

The Bridge Pilot

NSPA Annual Meeting
Thursday 21 September

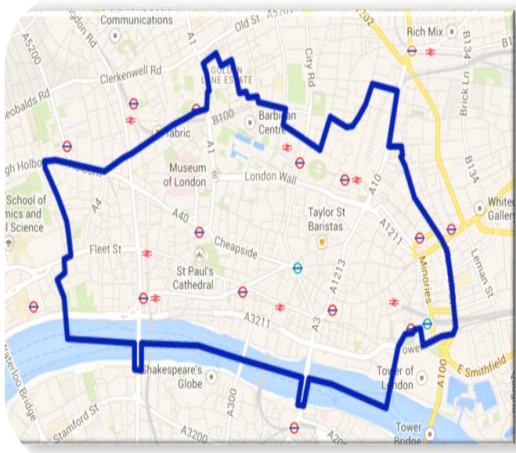
Dr Nicole Klynman- Public Health Consultant, City of London

Will Skinner- London Samaritans



The City of London

City of London



Smallest local authority area in the country at 1.12 miles.

Second smallest by population



We have 9000 residents, 955 children and 4400 households



There are nearly 400,000 workers- 45 times more workers than residents in the City



Suicide in the City

- 3 populations at risk in the City of London
 - Those who work in the City
 - Those who live in the City
 - Those who travel to the City with the intention of dying by suicide from a City site, but have no specific connection to the City
- Between 2009-2014 there were 34 Suicides in the City (7 were residents).
- Between October 2015- October 2016 there were 153 suicide attempts in the City
- The most common method of suicide in City is drowning in Thames (32 %), followed by falling from a height (26%).



Suicide Prevention in the City

- City of London Suicide Action Plan developed in 2015 and working group established.
- Partnership working to develop a whole system approach.
- Key Activities include:
 - Frontline responders received Mental Health First Aid Training.
 - Suicide prevention considered in the new Local Plan
 - The Street Triage Pilot- Reduced s136 by 54% in 3 months
 - 'Release the Pressure' campaign for City Workers
 - Developing a comprehensive suicide dataset.

The Bridge Pilot

- April 2016- April 2017
- Aimed to reduce suicide attempts from London Bridge- most suicide attempts in the City.
- Joint Initiative- The City of London Corporation, City of London Police, the Metropolitan Police, the Samaritans, East London Foundation Trust and the RNLI.
- Six signs with the Samaritan's phone number on London Bridge.
- 5000 leaflets were handed out on London Bridge.
- Training sessions run by the Samaritans, City of London and East London Foundation Trust for the general public, frontline staff and workers in the City.



Suicide Awareness Training

- Addressed the stigma of suicide and encourages approaching and engaging people who are at risk.
- Delivered to frontline staff and members of the public (aimed at those working around the bridge) free of charge.
- Includes: suicide facts, suicide risk factors, psychological factors, how to identify those at risk, what you should and should not do, suicide myths/facts, how can we all help and what support is there for you



Training Sessions

- 139 people have been trained over 8 sessions including 18 trained to be trainers themselves
- Training sessions included:
 - Tower Bridge to train frontline staff
 - Businesses in the City including Eversheds and Nomura
 - City of London employees
- Adapted content based on feedback from initial sessions
- Feedback:
 - *'Gave me confidence should the situation ever arise'*
 - *'Helped me realise it is ok to talk about suicide'*



Since the Bridge Pilot

- 8 signs placed on Blackfriars Bridge
- Southwark and Tower Bridge in the pipeline
- Further training sessions



- Questions?
- If you're interested in coming along to a training session let us know!

