

# Adult, Children & Education Scrutiny Commission

28<sup>th</sup> January 2018



**Report of:** Suicide Prevention

**Title:** Suicide Prevention

**Ward:** City wide

**Officer Presenting Report:** Leonie Roberts

**Contact Telephone Number:**

**The significant issues in the report are:**

- The number of suicides in Bristol reduced in 2017. The rate has gone down from 12.7 per 100,000 to 10.6 per 100,000 between 2015-2017
- Public Health has worked with partners to produce a suicide action plan for Bristol. A partnership is planned across Bristol, North Somerset and South Gloucestershire with links to Bath and North East Somerset.
- The University of Bristol has produced a suicide prevention and response plan. They have introduced a number of services to support the student's mental health and wellbeing.



## 1. Summary

Suicide is the act or an instance of taking one's life voluntarily and intentionally. Suicidal behaviour is the end result of the complex relationship between many factors that are biological, psychological and environmental in nature. An individual's risk of suicide is determined by many factors. These include demographic factors such as age and sex, poverty and deprivation, occupation, physical illness, drug and alcohol misuse and mental ill-health

### **Suicides in Bristol**

Suicide rates fell between 1981 and 2007 in England, since then there has been a steady increase until 2016. Bristol. The suicide rate fell in England in 2017 to 9.6 per 100,000. The [Joint Strategic Needs Assessment](#)

The 3 year average suicide rate in Bristol increased from 2005 to a high of 12.7 per 100,000, between 2014-16. Bristol was significantly higher than the national average rate. 69% (97) of those deaths were among males and 31% (43) among females. Some data has recently been released for 2017 and this has shown that the rate has gone down in Bristol to 10.6 per 100,000 between 2015-2017. This is in line with the national figures. According to Public Health England there were 119 deaths between 2015 and 2017.

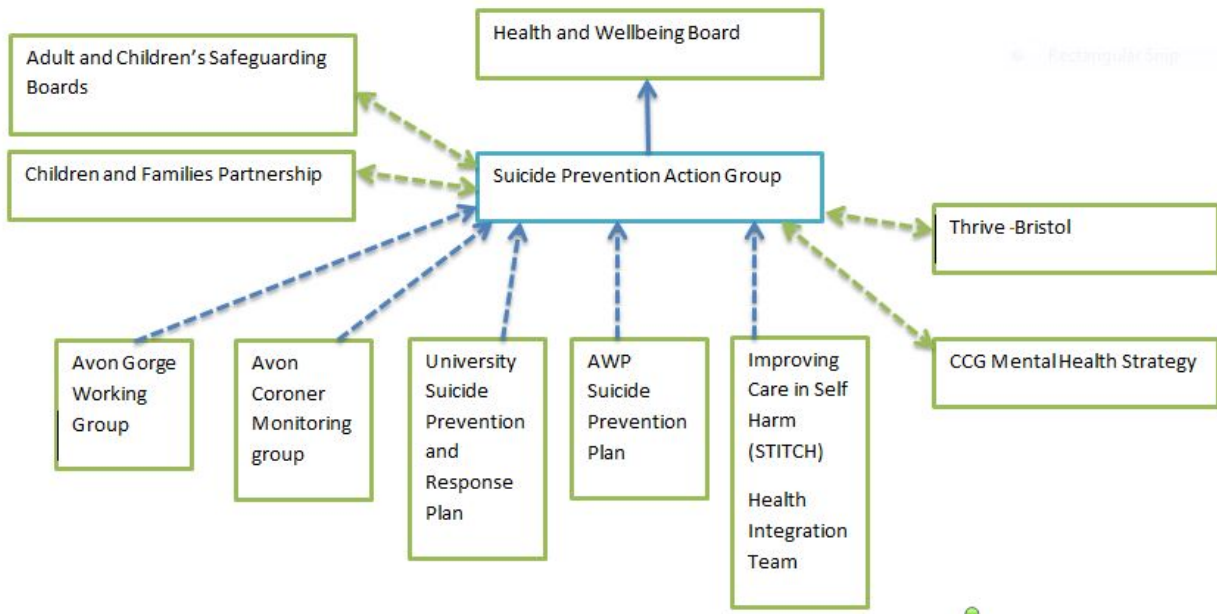
### **Suicide Prevention Action Plan**

The suicide prevention action plan has recently been updated which is in line with the Preventing Suicide in England: A Cross Government Outcomes Strategy to Save Lives'

- Provide better information and support to those bereaved or affected by suicide
- Reduce the risks in key high risk groups e.g. men
- Tailor approach to improve the mental health in specific groups e.g. children and young people, survivors of abuse or violence, problem debt and those in the criminal justice system
- Reduce access to means such as working with the Clifton Suspension Bridge to increase the barriers
- Reduce rates of self-harm as a key indicator of suicide risk
- Support the media in delivering sensitive approaches to suicide and suicidal behaviour.
- Build motivation and confidence in Bristol people to prevent and respond to suicide

## Governance

The governance for the suicide prevention action plan is delivered through the Suicide Prevention Action Group. The Suicide Prevention Action Group reports to the Health and Wellbeing Board.



Discussions are currently under way across Bristol, North Somerset and South Gloucestershire about setting up a BNSSG suicide group.

## University of Bristol update

The University has now approved separate Mental Health and Wellbeing Strategies for staff and students. The Action Plans to deliver on these strategies will be developed over the next two months. The Suicide Prevention and Response Plan, informed by research into best practice, an audit into student deaths by suicide and working with partners, have also been approved. The University is developing an information sharing protocol with AWP to collaborate on Root Cause Analysis case reviews.

The Residential Life and Student Wellbeing Services launched in September have provided individual support for over 2,000 students, and the quality of that support has been favourably received by students and the staff supporting students. We are currently undertaking a service-user survey to help evaluate and improve the service so far. Semester 2 will focus more on the development of proactive activities to support inclusive community building and student wellbeing.

The University is involved in two bids to the Office for Students Challenge Competition: Achieving a step change in mental health outcomes. One of which is a Student Mental Health Partnership bid led by the University of the West of England and involving the NHS, Public Health and the West of England Academic Health Science Network. It will be one of several regional hubs across the country responsible for coordinating the creation of local partnerships focused on increasing quality and improving access, reducing gaps and discontinuities in care according to identified local student need. good mental health for all.

In addition to the work above public health is producing a needs assessment which will examine the health needs of students. This will include a mapping of services within Bristol to identify whether there are any gaps in service provision.