Suicide prevention in East Sussex: PECAN conference

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Content

• Suicide in East Sussex
• Public Health role in suicide prevention
• Examples of work:
  – Infrastructure at Beachy Head
  – Creation of suicide audit database
  – Place of Calm
  – Counselling provision
  – Training
East Sussex has a significantly higher rate of suicide than England 2013
Significantly exceeded England rate except during 2006-08 to 2008-10
Suicide trends in males and females

Males: 11/100,000 (2011-13)

Females: 6.4/100,000 (2011-13)
Rates in Hastings and Eastbourne significantly higher than England for most periods shown.
Suicides in East Sussex 2006-13

- On average 77 suicides per year, of which 50 are East Sussex residents
Almost 1/3 of E. Sussex deaths by suicide occurred at Beachy Head

<table>
<thead>
<tr>
<th>Place of death</th>
<th>Residents</th>
<th>Non-residents</th>
<th>All people</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beachy Head</td>
<td>39</td>
<td>147</td>
<td>186</td>
</tr>
<tr>
<td>Other coastal cliffs</td>
<td>20</td>
<td>25</td>
<td>45</td>
</tr>
<tr>
<td>Other E. Sx locations</td>
<td>321</td>
<td>32</td>
<td>353</td>
</tr>
<tr>
<td>Total</td>
<td>380</td>
<td>204</td>
<td>584</td>
</tr>
</tbody>
</table>
Area deprivation and suicide

The graph shows the number of suicides in different quintiles of East Sussex IMD deprivation. The highest number of suicides is in the most deprived quintile, and the lowest in the least deprived quintile.
Mental and behavioural disorders as contributory cause of death

<table>
<thead>
<tr>
<th></th>
<th>Beachy Head</th>
<th>Elsewhere</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Non-residents</td>
<td>44%</td>
<td>39%</td>
<td>42%</td>
</tr>
<tr>
<td>Residents</td>
<td>56%</td>
<td>47%</td>
<td>48%</td>
</tr>
</tbody>
</table>
National Strategy (DH 2012): 6 key action areas

1. Reduce the risk of suicide in **key high-risk gps**
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, monitoring**
LA Public Health role in suicide prevention

Co-ordinate work across East Sussex:

- Develop multi-agency suicide prevention action plan based on national strategy
- Chair E Sx suicide prevention steering group
- Chair Beachy Head risk management group
- Conduct annual suicide audit to inform work
Examples of local work

• Review infrastructure at Beachy Head
• Improve data collection from Coroner’s office
• Support for Beachy Head Chaplaincy Team
• Counselling provision for those affected or bereaved by suicide
• Provision of after-care - ‘Place Of Calm’
• Training provision
BH Infrastructure: review of site and suicide prevention arrangements

• Reduce lethality of site (Reduce access)
  – Access to the site as a whole
  – Access to the cliff edge
• Opportunities for human intervention
• Opportunities for help seeking at the site
• Change public image of site - ‘suicide hotspot’

Preventing suicides in public places: A practice resource (PHE 2015)
Current on-site suicide prevention arrangements
What achieved

• Work with taxi drivers
• Samaritans signage
• Fencing repair/renewal programme
• Signage warning of cliff dangers
• Additional automatic number plate recognition camera
• Removal of memorials at Beachy Head.
• Media meeting with the Samaritans
Work to improve E. Sx suicide data

Data from Coroner’s office
• Develop ‘suicide audit’ database so data can be entered directly from the Coroner’s Office
• Review data and agree what to collect in future
• Input backlog of data from Coroner’s archives
• Transfer old data onto new system

Beachy Head Chaplaincy Team
• Develop a system/database to meet needs
• Train staff to use the database
Hand over to Ruth

• Counselling provision
• Place of Calm
• Training – Handover to Miranda