

Implementation of the Nottingham City and Nottinghamshire Suicide Prevention Strategy 2019-2023

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1. Background

In England, approximately one person dies every two hours as a result of suicide (1). Suicide has a significant, lasting and often devastating impact on individuals, families, communities and wider society. Some studies have predicted a rise in suicide rates associated with the COVID-19 pandemic (2). Particular emphasis has been placed on the impact of the pandemic on young people, due to evidence that their mental health has been disproportionately affected (3).

Suicide rates tend to vary over time. In Nottingham City, they reached an historical low in 2010, before increasing in the years to 2013 and reducing thereafter. In 2019, the rate was higher than in previous years and similar to the higher rates observed in 2004 and 2013 (see Figure 1).

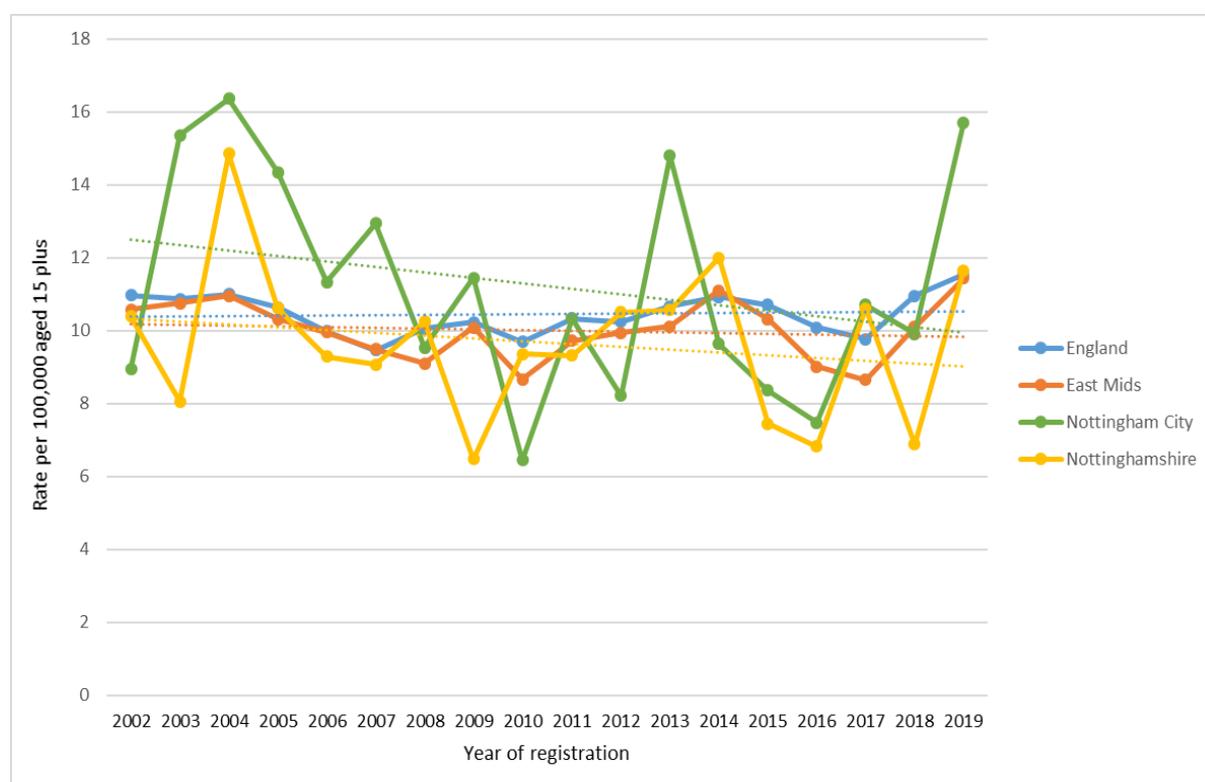


Figure 1 Trends in mortality from suicide and injury of undetermined intent in 15+ yrs old (directly standardised rate per 100 000). Source: Office for National Statistics (ONS) via NHS Digital

The age-standardised mortality rate from suicide and injury of undetermined intent per 100,000 population (4) is displayed in Figure 2. Confidence intervals indicate how similar the mortality rates are in Nottingham City, the East Midlands and England. For most years, the confidence intervals for the three geographies overlap indicating the rates are statistically similar. During years in which the rates in Nottingham City have been higher than usual, these rates have also been statistically significantly higher than the rates in the East Midlands and England. This is the case for 2019, 2013 and 2003-2005.

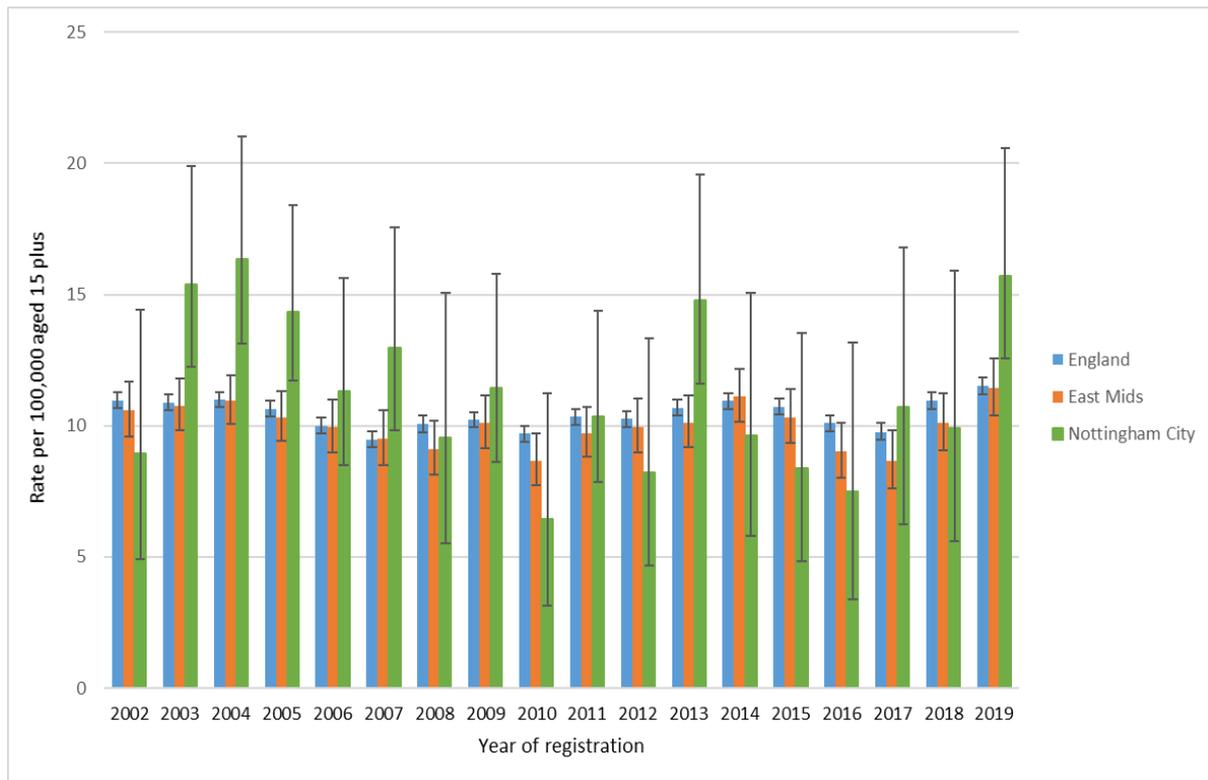


Figure 2 Age-standardised mortality rate from suicide and injury of undetermined intent per 100,000 population, with 95% upper and lower confidence intervals

There are many well-recognised risk factors and at-risk groups for suicide. There is a notable socio-economic gradient, with those in the poorest group subject to ten times the risk of suicide than those in the most affluent group (5). Men are also at significantly higher risk, accounting for around three quarters of all suicides (6). Suicide remains the biggest killer of men under 50, and is a leading cause of death in young men. Self-harm is another recognised risk factor for suicide – the biggest single risk factor for many groups – with UK studies estimating that in the year after an act of self-harm, the risk of suicide is 30–50 times higher than in the general population. Non-fatal self-harm leading to hospital attendance is the strongest single risk factor for completed suicide. National evidence also highlights increased risk to those from ethnic minority communities (7).

Suicide prevention requires both an upstream, population and life-course approach and a targeted, risk group approach. This Nottingham City and Nottinghamshire Suicide Prevention Strategy 2019-2023 outlines the ways in which Nottingham City Council, Nottinghamshire County Council, and their local partners aim to work towards a reduction in suicides and self-harm amongst the local population. This is in line with the national target of a 10% reduction by 2020/21, as cited by the national suicide prevention strategy for England (1), the national mental health strategy (8) and the NHS Long Term Plan (9), among others.

2. Aim, priorities and governance

The overall aim of this strategy is to *reduce the rate of suicide and self-harm in the Nottingham City and Nottinghamshire population, by proactively improving the population mental health and wellbeing, and by responding to known risks for suicide in the population.* This aim will be realised by focusing on four strategic priorities:

1. At-risk groups
2. Use of data, particularly via real-time surveillance
3. Training and bereavement support

4. Staff training.

Progress against the four strategic priorities is managed through an action plan steered by the Nottinghamshire and Nottingham City Suicide Prevention Steering Group.

3. Current areas of focus

Nottingham City now has the ability to draw on real-time local data to enable the identification of high-risk locations and high-risk groups (including young people who self-harm). The Nottingham City and Nottinghamshire County Real-Time Surveillance Working Group meets regularly to review real-time local data and intelligence and plan action to mitigate concerns as they arise. It is through this partnership working that an increase in concern for suicide risk in younger people associated with the impact of COVID-19 has been identified. While there has not been a statistically significant increase in suspected suicides in younger people, services, further education and higher education setting have reported an increase in acuteness of need for suicide prevention support. Two partnership meetings have taken place to explore the issue and determine action, which has included:

- **Skills sharing:** Nottingham City Council Child and Adolescent Mental Health Services and Self-Harm Awareness Resource Project have offered to support the two local universities in tailoring support to students.
- **Communications:** Nottingham City Council Public Health funded and developed a poster for students setting out the support available locally (see Appendix).
- **Support for substance misuse:** Substance misuse services will engage with universities to support students who are reporting drug and alcohol use.

The Nottingham City and Nottinghamshire County Real-Time Surveillance Working Group and Nottinghamshire and Nottingham City Suicide Prevention Steering Group will continue to monitor the situations and take mitigating action as appropriate.

4. Developments in support for mental health crisis

Nottingham and Nottinghamshire Clinical Commissioning Groups undertook engagement in 2019 and 2020 to support the development of a local model for mental health crisis sanctuaries in Nottingham and Nottinghamshire. Mental health crisis sanctuaries are places people can go when experiencing an emotional or mental health crisis or are at risk of developing a crisis (as defined by the individual).

A 12-month pilot of the sanctuaries launched in February 2021. The pilot is being delivered by Nottinghamshire Mind, Framework, Turning Point and Harmless working closely with Nottinghamshire Healthcare NHS Foundation Trust. The organisations have the infrastructure in place to deliver the sanctuaries with collective experience of providing sanctuaries or crisis cafes and other parts of the crisis pathway. Working together, they are able to ensure coverage across Nottingham and Nottinghamshire. Due to the current pandemic and restrictions, a blended model of digital and face-to-face support will be available initially.

A team of trained mental health practitioners and peer support workers work with service users to enable them to access supportive listening, counselling, development of crisis management plans, development of safe plans, support self-care and management and an understanding of when to seek support. The sanctuaries work closely with other agencies including the Crisis Resolution and Home Treatment Teams.

As part of the NHS Long Term Plan Priorities for Mental Health over the next three years, further development of an alternative crisis offer to provide a broader support package alongside mental health crisis teams and core mental health services has been built into plans. The aim is to offer easier access to support away from A&E and inpatient care and improve the patient experience and outcomes of crisis care. The crisis sanctuaries model will be expanded over the next three years to

increase coverage, increase peer support roles and include a focus on tackling specific health inequalities.

The crisis sanctuaries are across Nottingham and Nottinghamshire at sites in Worksop, Mansfield, East Leake and Nottingham City with additional sites planned over the coming months. Each sanctuary is open at each location twice a week. Full addresses, contact details and times of opening are available on the [Crisis Sanctuary website](#), updated regularly. Due to restrictions imposed as a result of the Coronavirus pandemic, those looking for support will be required to call ahead prior to visiting one of the crisis sanctuaries to ensure that they remain safe and accessible.

In addition to the crisis sanctuaries, two local helplines are available:

- **The Nottinghamshire Mental Health Helpline:** For anyone who needs emotional support or information about what help is available locally. 0300 555 0730 (open 9am-11pm 7 days a week) <https://www.turning-point.co.uk/services/nottingham-helpline>.
- **The 24/7 Nottingham and Nottinghamshire Mental Health Crisis line:** For people experiencing a mental health crisis. 0808 196 3779.

5. Suicide prevention programme transformation funding

Through the Long Term Plan, NHS England and NHS Improvement have committed to expand the Suicide Prevention Programme to all areas of the country. For 2021/22, areas were asked to consider their local data and their local population, so they can use the funding to respond to their local population's need. A joint Nottingham City and Nottinghamshire County application for a total of £627,483 over three years was submitted and approved in January 2021. The proposed areas for action are:

1. Competency, compassion, knowledge and skills
 - a. Undertake a training needs analysis/skills audit across statutory and non-statutory services.
 - b. Suicide prevention training/skills development for statutory and non-statutory services, particularly those who support people in at risk groups.
 - c. Suicide prevention/awareness training for the wider population.
2. Communications and public awareness
 - a. Develop a local identity, narrative or campaign for the Suicide Prevention Programme.
 - b. Expansion and wider roll out of 'Safe to Talk' resources and messages, the Stay Alive App and information on local sources of support, targeting higher risk groups – particularly those not in contact with services.
3. Prevention support for higher risk groups
 - a. Map an all-age self-harm pathway across Nottingham and Nottinghamshire.
 - b. Funding to implement pathway improvement recommendations from the self-harm pathway mapping work.
 - c. Enhance delivery of support to people at risk of suicide experiencing challenges that are known risk factors / antecedents to suicide.
 - d. Small grant support for higher need/risk groups.
4. Real-time surveillance data system
 - a. Consider options and commission a provider for a database to support our real-time surveillance system.

6. References

1. **HM Government.** *Preventing suicide in England.* London : Department of Health, 2012.
2. *The impact of the COVID-19 pandemic on self-harm and suicidal behaviour: a living systematic review.* **John, A, et al.** s.l. : F1000 Research, 2020.
3. *Mental health before and during the COVID-19 pandemic: a longitudinal probability sample survey of the UK population.* **Pierce, M, et al.** 10, s.l. : Lancet Psychiatry, 2020, Vol. 7.
4. **Public Health England.** *Suicide rate - Nottingham.* London : Public Health England, 2019.
5. **Samaritans.** *Socioeconomic disadvantage and suicidal behaviour.* 2017.
6. **Officer for National Statistics.** Registered deaths in the UK from suicide analysed by sex, age, area of usual residence of the deceased and suicide method. *Suicides in the UK: 2018 registrations.* [Online] Office of National Statistics, 3 September 2019. [Cited: 22 March 2021.] <https://www.ons.gov.uk/peoplepopulationandcommunity/birthsdeathsandmarriages/deaths/bulletins/suicidesintheunitedkingdom/2018registrations>.
7. **Royal College of Psychiatrists.** *Self-harm, suicide and risk: helping people who self-harm.* London : s.n., 2010.
8. **HM Government.** *No health without mental health.* London : Department of Health, 2011.
9. **National Health Service.** *NHS Long Term Plan.* 2019.
10. **Office of National Statistics.** *Adult Psychiatric Morbidity Survey: Survey of Mental Health and Wellbeing, England, 2014.* s.l. : NHS Digital, 2016.
11. **National Statistics.** *Mental health of children and young people in Great Britain, 2004.* s.l. : NHS Digital, 2005. 1-4039-8637-1.

Appendix: Student support poster



Being a student is sometimes stressful, and COVID-19 hasn't made it any easier. If you need some mental health support right now, help is at hand. You can talk to your GP or self-refer to one of our local services. Support is free and can be delivered remotely online and on the telephone.

Anyone who needs emotional support or information about what help is available locally can call the Nottinghamshire Mental Health Helpline on **0300 555 0730** (open 9am-11pm 7 days a week)
<https://www.turning-point.co.uk/services/nottingham-helpline>

If you need urgent care but you are not in a life-threatening situation, you can call **NHS 111** (open 24/7)

If you are experiencing a mental health crisis, call the **24/7 Nottingham and Nottinghamshire Mental Health Crisis line on 0808 196 3779**. The crisis line is operated by local health workers, who will help you to get the right support

If you have injured yourself seriously or tried to end your life, or are actively thinking of ending your life now and are at immediate risk of harm, call **999** for an ambulance

Other services and support:

Harmless

Support for self-harm

A self-harm service that provides clinical support and clinical interventions for those that are at risk of self-harm and/ or experience chronic suicidality. Support for people of all ages with practical and emotional support, or long/short-term therapy. Based in Nottinghamshire - Referral line 0115 880 0280, or info@harmless.org.uk

The Tomorrow Project

Support for suicidal thoughts/crisis Short-term practical and emotional support, based in Nottinghamshire - Referral line 0115 880 0282, or crisis@tomorrowproject.org.uk

Suicide crisis text support service - open on Mondays 1-4pm, Wednesdays 3-7pm and Fridays 1-4pm **0780 000 2606**

Support for people who've been exposed to suicide (friends, family members, colleagues, professionals, members of the public - anyone) Referral line 0115 880 0280, or bereavement@tomorrowproject.org.uk

Base 51

Emotional health and wellbeing services for 12-25 year olds

Young people do not need a referral to access this service. For further information please phone or email.
Phone: 0115 952 5040
Email: counselling@base51.org.uk
Website: www.base51.org

Kooth

Support for 10-25 year olds who want to talk to a mental health professional online, anonymously and free You can register directly through www.kooth.com. Alternatively you can email: contact@xenzone.com

Insight Healthcare

Talking/psychological therapies for anxiety, depression, stress, trauma and other conditions
www.insighthealthcare.org/our-services/talking-therapies/find-a-service/, email: east.midlands@insighthealthcare.org, phone: 0300 555 5582

Let's Talk Wellbeing

Talking/psychological therapies for anxiety, depression, stress, trauma and other conditions
www.nottinghamshirehealthcare.nhs.uk/nottingham-city-and-county
Phone: 0300 300 2200

Trent PTS

Talking/psychological therapies for anxiety, depression, stress, trauma and other conditions
<https://www.trentpts.co.uk/self-referral/>
Email: enquiries@trentpts.co.uk
Phone: 0115 896 3160

Nottingham Trent University health and wellbeing

www.ntu.ac.uk/studenthub/student-help-advice-and-services/health-and-wellbeing

University of Nottingham health and wellbeing

www.nottingham.ac.uk/currentstudents/healthy/mental-health/bodymind.aspx

Other services and support continued:

Student Space

Student Space is here for you through the Coronavirus pandemic. However you're feeling, help and guidance is available. Explore a range of trusted information, services and tools to help you with the challenges of student life on the Student Space website:
<https://studentspace.org.uk/>

SHOUT

Shout is a 24/7 UK crisis text service available for times when people feel they need immediate support.
Text SHOUT to 85258 (open 24/7).

Samaritans

Whatever you're going through, a Samaritan will face it with you, 24 hours a day, 365 days a year.
Call 116 123.

CALM

Campaign Against Living Miserably run a free and confidential helpline and webchat
www.thecalmzone.net/help/get-help/
7 hours a day, 7 days a week for anyone who needs to talk.
CALM challengees stereotypes and stigma, particularly for men and LGBTQ+ who may be struggling with life.

The Mix

The Mix support service for children and young people.
www.themix.org.uk/get-support
(Phone, webchat, or email service for those aged 25 or under).
Coronavirus: Tips & Information for young people:
www.themix.org.uk/coronavirus-support

HopelineUK

HopelineUK for children and young people.
<https://papyrus-uk.org/hopelineuk/>
If you are having thoughts of suicide or are concerned for a young person who might be you can contact HopelineUK for confidential support and practical advice.
Call: 0800 068 4141. Text: 07860 039967.
Email: pat@papyrus-uk.org
9am – 10pm weekdays, 2pm – 10pm weekends, 2pm – 10pm bank holidays.

The Grief Line

A dedicated service for those who need immediate support following bereavement.
Call 0800 111 4451, lines are open 8am to 8pm every day and answerphone out of hours. If it is an emergency and immediate help is required, contact the emergency services on 999.

Stay Alive App

The free Stay Alive app is a suicide prevention resource for the UK, packed full of useful information and tools to help you stay safe in crisis.
You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide. The app also includes a safety plan, customisable reasons for living, and a LifeBox where you can store photos and memories that are important to you. There are strategies for staying safe and tips on how to stay grounded when you're feeling overwhelmed. There are guided-breathing exercises and you can create your own interactive Wellness Plan.
To find out more and to download the app visit: [Stay alive app](#)



Child and Adolescent Mental Health Services (CAMHS) is the part of the NHS which helps children and young people who have problems with their thoughts or feelings. CAMHS can help until you are 18. If you are 12-18 you can refer yourself into this service. If you are under 12, speak to your GP and, if appropriate they will refer you.

Targeted CAMHS

Support for up to 18 year olds with moderate emotional and/or mental health needs
For more information,
Call: 0115 876 4000,
Text: 0786 000 213,
Email: cypbehm@nottinghamcity.gov.uk

CAMHS Crisis Resolution & Home Treatment

Support for up to 18 year olds experiencing a mental health crisis
For more information about the service and how to access please phone or visit the website.
Phone: 0115 854 2299 or 0115 844 0560
Website: nottinghamshirehealthcare.nhs.uk/camhs-crisis-team

Specialist CAMHS

Support for up to 18 year olds with severe/ complex emotional and mental health difficulties
For more information about the service and how to access please phone or visit the website.
Phone: 0115 876 4000
Email: cypbehm@nottinghamcity.gov.uk

SHARP

(Self-Harm Awareness Project)
support for up to 18 year olds with self-harm and/or suicidal thoughts and behaviours
For more information,
Phone: 0115 876 4000,
Text: 0786 000 213,
Email: cypbehm@nottinghamcity.gov.uk
Website:
eduserve.co.uk/additional-needs/sharp-self-harm-awareness-and-resource-project/about-sharp/

