



Lincolnshire Suicide Prevention Conference

Wednesday 4th September 2024



Welcome

Cllr Wendy Bowkett

Angela Samata

Postvention: Vital To Prevention

Thank you

@Angelasamata

BBC: Life After Suicide
Suicide Bereavement UK

one Life After Suicide

Home Clips Information and Support



TEDx

Preventing Suicide: 15 minutes, 6 words & the power of postvention

Suicide Prevention in Lincolnshire

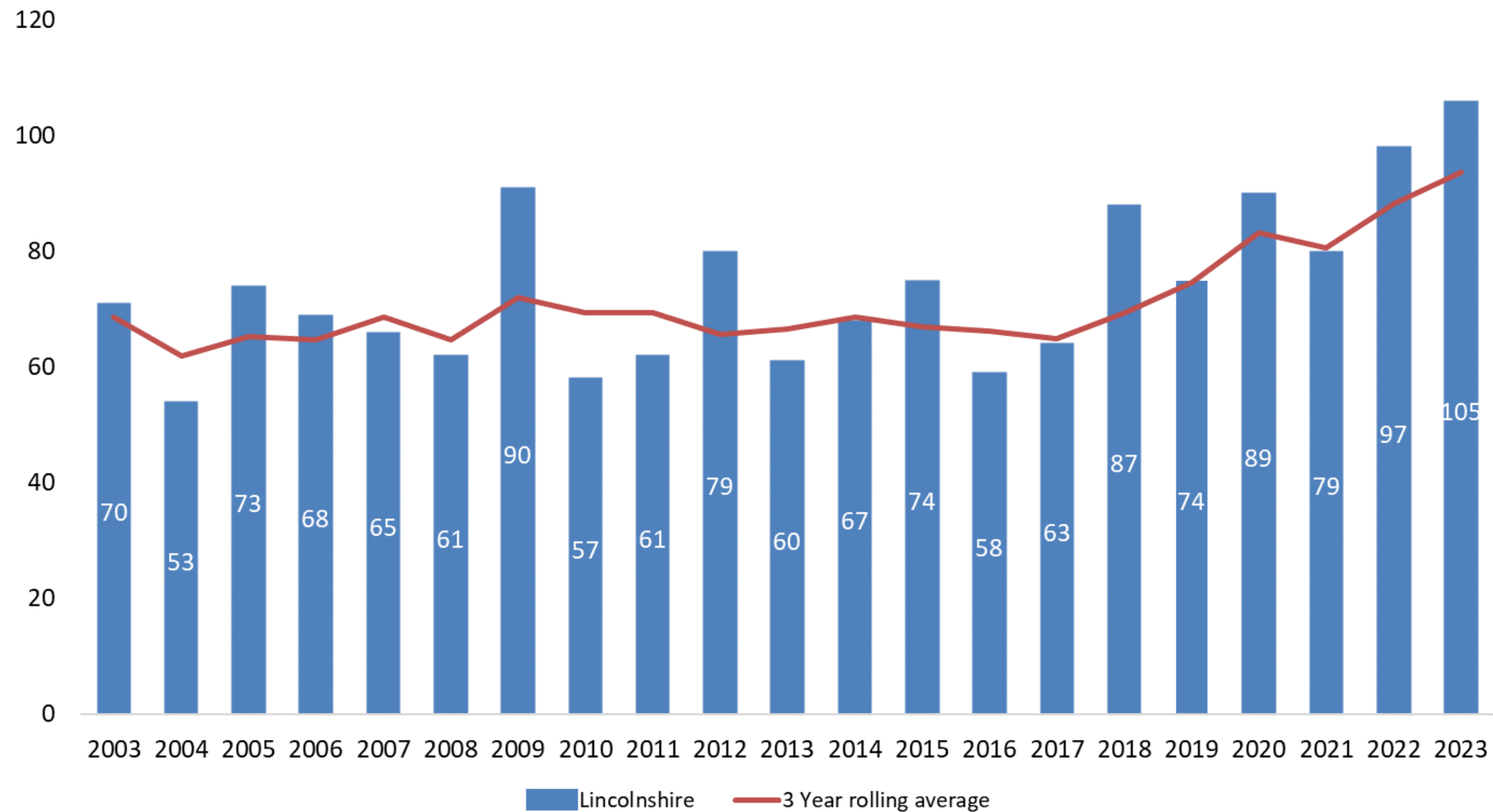
Lucy Gavens

Consultant in Public Health; Chair of the Lincolnshire Suicide Prevention
Steering Group



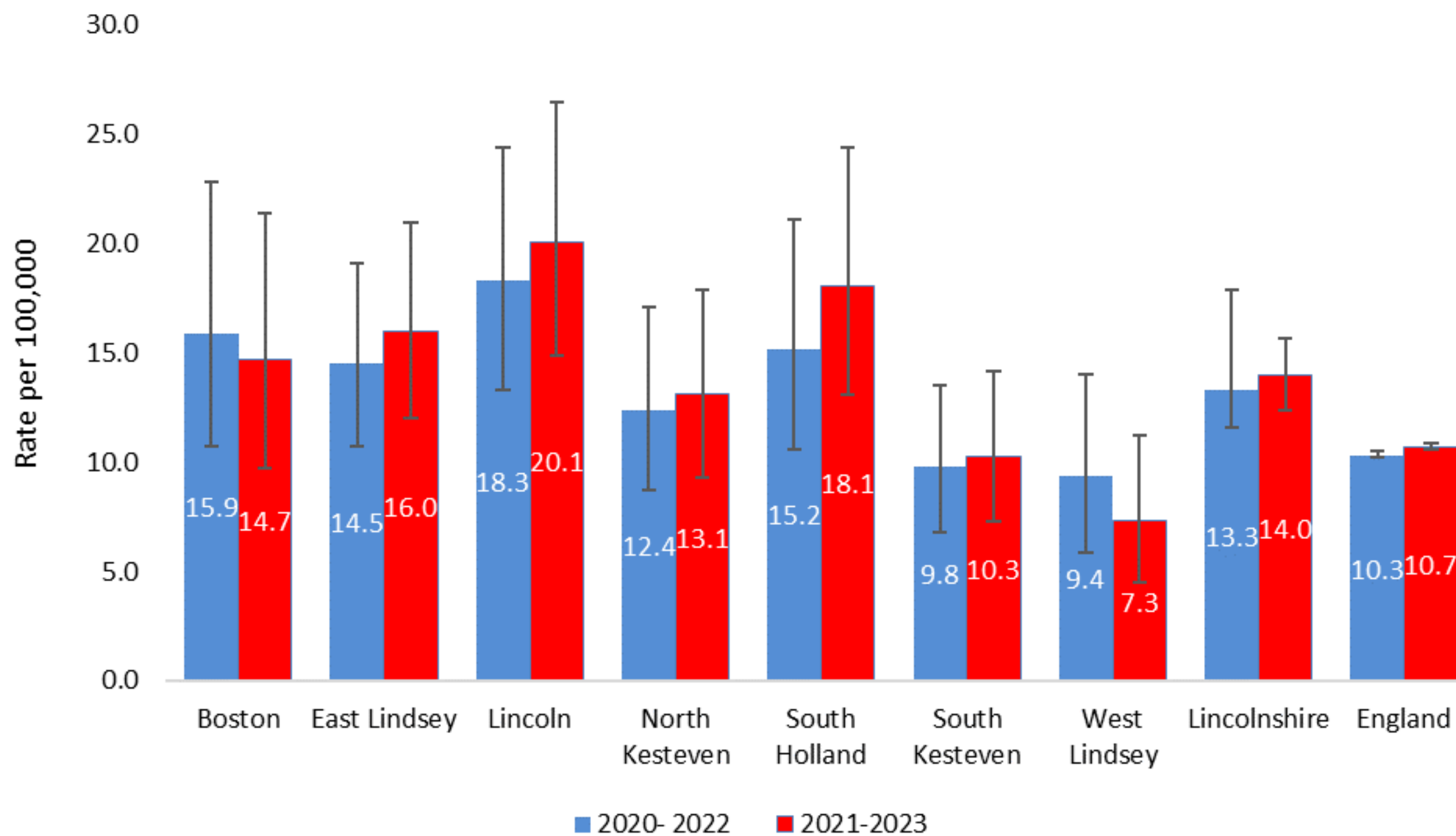
Who is dying by suicide in Lincolnshire?

Number of deaths due to suicide in Lincolnshire, single year, and three-year averages, 2003-2023




















Source: [Suicides in England and Wales by local authority - Office for National Statistics \(ons.gov.uk\)](https://ons.gov.uk)

Mortality rates due to suicide in Lincolnshire's Districts, 2020-22 to 2021-23

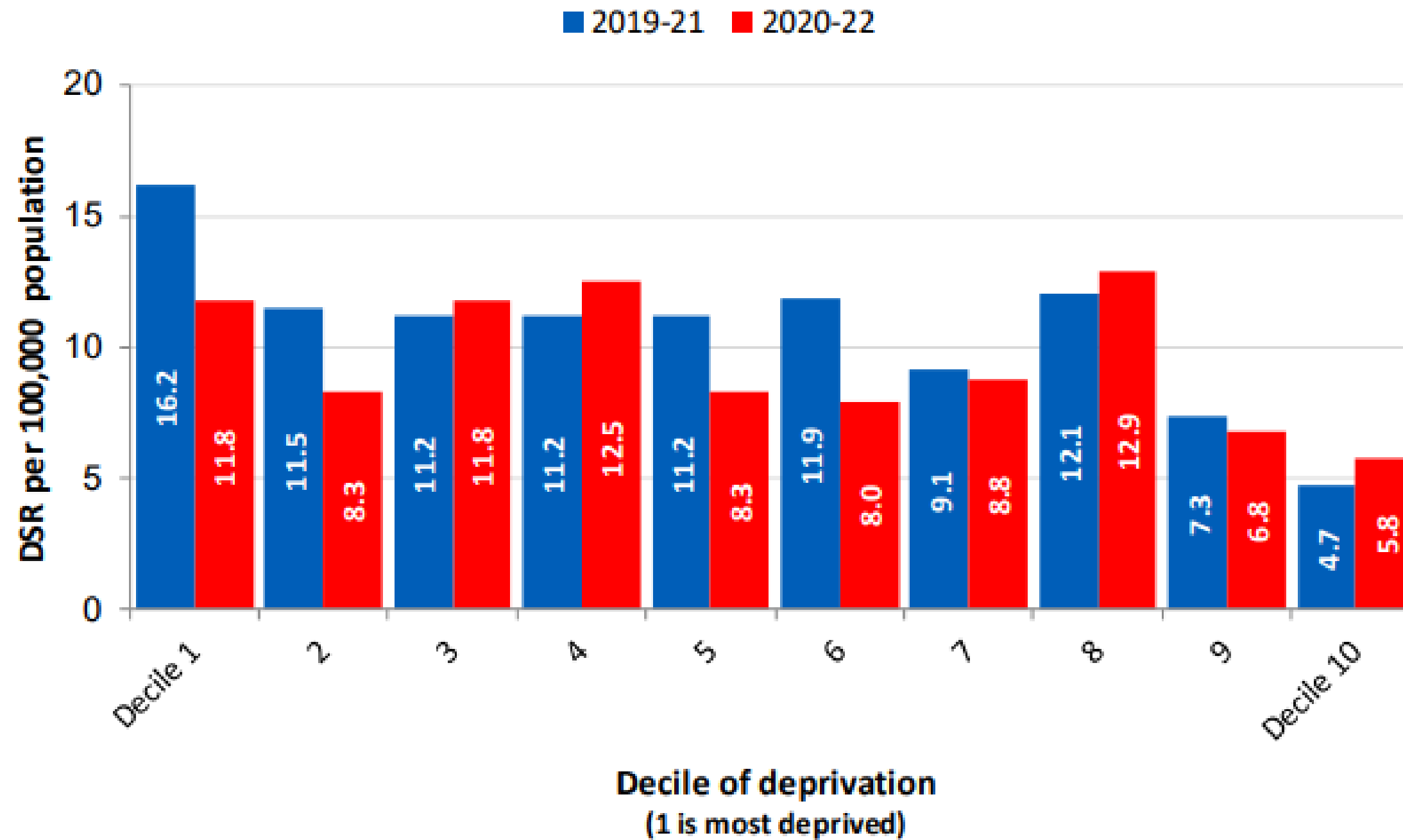


Suicide rate (persons, 10+ yrs) 2020-2022 Directly standardized rate per 100,000

Area ▲▼	Recent Trend	Neighbour Rank ▲▼	Count ▲▼	Value ▲▼		95% Lower CI	95% Upper CI
England	-	-	15,415	10.3		10.2	10.5
Neighbours average	-	-	-	-		-	-
Cumbria	-	13	210	16.3		14.0	18.5
Worcestershire	-	5	212	13.5		11.6	15.3
Lincolnshire	-	-	265	13.3		11.7	14.9
Devon	-	12	277	13.0		11.5	14.6
Somerset Cty	-	6	191	12.7		10.9	14.6
Lancashire	-	10	403	12.5		11.3	13.8
Derbyshire	-	7	250	12.0		10.5	13.5
East Sussex	-	8	168	11.6		9.8	13.3
Staffordshire	-	4	259	11.1		9.8	12.5
Suffolk	-	2	225	11.1		9.6	12.6
Warwickshire	-	9	170	10.8		9.1	12.4
Gloucestershire	-	11	184	10.7		9.2	12.3
Norfolk	-	1	259	10.6		9.3	11.9
Nottinghamshire	-	3	218	10.0		8.7	11.3
Leicestershire	-	15	172	9.2		7.8	10.5
Essex	-	14	345	8.8		7.8	9.7

Source: Office for National Statistics

Direct standardised mortality rates due to suicide in Lincolnshire, by deprivation (IMD 2019), 2019-21 to 2020-22





Understanding the characteristics of suicide in Lincolnshire (Coroners data 2020-2022)

- 75% of deaths were in males
- The most common age band was 30-39 for males and 40-49 for females
- 40% of people who died by suicide had made a previous suicide attempt
- 16% had a bereavement considered to be a contributory factor
- 48% were single at the time of death, and 41% lived alone
- 68% of people had a record of mental ill health, and 37% were in contact with mental health services in the year prior to death
- 21% had a record of drug or alcohol related problems



Top 5 risk factors 2020-2022, by age

	Aged 10-29	Aged 30-59	Aged 60+
1	Mental Ill Health	Mental Ill Health	Mental Ill Health
2	Known Suicidal Tendencies	Known Suicidal Tendencies	Health concerns
3	Drug Misuse	Previous suicide attempt	Known Suicidal Tendencies
4	Previous suicide Attempt	Health concerns	Previous suicide attempt Bereavement - Alcohol
5	Family/Relationship Issue	Family/Relationship issues	Misuse



Attempted suicide in Lincolnshire (Oct 2022-Sept 2023)

- 1,103 people in Lincolnshire have attempted suicide in this 1 year period (150/100,000)
- 59% of people who attempted suicide in the last year were female
- Significant variation by PCN: the highest is First Coastal at 493/100,000 and the lowest is Four Counties at 66/100,000
- 28% had also reported suicidal ideation
- 71% also have a mental health flag (compared to 31% in the total popⁿ)
- 19% are autistic people (compared to 2% in the total popⁿ)

Lincolnshire Suicide Audit 2023

If you would like to find out more,
please scan the QR code to download
the full 2023 Suicide Audit



Suicide Prevention Strategy for England; 2023-2028

The aim of the cross-government strategy is to bring everybody together around common priorities and set out actions that can be taken to:

- Reduce the suicide rate over the next 5 years – with initial reductions observed within half this time or sooner
- Improve support for people who have self-harmed
- Improve support for people bereaved by suicide

The strategy sets out over 100 actions led by government departments, the NHS, the voluntary sector and other national partners.

Suicide Prevention Strategy for England





Priority areas for action

- 1. Improving data and evidence** to ensure that effective, evidence-informed and timely interventions continue to be developed and adapted.
- 2. Tailored, targeted support to priority groups**, including those at higher risk, to ensure there is bespoke action and that interventions are effective and accessible for everyone.
- 3. Addressing common risk factors** linked to suicide at a population level to provide early intervention and tailored support.
- 4. Promoting online safety and responsible media content** to reduce harms, improve support and signposting, and provide helpful messages about suicide and self-harm.



Priority areas for action

5. **Providing effective crisis support** across sectors for those who reach crisis point.
6. **Reducing access to means and methods of suicide** where this is appropriate and necessary as an intervention to prevent suicides.
7. **Providing effective bereavement support** to those affected by suicide.
8. **Making suicide everybody's business** so that we can maximise our collective impact and support to prevent suicides.

Lincolnshire Suicide Prevention Strategy 2024-2028



Lincolnshire Suicide Prevention Strategy

2024 - 2028

Our vision

Lincolnshire is a place where there are fewer deaths from suicide; where people have hope, feel able to speak openly about suicide, and everybody receives the support they need.



Eight Strategy Commitments

We will embed **the voice of people with lived experience** in all areas of suicide prevention, intervention and postvention

We will encourage open conversations and **reduce the stigma of suicide**

We will **review the recognised characteristics and risk factors** that increase the risk of suicide and will map the current work ongoing in these areas

We will use an **evidence-based approach** to action

We will work to **reduce inequalities** across suicide prevention

We will **improve support for children and young people** who are impacted or bereaved by suicide

We will **improve support for people who have attempted suicide** and their friends and family

We will ensure that all **key organisations provide suicide prevention and postvention support** for staff & colleagues



Strategy Implementation Highlights



Communications and campaigns task & finish group



Suicide prevention webpage on H.A.Y. Lincolnshire



Lincolnshire **suicide prevention conference and network** launch



Two recovery college courses



Scoping out a **suicide intervention service** to support people in suicide crisis



Developing a framework for embedding the voice of people with lived experience in all our work

How can you help to prevent suicide?



How can you help to prevent suicide?

Suicide prevention is everyone's business. You can help by...

Completing the [Zero Suicide Alliance \(ZSA\)](#) free online training to help you see the signs, say the words and signpost to support.

Keeping up-to-date on the latest evidence on risk factors for suicide, and the local services available to support people to reduce their risk.

Contributing to our local conversation using language that supports people whilst reducing shame and stigma – helping everyone to feel able to seek support when they need it.

Joining our new Lincolnshire Suicide Prevention Network – more on this later today.

Preventing
Suicide in Lincolnshire



Thank you



Break & Networking

11:15 – 11:45

Breakout Session 1

11:45 – 12:40

Money and Mental Wellbeing (Seminar Room)

Substance Use and Suicide (Lecture Theatre)

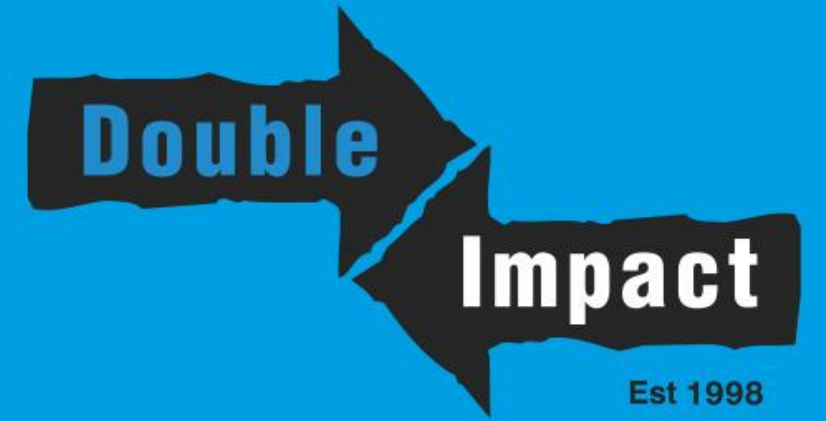
Neurodiversity + Mental Health: Increased Risk Factors (Teaching Rooms)

Lunch and Networking

12:40 – 13:30

Gambling with Lives

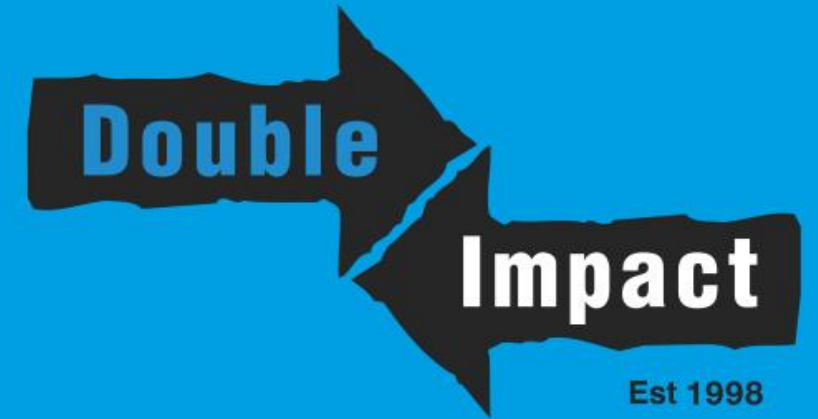
13:30 – 14:10



Time Out Gambling



Where to find the Time Out resources

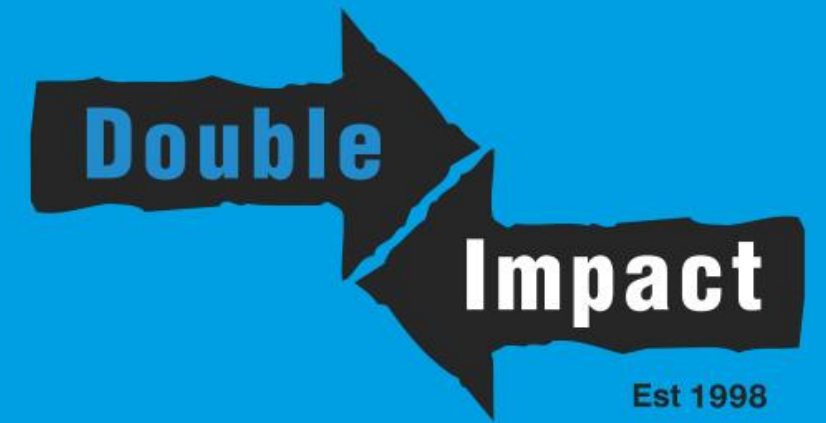


<https://www.doubleimpact.org.uk/time-out-gambling-project>

The screenshot shows the top navigation bar of the Double Impact website. It includes a 'Login to your account' link with a user icon, the Double Impact logo, and a menu with 'About us', 'How we help', 'Support us', 'News', 'Café Sobar', and 'Contact'. The main content area features a large image of two smiling men. Overlaid on the image is the text 'Recovery from Addiction' and 'Independence & Wellbeing'. At the bottom of the image are three buttons: 'Alcohol & Drug Support' (purple), 'Donate' (blue), and 'Time Out - Gambling Project' (pink). A 'We Are Here' chat icon is visible in the bottom right corner of the image area.



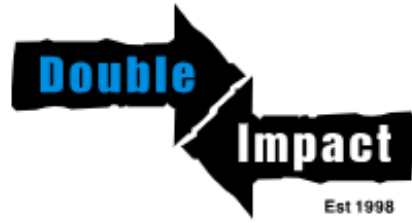
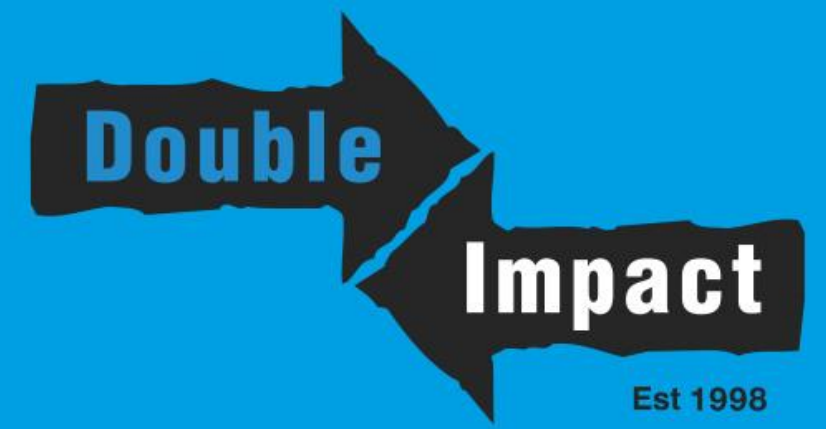
Resources



- Three sections provide comprehensive resources for individuals affected by gambling harm, people affected by someone else's gambling and professionals or referrers that may be in contact with them, including:
 - Overviews of local and national support services and how to access them
 - Debt/financial help
 - Useful tools such as apps, podcasts and gambling websites blocking software
- Made up of a series of easy-to-navigate PDF documents which you can browse, download, print or share.



Resources



[About us](#) ▼

[How we help](#) ▼

[Support us](#) ▼

Lincolnshire

Support for
Gamblers

[Click to read more](#)

Support for
Affected Others

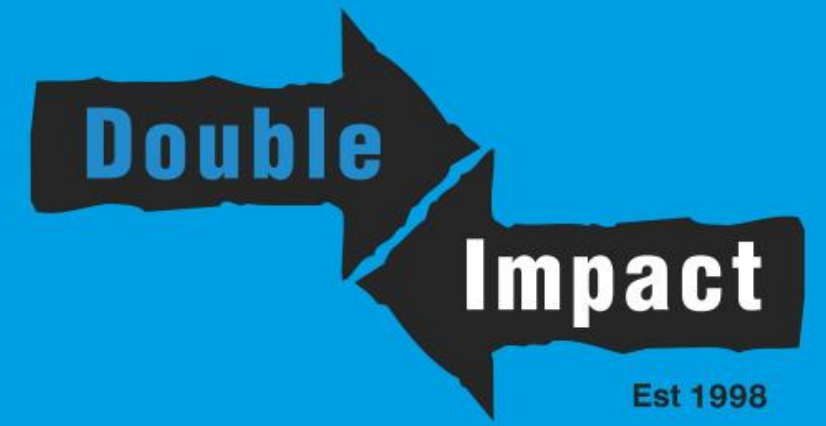
[Click to read more](#)

Information for
Referrers and
Professionals

[Click to read more](#)



Resources



Assessment and Referral Options

[Gambling Support and Treatment Referral Pathway →](#)

- [TimeOut PROFESSIONAL Referral Form Into GamCare →](#)

[Gambling Severity SHORT Screening Tool →](#)

[Gambling Severity FULL Screening Tool →](#)

[Accessing LINCOLNSHIRE Services and What to Expect →](#)

[Accessing NATIONAL Services and What to Expect →](#)

[Accessing WOMEN's Services and What to Expect →](#)

[Accessing YOUNG People's Services and What to Expect →](#)

[Useful Gambling Recovery Aids \(Blocking Software, Self-Exclusion, Managed Bank Accounts, Peer Support and Aftercare\) →](#)

[Gambling Recovery Apps and Podcasts →](#)

Breakout Session 2

14:15 – 15:00

Domestic Abuse and Suicide (Seminar Room)

Unseen Toll: The Hidden Impact of Agriculture on Suicide Risk (Lecture Theatre)

A Suicide Bereavement Journey for the Family and Community (Teaching Rooms)

Break and Networking

15:00 – 15:20

Lincolnshire Suicide Prevention Webpage and Network Launch



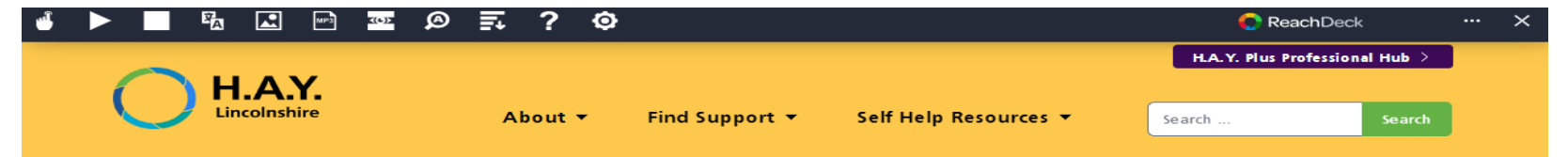


Webpage Background

- Funded through the Wave 3 Community Suicide Prevention Innovation Programme 2022/23.
- Develop a county-wide awareness campaign to:
 - Encourage open conversation about suicide and self-harm.
 - Promote access to support.
 - Promote suicide prevention training.

Purpose

- To provide a robust source of information on suicide prevention in Lincolnshire.
- To raise an awareness of the signs and symptoms associated with suicidal behaviour, and what we can all do to support the prevention of future suicides.



HAVE YOU BEEN AFFECTED BY SUICIDE?
Amparo are a free, confidential service who provide practical and emotional support to anyone in Lincolnshire affected by suicide including children and young people.
[Click here to find out more](#)



HELP SAVE A LIFE
Talking about suicide can be difficult. Free online training from Zero Suicide Alliance can teach you the skills and confidence to have a potentially life-saving conversation with someone you're worried about.
[Click here to find out more](#)



1 in 5 people in England will think about suicide in their lifetime. In Lincolnshire, between 80 and 90 people die by suicide every year.



Every suicide is a tragedy and can devastate family, friends, and the wider community. Every suicide affects up to 135 people- around 11,000 people every year in Lincolnshire. Many of us will be touched by suicide at some point during our lives.

- I am having suicidal thoughts or feelings
- I am concerned about someone being suicidal
- I have been affected by suicide



- Children and Young People (CYP)
- I'm a professional worried about a service user
- Self Harm



Resources

[H.A.Y. Plus Professional Hub >](#)

Self Help Resources ▾

The Ideas



Reach Out

It's good to talk about it.

To find Support Services to fit your needs, visit www.haylincolnshire.co.uk/suicide-prevention

Lincolnshire Suicide Prevention Network



Network Development

Purpose and aim

- The Lincolnshire Suicide Prevention Network will be a forum for sharing learning and good practice in relation to suicide prevention.
- The Network will foster a collaborative approach to suicide prevention, supporting all of us (and our organisations) to play a role in suicide prevention.
- The Network will operate alongside the Suicide Prevention Strategic Group, which will be responsible for delivery of the Lincolnshire Suicide Prevention Strategy.

Network Objectives

Have a commitment to joint working - establishing new relationships and partnerships between organisations.

Encourage sharing of skills and learning - enhancing our understanding about suicide/suicide prevention by fostering collaboration among individuals, organisations and service providers.

Improve outcomes - the inclusion of diverse perspectives will facilitate the continuous improvement of our suicide prevention initiatives, expanding the reach and effectiveness of our suicide prevention efforts.



Who is the Network for?

The Network welcomes individuals from diverse backgrounds who are interested in contributing to our shared vision for Lincolnshire to be a place where there are fewer deaths from suicide.

What to expect

The Network will encompass a broad spectrum of topics and areas for discussion with the agenda potentially including:

- Emerging risk factors identified via the Real Time Suicide Surveillance (RTSS).
- Inviting members to share their work.
- Data from National published evidence, the suicide audit and local knowledge and intelligence.
- Developing ideas for campaigns .
- Workshop sessions.
- Guest speakers.

“ We will embed the voice of people with lived experience within all areas of suicide prevention, intervention and postvention.”

All involvement in the network will be supported by our Framework for working with people with lived experience (PWLE) of suicide (which includes all members of the network regardless of their personal and/or professional lived experience).





How and when the Network will be delivered

- The Network will convene three meetings annually.
- One in-person session and two via Microsoft teams.

How to sign up

- Via the Suicide Prevention in Lincolnshire webpage on the HAY website.
- Email preventingsuicideinlincolnshire@lincolnshire.gov.uk for inquiries regarding membership and additional information about the Network.

**Preventing
Suicide** in Lincolnshire



Thank you & Questions



Take One A Day

Mindful Photography and Men's Mental Health

AS FEATURED ON BBC RADIO & TV NEWS

TAKE ONE A DAY

A PHOTO



SEEING - CAPTURING - HEALING

LANDSCAPES BY PAUL GUTHERSON
PORTRAITS BY RICHARD ANSETT

13 JULY-15 SEPTEMBER 2024
THE USHER GALLERY,



Usher Gallery

AS FEATURED ON BBC RADIO & TV NEWS

TAKE ONE A DAY

A PHOTO EXHIBITION



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THE USHER GALLERY, LINCOLN, LN2 1NN



Usher Gallery

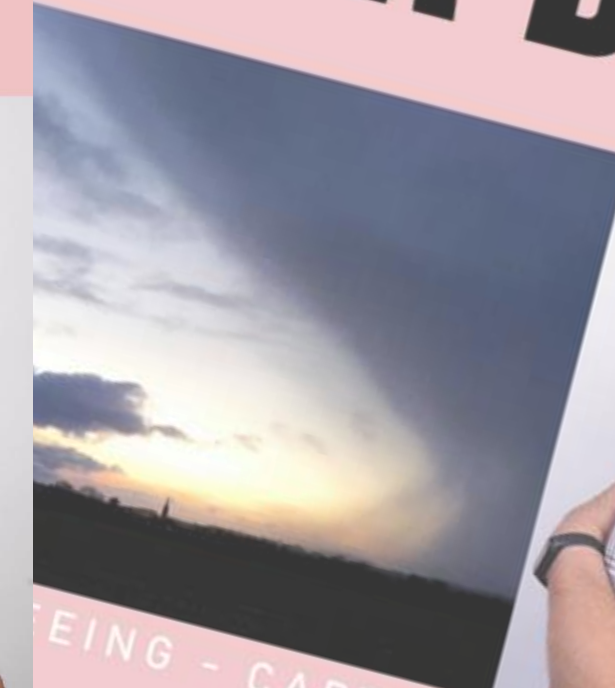


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TAKE ONE A DAY

A PHOTO EXHIBITION



SEEING - CAPTURING - HEALING

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Usher Gallery



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"Some days it was too difficult to turn left at the bottom of the path and walk towards Keddington village. On these dark and difficult days I would turn right and walk towards town but I still wanted, needed, to find something beautiful in the darkness. I was drawn to the light and the activity of the builder's yard – of some positive human presence early in the morning."





"Sometimes the photograph itself is not that important. What is important is the purposeful act of seeking something beautiful. The focus, especially on difficult days, the shutting out of negative self-talk through the discipline of looking is what becomes important."







"...yet for me there is comfort and calm to be found in this vastness and the comforting skies. A sense of belonging and place that comes from knowing you are a small part of something much, much bigger."















AS FEATURED ON BBC RADIO & TV NEWS

TAKE ONE A DAY

A PHOTO EXHIBITION



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Question and Answer Panel Session

Please use this QR
code to complete our
evaluation

Reflections & Close

