

# Suicide Prevention & Self-Harm – Introduction and Context

# Introduction

- Structure of the day
  - What we know so far
  - Group activities
    - What do we want to achieve?
    - Developing key strands of our strategy
- Use of pin boards
  - Who is missing?
  - What data sets can we draw on?
- Future meetings
  - Finalising the plan – by September 2017
  - Strengthening bereavement support

# Task for local areas

- Develop multi-agency suicide prevention plan in 2017
- Plans to cover 2017-2020 period
- Plans to cover 6 national areas for action, alongside local priorities
- Local data groups to establish data collection methods and complete suicide prevention audits

# 6 areas for action – national strategy

1. Reduce the risk of suicide in key high-risk groups
2. Tailor approaches to improve mental health in specific groups
3. Reduce access to the means of suicide
4. Provide better information and support to those bereaved or affected by suicide
5. Support the media in delivering sensitive approaches to suicide and suicidal behaviour
6. Support research, data collection and monitoring

# National Context – things everyone should know

- Suicides take a high toll
- There are specific groups of people at higher risk of suicide
- There are specific factors that increase the risk of suicide
- Preventing suicide is achievable
- Suicide is everybody's business

# Key findings – suicide audit 2002-2010

- Male
  - Though women in Croydon are marginally more likely to kill themselves when compared to women across England.
- Age 20-45
  - Likely to be slightly older than national average (under 35)
- Live in more deprived area
- Has or had a diagnosis of mental illness
- May have additional life stressor such as relationship breakdown, financial worries or chronic physical health
- Likely to kill themselves either by hanging or self-poisoning.

# Suicide Prevention Profile – Key Messages

*Craig Ferguson*

*June 2017*

Delivering for Croydon

**CROYDON**  
[www.croydon.gov.uk](http://www.croydon.gov.uk)

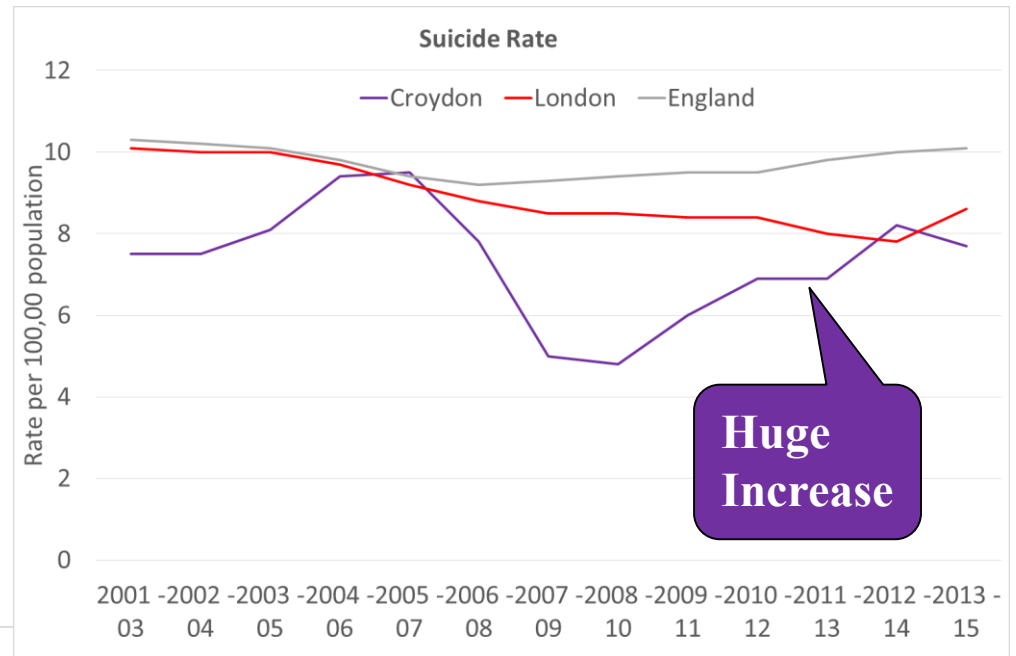
# PHE suicide prevention profile

- **Suicide Data**
- **Related Risk Factors**
- **Related Service Contacts**

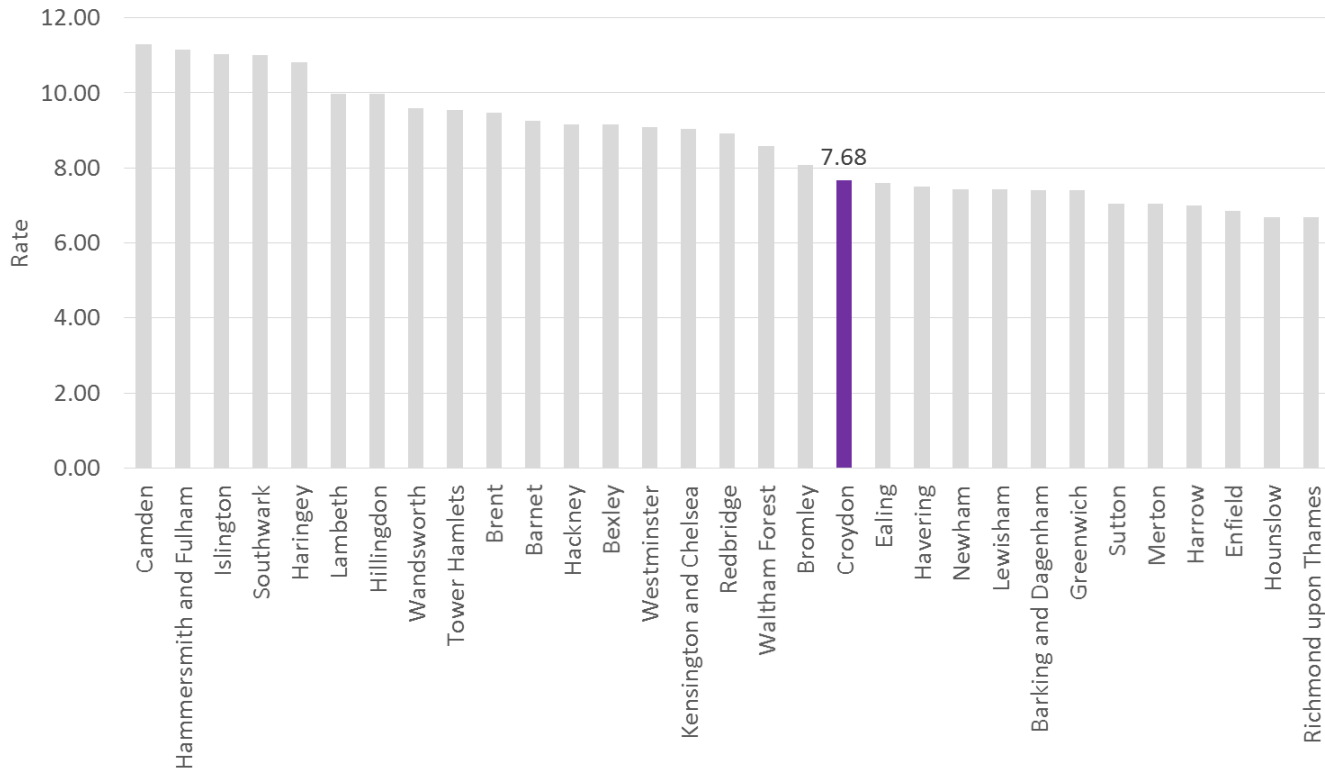
**Croydon Suicide Prevention Profile**



13<sup>th</sup> lowest Suicide rate  
 – however it has  
 increased since 2008-10

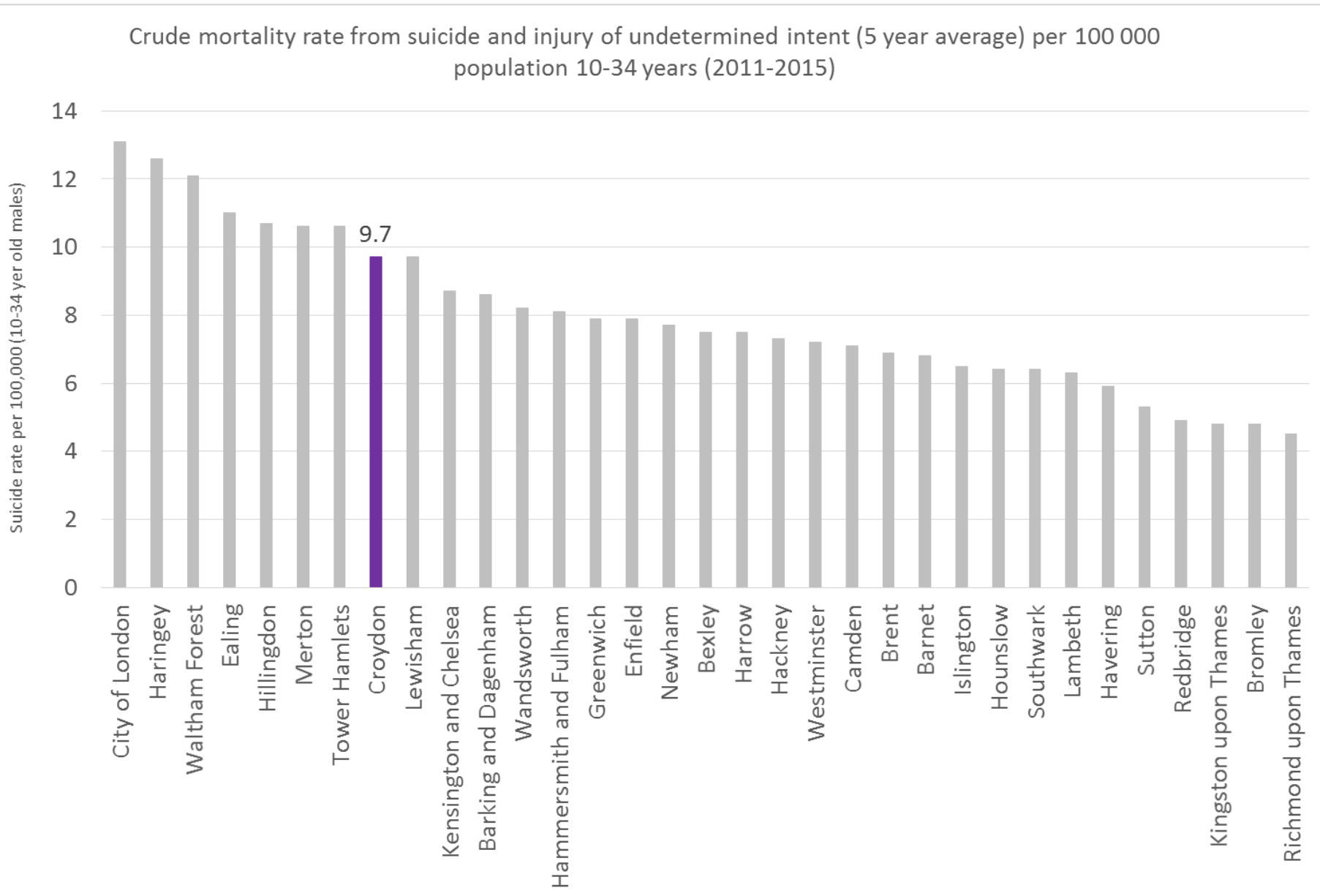


Age-standardised mortality rate from suicide and injury of undetermined intent per 100,000 population - 2013-15



77 suicides in  
 Croydon  
 between 2013-  
 15

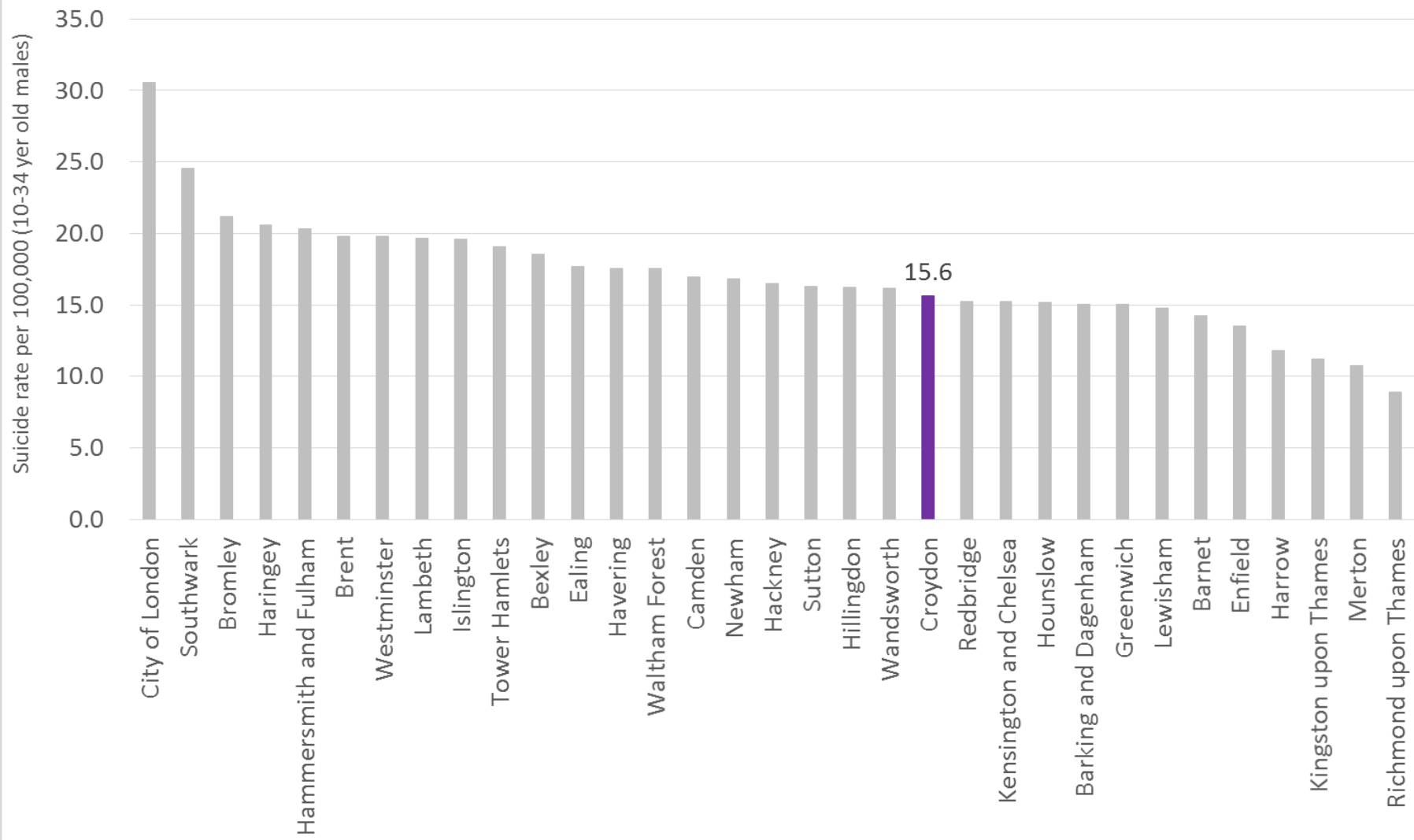
# 8<sup>th</sup> highest suicide rate for young males



30 male  
(10-34 year  
old) suicides  
in Croydon  
between  
2011-15

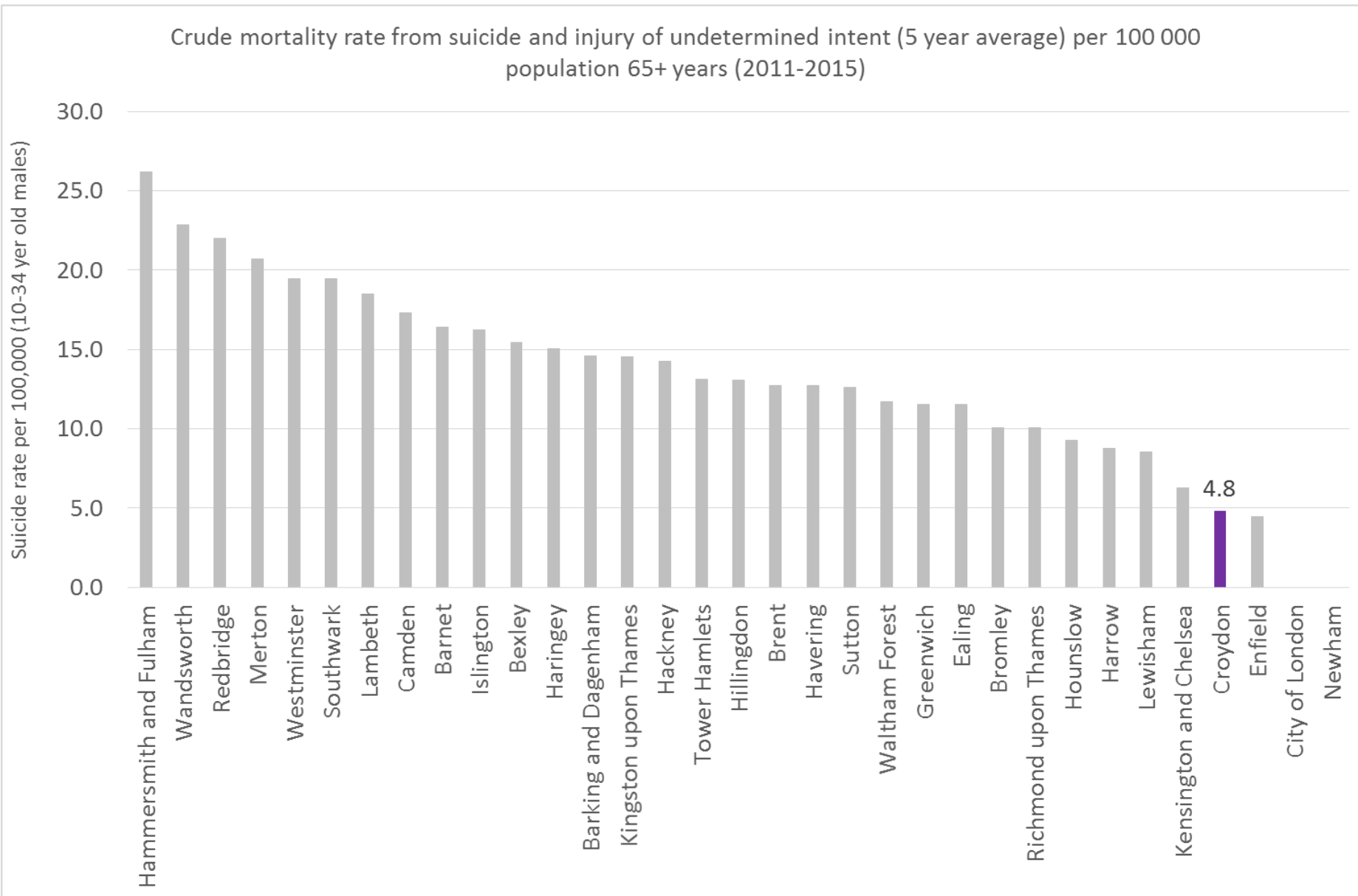
# 13<sup>th</sup> lowest suicide rate for 35-64 males

Crude mortality rate from suicide and injury of undetermined intent (5 year average) per 100 000 population 35-64 years (2011-2015)



55 male  
(35-64 year  
old) suicides  
in Croydon  
between  
2011-15

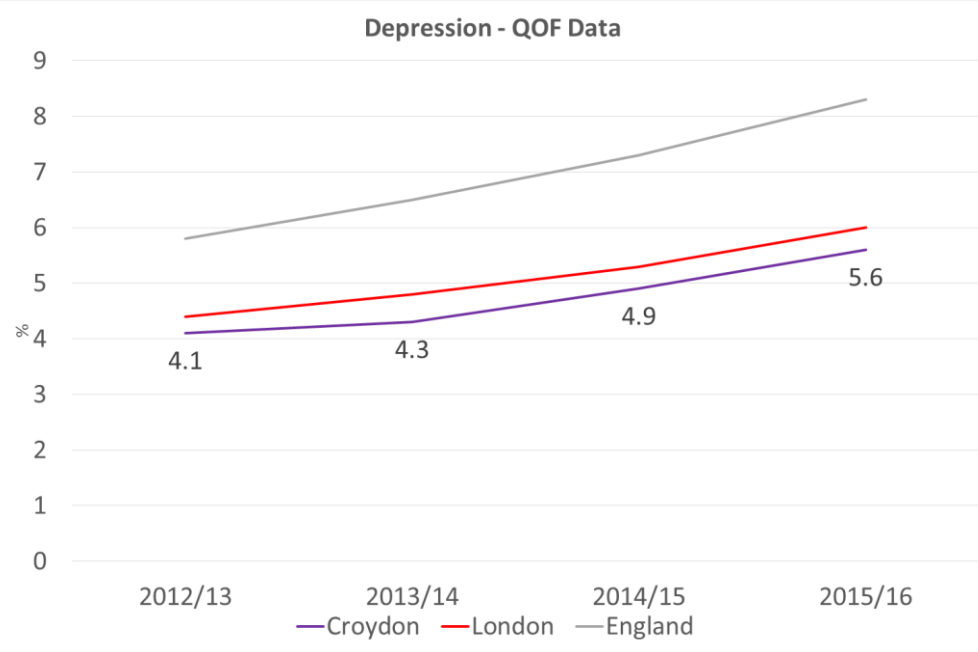
# 2<sup>nd</sup> lowest suicide rate for 65+ males



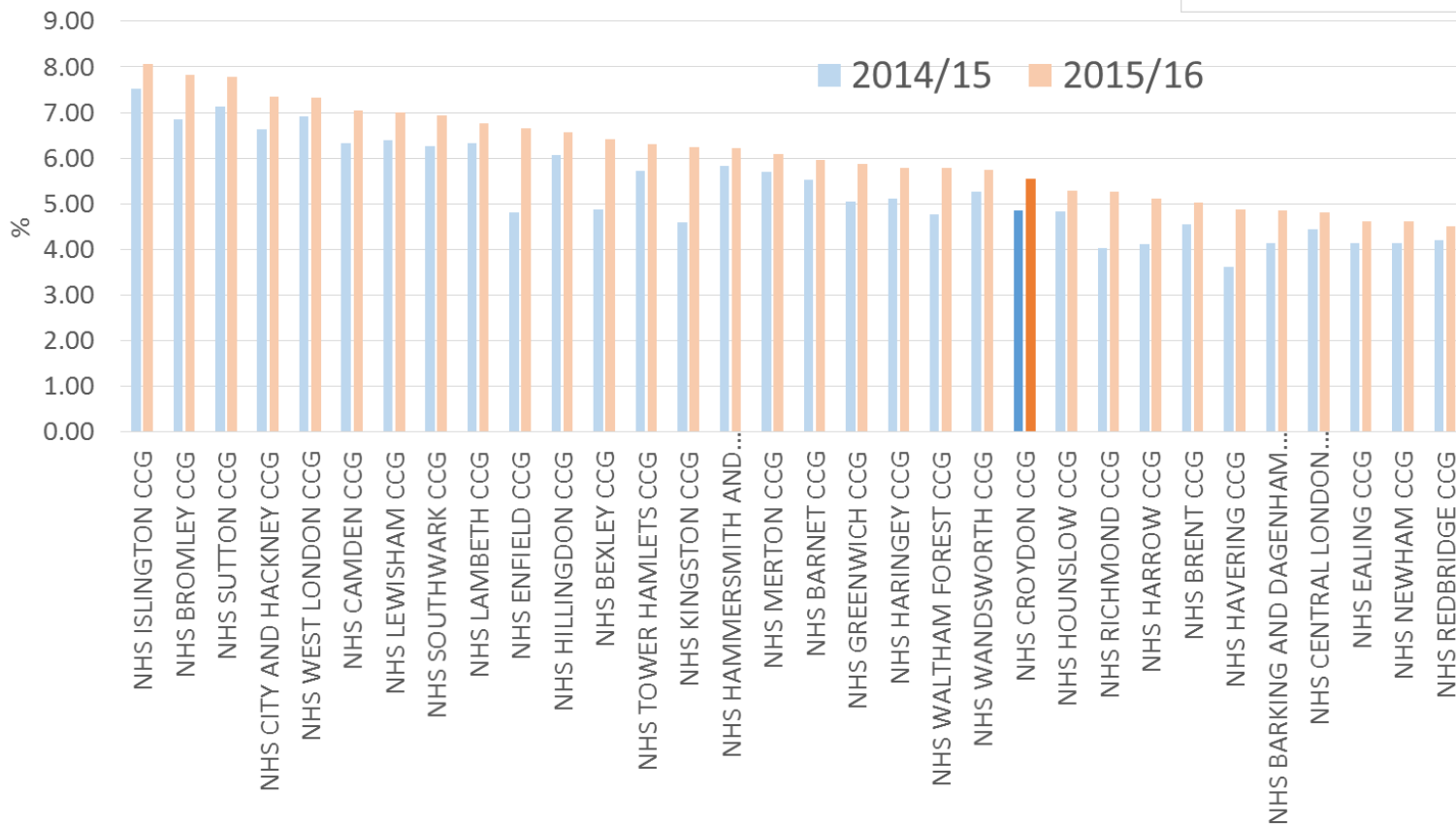
5 male (65+  
year old)  
suicides in  
Croydon  
between  
2011-15

**17,193** people registered with a Croydon GP are diagnosed with Depression (2015/16)

This is **5.6%** of the GP register



Depression Prevalence - QOF data



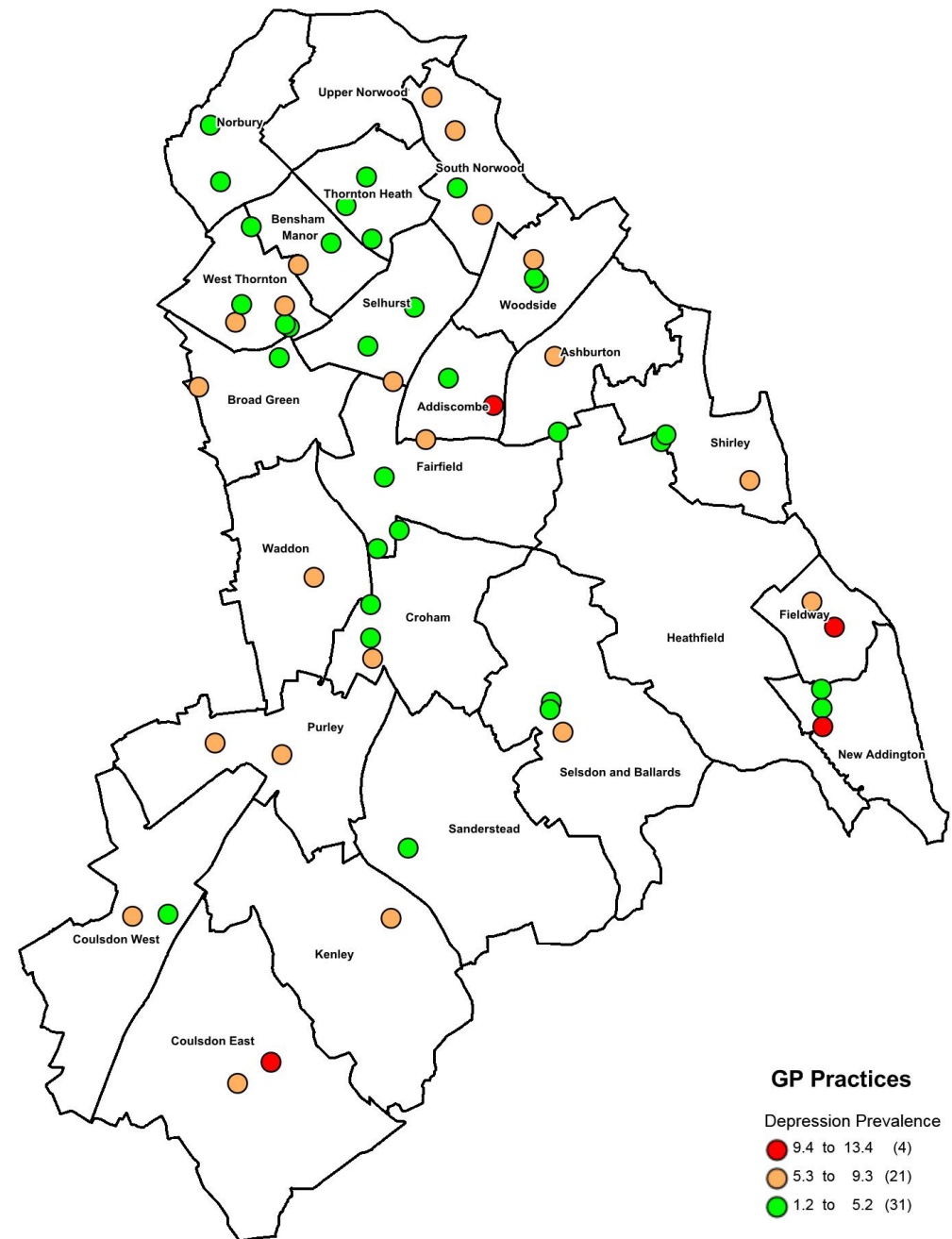
Croydon has the **11<sup>th</sup> lowest** rate in London

The trend increase follows a similar pattern to the London average

## % of QOF recorded cases of people with Depression registered with GP practices (2015/16)

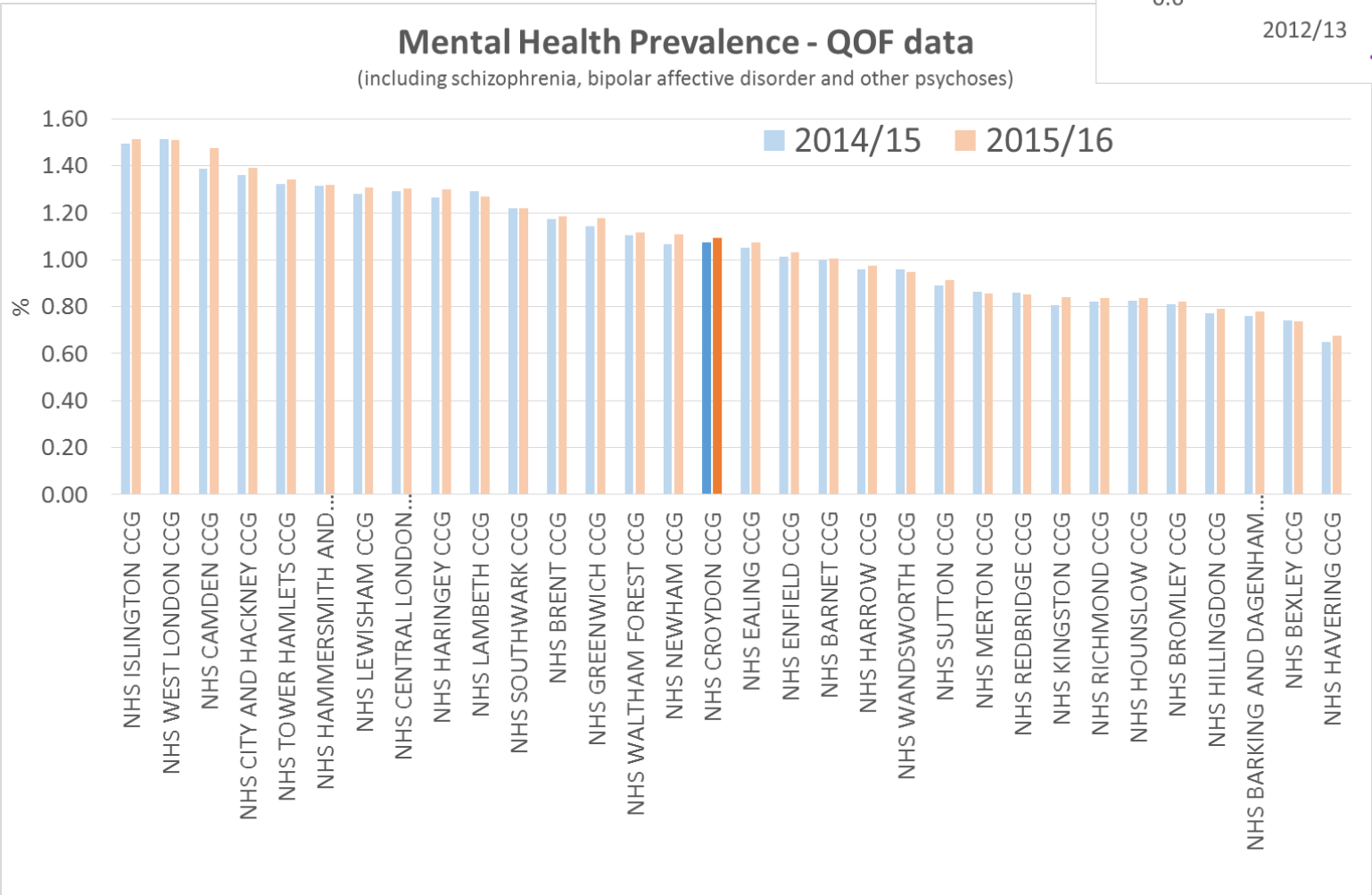
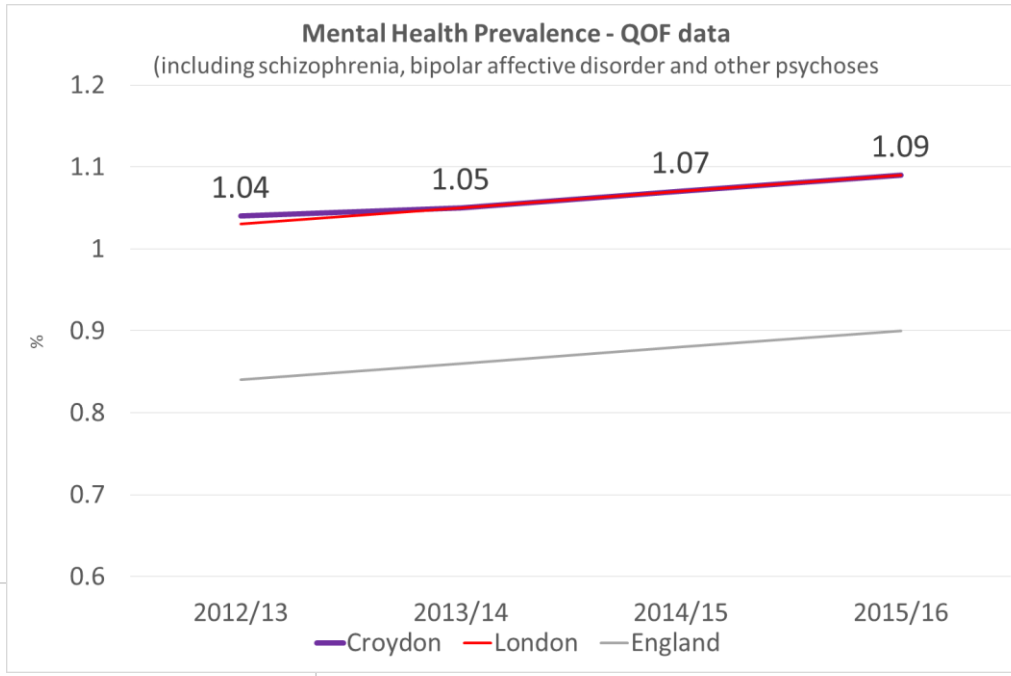
The 3 GP practices with the highest rate of diagnosed Depression are:

- Headley Drive Surgery (13.36%)
- Old Coulsdon Medical Practice (11.07%)
- Parkway Health Centre (10.49%)



**4,390** people registered with a Croydon GP are diagnosed with Mental Health issues including schizophrenia, bipolar affective disorder and other psychoses (2015/16)

This is **1.09%** of the GP register



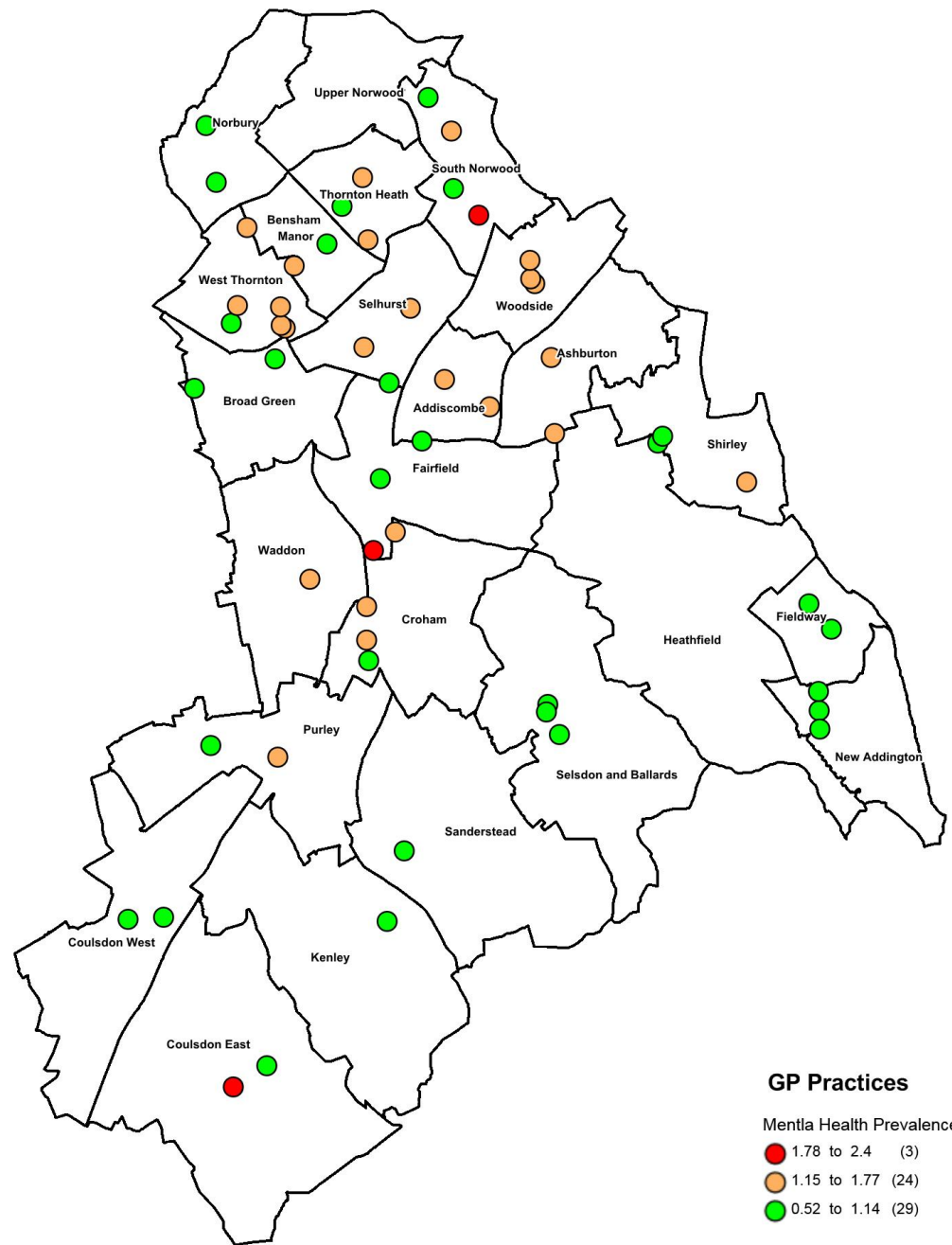
Croydon has the **16<sup>th</sup> highest** rate in London

The Mental Health proportion trend in Croydon is exactly the same as London over the last 3 years

**% of QOF recorded cases of people with Mental Health issues including schizophrenia, biopolar affective disorder and other psychoses registered with GP practices (2015/16)**

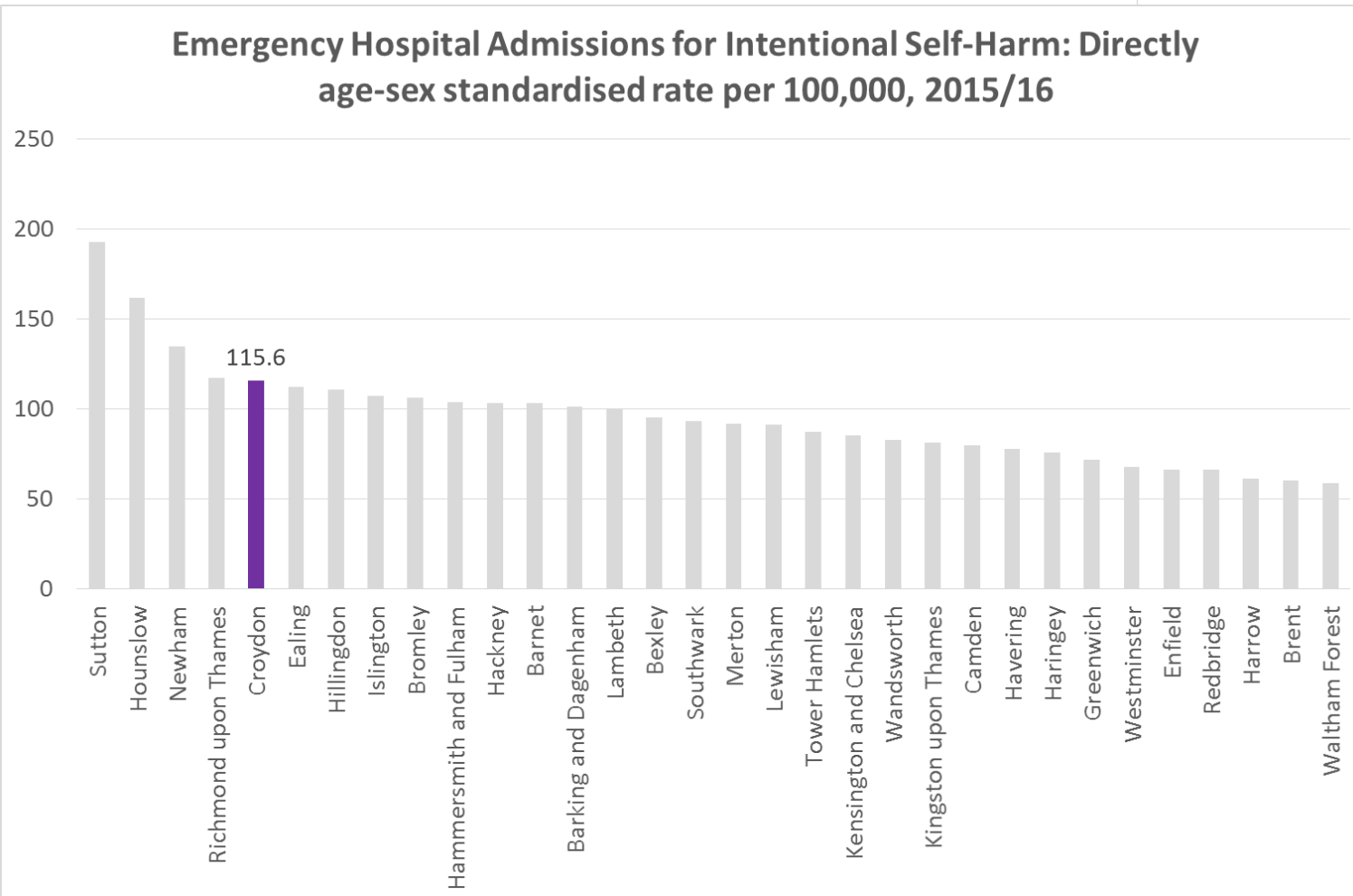
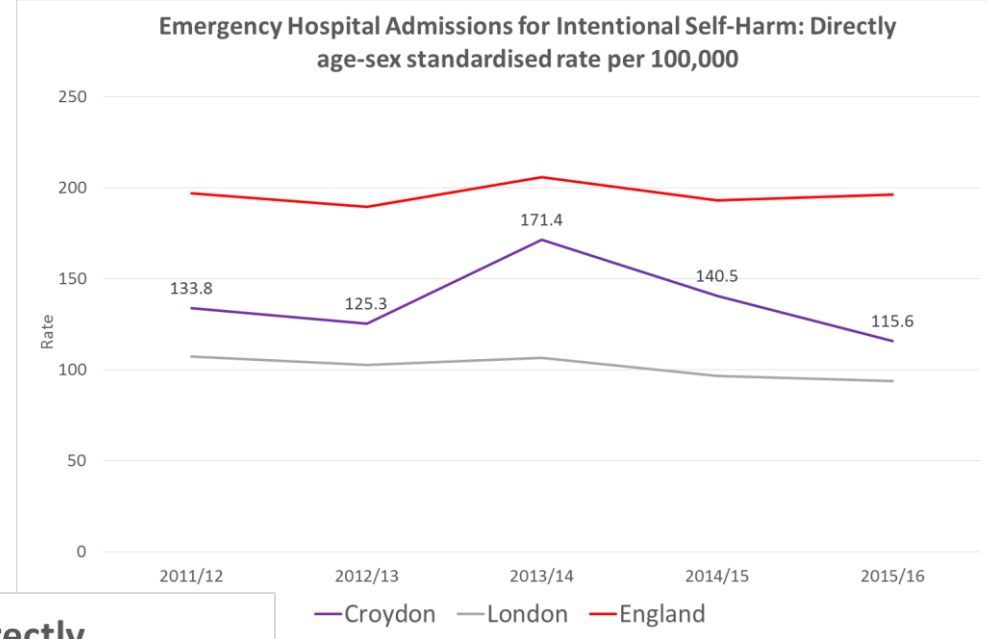
The 3 GP practices with the highest rate of Mental Health issues including schizophrenia, bipolar affective disorder and other psychoses are:

- Heathfield Surgery (2.39%)
- Dr D P K Srivastava and Partners (1.98%)
- Downland Surgery (1.93%)



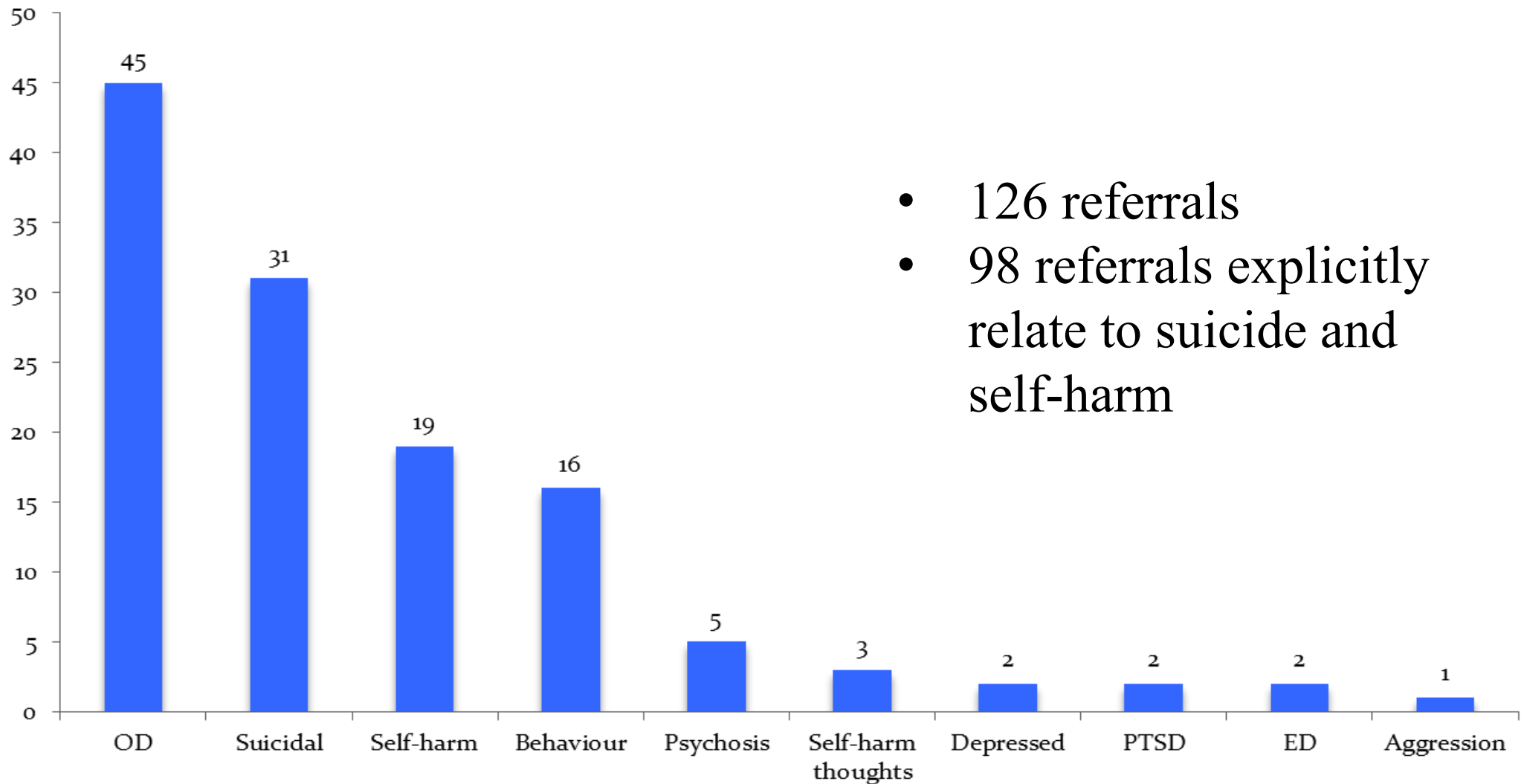


# 5<sup>th</sup> highest hospital admission rate for self harm



# Referrals to CAMHS Crisis Team (Jan- April 2017)

## Reasons for Referral



- 126 referrals
- 98 referrals explicitly relate to suicide and self-harm

# What works? Case Study

## Examples

- Kent: targeting middle-aged men with a marketing campaign
- Brighton & Hove: patrolling high-risk areas  
Warwickshire: training GPs to help prevent suicides
- Leeds: supporting those bereaved by suicide
- Torbay: getting barbers to help young men