







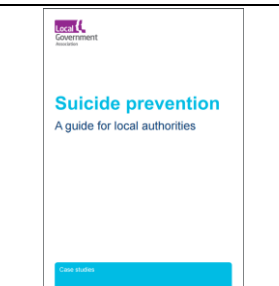
# Public Health England South East Suicide Prevention Resource Briefing

June 2017


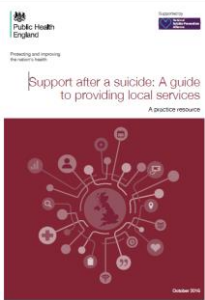

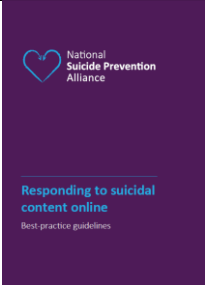


This briefing provides links to useful resources, toolkits and websites relevant to suicide prevention. Please share it with colleagues who share an interest in this important topic.

## Resources, tools and guidance

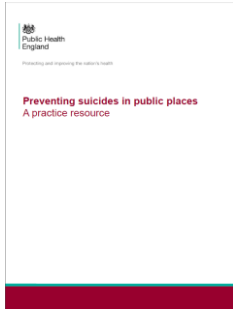
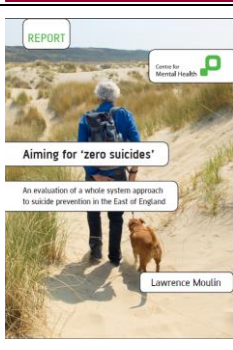

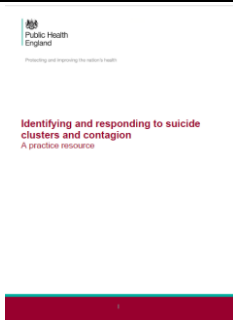

### 2017 publications

<p><b>House of Commons Health Committee Suicide Prevention</b> Published in March 2017 by the Health Committee, this document reports on the action which is necessary to improve suicide prevention in England. It has now published a <a href="#">final-up report</a> (March 2017).</p>	
<p><b>Suicide by Occupation</b> Published in March 2017 by the Office of National Statistics, <a href="#">this report</a>, commissioned by PHE analyses suicide by occupation. The analysis is based on deaths recorded as suicide from death registrations in England between 2011 and 2015 among males and females aged 20 to 64 years.</p>	
<p><b>Reducing the Risk of Suicide: A Toolkit for Employers</b> Published in March 2017 by Public Health England (PHE), The Samaritans and Business in the Community, <a href="#">this toolkit</a> provides guidance and advice on how to incorporate suicide prevention into an employer’s workplace health and wellbeing framework.</p>	
<p><b>Crisis Management in the Event of a Suicide: A Postvention Toolkit for Employers</b> Published in March 2017 by PHE, The Samaritans and Business in the Community, <a href="#">this toolkit</a> offers practical and sensitive guidance for employers to follow in the aftermath of an employee suicide.</p>	
<p><b>Suicide Prevention: A Guide for Local Authorities</b> Published in February 2017 by the Local Government Association, <a href="#">this toolkit</a> summarises the role of councils and contains case studies of suicide prevention work from around the country.</p>	

## 2016 Publications

<p><b>Local Suicide Prevention Planning: A Practical Support</b>          Published in October 2016 by PHE, <a href="#">this guide</a> supports the development of a local suicide action plan and supports the 2012 strategy <a href="#">Preventing suicide in England: A cross government outcomes strategy to save lives</a>.          This document advises local authorities how to:</p> <ul style="list-style-type: none"> <li>• develop a multi-agency suicide prevention partnership</li> <li>• make sense of local and national data</li> <li>• develop a suicide prevention strategy and action plan</li> </ul>	
<p><b>Support After a Suicide: A Guide to Providing Local Services</b>          Published in October 2016 by PHE, <a href="#">this resource</a> provides guidance on commissioning and delivering support after a suicide (otherwise known as postvention support), as part of a wider suicide prevention strategy.</p>	
<p><b>Developing and Delivering Local Bereavement Support Services</b>          Published in October 2016 by the National Suicide Prevention Alliance (NSPA), <a href="#">this guide</a> supports the development and delivery of support after a suicide, known as postvention support.</p>	
<p><b>Responding to Suicidal Content Online: Best Practice Guidelines</b>          Published in February 2016 by the NSPA, <a href="#">this guide</a> sets out a recommended best-practice approach to responding to suicidal posts online. It has been published by the NSPA and can be used by any online community, including bespoke communities, forums and those based on social media.</p>	
<p><b>National Suicide Prevention Alliance Strategic Framework 2016-2019</b>          Published in February 2016 by the NSPA, <a href="#">this framework</a> sets out NSPA's priorities for 2016-19. It has been developed in consultation with the NSPA and input from the wider membership.</p>	
<p><b>Coping with Self-harm: A Guide for Parents and Carers</b>          Published in January 2016 by the University of Oxford, <a href="#">this leaflet</a> guides parents and carers on how to cope with self-harm. It has been developed by researchers at the University of Oxford with endorsements from Young Minds, Royal College of Psychiatrists, Royal College of Nursing and Royal College of General Practitioners.</p>	

## 2015 Publications

<p><b>Preventing Suicides in Public Places: A Practice Resource</b></p> <p>Published in December 2015 by PHE, this <a href="#">practice resource</a> is for those with responsibility for suicide prevention in local authorities and their partner agencies. It has been developed to help local authorities contribute to the delivery of the <a href="#">national suicide prevention strategy for England</a>, particularly in area 3 of the strategy, 'Reduce access to the means of suicide'.</p>	
<p><b>Aiming for 'Zero Suicides'</b></p> <p>Published in October 2015, this Centre for Mental Health report evaluates the <a href="#">pilot of a whole-system approach to preventing suicide</a> conducted in four areas in the East of England. The 'zero suicide' pilot programme, based on an approach developed by Dr Ed Coffey in Detroit, Michigan, aims to prevent suicides by creating a more open environment for people to talk about suicidal thoughts and enabling others to help them. It particularly aims to reach people who have not been reached through previous initiatives and address gaps in existing provision.</p>	
<p><b>Help is at Hand: Support After Someone May Have Died by Suicide – Booklet and z-card</b></p> <p>Published in September 2015 by PHE and NSPA, Help is at Hand offers practical and emotional information and support for those bereaved by suicide. It includes stories, advice and sources of help to try and help people feel less alone. The guide is designed to be given out by bereavement support organisations and by those who are likely to be first on the scene after a suspected suicide, including police and ambulance staff. Further information is also available at <a href="http://www.supportaftersuicide.org.uk">www.supportaftersuicide.org.uk</a> You can download the booklet and the z-card <a href="#">here</a> or order hard copies from <a href="http://www.orderline.dh.gov.uk">www.orderline.dh.gov.uk</a> by quoting 2901502/Help is at Hand.</p>	
<p><b>The Identifying and Responding to Suicide Clusters: A Practice Resource</b></p> <p>Published in September 2015 by PHE, <a href="#">this document</a> supports local authorities in their reaction to unexpectedly high numbers of suicides occurring in a particular period of time, a particular place, or both. The resource highlights how imperative it is that plans for such events are in place before they occur to ensure an effective response.</p>	
<p><b>Preventing Suicide: Lesbian, Gay, Bisexual and Trans Young People</b></p> <p>Published in March 2015, <a href="#">these toolkits</a> are a collaboration between the Royal College of Nursing and PHE. They are primarily for nurses who work with children and young people, whether in community or hospital settings. These toolkits aim to:</p> <ul style="list-style-type: none"> <li>• develop skills and knowledge and recognise the wider context of mental health in relation to LGBT sexual orientation and identity</li> <li>• provide a general outline for health professionals looking to increase their skills and knowledge around suicide prevention strategies with LGBT young people</li> </ul>	

## 2014 Publications

### Preventing Suicide: A Global Imperative

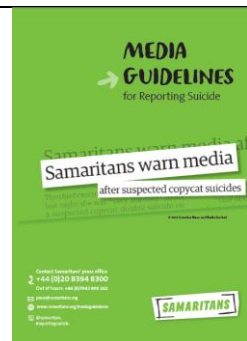
Published in 2014, the WHO's first report on suicide prevention, [Preventing Suicide: A Global Imperative](#), provides a global knowledge base on suicide and suicide attempts as well as actionable steps for countries based on their current resources and context to move forward in suicide prevention.



## 2013 Publications

### Media Guidelines for Reporting Suicide

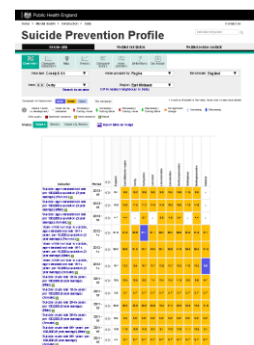
Published in 2013, the Samaritans [guidelines for the media](#) supports the highest quality journalism and help reporters avoid common pitfalls when reporting on suicide. These guidelines are still relevant today.



## Useful links

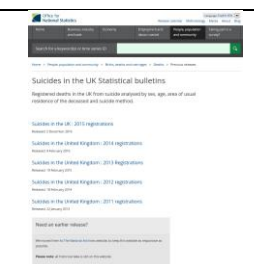
### PHE Suicide Prevention Profile Fingertips Tool

[The suicide prevention profile](#) tool was produced by PHE to help develop understanding and an intelligence-driven approach at a local level. It collates and presents a range of data on suicide, associated prevalence, risk factors and service contact among groups at increased risk. It provides planners, commissioners, providers and stakeholders with the means to profile their area and benchmark against similar populations. In March 2016 two new indicators were added 1) social isolation and 2) years of life lost to suicide. If any local authority teams would like support or tailored training to use this tool please contact your local PHE South East lead, [Nisha.Sharma@phe.gov.uk](mailto:Nisha.Sharma@phe.gov.uk).



### Office for National Statistics Suicide Rates

In December 2016 the [ONS published a statistical bulletin](#) containing the UK suicide rates for 2015.





### National Suicide Prevention Alliance

The National Suicide Prevention Alliance (NSPA) website contains a wealth of information. Its 'resource' pages are under development and will host information on:

- Facts and figures
- Practice models and case studies
- Practice guidance and tools
- Research
- Strategy and policy
- Information and support

In the meantime you can sign up to the NSPA newsletter by clicking 'join us' on their [website](#).



<p><b>Suicide Behaviour Research Laboratory</b></p> <p>The <a href="#">Suicide Behaviour Research Laboratory</a> at the University of Glasgow is a useful resource on suicide research. The website contains links to <a href="#">publications</a> and <a href="#">a blog</a> that covers relevant topics such as the dangers in asking someone about suicidal thoughts, and relationship between loneliness and suicide.</p>	
<p><b>Centre for Suicide Research</b></p> <p>The <a href="#">Centre for Suicide Research</a> at the University of Oxford is another useful resource on suicide research. Its Director, Professor Keith Hawton, has also co-authored PHE publications on suicide.</p>	
<p><b>Public Health Matters – Official Public Health England blog</b></p> <p>In January 2016 - <a href="#">Preventing suicide – what can local authorities do?</a> - was published on the Public Health Matters blog.</p>	
<p><b>Support After Suicide</b></p> <p>The <a href="#">Support after Suicide</a> partnership (SAS) is a national hub for organisations and individuals supporting people who have been bereaved or affected by suicide. It includes an online version of Help is at Hand as well as details of relevant organisations and resources.</p>	

For more information please contact your local Public Health England South East mental health lead:  
Nisha Sharma [Nisha.Sharma@phe.gov.uk](mailto:Nisha.Sharma@phe.gov.uk)