

Self Harm and Suicide Prevention Action Plan

Online Workshop March 4th 2025.

- Evaluation of the 2023 – 2025 plan
- Priorities for 2025 – 2027



Cheshire East
Integrated Care
Partnership

Comments from Guy Kilminster and Dr Susie Roberts

Public Health Chairs of the Self-Harm Suicide Prevention Board:

We are really pleased with the continued level of interest and participation from members of the Partnership.

The 2-year action plan has achieved great work from a range of professionals from different organisations across the workforce.

It is evident the Partnership has a shared commitment to drive suicide prevention in Cheshire East.

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](#)

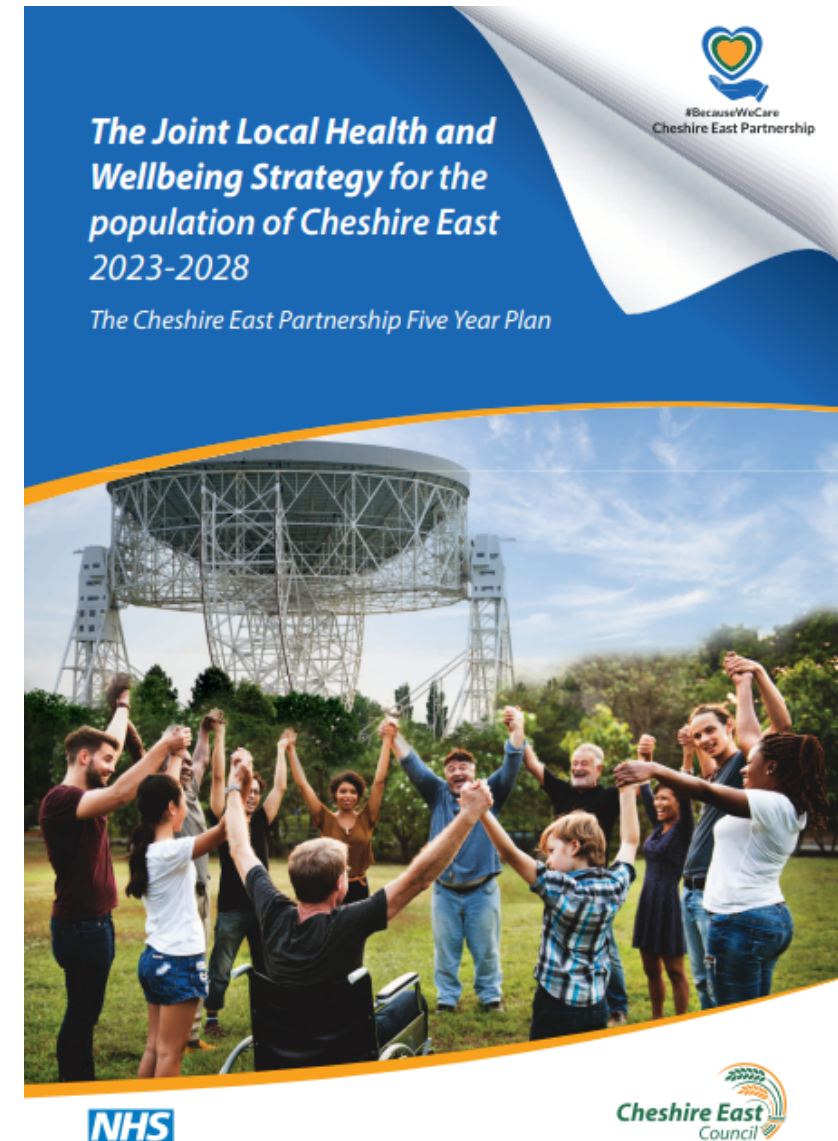
Governance



[Suicide prevention in England: 5-year cross-sector strategy - GOV.UK](#)

[Suicide-Prevention-Strategy-2022-2027-compressed.pdf](#)

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[Health and Wellbeing Board](#)

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Introduction & Interaction <https://www.menti.com/alvwxsquoc2d>

The [Cheshire East Self Harm and Suicide Prevention Partnership Action plan](#) was developed with over 60 professionals who attended 3 online workshops in 2023.

This plan has been endorsed by the Health and Wellbeing Board.

Key Priority groups include:

1. Men 2. Children and Young people 3. Self Harm

The action plan is a public facing document and updated ever 3 months on the [Live Well Site](#)

What does your organisation do that includes suicide prevention?

Cheshire East (CE) Self Harm and 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
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Partnership

The Self Harm and Suicide Prevention Partnership board includes professionals from:

NHS, Social Care, Education, Lived Experience, Police, Voluntary, Community and Faith sectors.

Board meetings are every 3 months chaired by senior public health suicide prevention leads.

Members have an opportunity to review the action plans and the agenda items include presentations and evaluations of completed and ongoing actions.



Collaboration

Cheshire East Mental Health Plan (2023-2028)

The Self Harm and Suicide Prevention Partnership action plan is part of our all-age Mental Health Plan; priority 3, early intervention and prevention.

Regular updates are provided to achieve the best outcomes for Cheshire East.

[Cheshire East Place Mental Health Plan](#)

Six key priorities that have been developed to deliver the plan vision:



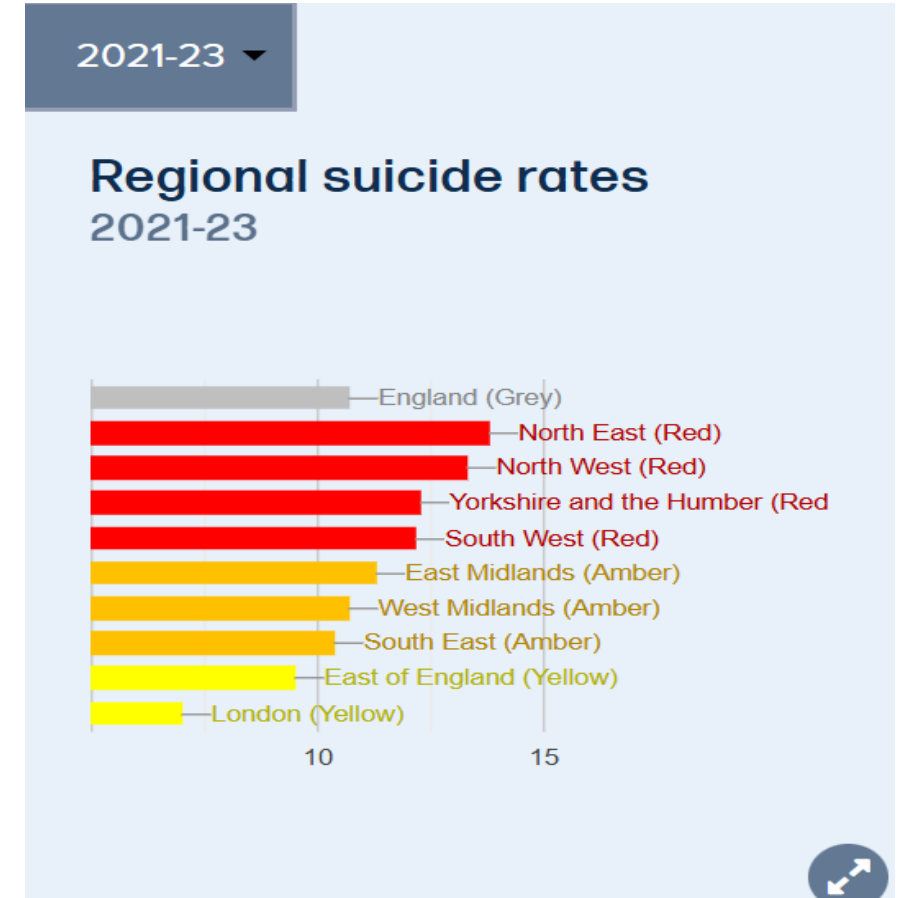
Regional Data



Zero Suicide Alliance have regional dashboards with key information on suicide rates and related risk factors for each region within England.

Lori to share the webpage and is discuss:

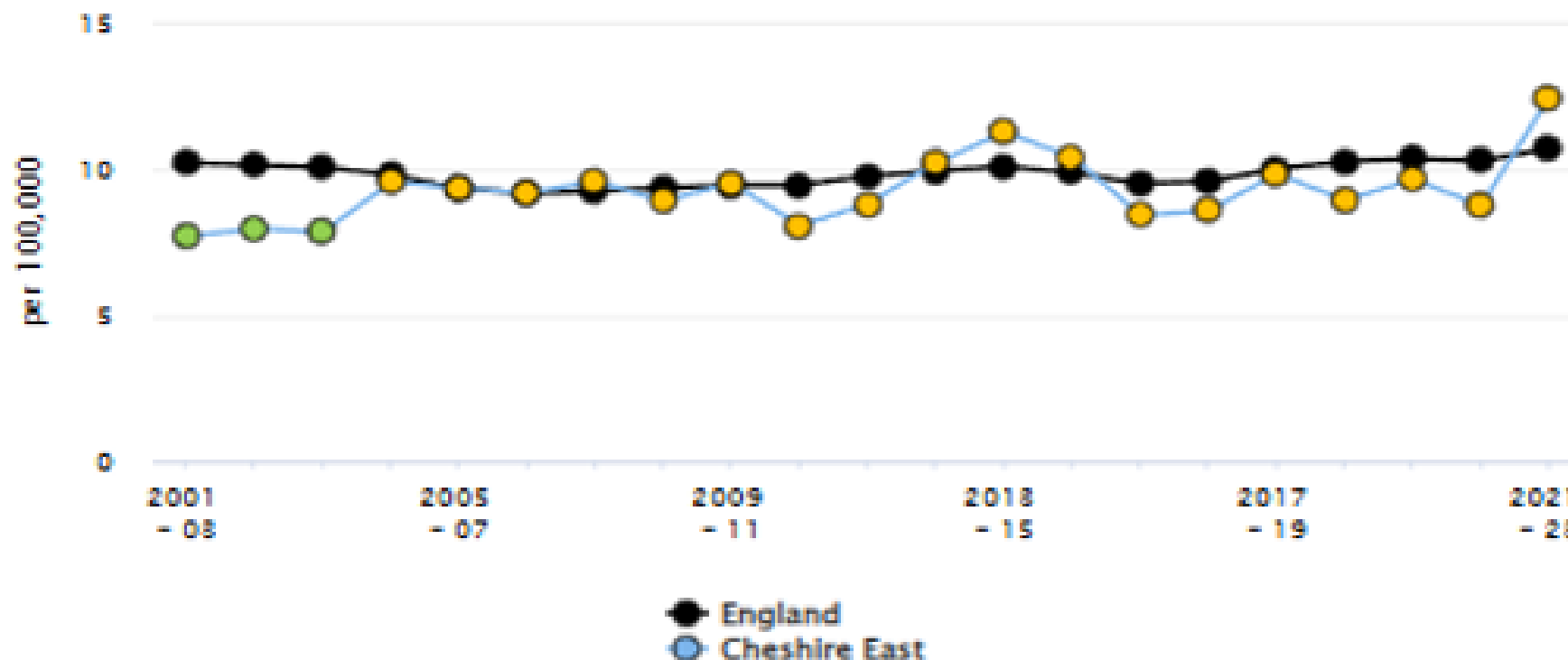
[North West region dashboard](#)



Local Data

Cheshire East has increased (12.5 /100,000 compared to 8.8/100,000 for 2020-2022).

The rate is also higher than the England rate of 10.7/100,000.



Self Harm Data & Interaction <https://www.menti.com/alvwxsquoc2d>



The Office of National Statistics (ONS) data indicates that both self-harm and suicidality admissions from children are higher than England's average in Cheshire East.

Data published in the JSNA shows increased presentations for self-harm in younger children of 12 – 15 years old.

Published data is in our [Joint Strategic Needs Assessment \(JSNA\)](#)

Emotional and mental wellbeing in our children and young people



What is your understanding on self harm behaviour?



Workstream Progress & Evaluations

Men's mental health



Both Mentell and Lightwood Green Methodist Chapel deliver support services in farming/rural communities.

The project evaluations were shared with the Partnership (2023/2024) achieving successful community engagement, uptake of support groups and increased awareness of support services specifically for men.

Mentell has weekly support groups in Wilmslow, Congleton, Macclesfield and Crewe.

Lightworks Project is based in Audlem and reaches out to the local community, schools and Reaseheath College.



[Lightwood Green Church Information](#)



[Mentell – Men, is it time to talk?](#)

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Children and Young People

Early intervention and prevention

Pilot project: Keep Safe Cope Well plans

An early intervention framework delivered in Primary schools to prevent poor mental health in teenage/adulthood.

Key outcomes are for children to have understanding and awareness:

1. Coping well

2. Keeping safe

Short term outcomes – increased PSHE on social, emotional and mental health learning in primary schools.

Long-term outcomes are a reduction in mental health related admissions in A&E.

The project has been shared at the Royal College of Psychiatrists – Public Mental Health conference.

The Plans are being evaluated in 8 Primary schools in 2024- 2025.

Struggling 🏠 My thoughts..... 🏠 My actions are... 🏠 My Feelings are ...	Help from others 🏠 People at home I can talk to... 🏠 Services I can contact... 📱 🗣️
Coping 🏠 What can I do...? 🏠 How do I feel when I'm using these coping skills...? 🎵 ✍️	Helps me right now 🏠 If I am feeling distressed, I can speak to... 🏠 The best way I cope in this moment is 🧠

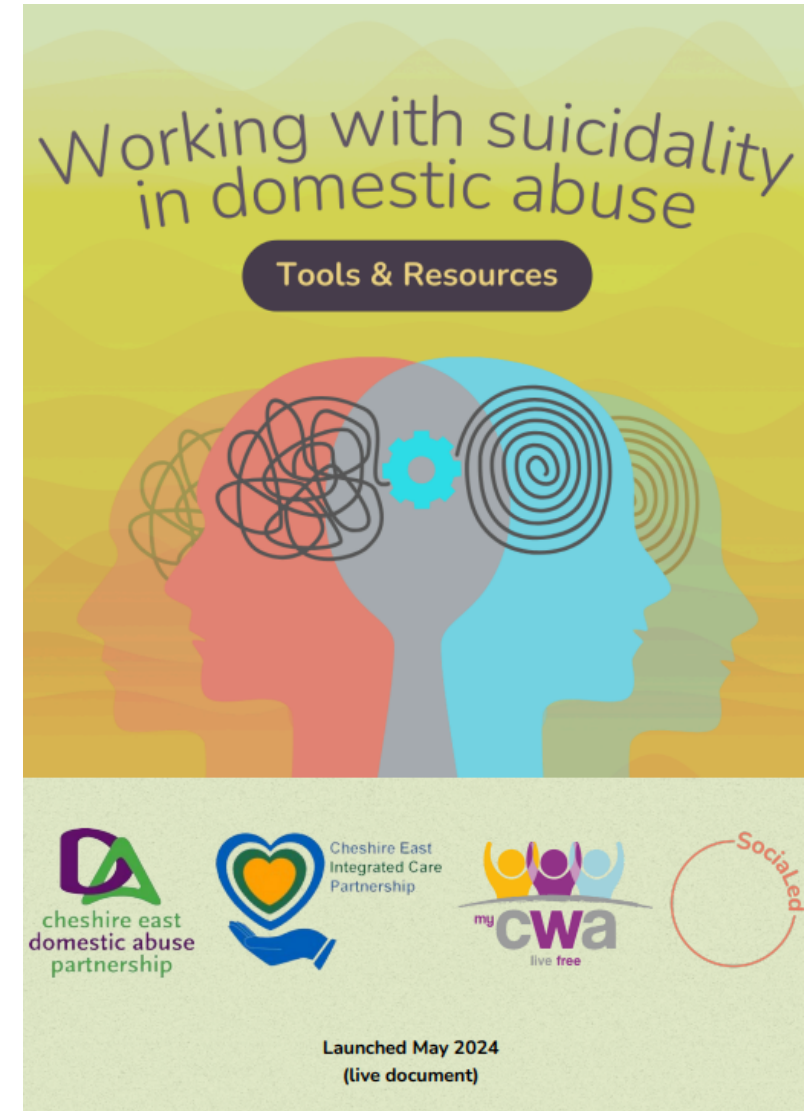


Domestic Abuse

The Suicidality and Domestic Abuse toolkit was developed by a small multiagency group and launched in May 2024 with attendance of professionals from the UK.

The toolkit has been shared with other Local Authority's we have opportunity to share at Lincolnshire conference in March 2025

In 2024 bespoke suicide and domestic abuse training was delivered to our frontline domestic abuse practitioners and Cheshire police.



Self Harm Awareness / Training

Collaboration with the Healthy Young Minds Alliance

- **Raise Awareness:** Increase Healthy Young Minds member's understanding of CYP self-harm at an early intervention and prevention stage.
- **Review Resources:** Collaborate on evaluating existing self-harm resources.
- **Deliver Training:** Provide training sessions on self-harm awareness and intervention
- **Support Professionals:** signposting to latest resources available.

Children and Young People Self-Harm Awareness Course 2025



Suicide Prevention Training



January 2022 – January 2025 over 500 attendees have completed the half day training.

Based on 384 attendees scale 0 -10 (min to max)

Knowledge and awareness before training 5.3 and after completing course 7.9

Confidence to respond before training 5.0 and after completing course 7.7

ZSA offer eLearning modules on Live Well page for public and professionals [FREE Suicide Prevention Training ZSA listed online courses](#)

Training resources and signposting also on Live Well page [self-harm and suicide prevention and support](#)



CHAMPS Half Day Suicide Prevention Course

Delivered by Lori Hawthorn
Public Health Improvement & Suicide Prevention Officer

Working together to improve health and wellbeing in Cheshire and Merseyside



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Suicide Prevention Online Conference

*For World Suicide Prevention day
September 2024*

Further information: lori.hawthorn@cheshireeast.gov.uk

Menti – meter results from attendees here:

<https://www.mentimeter.com/app/presentation/n/alpc7c9govvnxtotd2hctmsfai7q9w3i/present>

New Services / Initiatives

2023 -2025

- Martin Gallier offer intervention support to those who are feeling suicidal. They are based in Crewe and Macclesfield.
- 2 wish offer support for those who have experienced a sudden death of a child or young person.
- i-Thrive is a system wide approach to navigate children and young people's mental health support.
- Further information and websites – here: [Cheshire East Suicide Prevention Conference 2024](#)



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Support after a Suicide - Postvention



Amparo is our immediate support service shared when there has been a death by suicide.

- 75 people received support between April 2023 – December 2024

We have a lived experienced peer led support service called SoBS based in Crewe and a new group opened in 2024 in Macclesfield.



AMPARO
support following suicide

Cheshire & Merseyside - Amparo

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A purple poster for Survivors of Bereavement by Suicide (SoBS). It features the SoBS logo (a white 'S' with two hands) and the text "Survivors of Bereavement by Suicide". Below this, it says "Help and support is available" in green. Then, "Your nearest support group is" followed by "SoBS Macclesfield" in green. It provides contact information: "Call us on 07886 304 953" and "or email macclesfield@uksobs.org". It also states "The group meets on a monthly basis" and provides the website "www.uksobs.org". At the bottom, there are social media icons for Facebook, Twitter, and Instagram, followed by "search SOBSCharity". Small text at the very bottom mentions registration details: "Registered in England and Wales Charity No. 1098815", "Registered in Scotland Charity No. SCO41397", and "Company No. 4754829".

S Survivors of
Bereavement
by Suicide

**Help and support
is available**

Your nearest support group is

**SoBS
Macclesfield**

Call us on
07886 304 953

or email
macclesfield@uksobs.org

The group meets on a monthly basis

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search **SOBSCharity**

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Support in Schools

The Guidance document has been updated with resources and signposting. This is shared in the half day suicide prevention training.

Over 80 professionals from primary, secondary schools and colleges have attended the training in the last 2 years.

Step by Step is a Samaritans service that provides practical support to help schools prepare for and recover from a suspected or attempted suicide.

Suicide Prevention Statement for Schools of Cheshire East

Guidance

OCTOBER 2019

Insert name SCHOOL

Insert school logo here

Last Updated : November 2024

Resources in Appendix



Step by Step | Samaritans

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Community Engagement

Samaritans are a fundamental service for suicide prevention.

Their volunteers in Cheshire East have attended wellbeing, employment and domestic abuse awareness events in the past 2 years.

We will continue to encourage resources and digital signage in public spaces:

- ✓ Doctors' surgery
- ✓ Pharmacy
- ✓ Hospitals
- ✓ Train Stations
- ✓ Shops



**You can talk
to us about
anything that's
troubling you**

➤ **We're here to listen 24/7**

SAMARITANS
Call free on 116 123 or
email jo@samaritans.org

**Talk
to us**
we'll listen

A registered charity

Network Rail & Highways

Samaritans works with Network Rail and the wider rail industry to reduce suicide on the railways and to support everyone affected by them.

Their work in Cheshire East has included supporting the station staff, training and awareness and assessment of safety at the stations.

[Rail Industry Suicide Prevention Programme](#)

Risk assessments on a new bridge has been completed , following the guidance of the 2022 national highways strategy and the [Suicide prevention: suicides in public places - GOV.UK](#)



Suicide prevention strategy **Our approach**



Continued Actions 2025 -2027

& Interaction <https://www.menti.com/alvwxsguoc2d>



This new Plan will include existing and new actions for 2025 -2027 and presented at the Health and Wellbeing Board in March 2025.

Key Priority groups include:

- **1. Men** **2. Children and Young people** **3. Self Harm**

Is there any work that you are involved in or aware of that hasn't been captured in the plan?

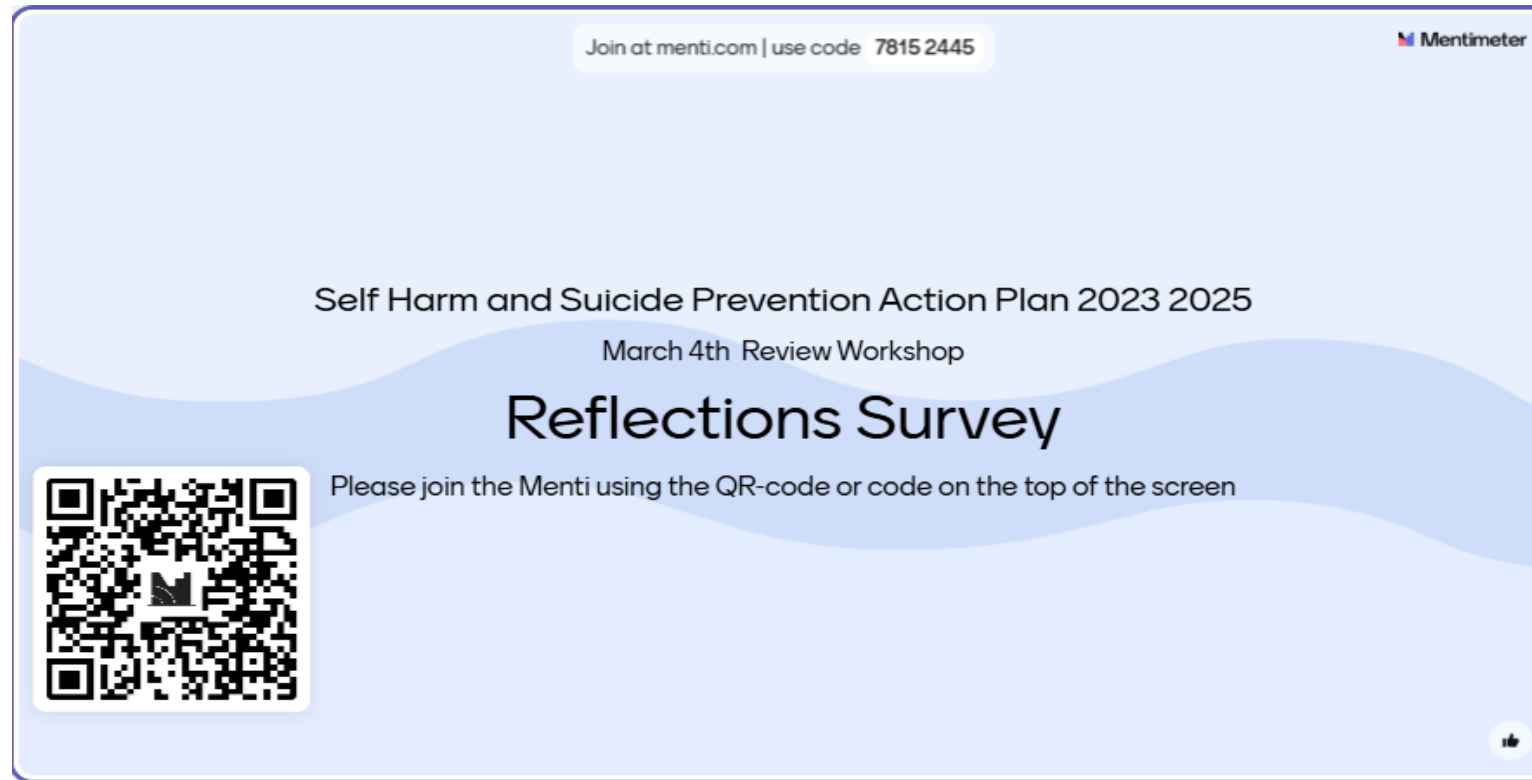
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Digital Survey

& Interaction <https://www.menti.com/alvwxsguoc2d>



Any questions / comments / suggestions ?



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