society as a whole can help to improve mental health and prevent suicides. The aims of the NO MORE Zero Suicide strategy are underpinned by key objectives:

A

Cheshire and
Merseyside
becomes a
Suicide Safe
Community

B

Care Services
transform to
eliminate the
suicides of
patients to become
Suicide Safe

C

Support is
accessible for
those who are
exposed to
suicide

D

A strong,
integrated Suicide
Prevention
Network provides
oversight and
governance

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PRIMARY CARE
SPORTS
FIRE AND POLICE SERVICES
PAPYRUS
SAMARITANS
COLLEGES
CHESHIRE & MERSEYSIDE NO MORE SUICIDE PARTNERSHIP
PUBLIC HEALTH
LIVED EXPERIENCE
LOCAL AUTHORITIES
CORONERS
NW AMBULANCE
CAMHS
WORKPLACES
CCGS
SOBS
AMPARO
MENTAL HEALTH TRUSTS



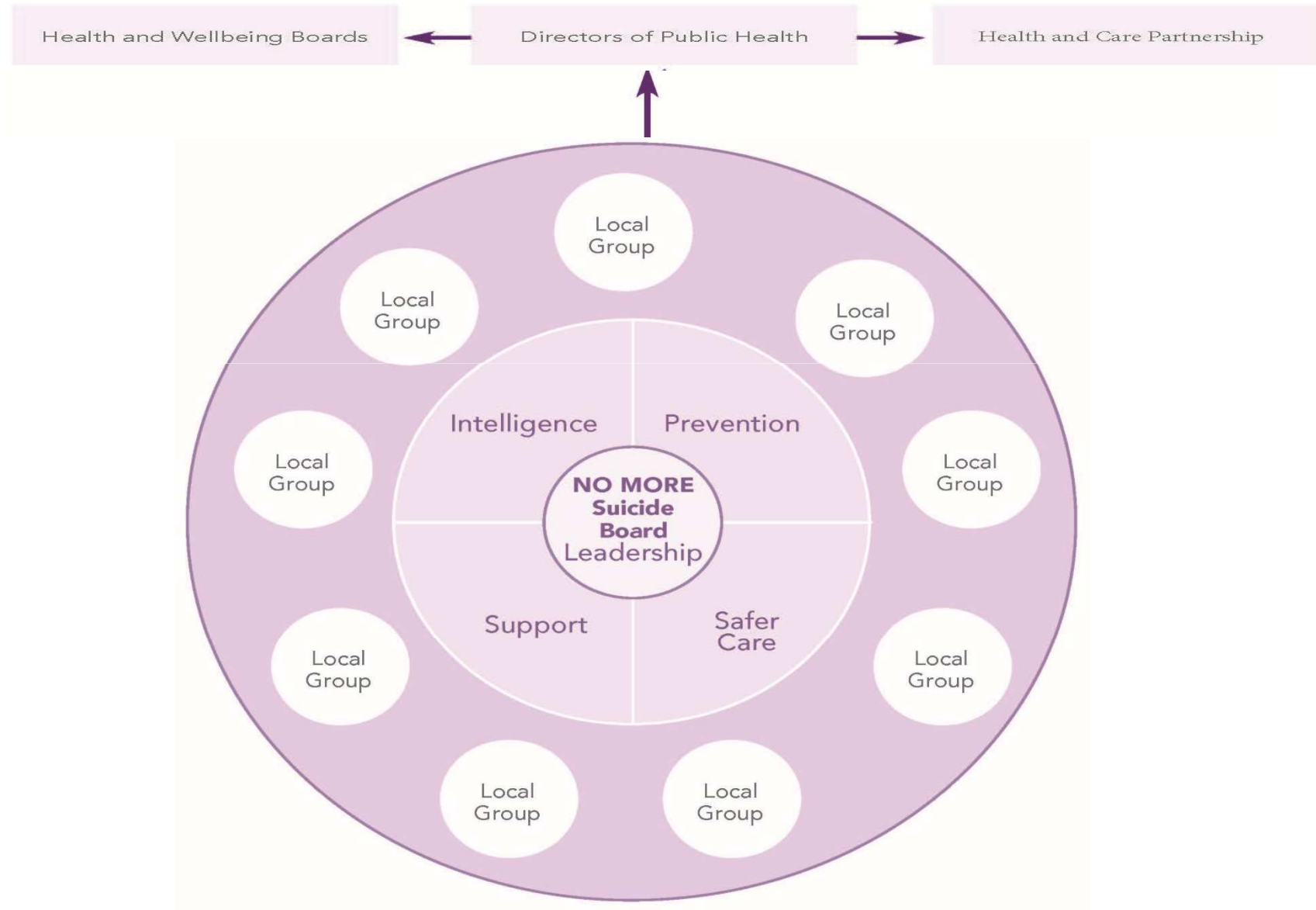
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Change through system leadership

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Awareness

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Zero
Suicide
Alliance

Because
ONE life lost
is **ONE** too many

It's time to talk
in St Helens
#10000minutes

BE IN YOUR COLLEAGUE'S CORNER

1 in 4 of us will experience mental health problems this year.
If a team mate is acting differently, step in.



time to change

let's end mental health discrimination

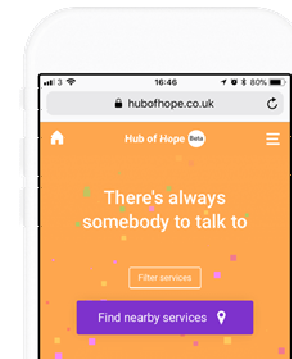
YOUTH
CONNECT 5

Supporting the emotional
wellbeing of young people

**IT'S OKAY
TO TALK**



The NSPA is a cross-sector, England-wide coalition committed to reducing the number of suicides in England, and improving support to those bereaved or affected by suicide.



NO MORE Suicide Community Training

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Training Uptake (Jan 17 to Jul 19)

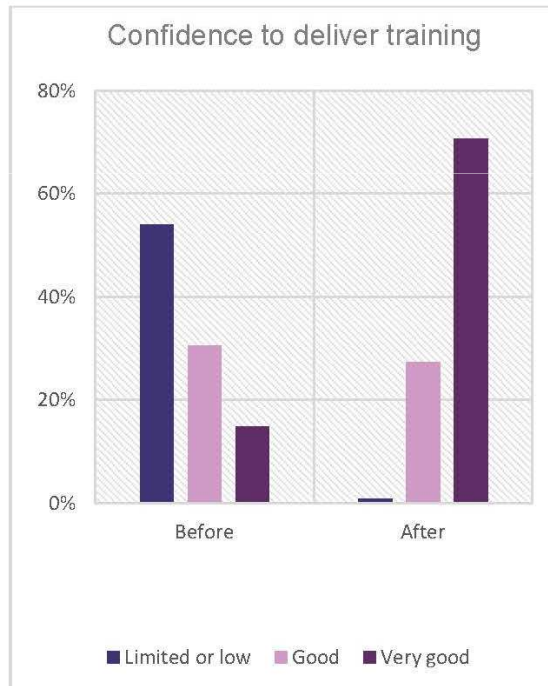
142

Participants from all nine Cheshire & Merseyside local authorities attended a 2-day Train the Trainer course, delivered by Wirral Mind.

3,662

Frontline workers participated in **261** half-day sessions on basic suicide prevention.

Train the Trainer course



Participants' confidence to deliver suicide prevention training increased



Participants gained knowledge & skills in suicide prevention



Has raised awareness of suicide prevention more broadly

Middle-aged Men

- Rapid Review of Community Programmes
- Recommendations for Commissioning Guidelines
- Regional to local middle aged men's programmes
- Variety & range of programmes: OffLoad Rugby, Mersey Forest photography, veterans, mindfulness, small grants schemes
- Joint set out monitoring, indicators and evaluation
- Workshops for learning & challenges exchanges



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Suicide Safer Care

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[NCISH 2018 Annual Report Key Findings](#)

Safer Care

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- Mental Health Trusts Learning Hubs
RAG rated against 10 NCISH Standards
- Primary Care Pilot in St Helens & Sefton
localities that have highest suicide rates in C&M
EMIS flagging system for those at potential risk
and suicide prevention training for the whole
team
- Self-harm prevention- NICE/NCISH Audit Tool to
baseline A&E/Trust practice

Joint Intelligence-Local Action

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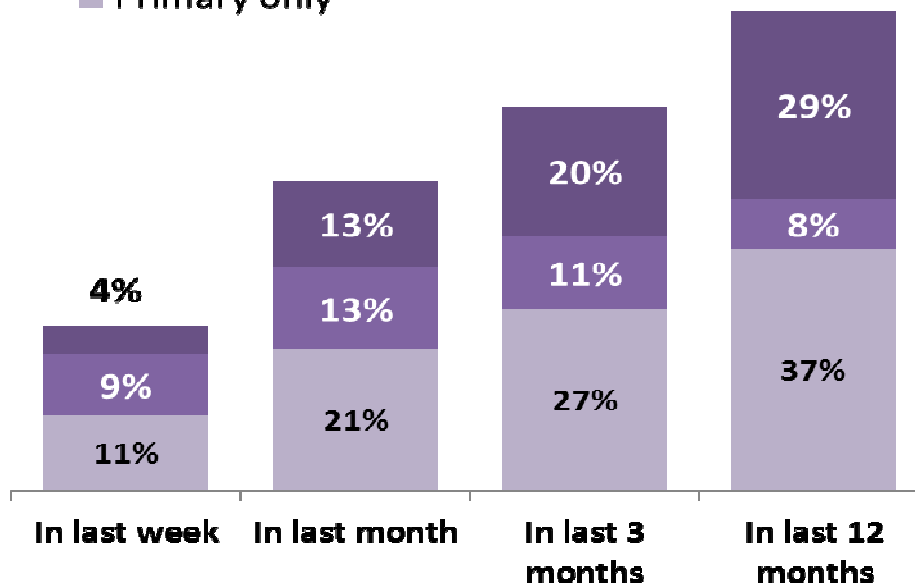
- Joint systematic suicide audits
- Real Time Surveillance
- Suicide Surveillance Group

Joint Suicide Audits

- 74% were male
- 42% of people lived alone
- Only 24% worked full time

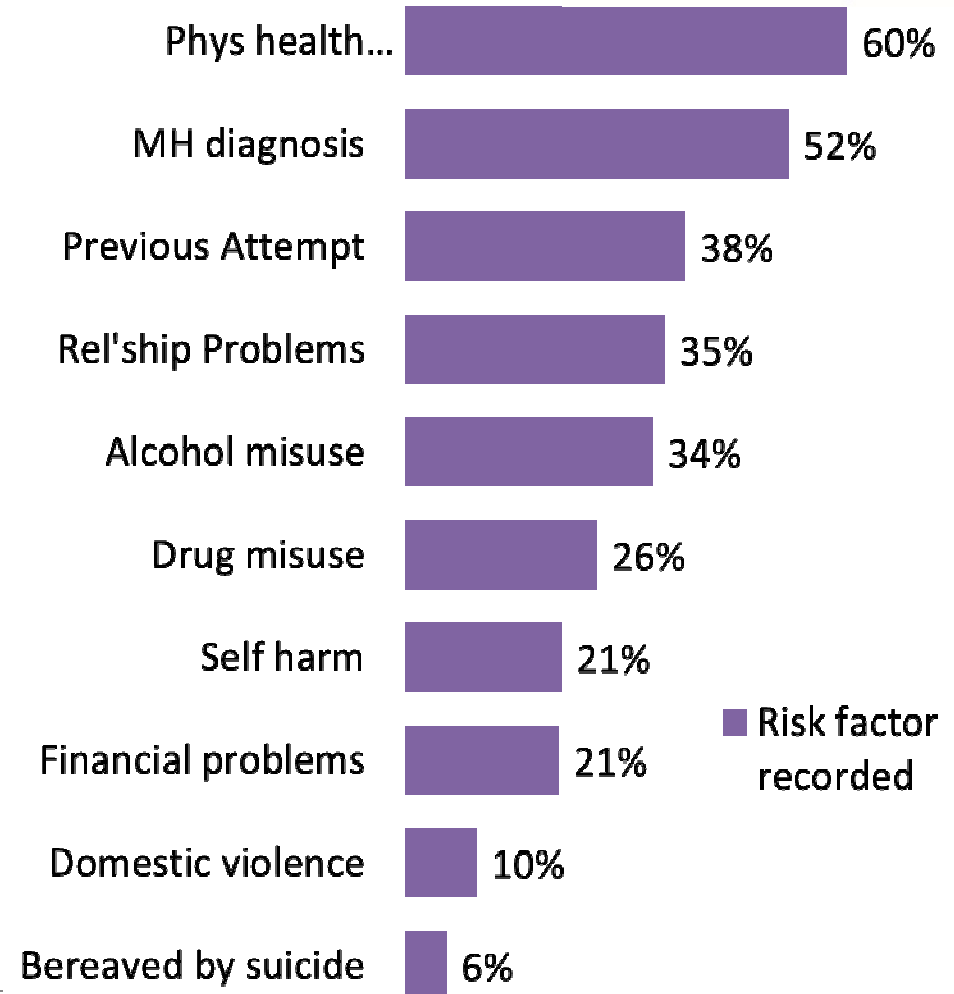
Contact with health services

- Both primary care and mental health
- Mental health only
- Primary only

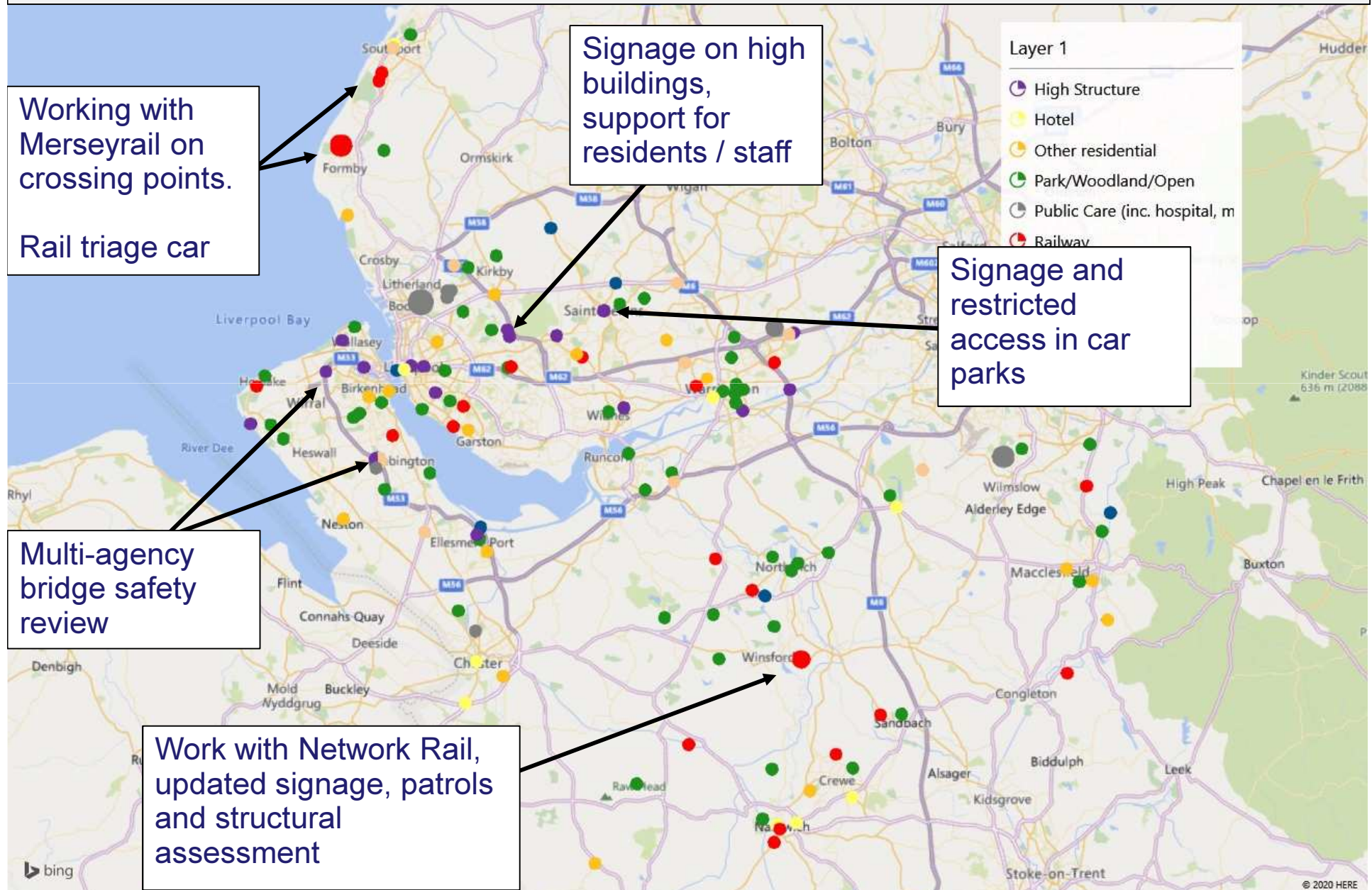


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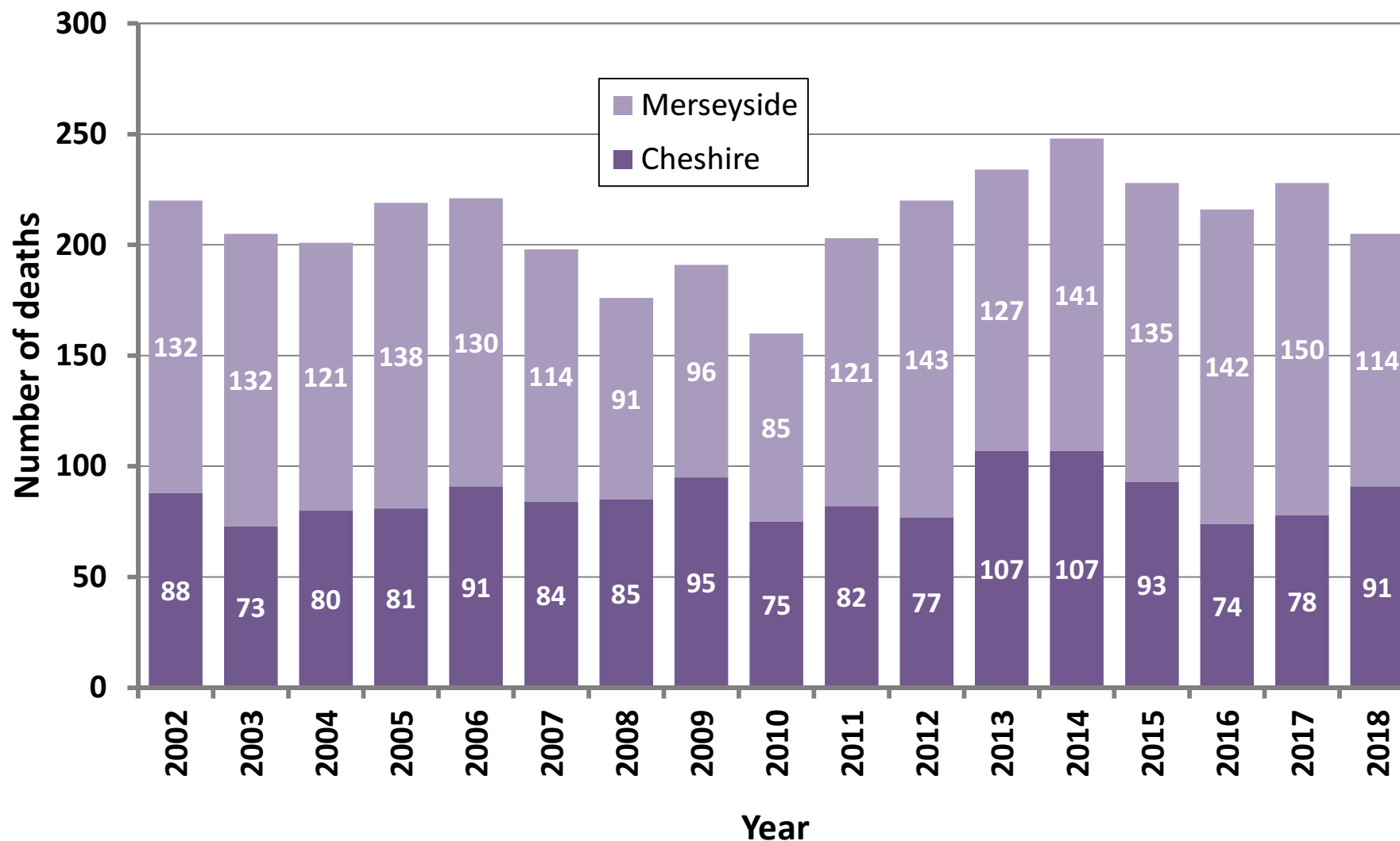
Public locations



Amparo – Suicide Liaison Service

- Practical support to those bereaved by suicide, 7 days a week.
- Individuals bereaved or affected are offered an appointment within 24 hours of receiving referral.
- Beneficiary receives a full needs and risk assessment and a safety plan.
- Support includes liaison with the coroner's office, the police, attending the inquest, dealing with the media, financial concerns, employment and health issues and signposting to further support such as SOBS, GP and counselling.
- No Amparo beneficiaries have gone on to take their own life evidenced by a coroner office audit

Numbers of deaths by suicide/UI across Cheshire and Merseyside (2002-18)



Local Working

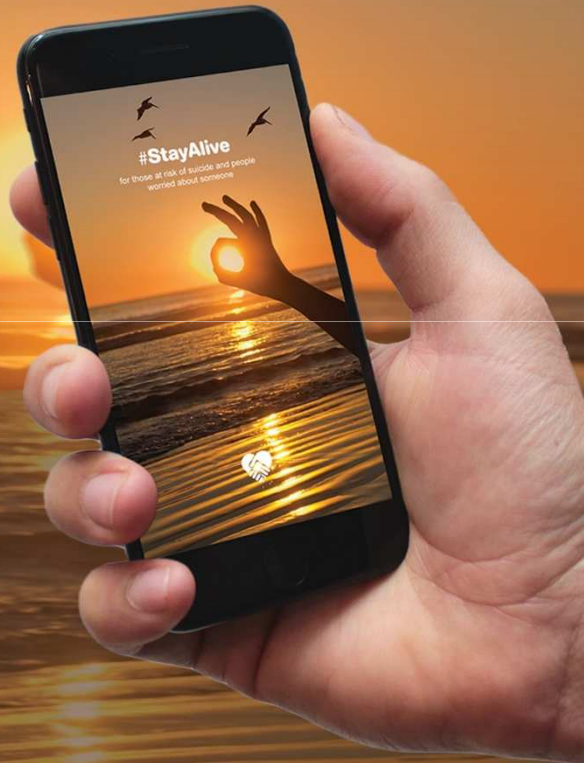
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- § Local suicide prevention multi-agency group
- § Identifies needs at a local level from Zero Strategy
- § Gatekeeper training –review underway and NHSE further commissioning
- § Building pool of trainers for capacity and sustainability
- § NHSE funding made available for support after bereavement by suicide
- § Mens suicide prevention programme 12th Man

Thinking about suicide? #StayAlive

Download the free app
to help you stay alive



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GRASSROOTS
SUICIDE PREVENTION
www.prevent-suicide.org.uk

Thank You