

# Suicide Awareness and Prevention

## A Contemporary View

Mike Caulfield

Advanced Nurse Practitioner for Rehabilitation

Clinical Lead – CWP Suicide Prevention Strategy

Member of CWAC Suicide Prevention Steering Group

Member of CHAMPS Suicide Prevention Operational  
Group

Helping people to be  
**the best they can be**

- The psychology of the suicidal individual
- The NCISH 2018
- What are the key messages?
- What should safer care look like?
- Who can help?

An abstract graphic featuring a large, solid orange shape on the left and a smaller, teardrop-shaped orange shape on the right. A thin teal line curves from the top left, passing between the two orange shapes, and ending at the top right.

**Kevin Hines**

## Quote from Kevin Hines:

“If you come across someone who appears to be in obvious mental, physical or emotional pain, please don't hesitate to ask the questions:

Are you OK? Is something wrong? and Can I help you?

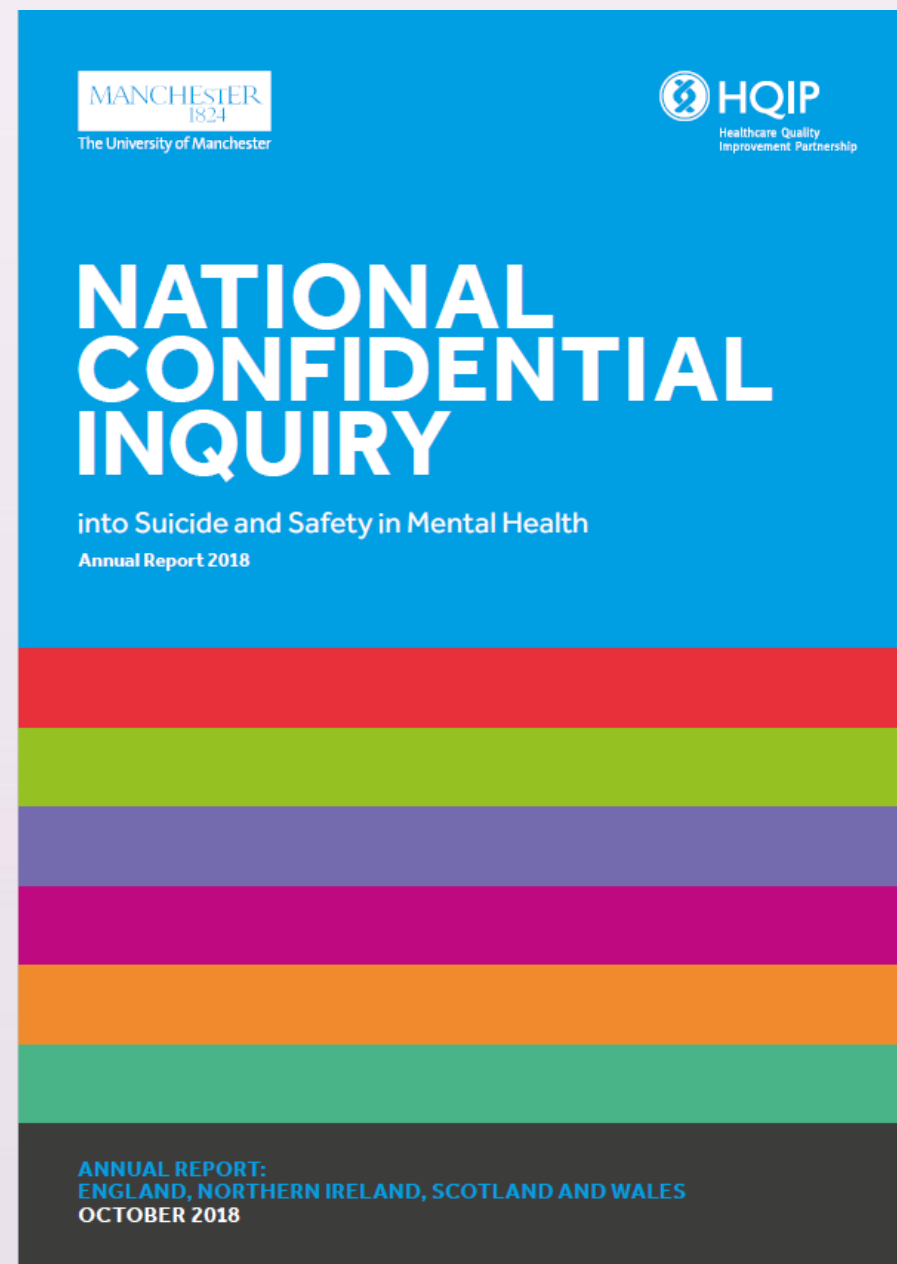
These questions would have stopped me trying to end my life in the year 2000. You could save a life today.”



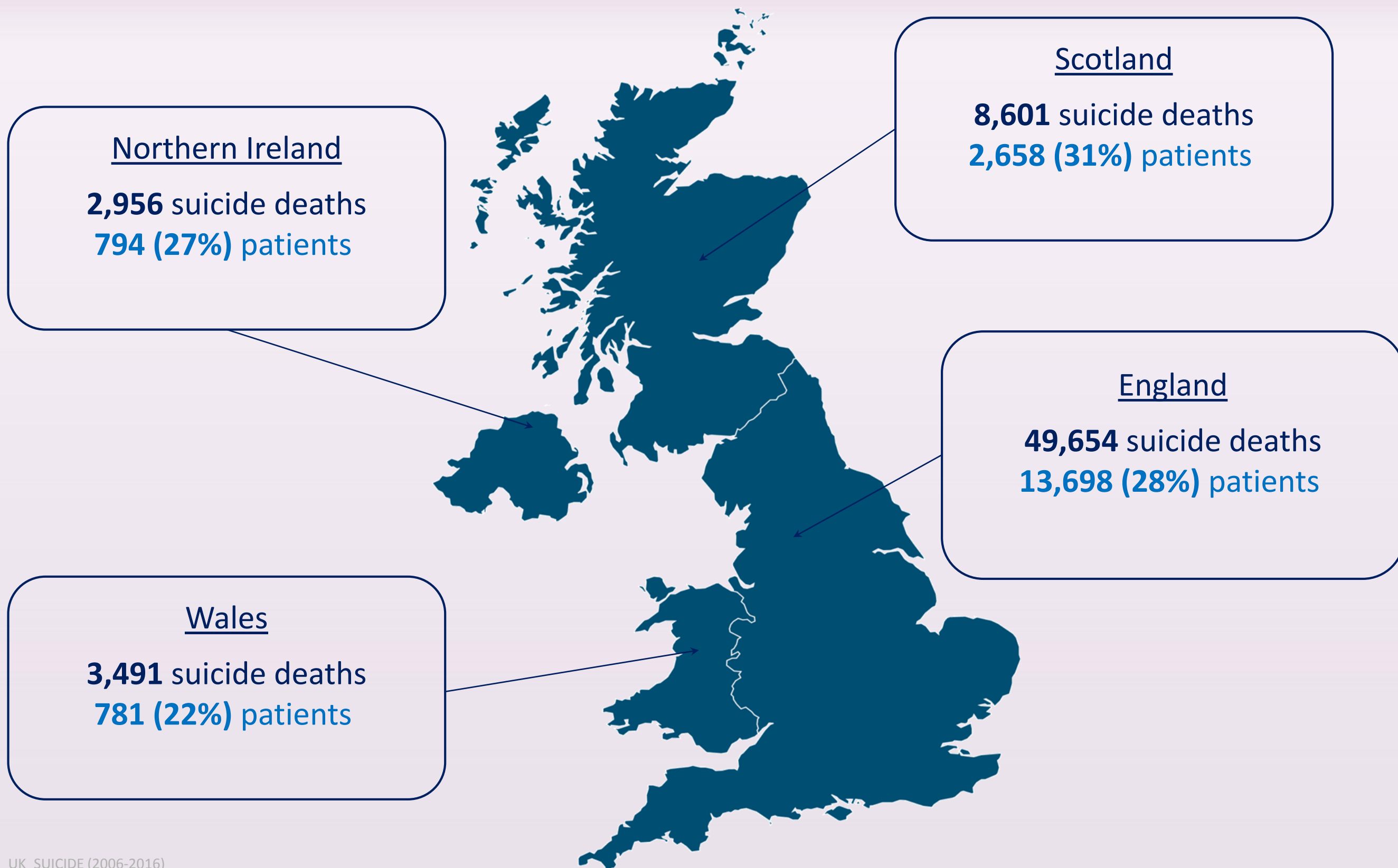
# **National Confidential Inquiry into Suicide and Safety in Mental Health**



# Key findings: suicide

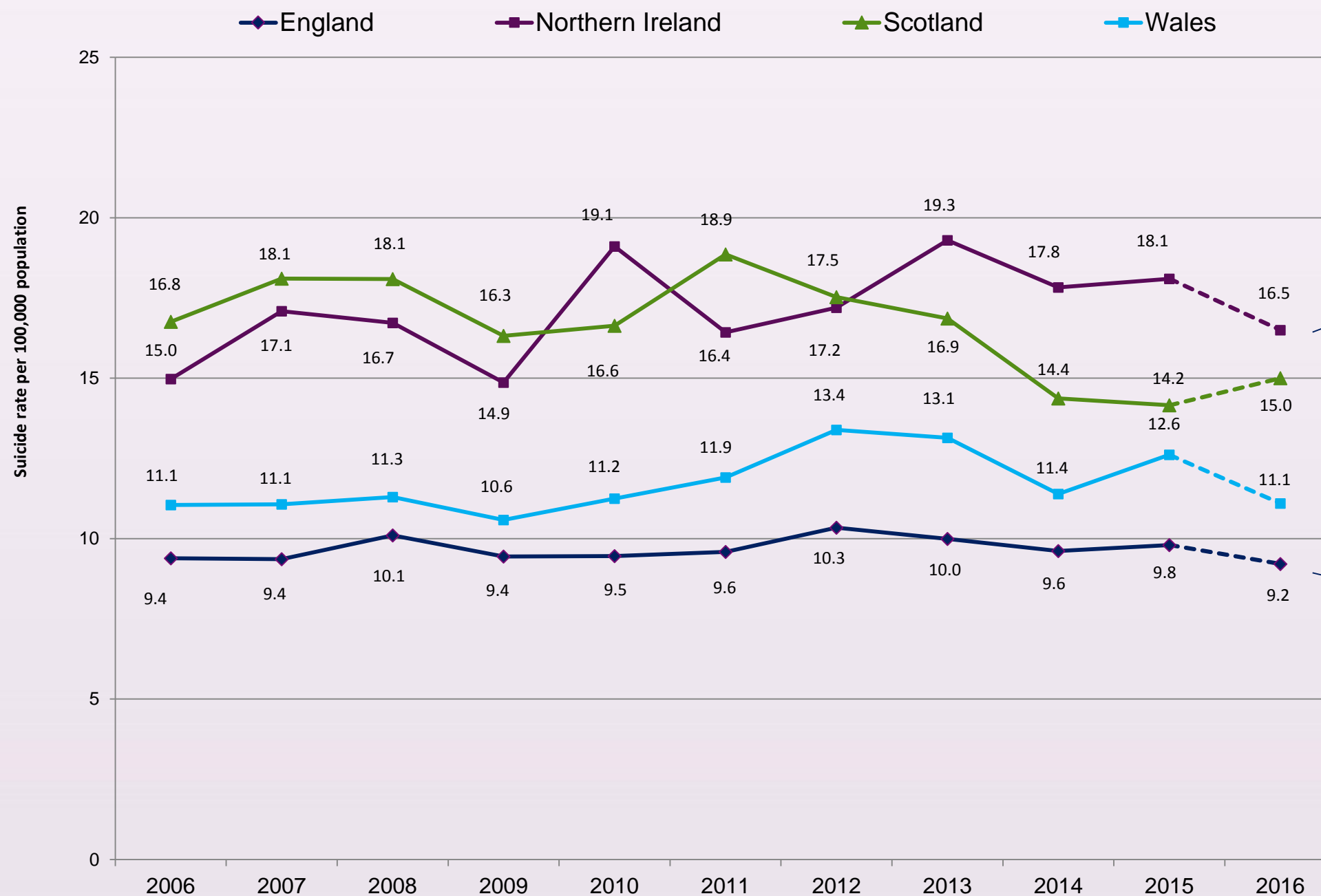


# Suicide 2006-2016





# Suicide rates in the general population, UK

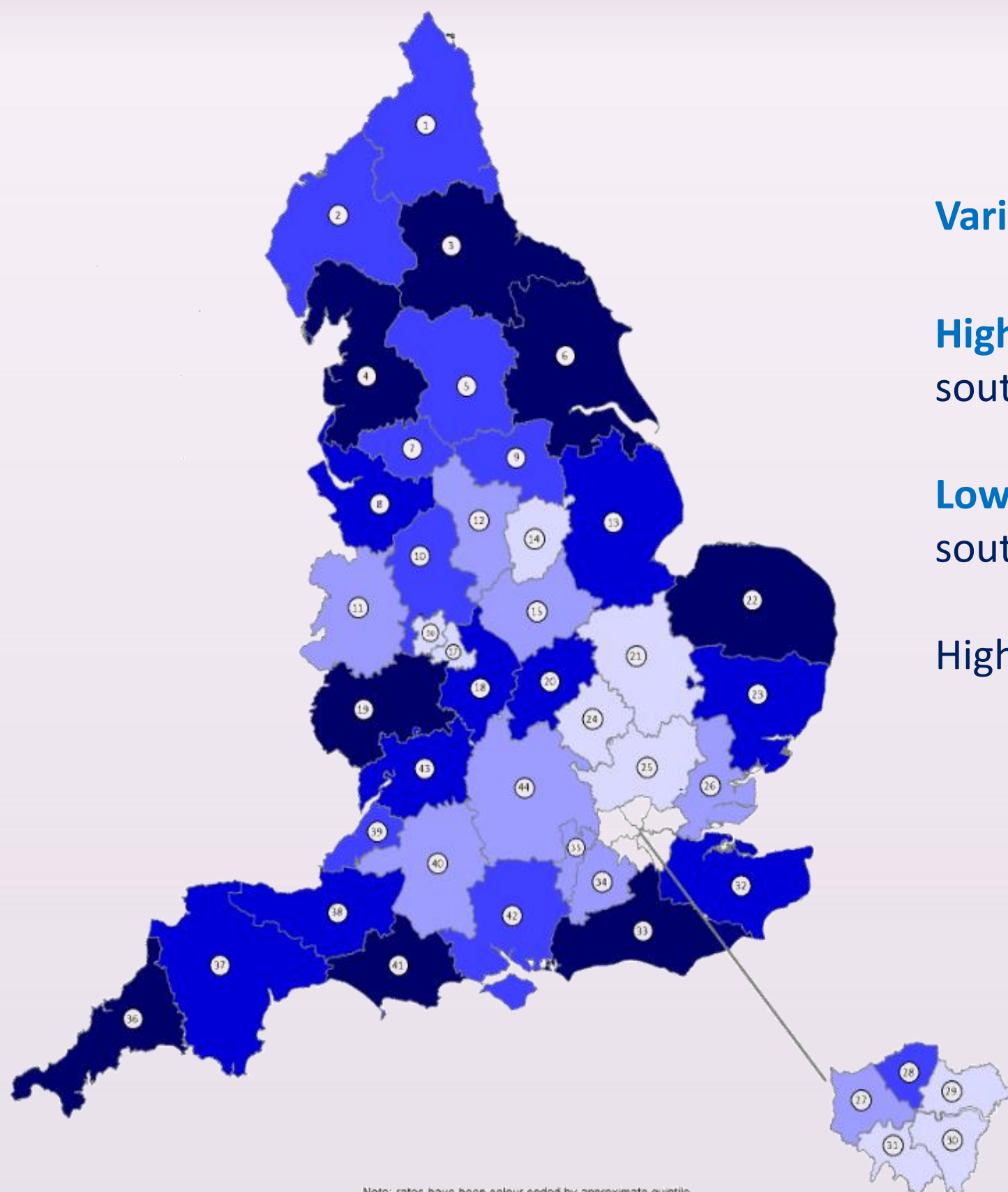


Highest rate in  
Northern Ireland

Rate in England  
at historical low



# Rates in STP 'footprint' areas (2014-16)



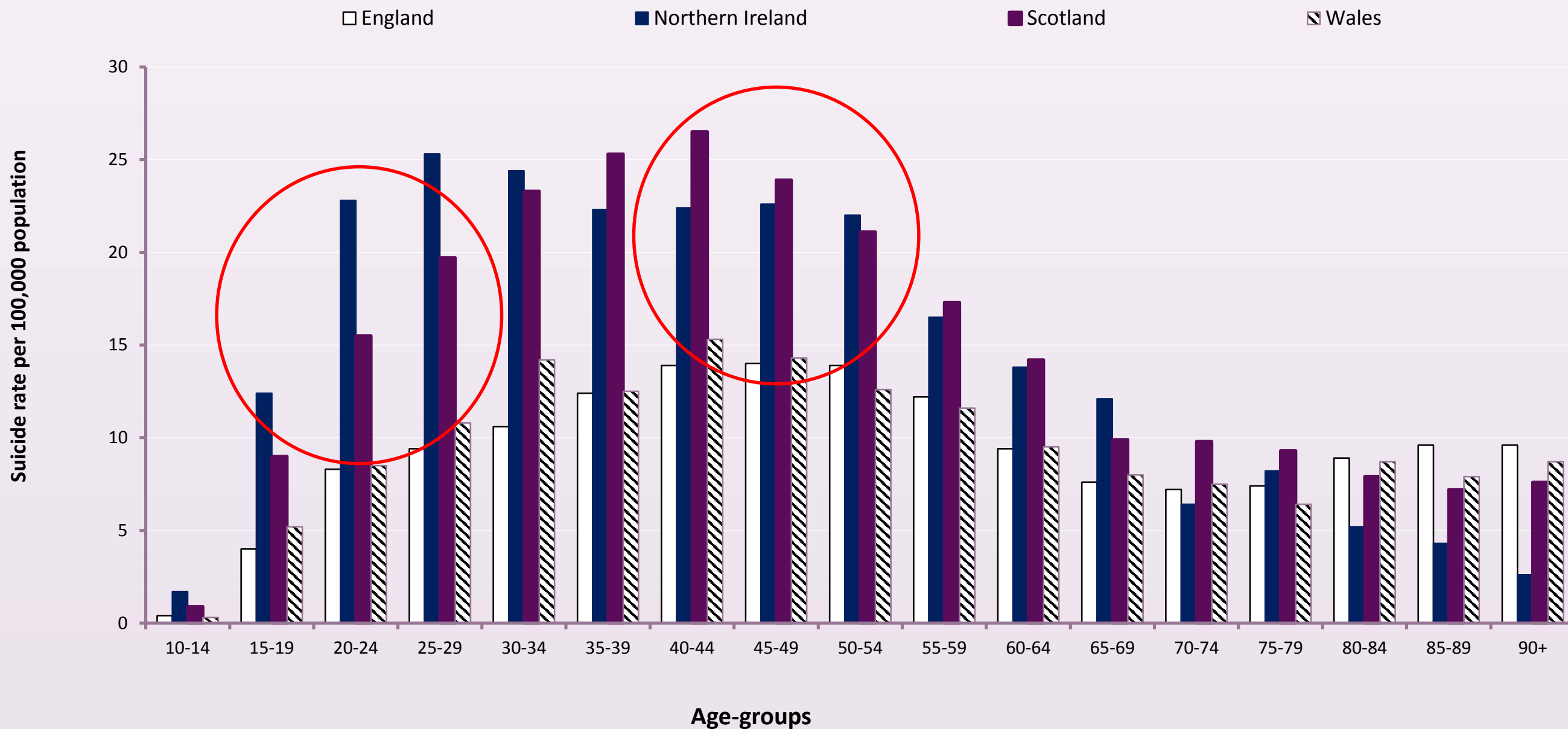
**Variation** by geography

**Highest** rates in north & south west

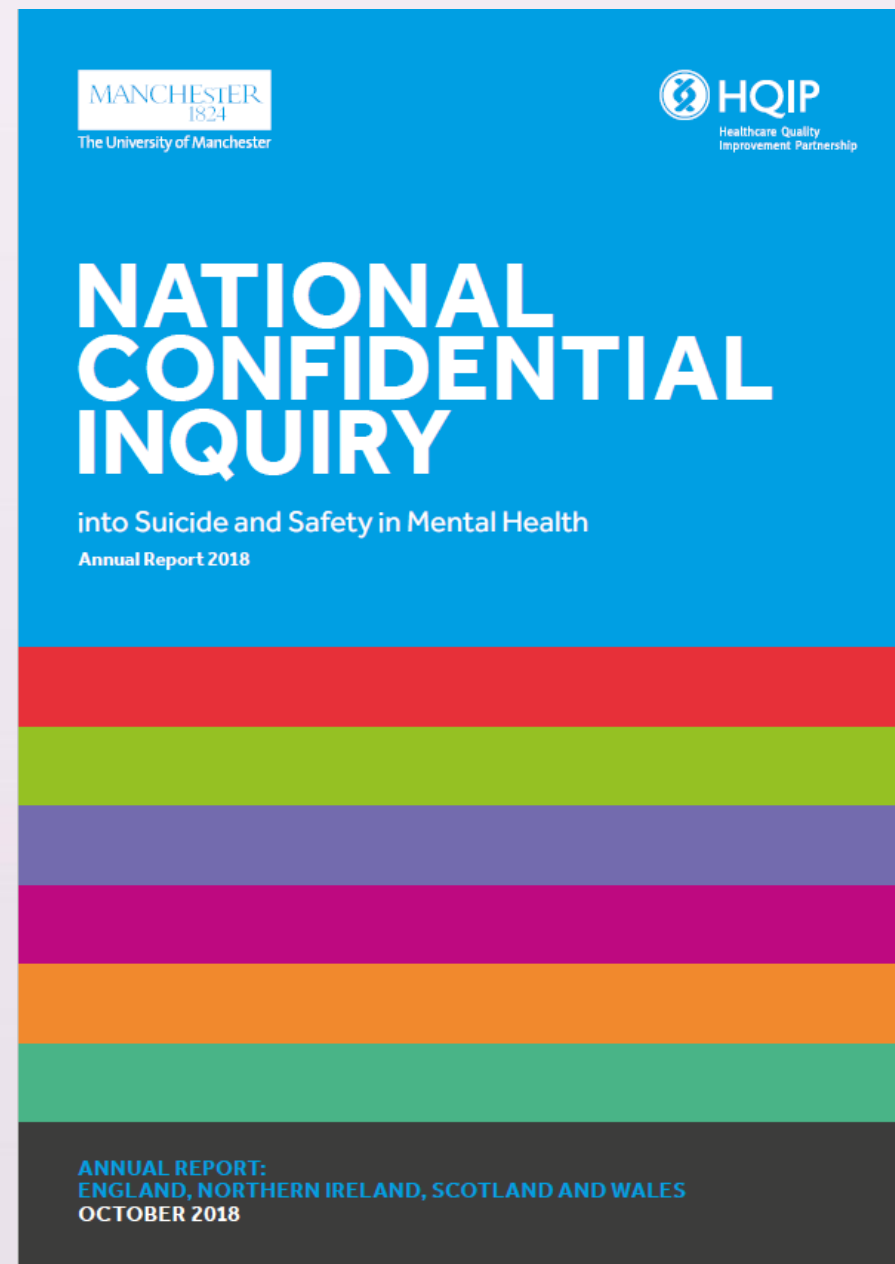
**Lowest** rates in London & south-central areas

High rates in **rural** & **coastal** areas

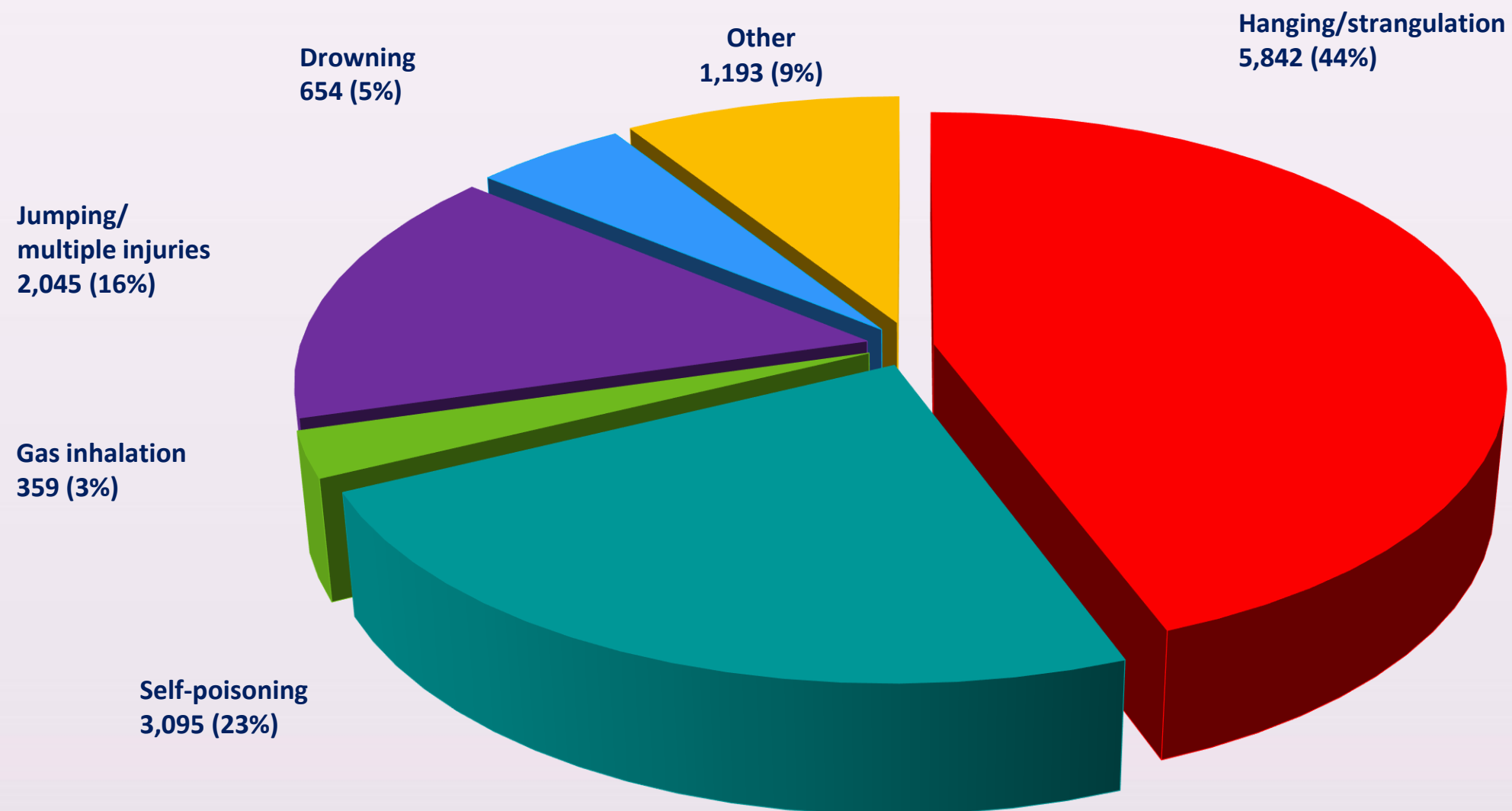
# Age-specific suicide rates, UK



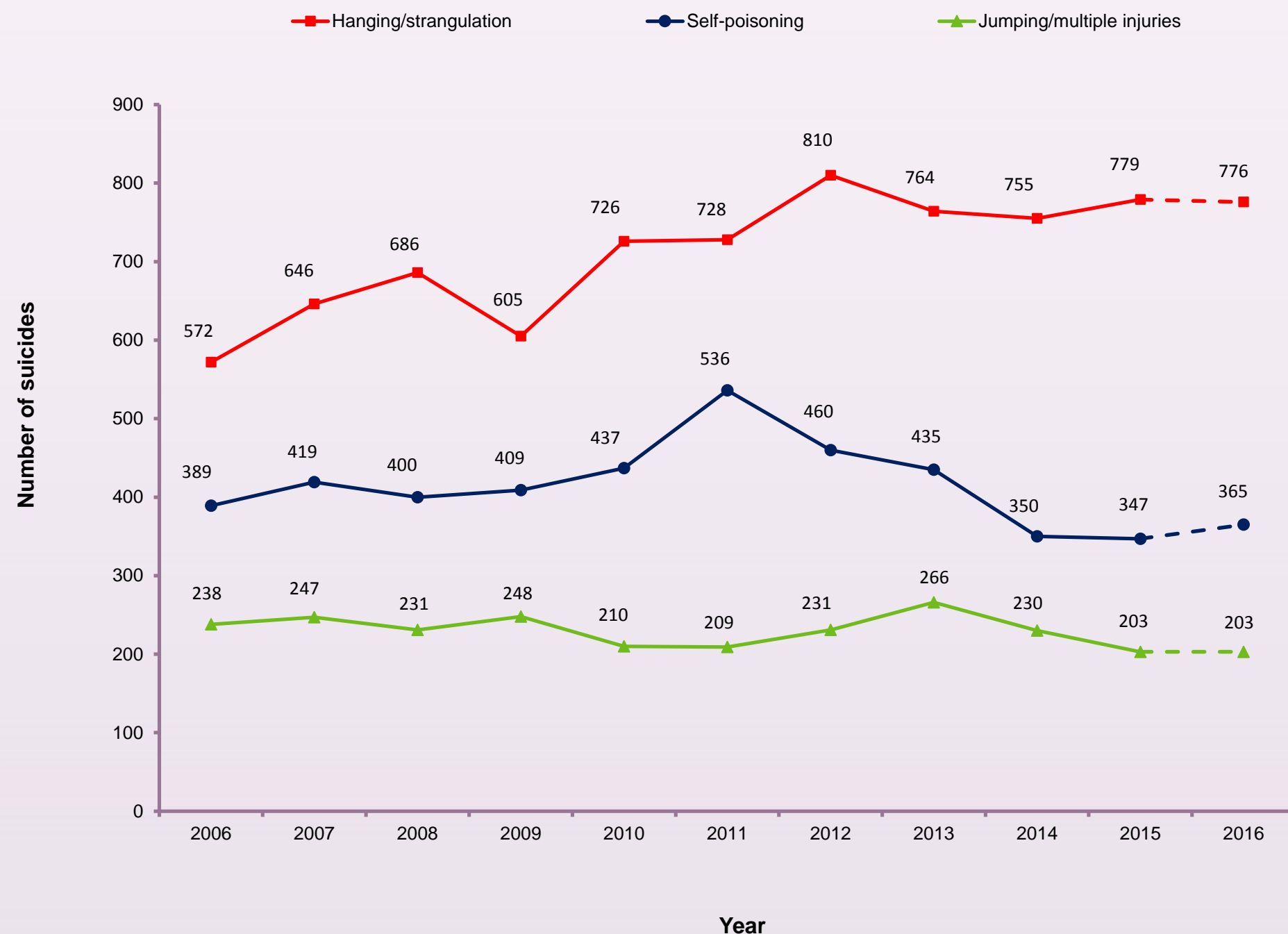
# Method of suicide



# Patient suicide: main causes of death, England



# Patient suicide method, UK



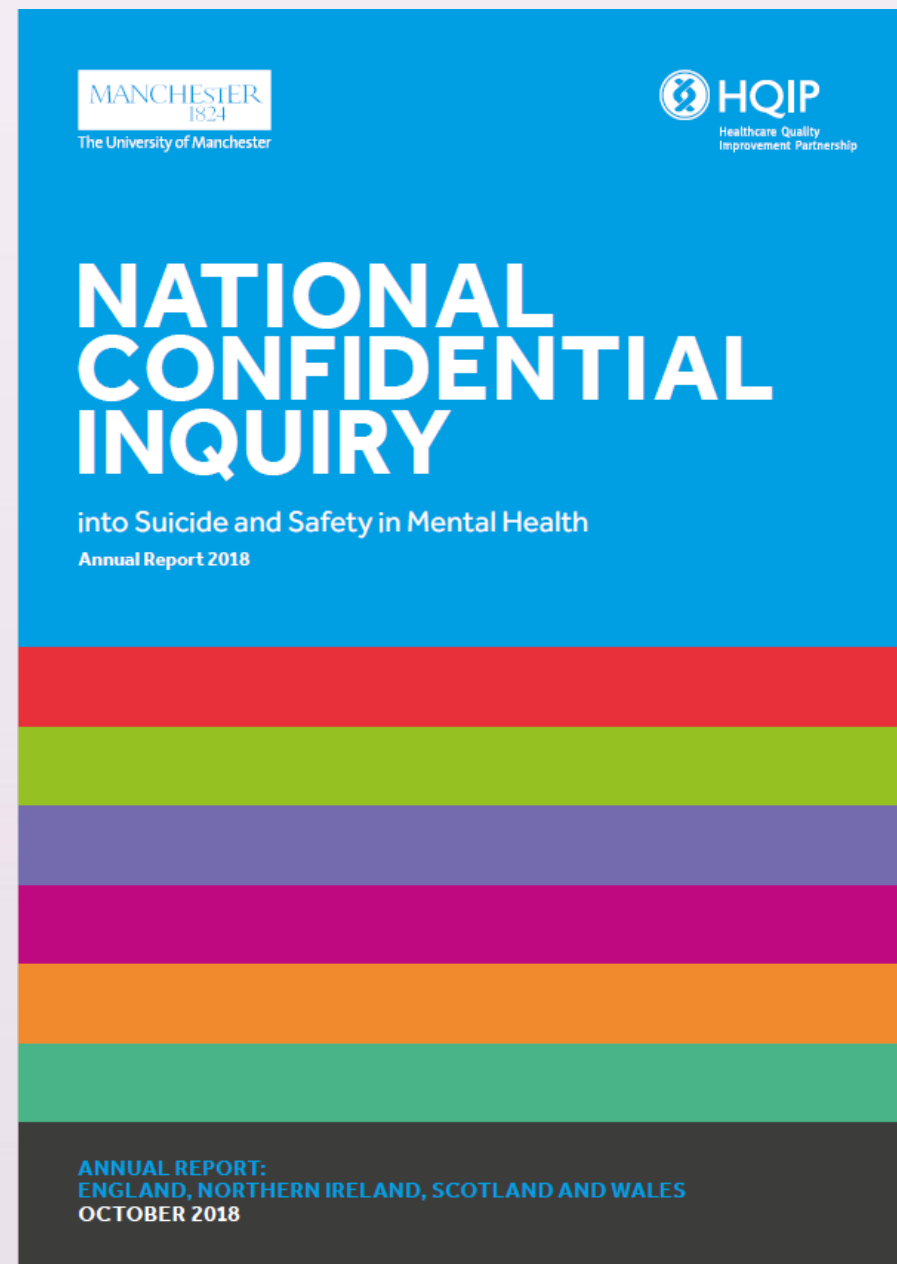
**Hanging** commonest method

**Fall** in self-poisoning

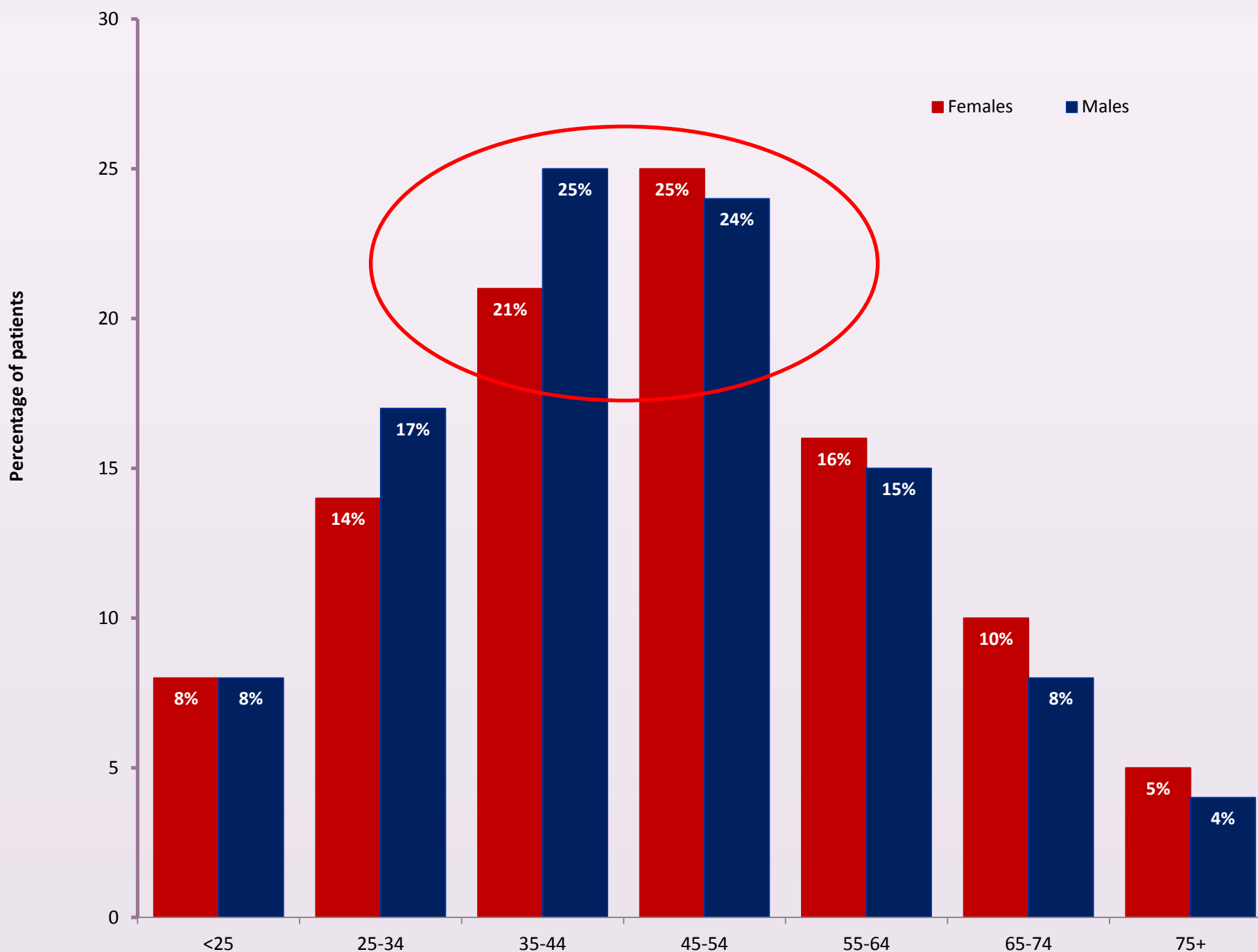
Self-poisoning **as common** as hanging in Scotland



# Themes in this year's report



# Suicide in female patients, UK



**15,634** suicides by females over report period

**38%** were patients

**1/2** aged 35-45 years

# Suicide in female patients



Suicide by **self-poisoning** more **common** in women (35%)

**74%** history of self-harm, esp. younger women (89%)

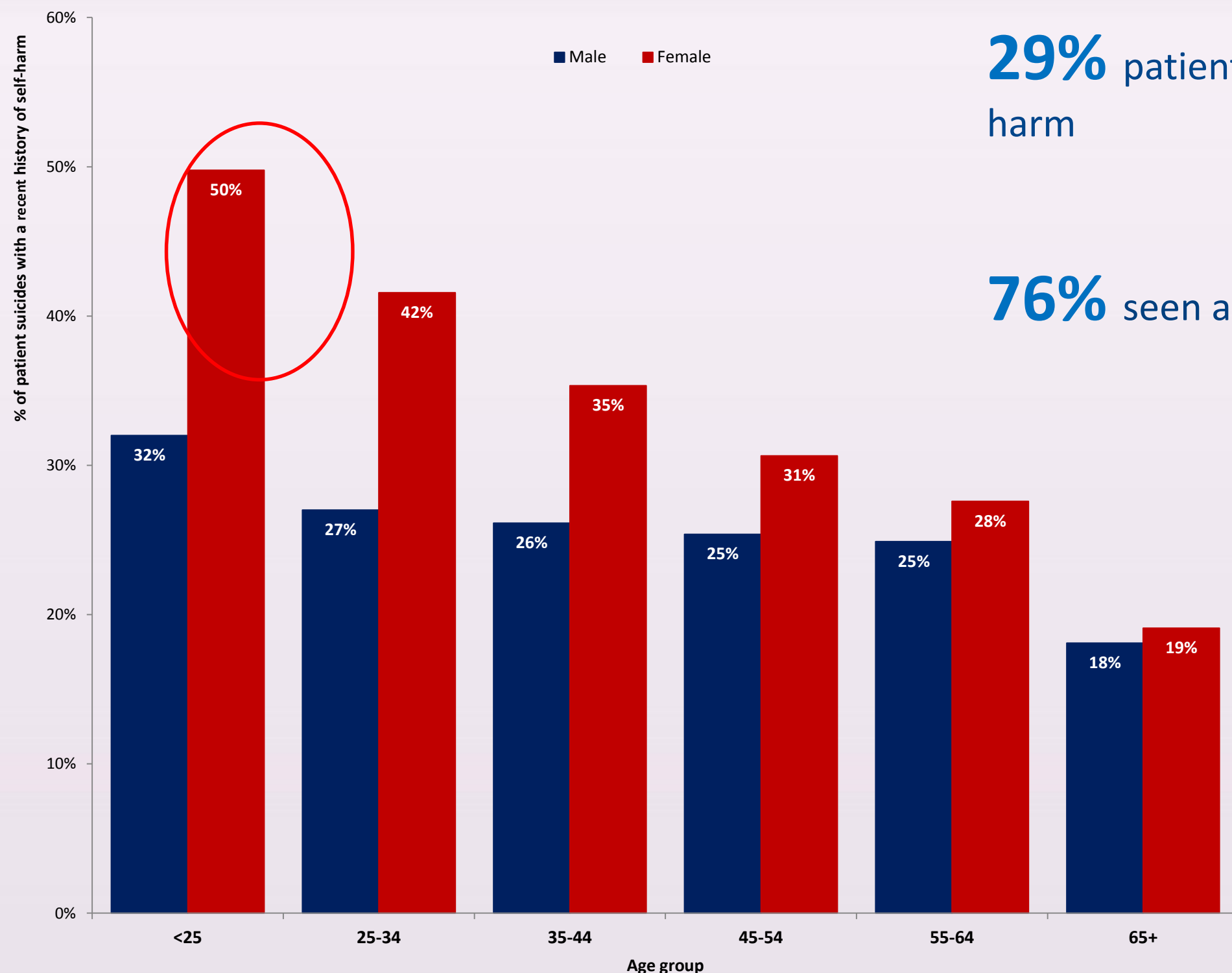


Affective disorder & personality disorder most **common diagnoses**

**42%** history of self-harm & co-morbid condition



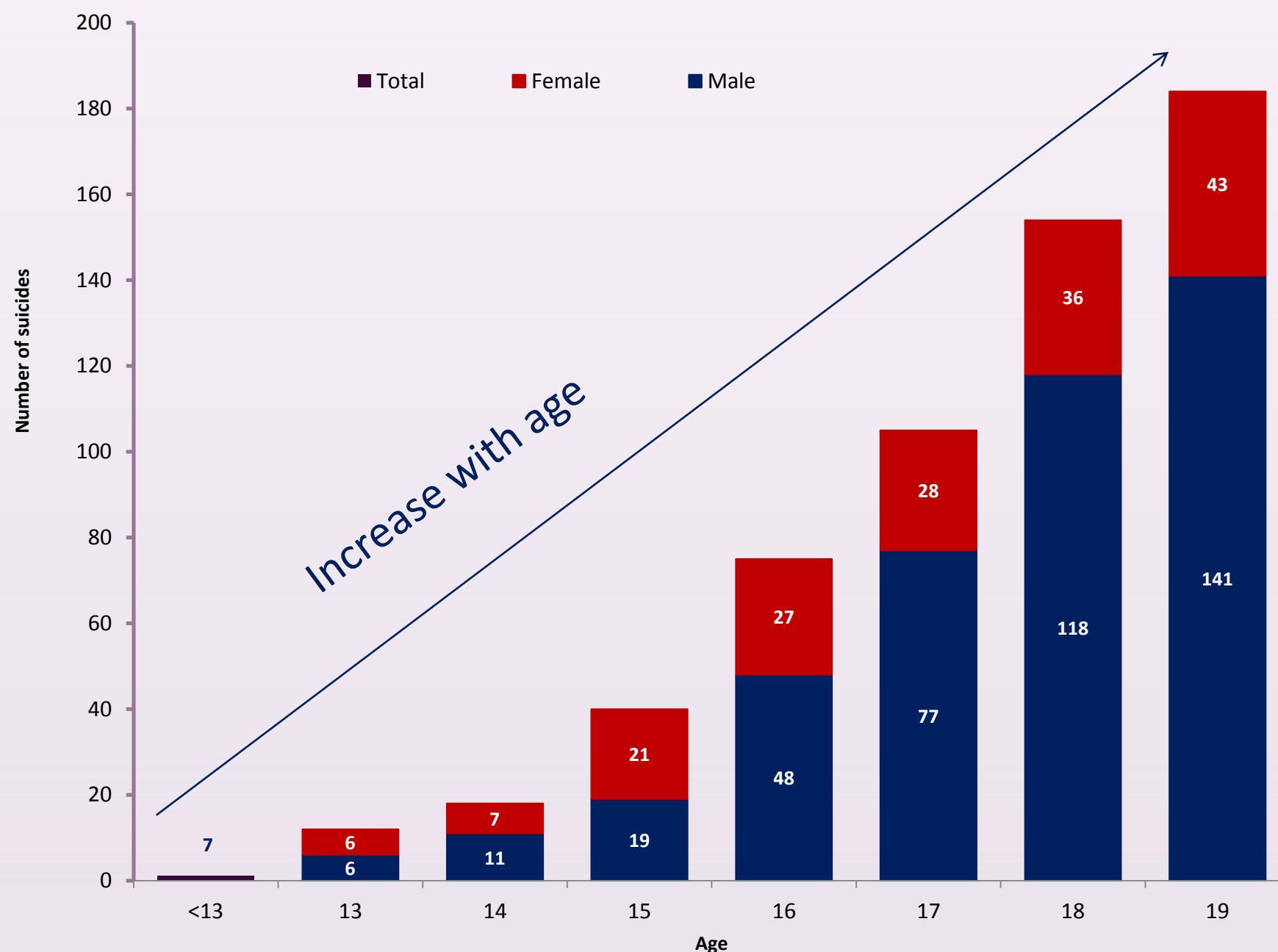
# Patient suicide: recent history of self-harm



**29%** patients had recent history of self-harm

**76%** seen as low risk

# Suicide in people aged <20



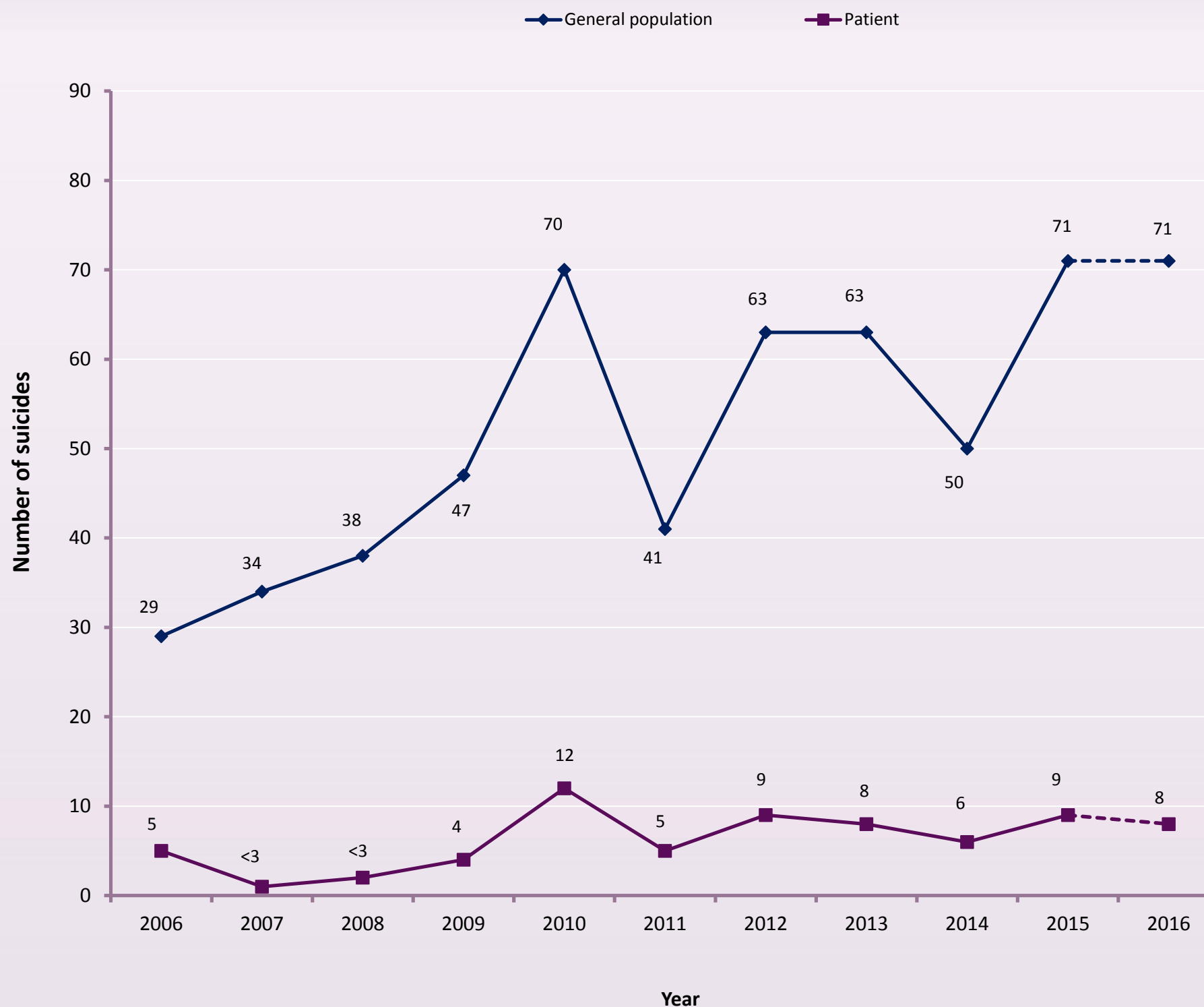
Themes of bereavement,  
bullying, physical health, self-  
harm

$\frac{1}{4}$  suicide-related internet use

40% no service contact



# Student suicide (aged 18-21), England & Wales



**12%** were patients; **lower** than non-student patients (21%)

Highest risk in **January & April**

**Low** rates of some common risk factors, e.g. alcohol & drug misuse

# Clinical messages



# '10 ways' to improve safety



# Clinical messages (1)

## Reducing suicide by in-patients

Improving physical  
safety on ward



Care plans in place

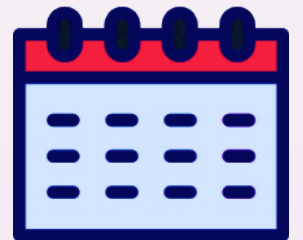


Strengthen nursing  
observation

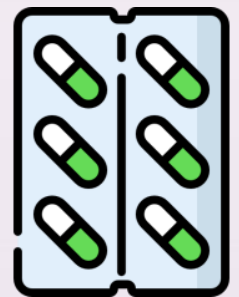


## Safer care

Follow-up within  
2-3 days post-discharge



Safer prescribing



Reducing alcohol  
& drug misuse



# Clinical messages (2)

## Female patients

**Treatment of  
depression, following  
guidelines**



**Improving personality  
disorder services**



**Care of women with  
complex problems**



## Recent self-harm

**Rise of recent self-harm**



**Associated with age &  
gender**



**Strong warning of  
suicide risk**





# Clinical messages (3)

## Suicide by children and young people in England



National Confidential  
and Homicide by People  
May

## Suicide by Children and Young People



National Confidential Inquiry into Suicide and  
Homicide by People with Mental Illness

July 2017

## Young people

**Promoting mental  
health in education**



**Shared role for  
frontline services**

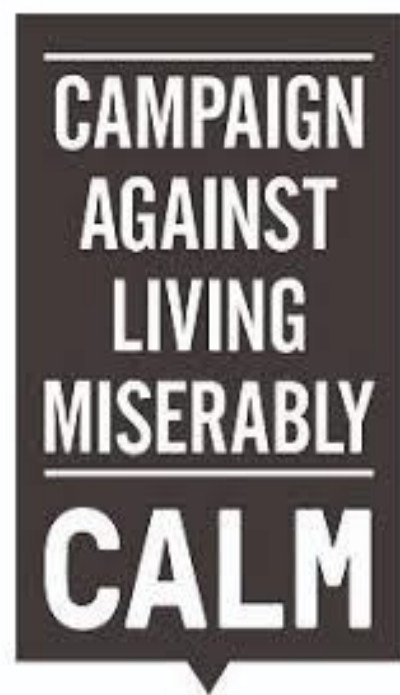


**Availability of support  
at times of risk**



# Clinical Message – Students

- Prevention – Promotion of mental health on campus
- Awareness of Risk – possibility of absence of conventional risk factors e.g. alcohol/substance misuse
- Support availability at times of increased stress e.g. exams/post-Fresher's
- Strengthened links to NHS services including MH care



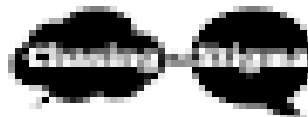
Helping people to be  
**the best they can be**



Hub of Hope

There's always  
somebody to talk to

Provided by



<https://vimeo.com/263158283>

Helping people to be  
**the best they can be**



# Stay Alive App

Essential suicide prevention  
for everyday life.





# Thank You

[mike.caulfield@nhs.net](mailto:mike.caulfield@nhs.net)

Helping people to be  
**the best they can be**