

## TRAFFORD COUNCIL

**Report to:** Health Scrutiny Committee  
**Date:** 12<sup>th</sup> March 2020  
**Report for:** Information  
**Report of:** Eleanor Roaf, Director of Public health

### Report Title

**Suicide Prevention Update**

### Summary

**Health Scrutiny have received regular updates on the Suicide Prevention Plan. At the January meeting there was a comprehensive update on 5 key areas previously discussed by Scrutiny. This paper provides information on a number of other areas of suicide prevention that we have progressed since January in line with the intentions in the Suicide Prevention Plan. It also provides high level data on suicides in Trafford.**

### Recommendation(s)

**That the Health Scrutiny Committee**

- i) notes the report and considers what further information it would like to receive on this topic**
- ii) continues to support our work on suicide prevention.**

## **1. Introduction**

Health Scrutiny have received regular updates on the Suicide Prevention Plan. At the January meeting there was a comprehensive update on 5 key areas previously discussed by Scrutiny. This paper provides information on a number of other areas of suicide prevention that we have progressed since January in line with the intentions in the Suicide Prevention Plan. It also provides some high level data on suicides in Trafford.

### **2.1. Suicide Prevention supporting young people**

At our February meeting we focused on young people and the range of new services that have been put in place to provide a more comprehensive response to those young people experiencing mental distress. Details of these services are being widely shared. Additional training will soon be available for staff and groups working with young people to help them respond to young people who may be raising issues around suicide.

## **2.2. Suicide Prevention and Social media**

We have examined the evidence of the impact of social media in young people's wellbeing and identified a further need for training for staff on social media. We are reviewing training opportunities that are currently available. We have sent updates to populate the Trafford directory on the GM website Shining a Light on Suicide to staff, residents and partners (<http://www.shiningalightonsuicide.org.uk>). When this is launched we will have a comprehensive communications plan to promote this valuable resource.

## **2.3 Suicide Prevention and Voluntary Community and Social Enterprise (VCSE) conference.**

Trafford MBC will receive £2,362.00 to engage and support the VCSE to become involved in suicide prevention. We have agreed that conference will be held in Spring to:

- Inform them of the Trafford Suicide Prevention strategy, update them on the resources and support we have in Trafford.
- To discuss further training opportunities for VCSE colleagues
- To hear from the lived experience of those who have had suicidal ideation
- To collate an action plan for wider engagement and a sign up to action from the VCSE

## **2.4 Greater Manchester Memorial Quilt Project**

We have recently received an update on the above quilt project that is intended to raise awareness around suicide and also to allow those bereaved to engage in activities to produce a lasting memorial to those we have lost to suicide across Greater Manchester. It's well documented that crafting is immensely beneficial to people suffering from depression, anxiety and grief so this will be an ideal opportunity for our communities to join together and support those suffering this loss. We are working with GM to be able to offer this to Trafford residents who have been affected

## **2.5. Suicide Prevention Plan**

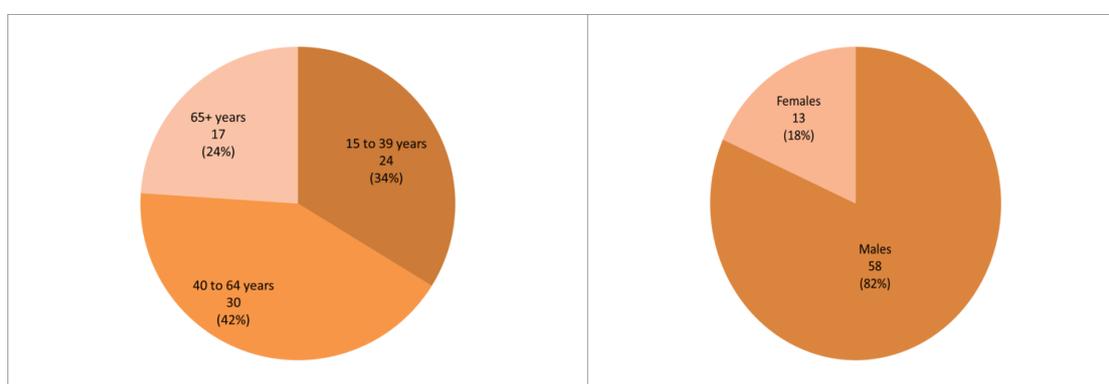
The Suicide Prevention strategy was launched in June 2019 and as Scrutiny are aware steady progress has been made. The Suicide Prevention Group has strong membership from key agencies and has been commended for the breadth of representation and the commitment to work together. We have good links with GM work and provide regular updates to key partners. We continue to focus on training and raising awareness of resources and services that can support people with suicidal ideation. We are aware that further work needs to be done to raise awareness of a crises response particularly for adults and this will be the focus of our next meeting.

## **2.6 Suicide Data**

The suicide rate for local authority areas is published in the Public Health Outcomes Framework <https://fingertips.phe.org.uk/profile/public-health->

[outcomes-framework](#) For Trafford, the age standardised death rate from suicide and injury undetermined for the period 2016-18 was 6.8 per 100,000 population, significantly lower than England (9.6 per 100,000), lowest in the North West, and lowest of a group of similar authorities. The rate has reduced from 11.5 per 100,000 in 2001-03 to 6.8 per 100,000 in 2016-18. Locally held records of deaths show:

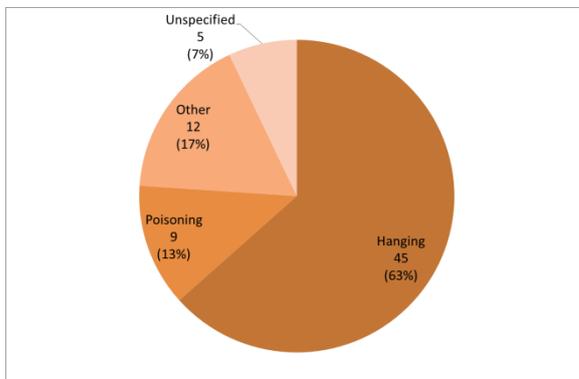
- A total of 71 deaths from suicide and injury undetermined registered over the 5 years 2014 to 2018.
- 63 (88.7%) recorded as intentional self-harm, with the remaining 8 (11.3%) being of undetermined intent.
- 58 of 71 (81.7%) were male.
- 24 of 71 (33.8%) were people aged under 40 years.



The breakdown below shows that whilst there are differences between localities, no locality has a rate which is statistically significantly different either from the Trafford average or from another locality.

Locality of residence	Number of deaths	Directly age standardised rate per 100,000 population (DSR)	DSR 95% Confidence Limits	
			Lower	Upper
Central	21	8.1	5.0	12.4
North	11	4.9	2.4	8.9
South	19	5.2	3.1	8.2
West	20	7.8	4.7	12.0
<b>Trafford</b>	<b>71</b>	<b>6.4</b>	<b>5.0</b>	<b>8.0</b>

- Almost two thirds (63.4%) of deaths were by hanging, followed by poisoning at 12.7% of total.



As Members will be aware we also collect real time data from the Coroner's Office which shows a very similar profile to that outlined above.

### **3. Links to Corporate Priorities**

Suicide prevention is related to the Trafford Council's corporate priorities relating to Children and Young People, Health and Wellbeing and Targeted Groups.

Contact person for access to background papers and further information:

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