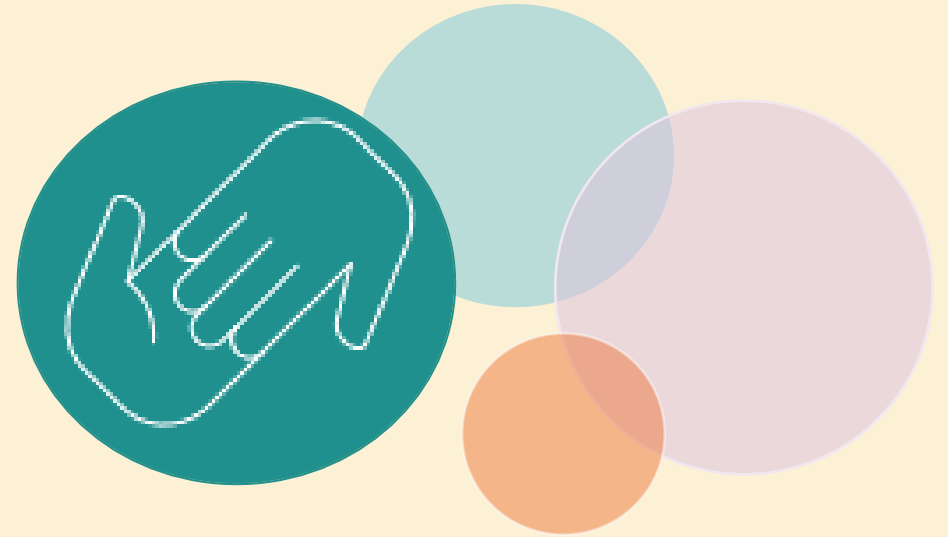


Isle of Wight Suicide Prevention Plan

2023-2028



***Ambition:** Islanders will feel assured that all partners are working together on suicide prevention and supporting those lives that are impacted by suicide*



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Introduction

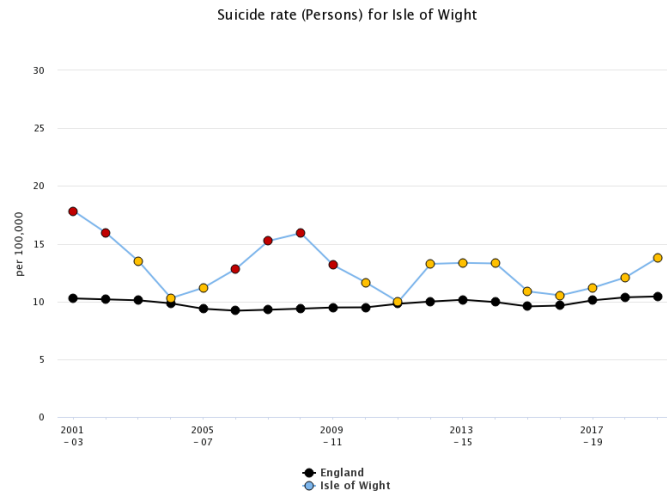
The impact of suicide on family, friends, workplaces, schools and communities can be devastating; suicide is a major issue for society and a leading cause of years of life lost.

Suicide is often the end point of a complex history of risk factors and distressing events, but there are many ways in which services, communities, individuals and society as a whole can prevent suicides.

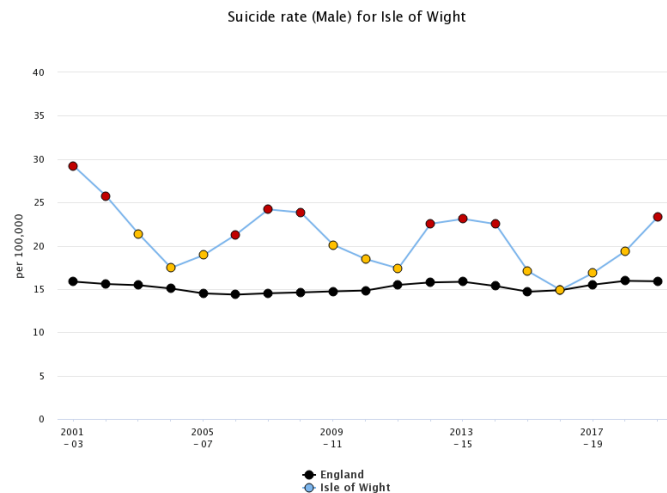
It is recognised that suicide prevention and mental wellbeing are intertwined and supporting both is essential; therefore this refreshed Isle of Wight Suicide Prevention plan is underpinned by our Mental Wellbeing Plan which was developed collaboratively with a wide range of partners.

The Mental Health and Suicide Prevention Partnership is committed to our joint aim that **Islanders will feel assured that all partners are working together on suicide prevention and support for those lives that are impacted by suicide.**

Suicide Rate (Persons) Isle of Wight



Suicide Rate (Males) Isle of Wight



Suicide Rate:

The suicide rate for the Island (2019 – 2021) is 13.8 per 100,000 (48 people) statistically similar to national average 10.4 per 100,000. The trend has been quite constant for the last few periods.

When looking at the male and female split we can see that the rate for males is now statistically significantly higher than the national average 23.3 per 100,000 (39 men) national average 15.9 per 100,000 (2019 – 2021).

Locally, 81% of those lives lost by suicide in this period (2019 – 2021) were male.

Emergency hospital admissions for intentional self-harm:

The Island's rate for intentional self harm is 279.3 per 100,000 (2021/22) statistically significantly higher than national average 163.9 per 100,000. This requires further understanding with regards to admissions policy and out of hours cover.

Background

The Isle of Wight Mental Wellbeing Plan 2023 to 2028 sets out our vision for how we can improve our own and others' mental wellbeing across the Island. The strategy identifies suicide prevention as an area for focused attention, setting out our ambition to work in partnership to prevent suicide and support those lives impacted by suicide. Actions from the Mental Wellbeing Plan which support this priority are as follows:

- 1. Partnership Working:** Islanders will live, work and thrive on a unique island where partners are committed to working together and differently to ensure positive improvements to mental wellbeing are made.
- 2. Building Resilience:** Islanders will benefit from the positive aspects of being part of their community and know where to access information and support to build both individual and community resilience.
- 3. Reducing stigma and discrimination:** Islanders will be comfortable talking about their mental health and wellbeing and be able to challenge prejudice around poor mental health.
- 4. Suicide prevention:** Islanders will feel assured that all partners are working together on suicide prevention and supporting those lives that are impacted by suicide.
- 5. Reducing inequalities and wider determinants:** Islanders will experience positive mental wellbeing, irrespective of their background, where they live or their life circumstances and value their mental wellbeing alongside their physical health

The main mechanism for coordinating and implementing these actions is through the development and implementation of a Suicide Prevention Action Plan for the Island

Background

In addition to our local strategy, the national [Preventing Suicide in England Outcomes Strategy](#) has the overall aim of reducing the suicide rate in the general population in England. It identifies six key areas of work that local suicide prevention plans should address:

Six Areas for Action Nationally and Locally:

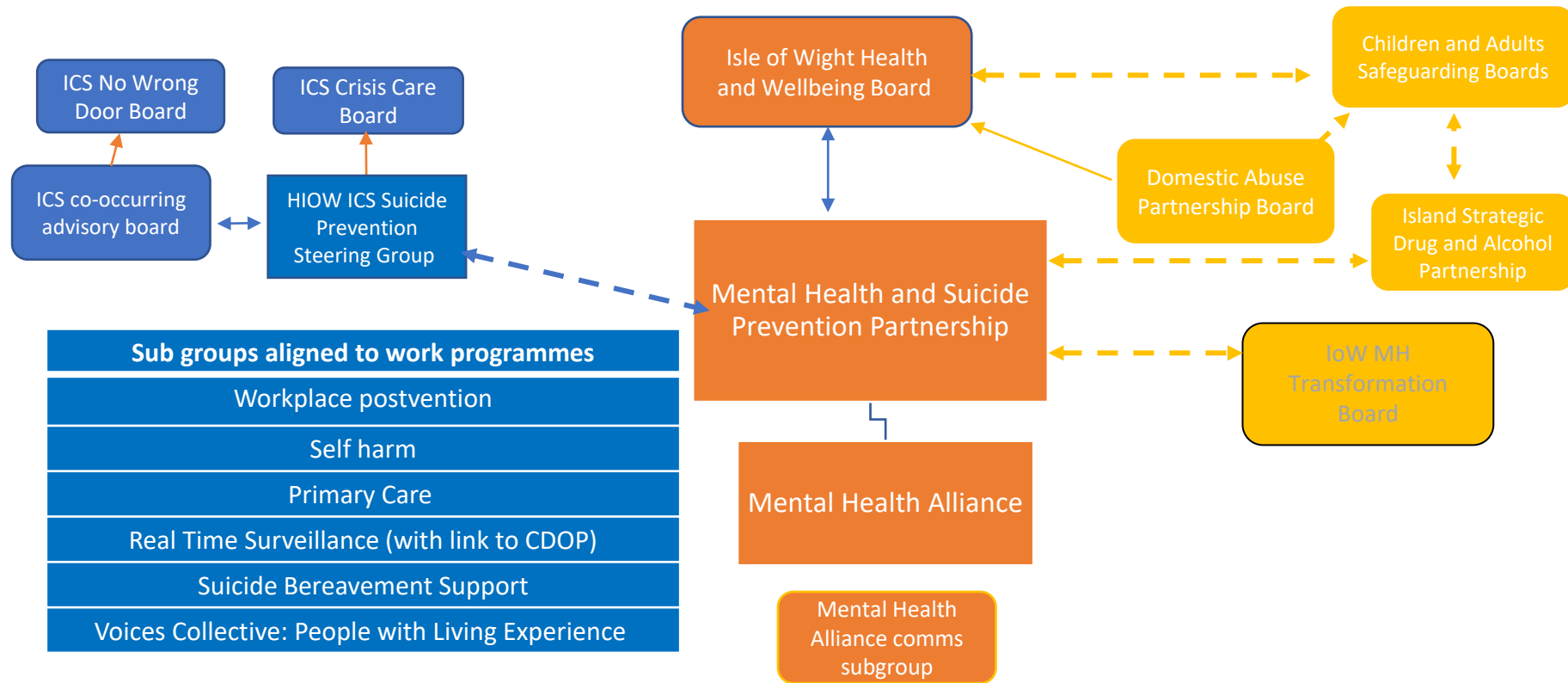
1. Reduce the risk of suicide in key high-risk groups
2. Tailor approaches to improve mental health in specific groups
3. Reduce access to the means of suicide
4. Provide better information and support to those bereaved or affected by suicide
5. Support the media in delivering sensitive approaches to suicide and suicidal behaviour
6. Support research, data collection and monitoring

This strategy also outlines the responsibilities of local public health teams for developing local all-age suicide prevention action plans and for hosting multi-agency suicide prevention partnerships.

A revised National Strategy is due in summer 2023. The approach for the Island outlined in this document will be reviewed and amended accordingly.

Governance

The Isle of Wight Mental Health and Suicide Prevention Partnership is integral to the monitoring of suicide prevention actions across the Island.



Our progress so far...

Since the publication of the [Isle of Wight Suicide Prevention Strategy 2018-2021](#), mental health, wellbeing and suicide prevention have been a focus of the Mental Health and Suicide Prevention Partnership with represented organisations working together to coordinate the Island's approach to suicide prevention and early intervention. Below outlines some of the achievements over the last four years, in partnership with the ICS.

Work in partnership to roll out a Local Real Time Surveillance System to strengthen our ability to respond to suspected suicides in a timely manner.

Jointly commissioned Amparo Suicide Bereavement Support Service. Amparo provide practical & emotional support for anyone (all ages) recently or historically affected by suicide.



Mental wellbeing communications plan developed and rolled out, promoting self help, raising awareness of support available and reducing stigma

Strengthened networks and partnership working through the Mental Health and Suicide Prevention Partnership and Mental Health Alliance to promote mental wellbeing, share best practice, provide networking opportunities and link up of services

Work with schools through the PEACH programme (Partnership for education, attainment and childrens health) to raise awareness of mental and physical wellbeing for children, young people and staff; emphasising a whole school ethos of support, including development of a postvention protocol

Workforce Development: the commissioning of free training on mental health first aid, suicide prevention first aid and mental wellbeing for all partners

Guiding Principles

To achieve our vision that *Islanders will feel assured that all partners are working together on suicide prevention and supporting those lives that are impacted by suicide*, we have identified 5 guiding principles that will underpin all actions. These principles compliment those outlined within the Isle of Wight Mental Wellbeing Strategy and national actions .

- 1. Living experiences:** Actions will be co-designed and developed alongside people with living experience.
- 2. Adopt a lifecourse approach:** Consider how all ages and key transitions are managed and supported by actions.
- 3. Partnership Working:** Partners recognise their roles and responsibilities in implementing actions identified within this plan; working closely across the suicide prevention and mental wellbeing arena.
- 4. Data-led decision making:** Actions must make best use of available insight, intelligence and evidence to maximise effectiveness.
- 5. Language:** All partners and actions promote appropriate and de-stigmatising language when discussing suicide and suicidality.
- 6. Positive mental and physical wellbeing is part of suicide prevention:** work in a trauma informed way, recognising the whole person.



Areas for Action

The following actions are proposed as key actions for the Suicide Prevention Action Plan on the Island:

1. Increase awareness and understanding of the wider determinants that influence suicidality.
2. Tailor approaches to suicide prevention for particular groups and be informed through insights
3. Early intervention and prevention approach through training offer and promotion of mental wellbeing and support available
4. Reduce access of means to suicide by promoting suicide safer communities.
5. Ensure appropriate and sensitive communications of suicide and suicidality across all sectors on the Isle of Wight.
6. Work in partnership to provide the 'right support' at the 'right time' for those individuals and communities affected by a suspected suicide death.
7. Improve research, data sharing and monitoring.

Timescales, Monitoring & Reviewing

TIMESCALES

The following slides provide high-level summary of our proposed actions over the lifetime of this plan. Mirroring the Isle of Wight Mental Wellbeing Plan, actions are grouped into two groups **Now** and **Next**.

- **Now** actions are those that the Mental Health and Suicide Prevention Partnership is committed to delivering by June 2024.
- **Next** actions are those that will be completed within the lifetime of this action plan, but will not commence until 2024 and/or beyond.

MONITORING

The Mental Health and Suicide Prevention Partnership will monitor progress and risks on a bi-annual basis. An annual update will also be taken to the Isle of Wight Health and Wellbeing board.

An approach to evaluation of actions will be agreed with the Mental Health and Suicide Prevention Partnership in July 2023.

REVIEWING

National and local suicide prevention priorities are rapidly changing. Therefore, an iterative approach to action implementation and development is needed.

We expect that a review of key actions will be required following the publication of the revised national strategy (expected Summer 2023).

In the medium/long-term, actions will be reviewed on an annual basis to determine key actions for the upcoming year.

1. Increase awareness and understanding of the wider determinants that influence suicidality

Suicidal behaviours are shaped by the social, economic, and physical environments in which we live. In recent years, the impact of financial stress, poor housing, and social isolation on mental ill health and suicidality has been well documented. Effective suicide prevention strategies have a role to play in increasing awareness and advocating for policy and practice changes which allow for earlier intervention and prevention of suicide.

Area	Action	Outputs	Timescales
Training	<p>Roll out of suicide prevention training and mental wellbeing training to wider workforce to ensure the 'Making Every Contact Count' ethos is embedded</p> <p>Workforce training to link up social and economic factors and mental health and suicidality</p>	<p>Numbers trained and organisations represented</p> <p>Money and mental health training commissioned and numbers trained</p>	<p>Now</p> <p>Next</p>
Trauma informed	Support the roll out of trauma informed practice and psychologically informed environments (PIE) across the Isle of Wight Council, working with housing and the homelessness service	PIE self assessment tool completion and learning	Now
Co-occurring conditions and working with most vulnerable	Whole person approach to delivering support that includes joined up service provision	<p>Increase in those with MH need in treatment accessing MH services</p> <p>Effective quality transition of care from prison / probation</p>	Next

2. Tailor approaches to suicide prevention for particular groups and be informed through insights

While everyone is at risk of suicide, that risk is not distributed equally amongst the population. The [2023 NCISH Annual Report \(2010-2020\)](#) highlights some of the population cohorts at greatest risk of suicide and suicide intent in England. Locally, data is used to identify trends amongst particular groups. We will use a combination of local and national insight and intelligence to target interventions at those with the greatest need.

Area	Action	Outputs	Timescales
Data led	Use available data and intelligence to identify which particular groups to focus interventions and support	Potential for projects with representatives to support in mental wellbeing and promotion of support available	Now
Partnership working to protect the most vulnerable	<p>Work with Probation, substance misuse recovery services, domestic abuse services, adults and childrens services, ICB and the voluntary and community sector to ensure mental wellbeing and suicide prevention are incorporated in plans</p> <p>Work in partnership with schools and other key partners to support young people who are self-harming, or at high risk such as children in care and care leavers, those who have low mental wellbeing or suicide ideation to learn positive coping skills and know where to go for support.</p>	<p>Cooccurring conditions pathway Domestic abuse support pathway Increase in percentage people in probation known to support services</p> <p>PEACH Increase in reported wellbeing Increase in reported knowledge of services</p>	Next
Insights and intelligence	Undertake projects to understand local vulnerable groups through the Mental Health Alliance and from people with lived experience	Tailored communications messaging and promotion of support informed by insights	Next

3. Early intervention and prevention approach through training offer and promotion of mental wellbeing and support available

We know the link between physical and mental wellbeing is strong and that positive physical and mental health supports in preventing suicide. However, Insights tell us that people are still unaware of where to go for support, stigma is still a barrier in accessing support and knowledge on self help and positive coping mechanisms is limited.

Area	Action	Outputs	Timescales
Comms	Improved communications and messaging promoting physical and mental health and wellbeing, including promotion of 5 ways to wellbeing and positive coping mechanisms for self care.	Clicks through on islefindit website Clicks through on iwmentalhealth hub website Organisations using 5 ways to wellbeing branding	Now
Training	Roll out of suicide prevention training and mental wellbeing training to wider workforce	Numbers trained in suicide prevention training and mental wellbeing training. Outcome: IWC staff and partner agencies will have knowledge on promotion of positive coping mechanisms, how to have conversations about mental wellbeing and suicide prevention and where to signpost people for support.	Now
Insights Project	Work with the third sector, vulnerable groups and those with lived/living experience to better understand barriers to accessing support and how to overcome them. Based on insights - roll out of 5 Ways to wellbeing branding and information to link physical and mental health	Delivery of targeted comms and increased awareness of support available Increased recognition of 5 ways to wellbeing and use of services promoting this	Next Next

4. Reduce access of means to suicide by promoting suicide safer communities

Reducing access to suicide means is an important component of suicide prevention. The effectiveness of restricting the availability of pharmaceuticals and chemicals, and restricting access to heights and train stations on suicide rates, has been well documented. The National Institute of Health and Care Excellence published an [evidence review](#) (2018) on soft and hard measures aimed at reducing access of means. It highlights key actions that can be taken both nationally and locally. Local insight into lethal suicide methods will also be used to inform priority actions.

Area	Action	Outputs	Timescales
Data led	Use updated analysis of available data and intelligence to inform reduction of access to means	To be identified at a later stage.	Next
Partnership working to reduce access to means	Work with the Coastguard, custodians of the cliffs, licensing, substance misuse services and third sector partners to reduce access and increase awareness of risks	Reduction in underage sale of alcohol	Now
Online Harms	As a proposed theme within the revised national strategy, specific actions will be identified/taken once further guidance is provided	Promotion of R:pple	Next

5. Ensure appropriate and sensitive communications of suicide and suicidality across all sectors on the Isle of Wight

The topic of suicide should be approached with care and compassion. Irrespective of context (engaging in dialogue, talking to someone with living experience, or writing about the issue in a professional setting) it's important we remain mindful of our language to avoid reinforcing the stigma that prevents people from seeking help. It's also important that frontline staff, volunteers, and members of the public feel confident and equipped to intervene and signpost people to the right support, if they are concerned that someone may be at risk of suicide.

Area	Action	Outputs	Timescales
Communications plan	Have a partnership co-ordinated mental health communications plan which regularly focuses on suicide prevention e.g. marking suicide awareness days, promoting support, reducing stigma and working with partners to gain insight	Increased awareness of support available Reduced stigma and increased reporting of confidence talking about mental ill-health and suicide prevention	Now
Workforce Development	Commissioning of mental wellbeing training and suicide prevention training and promotion to wider workforce	Numbers attending training Number of organisations represented Competent workforce equipped with skills to talk about suicide and suicidality and refer appropriately to services.	Now
Local Media	Work with media through awareness raising and training to ensure the importance of language is recognised with ethical and safe reporting of matters around suicide	Responsible and sensitive reporting on suspected suicide or suicide incident locally which consistently signposts to support.	Next

6. Work in partnership to provide the ‘right support’ at the ‘right time’ for those individuals and communities affected by a suspected suicide death

When someone dies by suspected suicide there is an immediate and often devastating effect on the people around them. Suicide has a ripple effect on the community and those affected are 65% more likely to attempt suicide themselves. As a result, providing guidance and support for those navigating this complex grieving process is an important aspect of local suicide prevention plans.

Area	Action	Outputs	Timescales
Education Postvention Protocol	Work with partners to refresh existing postvention protocol & promote new postvention protocol	Increased confidence amongst professionals of the postvention process; process followed where required. Suicide prevention & postvention policy to be included within annual school safeguarding audit	Now
Amparo Bereavement Support Service	Continue to promote and signpost to Amparo support service	Improved pathways of support for people bereaved by suicide: increased awareness and uptake of Amparo service for those that need it.	Now
Workplace Postvention & Suicide Prevention Safety Plans	Work with partners to provide postvention framework for workplaces where identified as need	Number of organisations with suicide prevention and postvention protocol	Next
Data led	Use of data, including through the Real Time Surveillance System (RTSS) to improve prevention and postvention response	Data led plans and actions	Now

7. Improve Research, Data Collection, and Monitoring

A local suicide audit provides us with valuable insight into local needs. Since 2019, the Real Time Surveillance System has allowed us to identify potential suicide contagions and clusters in a timely manner; improving our ability to provide an appropriate, joined-up postvention response. Ongoing work is needed to enhance our understanding of the patterns of suicide, self-harm, and serious suicide attempts.

Area	Action	Outputs	Timescales
Data sharing	Partners on the Mental Health and Suicide Prevention Partnership agree to share data to inform prevention such as ambulance and A&E attendances where appropriate	Identify emerging patterns and priorities for future suicide prevention action across the system.	Next
Real Time Surveillance System (RTSS)	Embed and expand the multi-agency HIOW Real Time Surveillance (RTS) of suspected suicides to ensure timely prevention, postvention and ongoing surveillance takes place	Increase in active partners in Real Time Surveillance Working Group (RTS WG) Identification of Suicide Cluster Response Plan, individual by each partner All partners are aware of children and young people postvention response for an individual suspected suicide	Now
Insights	Develop projects to listen to vulnerable groups and those with living experience to inform prevention and effective comms	Better informed delivery and more effective comms	Next

