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**To:** Health and Social Care Scrutiny Board (5)

**Date:** 9 October 2024

**Subject:** Suicide Prevention Strategy

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## **1 Purpose of the Note**

- 1.1 To share an update on the Coventry and Warwickshire Suicide Prevention Strategy 2022-2030 (Appendix 4) and to highlight positive actions as a result of the Suicide Prevention workstream

## **2 Recommendations**

- 2.1 Health and Social Care Scrutiny Board is recommended to:
- a) Note the progress reported in this briefing note and Appendix 3 and share any comments with the relevant Cabinet Member regarding the delivery of the strategy.
  - b) Raise awareness of Suicide Prevention activity across Coventry and Warwickshire and understand the importance of signposting to support services and organisations
  - c) Encourage partners, residents, Members to undertake suicide prevention training and access information (See appendix 1).

## **3 Background and Information**

- 3.1 Suicide Prevention is a collection of efforts to reduce the risk of suicide at individual, community and societal levels. When a sudden death occurs and there is reason to believe the individual died by suicide, it is referred to as a **suspected suicide** until an inquest is carried out and the coroner makes a ruling. It is important to know that every death has individual circumstances, and every suicide is often preventable.
- 3.2 The Coventry and Warwickshire Suicide Prevention Strategy was developed in collaboration with partners, key stakeholders and Coventry and Warwickshire residents

The strategy has 5 key priorities;

- Target our approach for those groups and communities at a higher risk of suicide
- Increase awareness to help change public attitudes about suicide
- Promote suicide prevention as a priority within the wider health and wellbeing activity of system partners (public, private, VCSE sectors)

- Sharing learning and data to ensure that prevention activity is targeted in response to locally identified priorities
  - Facilitate coproduction, collaboration and coordination to maximise the impact of suicide prevention activity across Coventry and Warwickshire
- 3.3 A high level delivery plan has been drafted aligned to the 5 strategic priorities, focussing on how we collaborate with partners, identify gaps and opportunities and how suicide prevention is embedded as a system priority. Please see Appendix 2. It is important to note that this is a system strategy and many partners work towards these key priorities. As a network, we come together quarterly to discuss progress and impact against the key priorities.
- 3.4 Real Time Surveillance of Suspected Suicides allows us to have real time data of anyone who dies by suspected suicide. This process is coroner led, and our Real Time Surveillance coordinator works with the data to identify clusters, trends and anything of concern. There are agreed processes in place to escalate any concerns, such as the Cluster Response Plan. The learning helps to inform action across the wider suicide prevention work.
- 3.5 We have held annual events to showcase the work of partners, locally, regionally and nationally, to enable collaboration and strengthen partnership working. The events raise awareness of work that supports the wider Suicide Prevention agenda.
- 3.6 Other Suicide Prevention activity includes commissioning system wide Suicide Prevention training, quarterly suicide prevention network meetings, supporting workplace wellbeing forums, attending community events, raising awareness of suicide prevention and risk within key workstreams.

#### **4 Health Inequalities Impact**

- 4.1 High risk groups have been identified through the strategy work. We know there are groups at higher risk of suicide than others. These include: Men, people who self-harm, people who misuse alcohol and drugs, people in the care of mental health services, people in contact with the criminal justice systems, specific occupational groups (eg. doctors, nurses, veterinary workers, farmers and agricultural workers) and people bereaved by suicide.
- 4.2 There are also other vulnerable groups which may be at more risk of suicide. These include people in financial difficulty or struggling with debt, autistic people, people addicted to gambling, women experiencing poor perinatal mental health and LGBTQ+ individuals.
- 4.3 Suicide disproportionately affects certain groups – this is where targeted interventions and focussed work is required to ensure all communities have access to support.

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## Appendix 1:

### SUICIDE PREVENTION INFORMATION:

- [Dear Life](#)
- [NHS Mental Health Access Hub](#) Freephone 08081 966798 - 24/7 service
- [Coventry and Warwickshire RISE](#) (Children and young people's mental health service) Freephone 08081 966798 (select Option 2) - 24/7 service
- [Mental Health Matters Coventry and Warwickshire](#) call 0800 616 171, free 24/7 and confidential helpline
- [The Samaritans](#) call 116 123
- [Amparo](#) provides free and confidential support for those bereaved by suicide
- [YoungMinds](#) Crisis Messenger: text YM to 85258
- [Papyrus Hopeline UK](#) suicide prevention helpline: call 0800 068 4141 or text 07860 039967
- [Kooth.com](#) is available to 11 to 25 year olds across Coventry and Warwickshire, providing an anonymous online counselling and support service. Throughout September they are holding a number of events and activities.
- [Stay Alive app](#) provides help for those at risk of suicide and people worried about someone
- [Dimensions](#) of Health and Wellbeing Tool offers immediate tailored self-help support and signposting to local services
- [Chat Health](#) is a free service that enables 11–18-year-olds across Coventry and Warwickshire to send confidential SMS text messages to School Nurses who will provide impartial advice and support.
  - For Warwickshire, text 07507 331 525
  - For Coventry, text 07507 331 949
- [Coventry, Warwickshire and Solihull Talking Therapies \(previously IAPT\)](#) for anyone with low mood, depression or anxiety. Call 024 7667 1090 or visit [healthymindservice.com/self-referral](https://healthymindservice.com/self-referral)
- [Warwickshire County Council](#)
- [Coventry City Council](#)
- [Wellbeing for Life](#) is a campaign to provide information on how people can improve and take care of their health and wellbeing, plus find out more about the [5 Ways to Wellbeing](#).

### SUICIDE PREVENTION TRAINING OPPORTUNITIES

- Coventry City Council: <https://intranet.coventry.gov.uk/occupational-health-counselling/suicide-prevention-training>
- Papyrus: running 2 free ASIST courses in November:
  - 6th-7th November: <https://www.papyrus-uk.org/training/ec-asist-inclusive-communities-3-cov-warks-1/>
  - 20th-21st November: <https://www.papyrus-uk.org/training/ec-asist-inclusive-communities-4-cov-warks-2/>
- Violet Project: <https://violetproject.co.uk/training-offers>
- CW Mind: <https://cwmind.org.uk/training-2024/sfa/>
- Zero Suicide Alliance Training: <https://www.zerosuicidealliance.com/training>

C&W are commissioning a system wide training offer which should be available January 2025 onwards.

APPENDIX 2: Draft High Level Delivery Plan

PRIORITIES	SYSTEM COMMITMENTS	KEY DELIVERABLES
Target our approach for those groups and communities at a higher risk of suicide	<ul style="list-style-type: none"> <li>• Interventions for people in MH crisis</li> <li>• Links to Domestic Abuse</li> <li>• Self-harm (CYP)</li> <li>• Bereavement by suicide</li> </ul>	<ul style="list-style-type: none"> <li>• C&amp;W Self Harm Working Group - work programme</li> <li>• DA/Health T&amp;F Group</li> <li>• Re-procurement of Suicide Bereavement Support Service</li> <li>• Crisis alternatives/Safe Havens</li> <li>• Improving the Ambulance response to mental health</li> <li>• NHS 111 mental health crisis option</li> <li>• Increasing awareness of and access to services</li> </ul>
Increase awareness to help change public attitudes about suicide	<ul style="list-style-type: none"> <li>• Community awareness raising</li> <li>• Training</li> <li>• Communications</li> <li>• Wellbeing 4 Life (5 Ways to Wellbeing)</li> </ul>	<ul style="list-style-type: none"> <li>• Online catalogue of SP training</li> <li>• Promotion of MHWB support and services</li> <li>• Inclusion of SP messaging in MECC</li> </ul>
Promote suicide prevention as a priority within the wider health and wellbeing activity of system partners (public, private, VCSE sectors)	<ul style="list-style-type: none"> <li>• Organisational commitment to SP</li> <li>• Workforce training</li> <li>• Workplace wellbeing</li> </ul>	<ul style="list-style-type: none"> <li>• Deliver a training package for frontline staff</li> <li>• Development of settings based suicide prevention plans</li> <li>• Wellbeing 4 Life Workplace Wellbeing events (x4)</li> <li>• SP Community of Practice</li> </ul>
Sharing learning and data to ensure that prevention activity is targeted in response to locally identified priorities	<ul style="list-style-type: none"> <li>• Real Time Surveillance</li> <li>• Cluster response</li> </ul>	<ul style="list-style-type: none"> <li>• Local Cluster Response plan</li> <li>• Annual report</li> </ul>
Facilitate coproduction, collaboration and coordination to maximise the impact of suicide prevention activity across Coventry and Warwickshire	<ul style="list-style-type: none"> <li>• Voice of lived experience</li> <li>• Collaborative funding bids</li> </ul>	<ul style="list-style-type: none"> <li>• Provide mechanism for multi-agency networking</li> <li>• Co-design a local SP comms campaign with people with lived experience</li> <li>• Engagement of Warwickshire Place Partnerships in delivery of SP Strategy</li> <li>• Annual Suicide Prevention event aligned to World Suicide Prevention Day</li> </ul>