

Risk and Resilience: Identifying and Supporting Men

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Department of Health Policy Research Programme Project: Risk and resilience: self-harm and suicide ideation, attempts and completion



HM Government

Preventing suicide in England: Two years on

Second annual report on the cross-government outcomes strategy to save lives

February 2015

Suicide Prevention Strategy 2013-2016



Llywodraeth Cymru
Welsh Government

www.cymru.gov.uk

Talk to me 2

Suicide and Self Harm Prevention Strategy and Action Plan for Wales Consultation – Annexes

12 December 2014 – 5 March 2015

Objectives for England's suicide prevention strategy:

- Reduce risk of suicide in high-risk groups
- Tailor approaches
- Reduce access to means of suicide
- Provide better bereavement support
- Support the media to be sensitive
- **Support research, data collection and monitoring**

Mixed methods approach

Quantitative analysis to identify for **whole population**

- High-risk groups
- Risk/protective factors

Qualitative interviews to explore for **midlife men**

- Resonance of quantitative findings
- Accessing support
- Recommendations

Depth interviews with people with lived experience

- Men in midlife who have experienced moments of suicidal crisis
- Families bereaved by male suicide
- Service providers working in community mental health

Lived experience: suicidal thoughts



Exposure to a risk factor:
More vulnerable to other
risk factors

Three groups:

- Obvious trigger point
- Build up of difficulties
- Poor mental health from a young age

Access

- All participants accessed some form of support
- Informal and formal
- Considered crucial at times of crisis and recovery
- ‘saved my life’ – ‘somebody cared’ – ‘very significant’
- Call for more ‘support’ – statutory & non statutory (charities/employers)

Support Accessed

- GP/Medical
- Mixed experience
- Good, sympathetic GPs
- Listened, understood, made referrals
- Unsupportive, dismissive
- Appearance

Medical

But meeting with the GP wasn't really any help. You usually get a form from them that says, 'Rank how you're feeling... and that doesn't seem like the greatest thing, rating how depressed you are. Just kind of like a formality. It doesn't really seem to work that well. What I got from that in the end was just 'fill in the form... Here's some medication.' .. it would have helped me if they did have time, if they'd be able to talk more

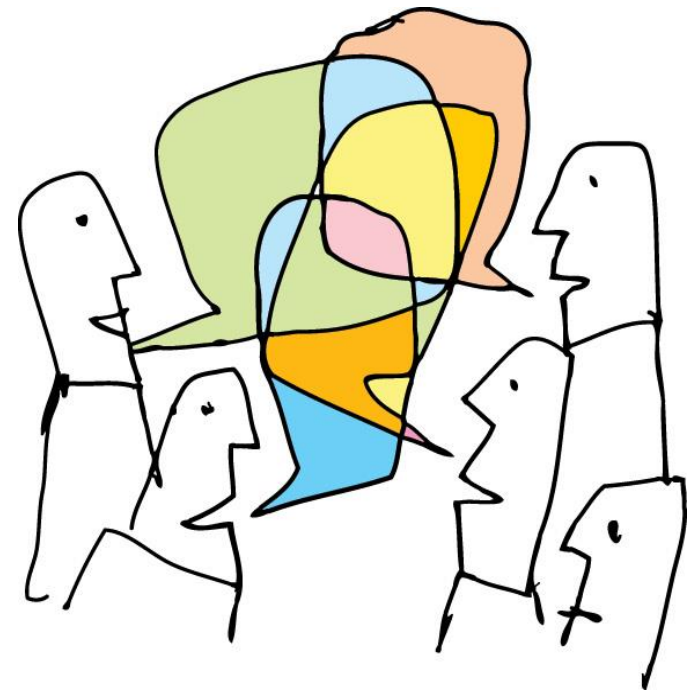
Ian, mid 30s

Employer

- Difficult to reveal
- Negative attitudes
- Simplistic
- Difficulty accessing services (continued working)
- 'are you better yet'
- Pressure to return

Other Support Accessed

- Safe & non-judgemental space
- Talking Therapy
- Peer Support
- GBT
- Family/Friends/Partner



Informal support

It would have been useful if some friends had, even though they didn't think I wanted to be in contact with them but they had still been in contact with me and come and visited me. I couldn't ask for them to because I just didn't have that within me but it would have been helpful for them to have done that.

Freddie, early 40s

Barriers to Support

- Taboo – Stigma
- Suicide not discussed
- Socially unacceptable
- Historical
- Media – simplistic
- Bad experiences



Masculinity

I think it's.. the idea of someone judging you and thinking that you're not - it sounds really pathetic - but you're not a man. You're, you're somehow weak and, you know. I think that's for me where the.. biggest issues are

James late 30s

Masculinity cont.

- Social role
- Social unfamiliarity
- Safe spaces to talk for men
- Services more geared to women
- Medical labelling



Sunday and its readers love to be interactive, and the Aunties want YOU to answer this week's question in maximum three sentences:
WHICH DESIGNER IS BEST FOR BRIDAL WEAR? WHY WOULD YOU CHOOSE THEM TO DESIGN YOUR WEDDING DAY OUTFIT?
"Love all our loyal readers," – Suraiya Appa and Sherry Ji

 <p>Hello, I think Kami is simply awesome, and I would only wear an outfit designed by him on my wedding day. His creations are simply too good, and I only wear his prêt wear for formal occasions. He is fab!!! Regards, Amna Mansoor</p>	 <p>Hi, I think Kami is simply awesome, and I would only wear an outfit designed by him on my wedding day. His creations are simply too good, and I only wear his prêt wear for formal occasions. He is fab!!! Regards, Amna Mansoor</p>
 <p>Hello, I think Sobia Nazir is simply amazing. I definitely want her to design my wedding day outfit. Her dresses are outstanding. Most of the brides in my family wore Sobia Nazir. I love the way her outfits flatter individual physiques. Her outfits are cut beautifully. I really like the way she plays with colours, crystals, beads, and sequins. From traditional to contemporary, her outfits suit and fit all. Regards, Jawariya Khan</p>	 <p>Hi, I would choose Hina Arif. I</p>

Next week we are
Please send in
Sunday will



Desire exists

Men don't like to talk? So who ..is phoning our helpline? Every time we expand capacity we get more calls. You know I beg to differ. .. I think we could times our service times ten and we still wouldn't take enough calls

NGO working on male suicide

Lived experience: recommendations

- Increased awareness
- Promote how and who to ask for help
- Early intervention talk with boys
- Stigma masculinity, language, examples
- Employers managing exits and returns
- Health services every (negative) contact counts
- Consistency key contact, ongoing peer networks
- Targeted, tailored GBT, BAME, male-only

What next?

In small groups discuss

- What have we learnt?
- How is this useful to you?
- How do we address the barriers & desire for support?

Thank you

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