Professor Louis Appleby

Director, National Confidential Inquiry
Chair, National Suicide Prevention Strategy (England)
Preventing suicide in England:
Third progress report of the cross-government outcomes strategy to save lives

- Local suicide prevention plans
- Self-harm
- Middle-aged men, mental health patients, prisoners
- Better data
- Bereavement support

Source: ONS
Suicide rates by year of occurrence

2. By year of occurrence (deaths registered by 30 September 2016).
3. Due to late registrations, data for 2015 will be incomplete.
Provisional quarterly data for 2016

Number of suicides

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Legend:
- Males
- Females
House of Commons
Health Committee

Suicide prevention: interim report

Fourth Report of Session 2016–17

Report, together with formal minutes relating to the report

Ordered by the House of Commons to be printed 13 December 2016
Age-specific suicide rate, 2015, England

Source: ONS
Percentage of population who report self-harm

Source: NatCen 2016
10 ways to improve safety

- Safer wards
- Early follow-up on discharge
- Dual diagnosis service
- No out-of-area admissions
- Low staff turnover
- 24 hour crisis teams
- Outreach teams
- Family involvement in 'learning lessons'
- Personalised risk management
- Guidance on depression
National study of teenage suicide

- Linked to suicide bereavement, isolation, exams
- Suicide-related internet use in 23%
- No service contact in 43%

Local priorities

- Men
- Self-harm
- Acute mental health care
- Depression in primary care
- Children and young people
- High frequency locations
- Isolation
- Bereavement support
Suicide prevention at hotspots

- Barriers
- Helplines
- Intervention/patrols
- Local media

Support for bereaved families

- Help is at Hand
- How to commission and deliver bereavement support
- Consensus statement on balance of confidentiality and disclosure of risk