



Action Plan for Reducing Deaths from Suicide in Birmingham

April 2018

Mental Health System Strategy Board

Suicide Reducing Deaths from Suicide in Birmingham

Suicide is a tragic event and is usually in response to a crisis. In Birmingham 70 people every year take their own lives. Over two thirds of these events occur in people not known to mental health services although often people around them, for

number of system changes are required to make a real difference in the short term. These are:

Developing local intelligence to understand system weaknesses and current high risk groups

Learning from events and especially families and communities about the event

Ensuring that known system deficits are addressed

Progressing different approaches to early intervention and prevention

In addition we need better communication with families and between professionals, partners as well as the media.

We need to grasp major opportunities which present themselves to achieve this reduction.

1. The first is technology - for improving communication, providing another choice in talking to at risk people, promoting treatment completion, better analysis of data etc.
2. t a national, regional and local level. This will undoubtedly affect the stigma associated with severe and mild mental illness and also suicide.
3. The third is the rapid emergence of evidence relating to the effects of and identifying Adverse Childhood Experiences (ACE) as a key early intervention as well as preventative approach.

Our local approach is themed into the following:

Reducing the risk of suicide in high risk groups

Especially in the immediate period after intensive support, explaining our decisions regarding risk to patients, family members and other professionals and that linked strategies recognise crisis.

Tailor approaches to improve mental health in specific groups

We need to learn from tragic events and particularly the circumstances and context before the event. We also need to learn from certain particular circumstances such as those released from prisons and also young people.

Reduce access to the means of suicide

We need to ensure that family and friends help in reducing the risk to an individual. We have

are identified and supported, especially those in crisis. We need to work with others on the various causes (such as domestic violence, bullying etc.) especially schools. The voluntary sector may be able to show novel methods to achieve this.

Implementation

Tackling suicide requires major change at organisational and individual levels.

In order to deliver the first phase we propose to develop 4 key Task and Finish groups:

1. Operational
2. User
3. Communications
4. Intelligence

They will drive forward the actions in the plan. They will be accountable to a small

	Issue	Action	Detail	Who	Timescale
	Examples include housing and employment services.				
4	Certain individuals are high risk because of use of medication etc. We need to develop appropriate systems in Primary				

Issue

Action

Detail

Who

Timescale

	Issue	Action	Detail	Who	Timescale
Provide better information and support to those bereaved or affected by suicide					
12	Too many are adversely affected by suicide, especially close family and friends. There is a need to change our approach to supporting these groups as a means of reducing future events	Develop and co-produce new approaches to learning from families and communities after a suicide	Consider different methods to working with families and communities. A variety of options should be considered probably run by third sector organisations	T&F User	<i>Aug 2018</i>
13	We rely on traditional communication methods. We need to consider different approaches which relate to those used by most of the population	Develop and co-produce different communication channels with families, communities	Consider different methods of communication	T&F Comms	<i>Sept 2018</i>

	Issue	Action	Detail	Who	Timescale
Support research, data collection and monitoring					
17	There are other source of information develop intelligence	Develop new intelligence at a local level	Work with the coroner to develop frequent information relating to suicide	T&F Intelligence	