

Halton suicide prevention strategy – Action plan 2015-16

1. Improve the mental health and wellbeing of Halton people						
Objective	Targets/ outcomes		Actions	Timescales	Lead	Comments
Improve the mental health and wellbeing of Halton people through prevention and early detection	Increase of 1% in self-reported wellbeing (feeling worthwhile). Baseline (2012) 17.6%	1	Support the delivery of Halton’s Mental Health and Wellbeing Commissioning Strategy priority area 1 - “Improve the mental health and wellbeing of Halton people through prevention and early detection”	Ongoing	Mental Health Prevention sub group	
2. Promote the early identification and support of people feeling suicidal						
Objective	Targets/ outcomes		Actions	Timescales	Lead	Comments
Reduce the stigma and discrimination associated with mental health and suicide locally	Suicide awareness campaign plan developed and agreed by all agencies	2	Develop a local multi-agency suicide awareness campaign plan	Nov 2015	Health improvement team/ Halton suicide prevention partnership	
		3	Ensure suicide prevention support lines are promoted widely across the borough – CALM, Hopeline- UK, Samaritans, Papyrus, and the local assessment team number.	Nov 2015	Halton suicide prevention partnership	

Increase local awareness of the warning signs of suicide and how to access support	1% of the local population is trained in suicide prevention skills.	4	Deliver suicide awareness training to local community members to enable them to recognise the warning signs of suicide in themselves, their family and friends (LINK TO AREA FOR ACTION 3)	June 2016	Health improvement team	
	Local organisations have trained their staff in suicide alertness and intervention skills.	5	Develop a local suicide awareness training plan for community members, local community groups and key professionals who interact with known high risk groups (LINK TO AREA FOR ACTION 3)	Jan 2016	Health improvement team/ Public Health	
	3 large local workplaces have been supported in developing suicide prevention policies	6	Support local workplaces to develop suicide prevention policies	June 2016	Health improvement team	
Ensure the prompt support of individuals identified to be at risk	Support services are readily accessible	7	Review local pathways to rapid assessment and support from adult and Child and Adolescent Mental Health Services for those identified to be at risk of suicide	Jan 2016	Halton suicide prevention partnership/ 5BP/ CAMHS partnership board	

	Reduction in the number of Section 136 issued in Halton	8	Support and strengthen Operation Emblem	Jan 2016	Halton CCG/ Cheshire Police/ 5BP	
Improve outcomes for people experiencing a mental health crisis	Crisis care concordat declaration and action plan developed	9	Support the development of a local Crisis concordat declaration and action plan	June 2015	Halton CCG/ 5BP	
Provide extra support to those who re-attempt suicide	Repeat attenders are identified and supported using an MDT approach	10	Take a multidisciplinary approach to supporting individuals who repeatedly attempt suicide	Jan 2016	Halton suicide prevention partnership	
3. Reduce the risk of suicide in known high risk groups						
Reduce the risk of suicide in young and middle aged men	Raised awareness of increased risk of suicide and pathways to support among key front line professionals who work with this group	11	Ensure key front-line professionals and local groups who interact with young and middle aged men undertake suicide awareness training – (LINK TO ACTION 4 + 5)	June 2016	Health improvement team	
		12	Deliver community outreach programmes that promote suicide awareness messages at traditional male settings e.g. in partnership with the Widnes Vikings, at local sports clubs and in local pubs.	June 2016	Health improvement team/ CALM	

Reduce the risk of suicide in people with mental health problems	Raised awareness of increased risk of suicide and pathways to support among key front line professionals who work with this group	13	Deliver suicide awareness training to GPs – explore potential of using BMA e-learning package- (LINK TO ACTION 5)	June 2016	Health improvement team	
		14	Promote the early identification and treatment of depression (LINK TO Halton’s Mental Health and Wellbeing Commissioning Strategy)	June 2016	Adult & Older peoples MH Delivery Group	
		15	Ensure the identification and support of women with a possible mental disorder during pregnancy or the postnatal period	June 2016	Midwifery/ Health Visitors	
	Local mental health services benchmarked against best practice	16	Assess local mental health services against best practice using the National Confidential Inquiry into suicide and homicide by people with mental illness self-assessment toolkit - http://www.bbmh.manchester.ac.uk/cmhr/research/centreforsuicideprevention/nci/toolkits	Jan 2016	5BP	

		17	Support the implementation of the 5BP Suicide Reduction Strategy	Jan 2016	5BP/ Halton suicide prevention partnership	
Reduce the risk of suicide in People with a history of self-harm	Raised awareness of increased risk of suicide and pathways to support among key front line professionals who work with this group	18	Train key professionals to identify self-harm behaviour, recognise that people who self-harm are a high risk group for suicide and refer appropriately	June 2016	Health Improvement Team	
		19	Support the implementation of NICE clinical practice guidelines on self-harm	June 2016	Halton CCG/ Public Health	
		20	Support the development of a local peer support group for those who self-harm		Health Improvement Team	
Reduce the risk of suicide in People in contact with the criminal justice system	Raised awareness of increased risk of suicide and pathways to support among key front line professionals who	21	Deliver suicide awareness training to key professionals who interact with those in contact with the criminal justice system (LINK TO ACTION 5)	June 2016	Health improvement team	

	work with this group					
Reduce the risk of suicide in who misuse drugs or alcohol	Raised awareness of increased risk of suicide and pathways to support among key front line professionals who work with this group	22	Deliver suicide awareness training to key professionals who interact with those who misuse drugs or alcohol (LINK TO ACTION 5)	June 2016	Health improvement team	
Reduce the risk of suicide in children and young people	Raised awareness of increased risk of suicide and pathways to support among key front line professionals who work with this group	23	Deliver suicide awareness training to key professionals and support groups who interact with children and young people (especially vulnerable children and young people) –(LINK TO ACTION 4 + 5)	June 2016	Health improvement team	
		24	Develop school and college-based approaches to promote suicide awareness among staff, pupils and parents to recognise the warning signs of suicide and increase knowledge of referral routes into specialist support	June 2016	Health Improvement Team/ School nurses	
	All local school and colleges have bullying prevention initiatives	25	Implement school and college-based bullying prevention initiatives (to include tackling cyber bullying and	Jan 2016	Health Improvement Team	

			reducing homophobic bullying)			
	New Tier 2 CAMHS service commissioned	26	Deliver community outreach programmes that promote suicide awareness messages among young people	Jan 2016	HBC Children's commissioner	
		27	Ensure the early support of children and young people with emotional, behavioural or mental health difficulties through a new tier 2 CAMHS service and a specific service for looked after children (LAC)	Jan 2016	CAMHS partnership board	
Reduce the risk of suicide among older adults	Raised awareness of increased risk of suicide and pathways to support among staff and voluntary groups working with older people	28	Deliver suicide awareness training to key professionals and voluntary groups who support older people (LINK TO ACTION 4 + 5)	June 2016	Health Improvement Team	
		29	Promote the early identification and treatment of depression among older adults (LINK TO ACTION)	June 2016	Adult & Older peoples MH Delivery Group	
		30	Support the implementation of the Halton loneliness strategy	Jan 2016	Loneliness strategy group	

Reduce the risk of suicide in Survivors of abuse and violence including sexual abuse	Raised awareness of increased risk of suicide and pathways to support among key front line professionals who work with this group	31	Deliver suicide awareness training to key professionals and local support groups who interact with survivors of abuse and violence (LINK TO ACTION 4 + 5)	June 2016	Health improvement team	
		32	Improve identification and appropriate referral to support services of those experiencing domestic violence – link to domestic abuse strategy	June 2016	Domestic abuse strategy implementation group	
		33	Ensure the early identification and assessment of vulnerable children	Ongoing	Halton safeguarding children's Board	
Reduce the risk of suicide in veterans	Raised awareness of increased risk of suicide and pathways to support among key front line professionals who work with this group	34	Deliver suicide awareness training to key professionals and local support groups who interact with veterans (LINK TO ACTION 4 +5)	June 2016	Health improvement team	
Reduce the risk of suicide in People living with long-term physical health	Long-term conditions programme piloted	35	Support the development of a local long-term conditions patient programme to ensure patients feel	Jan 2016	Public Health	

conditions			more confident in managing their condition and take an active part in their care			
Reduce the risk of suicide in People who are especially vulnerable due to social and economic circumstances (for example due to debt, housing problems or unemployment)	Raised awareness of increased risk of suicide and pathways to support among key front line professionals who work with this group	36	Deliver suicide awareness training to key professionals who interact with People who are especially vulnerable due to social and economic circumstances (LINK TO ACTION 5)	June 2016	Health improvement team	
		37	Develop referral pathways between services that support people who may be vulnerable due to social/ economic circumstances (financial advice and debt support services, housing trusts, employment support agencies) and mental health services	Jan 2016	Halton Suicide Prevention partnership	
Reduce the risk of suicide in lesbian, gay, bisexual and transgender people	Raised awareness of increased risk of suicide and pathways to support among key front line professionals who	38	Deliver suicide awareness training to key professionals and local support groups who interact with lesbian, gay, bisexual and transgender people – (LINK TO ACTION 4 + 5)	June 2016	Health Improvement Team	

	work with this group	39	Implement school and college-based bullying prevention initiatives to reduce homophobic bullying – (LINK TO ACTION 21)	Jan 2016	Halton anti-bullying partnership group	
Area for action 4: Reduce access to the means of suicide						
Reduce the number of suicides and suicide attempts at high-risk locations including the Silver Jubilee Bridge (Runcorn and Widnes Bridge) and the new Mersey Gateway Bridge	Best practice evidence reviewed	40	Maintain best practice related to reducing the risk of suicide at the Silver Jubilee Bridge (installation of physical barriers, placement of signs and telephones, camera)	June 2016	HBC Emergency Planning team/ Cheshire Police	
		41	Advise on suicide prevention interventions planned for the new Mersey Gateway Bridge to ensure the new bridge is as safe as possible	June 2016	HBC Emergency Planning team/ Cheshire Police	
		42	Work with local authority planning departments and developers to consider safety when designing new buildings/ structures to reduce suicide opportunities	Ongoing	Cheshire Police (architectural liaison officer)	
Reduce hanging and strangulation in psychiatric inpatient and criminal justice settings	Evidence of regular ward assessments	43	Ensure regular assessment of ward areas to identify and remove potential risks e.g. ligature ligatures and ligature points, access to medications, access to windows and high risk areas – LINK	Ongoing	5BP	

			TO ACTION 12)			
		44	Ensure safer environment for at risk prisoners e.g. safer cells and provide care for at-risk prisoners	Ongoing	Cheshire Police	
Reduce the number of suicides and suicide attempts on the rail network		45	Ensure staff working on the rail network are trained to recognise the warning signs of suicide and help individuals access appropriate support	June 2016	Regional suicide prevention network	
Area for action 5: Provide better information and support to those bereaved or affected by suicide						
Provide better information and support to those bereaved or affected by suicide	Postvention service commissioned	46	Commission a postvention service to ensure we have effective local responses to the aftermath of a suicide	June 2016	Public Health	
	Peer support group successfully running in Halton	47	Support a local peer support group for those bereaved or affected by suicide	June 2016	Health Improvement Team	
	Updated media	48	Promote the responsible reporting and portrayal of suicide and suicidal behaviour in the media – updated	June 2016	Health Improvement Team / Regional	

	reporting guidelines produced and distributed to local media outlets		guidelines for media produced		suicide prevention network	
Area for action 6: Support research, data collection and monitoring						
Monitor local suicide trends	Annual audit conducted and shared with key partners	49	Produce an annual data report to ensure that local data relevant to suicide prevention activity is collected, shared between partners and used to monitor suicide trends, progress and inform local activity.	June 2015	Public Health	
		50	Continue to undertake an annual local suicide audit based upon coroners records	June 2015	Public Health	
Evaluate local suicide prevention activities	Evaluation of local suicide prevention activities undertaken to inform future practice	51	Develop mechanisms to evaluate local suicide prevention activities and training in order to inform future practice	June 2016	Public Health	
Review regional and local evidence of best practice	Halton plays an active role in the regional Cheshire and Merseyside Suicide	52	Maintain an active role in the regional Cheshire and Merseyside Suicide Reduction Network	Ongoing	Public Health/ Halton suicide prevention partnership	

	Reduction Network	53	Assess the suitability of effective regional and national suicide prevention interventions for local implementation	Ongoing	Public Health/ Halton suicide prevention partnership	
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