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**Ruth du Plessis**  
**Chair of the NO MORE Suicide Partnership Board &**  
**Director of Public Health St Helens**

Working together to improve health and wellbeing in Cheshire and Merseyside

# A ZERO Suicide Strategy



## The vision

Cheshire and Merseyside is a region where suicides are eliminated, where people do not consider suicide as a solution to the difficulties they face. A region that supports people at a time of personal crisis and builds individual and community resilience for improved lives.

43210%



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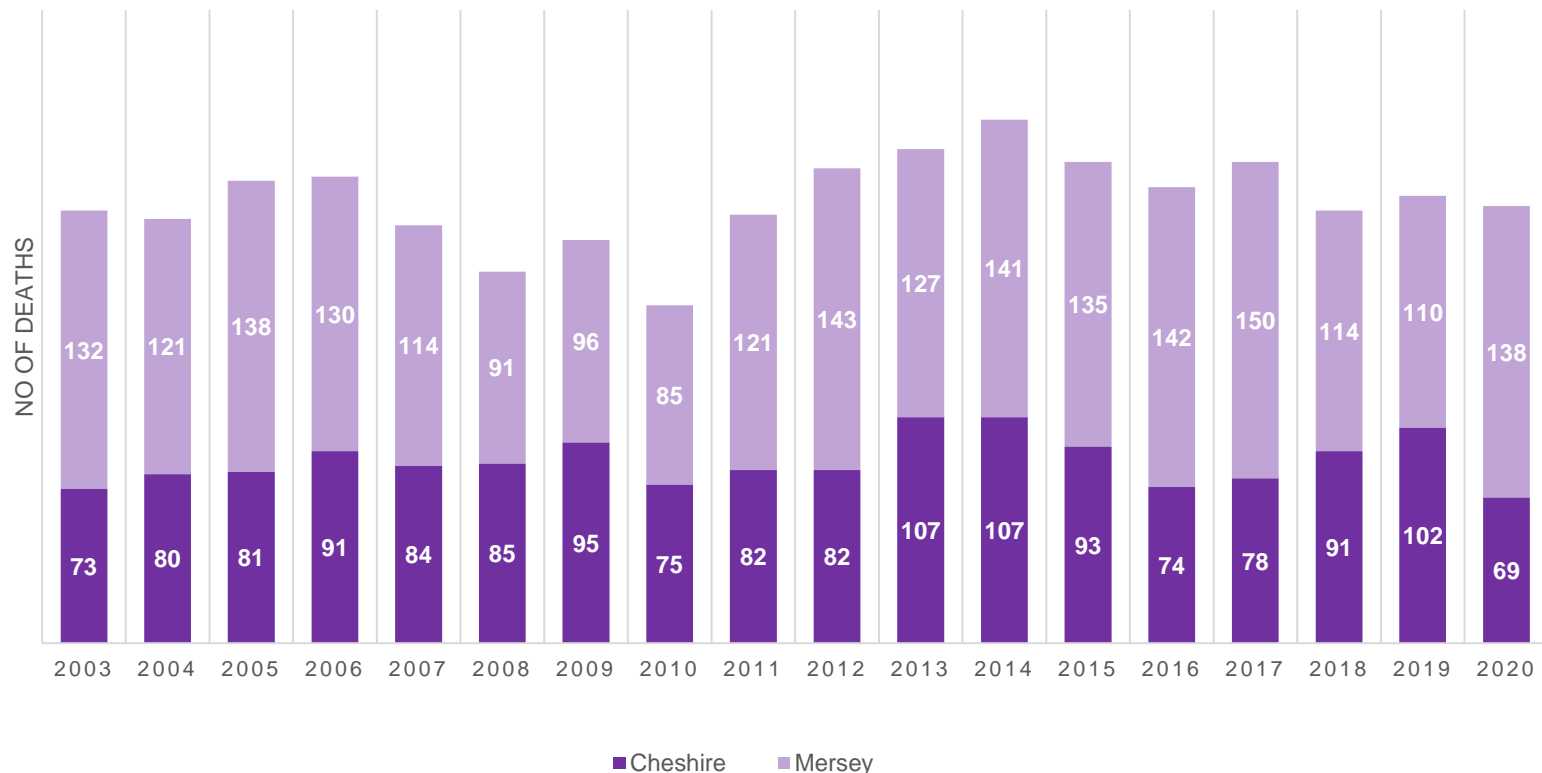
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# Creating Hope Through Action

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- The COVID-19 pandemic has had an impact on mental health and wellbeing
- Despite the pandemic - services across the public sector, voluntary sector and business sector have come together in a positive way
- Community action has been critical
- Essential we harness this to 'Create Hope Through Action' for 2021 and beyond

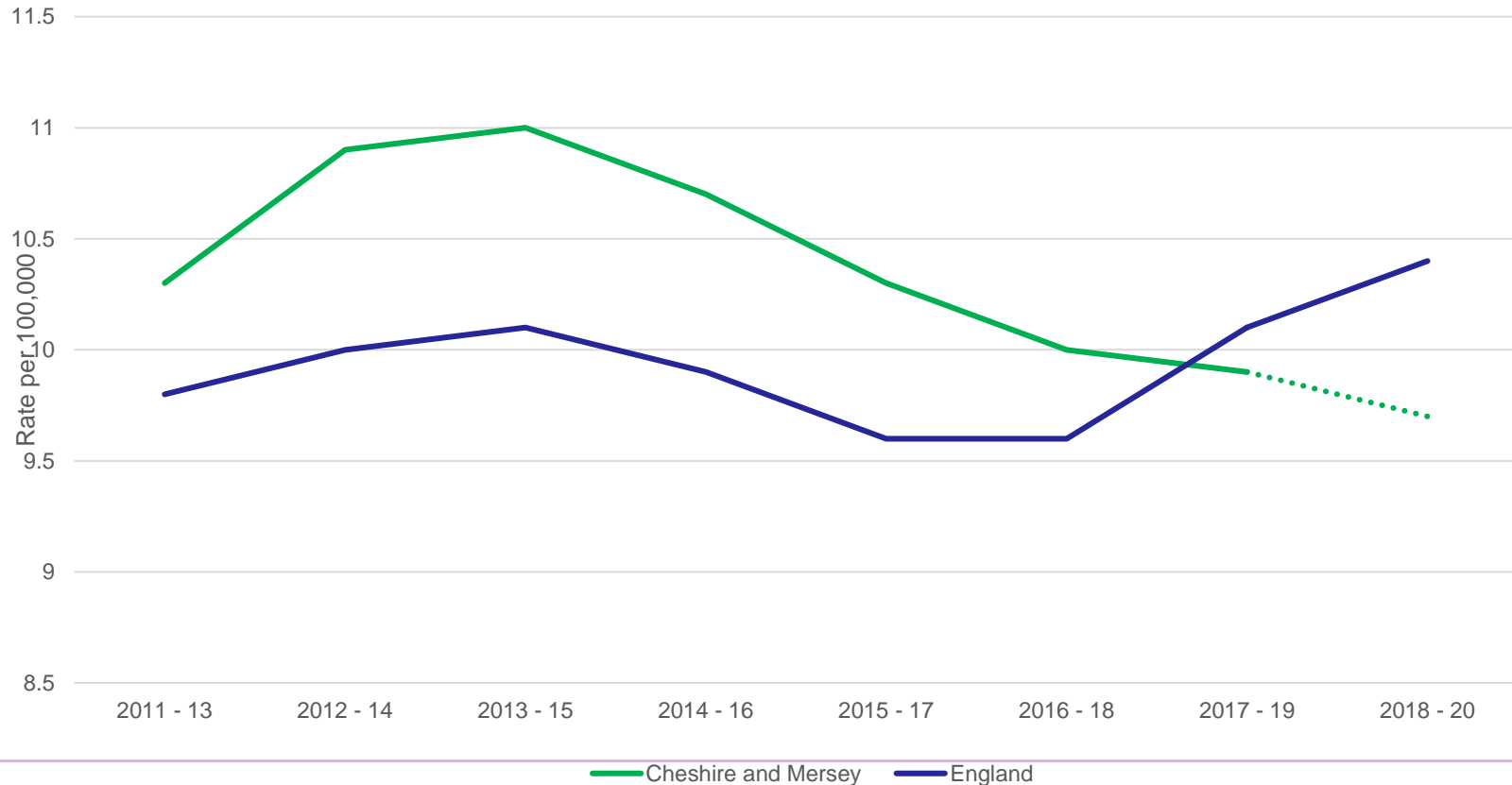
# Numbers of deaths by suicide/undetermined injury across Cheshire and Merseyside (2003-20)



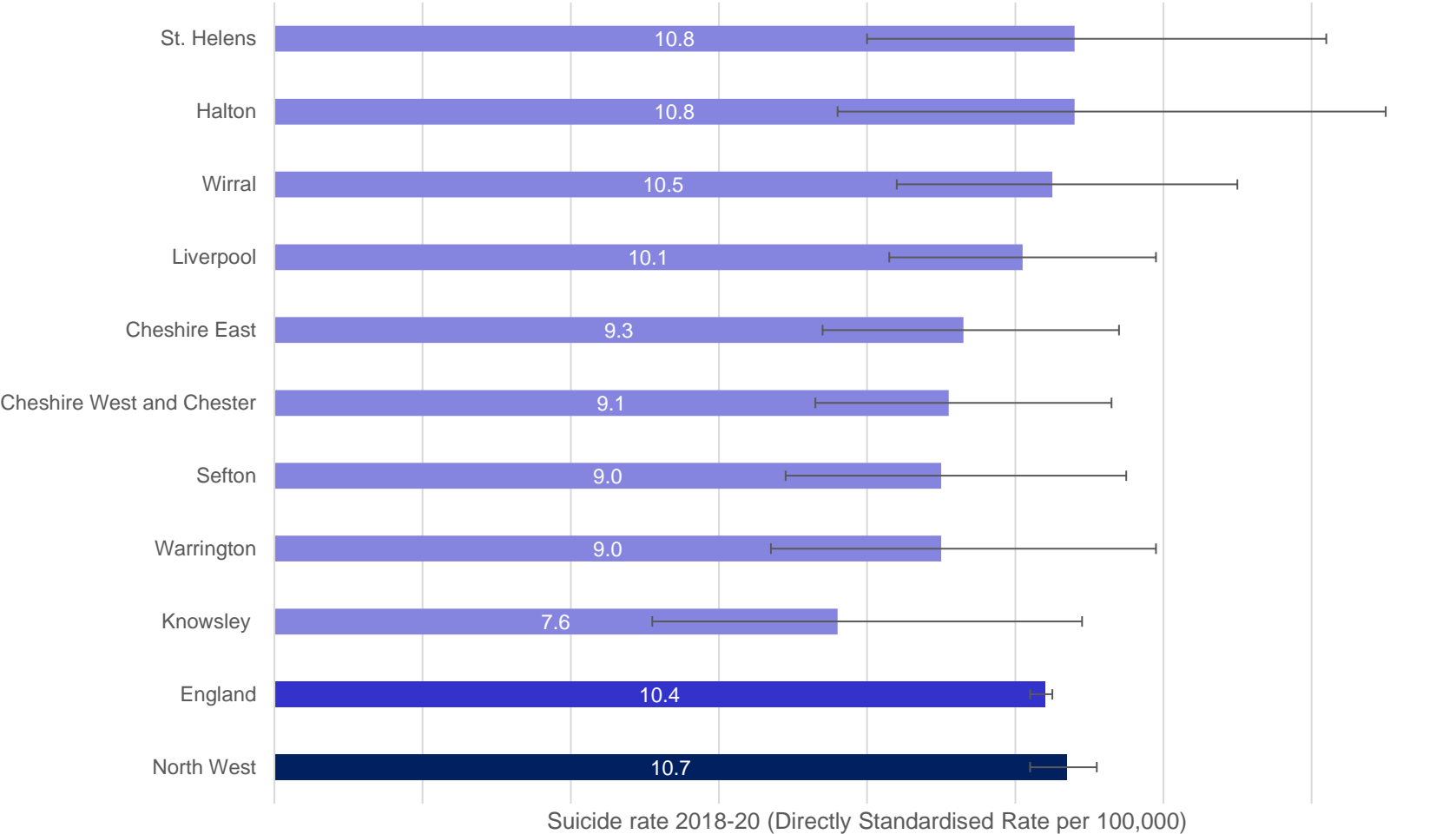
# 3 year rates of Suicide and Injury Undetermined deaths in Cheshire and Merseyside (2011-13 to 2017-19)



Rates estimated for Cheshire and Mersey for 2018-20



# Rates of death by suicide/UI across Cheshire and Merseyside (2018-20)



Suicide rate 2018-20 (Directly Standardised Rate per 100,000)

# 2020 ONS compared with 2020 Real Time Surveillance & early 2021 findings

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- Impact of COVID-19 not felt universally across the system in relation to suspected suicides
- Delays in coroner conclusions are some of the explanation of lower ONS numbers in 2020 however; Cheshire East and Warrington numbers for suspected suicides on RTSS quite a bit higher than ONS data
- 2021 data has been problematic and new systems are being developed but early indications suggest increases in areas particularly in Merseyside
- More analysis will be completed to look at age, sex, method

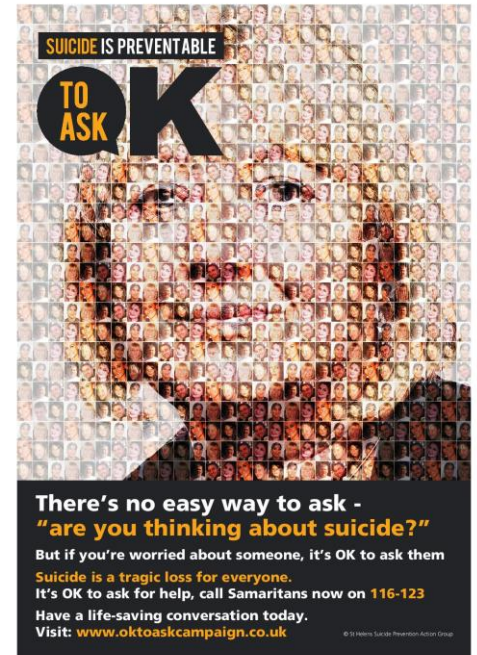


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# RTS data for St Helens

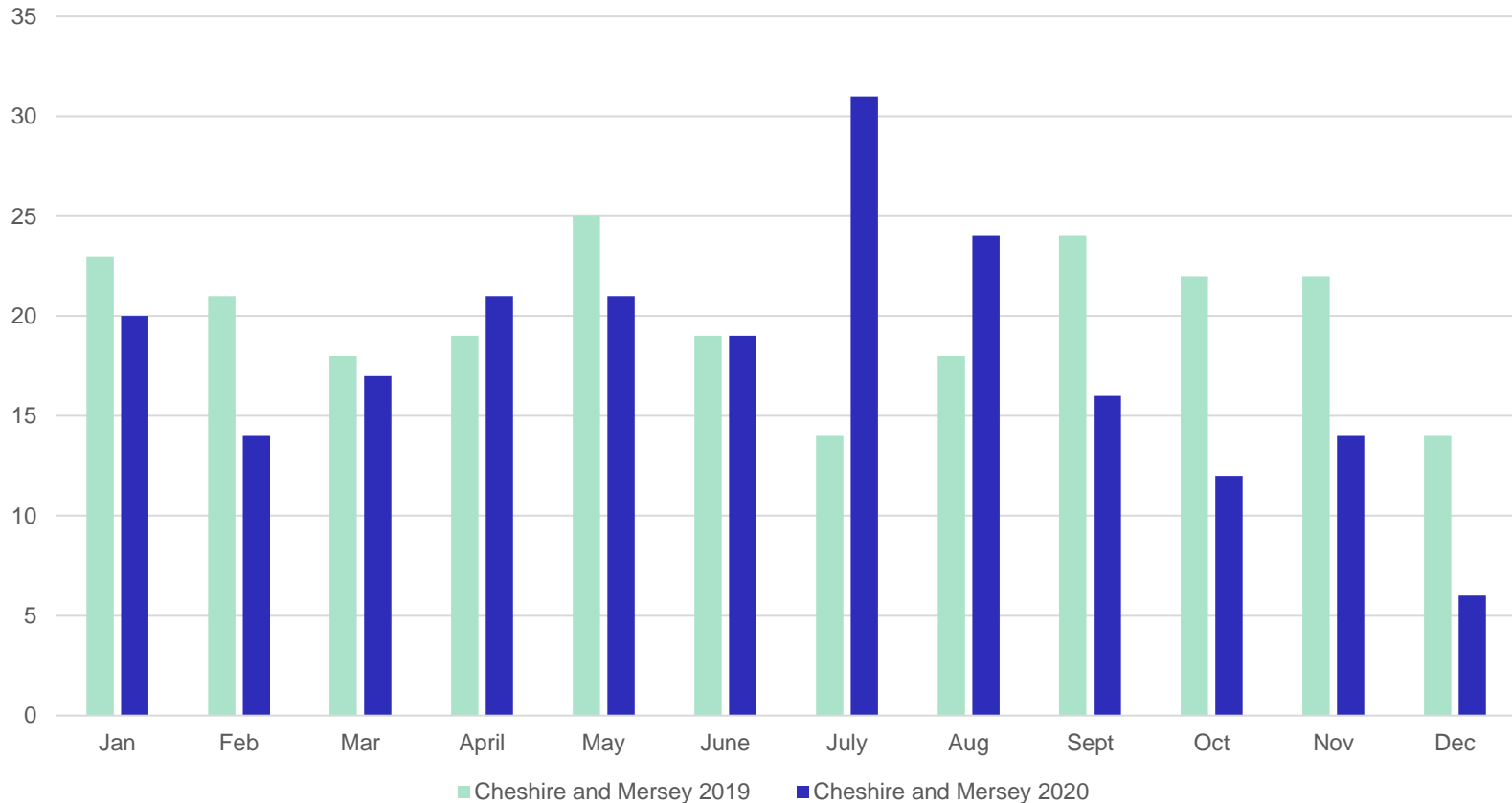
- 87 deaths from 1<sup>st</sup> January 2017 to 30<sup>th</sup> September 2020;
- 75% were male
- 69% occurred at the last known property of residence
- 66% were aged between 26 and 55 years
- 56% were previously known to have mental health issues
- 50% were unemployed at the time of death
- 43% were known to have previous suicide attempts or self harm
- hanging, suffocation or strangulation was the most common method, the second was poisoning



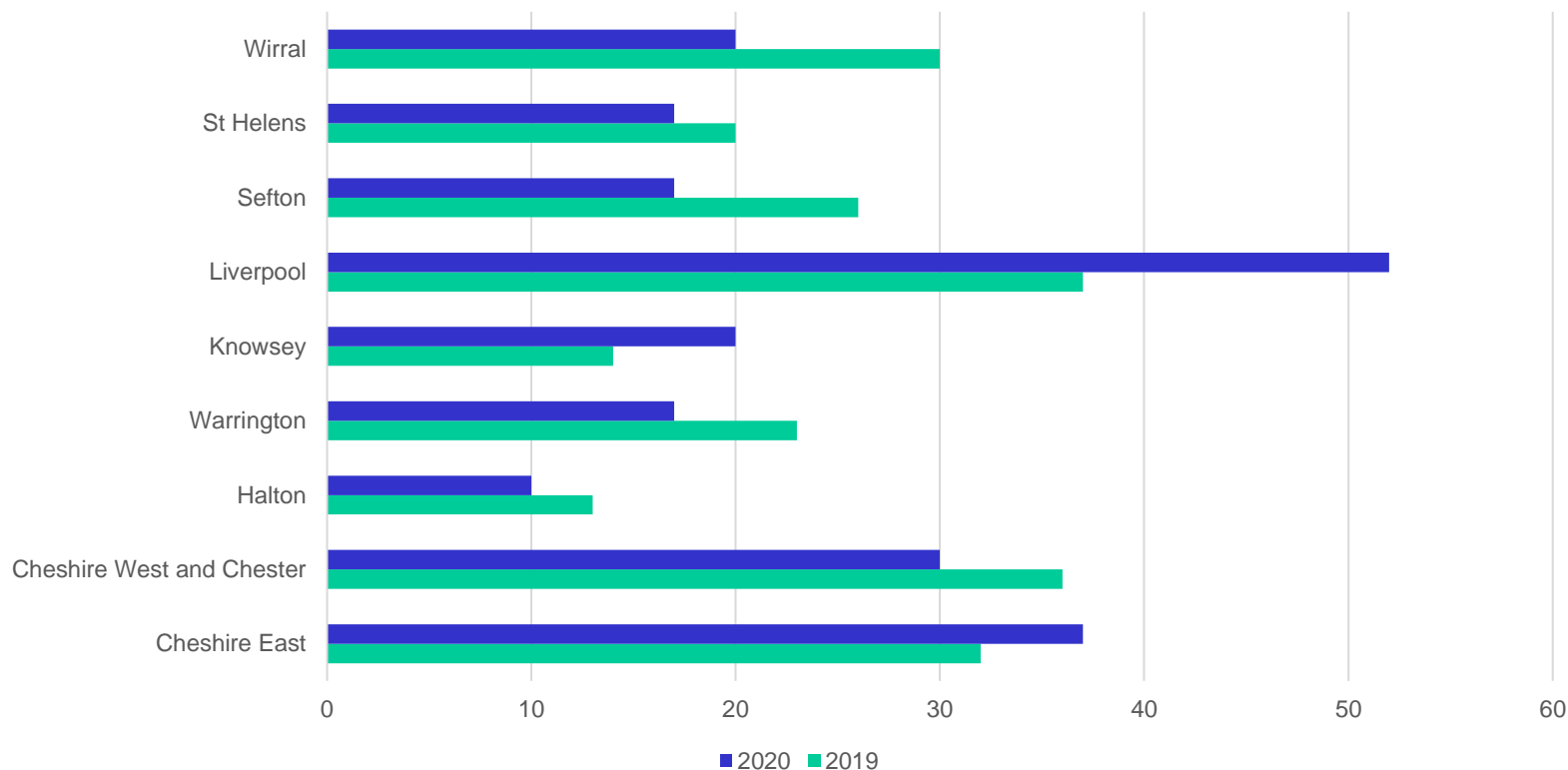


# Cheshire and Merseyside real time surveillance cases by month 2019 vs 2020

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# Cheshire and Merseyside cases by LA 2019 vs 2020



# Since 2019/20 significant developments

- Self harm practice guide and toolkit
- ‘Kind to your mind’; ‘Lets keep talking’; ‘Stay alive app’ campaigns and tools continued to be promoted
- New training programmes on board e.g. suicide first aid training; Samaritans training having difficult conversations; self-harm awareness training
- New ‘No More’ Suicide Prevention website
- Evaluation of ‘Men’s Health’ Programmes
- Dual diagnosis agreement has been signed up to by all acute and mental health trusts
- Crisis care – 24/7 crisis lines set up and text service
- Amparo suicide liaison service commissioned across all 9 LA’s

# Moving forward



- New times and new ways of working = new opportunities
- Strategy needs to be updated and an ideal opportunity to focus on what we need to do over the next 3 years
- Suicide prevention is complex and therefore needs all parts of the system agreeing and pulling in the same direction
- We have started to make a difference but how can we DRIVE this agenda forward to make C&M the best in the country and ultimately SAVE LIVES?

# Working Together to Prevent Suicide

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**PRIMARY CARE**  
**SPORTS** **FIRE AND POLICE SERVICES**  
**PAPYRUS**  
**SAMARITANS** **COLLEGES**  
**CHESHIRE & MERSEYSIDE NO MORE SUICIDE PARTNERSHIP**  
**PUBLIC HEALTH** **LIVED EXPERIENCE** **LOCAL AUTHORITIES** **CORONERS**  
**NW AMBULANCE** **CAMHS** **WORKPLACES** **CCGS** **MENTAL HEALTH TRUSTS**  
**SOBS** **AMPARO**



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