
DARLINGTON SUICIDE PREVENTION PLAN

SUMMARY REPORT

Purpose of the Report

1. The purpose of the report is to provide information on the refreshed *Darlington Suicide Prevention Plan 2017-2022* including the plan's implementation and governance arrangements.
2. To provide an update on the NHS England Suicide Prevention Transformation fund allocation as part of the Mental Health Taskforce.

Summary

3. Suicides are not inevitable, in most cases they can be prevented. Suicide rates in England have increased since 2007, making suicide the biggest killer of men under 50 years.
4. The effects of suicide can reach into every community and have a devastating impact on families, friends, colleagues and others. Each one of these deaths is a tragedy. Public Health England advise every local area should make suicide prevention a priority whether its own suicide rate is high or low.
5. National guidance recommends that all local authorities have multi-agency suicide prevention plans in place based on the 6 key areas of the national strategy.
6. The Darlington Suicide Prevention Group was established in 2017 and includes representatives from Darlington NHS CCG, Darlington Mind, Darlington Samaritans, Durham Constabulary, TEWV Mental Health NHS Trust and Darlington Borough Council.
7. The Suicide Prevention Group developed a 5 year action plan.
8. The final document is attached as **Appendix A**.
9. A PowerPoint presentation summarising the plan is attached as **Appendix B**.
10. The plan will be further supported by the local allocation of NHS England suicide prevention fund on a Durham, Darlington, Tees Valley, Hambleton, Richmond and Whitby (DDTHRW) footprint.

Recommendation

11. It is recommended that:-

- (a) The Health and Wellbeing Board note the report and the plan.
- (b) The Health and Wellbeing Board support the Darlington Suicide Prevention Plan 2017 - 2022

Reasons

12. The recommendation is supported by the Health and Wellbeing Board as the Suicide Prevention Plan works towards the Health and Well Being Board's ambition for Living Well: Working with communities to live longer and healthier lives.

Miriam Davidson
Director of Public Health

Background Papers

- (i) Preventing Suicide in England: A cross-government outcomes strategy to save lives (2012)
- (ii) Preventing Suicide in England: Third progress report of the cross-government outcomes strategy to save lives (2017)

Rachel Osbaldeston : Extension 6202

S17 Crime and Disorder	There are no implications arising from this report.
Health and Well Being	This proposed collaborative project will provide improvements for health and well being of residents with the aim of reducing suicide
Carbon Impact	There are no implications arising from this report.
Diversity	There are no implications arising from this report.
Wards Affected	All
Groups Affected	Universal approach with the targeted intervention of men aged 35 – 59 years.
Budget and Policy Framework	N/A
Key Decision	N/A
Urgent Decision	N/A
One Darlington: Perfectly Placed	N/A
Efficiency	N/A
Implications on Looked After Children and Care Leavers	There are no issues contained within the report that will have implications on Looked After Children or Care Leavers.

MAIN REPORT

Darlington Suicide Prevention Plan

13. *The Five Year Forward View for Mental Health (2016)* includes a recommendation that all local authorities will have multi-agency suicide prevention plans in place by 2017.
14. *Preventing Suicide in England: Third progress report of the cross-government outcomes strategy to save lives* was published in 2017 and sets out recommendations for local suicide prevention plans based on the 6 key areas of the national strategy.
15. The most recent figures (2014 - 2016) show that Darlington has a suicide rate that is higher than the rate for England and the North East average rate. It is 13.1 in Darlington and 11.6 and 9.9 respectively for the North East region and England. Please note this is a rate per 100,000 of the population not actual numbers of deaths.
16. There has been a decrease of 3 deaths by suicide and undetermined injury in Darlington from the previous figures (2013-2015).
17. The Darlington Suicide Prevention group was established in 2017 and includes representatives from Darlington NHS CCG, Darlington Mind, Darlington Samaritans, Durham Constabulary, TEWV Mental Health NHS Trust and Darlington Borough Council.
18. The Darlington Suicide Prevention Plan aims to facilitate a reduction in the suicide rate and provide better support for those bereaved or affected by suicide in Darlington.
19. The plan includes sections on national policy, an epidemiological assessment of need and a 5 year action plan.
20. The action plan is structured around 6 national key areas: reducing the risk of suicide in key high risk groups, tailoring approaches to improve mental health in specific groups, reducing access to means of suicide, providing better information and support to those bereaved or affected by suicide, supporting the media in delivering sensitive approaches to suicide and suicidal behaviour and supporting research, data collection and monitoring.
21. The development and implementation of the plan is delivered and overseen by the local Darlington Suicide Prevention Group which reports into the Darlington Mental Health multi-agency network.
22. In 2017 two targeted mental health anti-stigma and awareness raising campaigns were delivered across social media during Mental Health Awareness Week in May and World Mental Health Day in October.

NHS England suicide prevention transformation fund allocation as part of the Mental Health Taskforce

23. The Government in its response to the Five Year Forward View for Mental Health identified £25 million in funding allocated to NHS England to support the reduction in suicide rates by 10%; £5 million in 2018/2019, £10 million in 2019/2020 and £10 million in 2020/2021.
24. Although the funding was allocated to NHS England, suicide prevention is a public health issue. Two thirds who die by suicide are not in contact with mental health services.
25. In consultation with partners and based upon a rapid gap analysis a joint bid was submitted by the Durham, Darlington Tees Valley, Hambleton, Richmond and Whitby patch and was successful in receiving £415K grant finance for suicide prevention work.
26. Proposed projects included: enhanced local data analysis and audit, enhanced training offer and a consideration of a shared training hub across the patch, an extension of the Team Talk project which is targeting men through football bringing it into Darlington and North Yorkshire, a process for the allocation of small grants to local grass root organisations and a review of A/E pathways for the management of deliberate self- harm.
27. The public health representative will sit on the regional group and feed into the Darlington Suicide Prevention Group as necessary.