



National **Suicide Prevention Alliance**

Annual review 2016/17

Our members

The strength of the National Suicide Prevention Alliance (NSPA) is our diverse range of over 80 member organisations from across the public, private and voluntary sectors, and almost 100 individual supporters. All of our members have pledged to take action to help reduce the number of suicides and improve support to those affected by suicide. We are grateful for their commitment and work.

Highlights of the work of some of our member organisations can be found on pages 18 to 29.

You can find out how to join the NSPA on page 17.

AUTISTICA
Building brighter futures through autism research



Barnet, Enfield and Haringey NHS
Mental Health Trust
It's always working that

Child Bereavement UK
KIDS WHO LIVE TOGETHER

bipolar UK
SUPPORTING PEOPLE AFFECTED BY BIPOLAR



Body & Soul
Transforming childhood adversity



bacp
British Association for
Counselling & Psychotherapy

common unity

The British
Psychological Society
Promoting excellence in psychology

community links
inspiring hope
inspiring change

BRITISH TRANSPORT POLICE

CONNECTING WITH PEOPLE
Start the conversation

CAMPAIGN AGAINST LIVING MISERABLY CALM

CORNWALL COUNCIL

camiad
Campaign for the reduction of
Mental Health Inequality

Cruse Bereavement Care

Centre for Mental Health
Realising a Better Future

DERBYSHIRE County Council

Champs Public Health Collaborative

Derbyshire Healthcare NHS
NHS Foundation Trust



Contents

Message from the Co-Chairs	5
NSPA Declaration	6
Our work in 2016/17	7
Support after Suicide Partnership	14
Looking ahead	16
How you can get involved	17
Highlights from our members	18
Financial review	30



Message from the Co-Chairs

This is the National Suicide Prevention Alliance's fourth year, and it has been the busiest ever. We have made exciting progress across each of our priority areas, supporting individual and collective action, helping to achieve our ambition to reduce suicide and support those bereaved or affected by suicide.

Our strength is in our members and this year has seen a significant growth in the NSPA. At the end of 2016/17, we had 83 organisations and 81 individuals within the alliance, who have each spent this year forwarding suicide prevention by increasing awareness, providing information, challenging stigma, delivering services, undertaking research and visibly campaigning.

We want to give a heartfelt thank you to our members, supporters, staff and volunteers for all their energy, hard work and commitment. We are also grateful to the people who have personal experience of living with suicidal thoughts and of suicide who bravely share their stories to help save lives.

In this report, you'll read about our achievements this year. In the autumn, we supported World Suicide Prevention Day with our first ever public-facing campaign, #ItsOkayToTalk, to encourage greater help-seeking amongst men. We have worked in close partnership with Public Health England and published comprehensive guidance on developing local suicide prevention action plans and bereavement support services, and delivered a series of training masterclasses. Along with many of our members, we submitted evidence to the Parliamentary Health Select Committee Inquiry.

We're encouraged by the ever-growing profile of suicide prevention. This year, we have heard the Royal family and the Prime Minister speak out about mental ill health and suicide, there have been several primetime TV documentaries exploring bereavement by suicide, and the government has refreshed the National Suicide Prevention Strategy to support a renewed focus on key at risk groups and to deliver the national ambition of reducing suicides by 10% by 2020/21. It's also positive that 95 per cent of local authorities report having local suicide prevention plans in place or in development.

Yet, with suicide rates still high, and rising amongst certain groups, this is no time for complacency. We need continued focus and determination to deliver the actions set out in local suicide prevention plans. Fundamental to our success is the set up and maintenance of close and effective working relationships across sectors from health, criminal justice, housing and education, to employment and beyond.

There has, therefore, never been a greater need for the leadership and drive, knowledge and experience, resources and tools of the National Suicide Prevention Alliance and your crucial support. We look forward to more collective action.



Ruth Sutherland

Ruth Sutherland
CEO,
Samaritans










Brian Dow

Brian Dow
Director of External Affairs,
Rethink Mental Illness







NSPA Declaration

The difference we aim to make

Everyone in society has a part to play in suicide prevention and improving support for those affected by suicide. We want to see a significant reduction in suicide in England. We think this will happen if we work with our members to achieve the following outcomes:

 Reducing stigma	for all parts of society: so that talking about suicide, and taking action to maintain good mental health, is as normal as talking about and maintaining physical health.
 Encouraging help-seeking	then more people experiencing emotional distress will seek help before they become suicidal.
 Providing the appropriate support	meaning when people in emotional distress seek help, they receive appropriate support from the people or organisations they approach and they are offered appropriate options.
 Reducing access to means	so people experiencing severe emotional distress find it harder to access the means to take their own life.
 Reducing the impact of suicide	with people affected by suicide getting the support they need to cope with the impact on their life.
 Improving data and evidence	better official data about suicide in England and more evidence about effective suicide prevention, so those working in suicide prevention find it easier to obtain this data and evidence.
 Working together	organisations with an interest in suicide prevention collaborating with each other to make a bigger difference.

We achieve our outcomes by:

 Delivering commitment and influence	we identify public, private and voluntary organisations that can make a difference and invite them to join us and take action.
 Mobilising action	we identify the most important issues to work on and facilitate projects to address them.
 Building an active network	we facilitate collaborations between organisations that can achieve more by working together.
 Sharing best practice	we share information about what organisations are doing to prevent suicide, and provide support after a suicide and promote good practice in these areas.
 Raising awareness and building knowledge	we work to improve the quality and accessibility of data about suicide and help improve the evidence base about what works in suicide prevention and support after a suicide. We share this intelligence with organisations that can make a difference.
 Improving support	we share information about support available for people in distress and those affected by suicide, to increase options and raise awareness of what is out there.

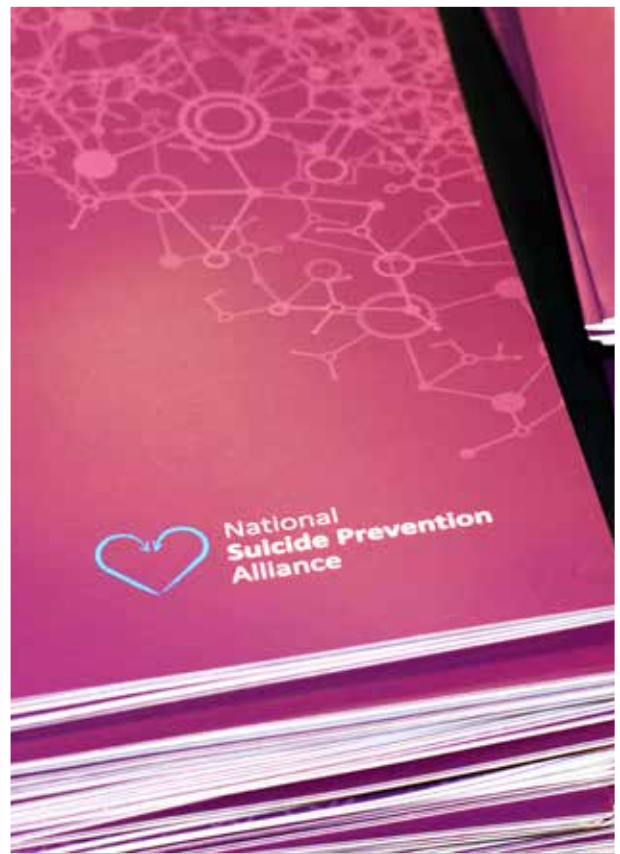
Our work in 2016/17

The NSPA has seven strategic priorities that drive forward our work on behalf of our members. During 2016/17, important progress has been made across each of them.

Each of our priorities have evolved from and complement the cross-government strategy ***Preventing Suicide in England*** and support the recommended strategic goals of local suicide prevention plans, as outlined in Public Health England's and NSPA's ***local suicide prevention planning guidance***.

Our strategic priorities:

- ♥ Reducing stigma
- ♥ Encouraging help-seeking
- ♥ Providing the right support
- ♥ Reducing access to means
- ♥ Reducing the impact of suicide
- ♥ Improving data and evidence
- ♥ Working together



Reducing stigma

Pushing for a change to the Standard of Proof

A priority in 2016/17 has been to advocate for a change to the Standard of Proof used by coroners because we believe this contributes to the stigma around suicide. Currently, the criminal standard of proof, rather than a civil standard, means that coroners must use 'beyond reasonable doubt' to reach a suicide conclusion at inquest and as a result some cases of suspected suicide cannot be formally declared. This can obscure the accuracy of statistics and cause distress for family members.

NSPA members provided a wealth of evidence around the issues related to the Standard Proof to the 2016 Parliamentary Health Select Committee Inquiry into Suicide Prevention. We were pleased to see this included in the Committee's report with the recommendation to change to the balance of probabilities for conclusions of death by suicide. We will continue to encourage the issue to be debated and supported by key influencers, including coroners and constituency members of Parliament.



Encouraging help-seeking

#ItsOkayToTalk, our first public campaign

This year marked a significant milestone for us, as we set up a cross-sector partnership amongst our members and beyond to develop and deliver our first public-facing campaign to mark World Suicide Prevention Day on 10 September. Using #ItsOkayToTalk, we focused on encouraging men to seek help and support, and raise awareness of the fact that suicide is the biggest killer of men under 50.

Working with Men's Health Forum and building on insight research provided by Harmless, we developed a bespoke printed 'smart card' on male suicide and how to look after yourself. It was well-received by a wide range of organisations across the country, with over 18,000 distributed to date.



We produced additional materials for use across social media channels and template press materials, as well as a set of recommendations for local services to better reach men with appropriate and tailored support.

To increase the profile of the campaign, we set up a 'Listening Village' at Parliament Square, London. Along with Andy's Man Club, a cross-section of our member organisations and several members of Parliament, we held conversations with the public and distributed our smart cards.

This was our biggest public event to date and the resulting media coverage included an extensive segment on Sky News. We also coordinated additional press activity for our members throughout the week and raised NSPA's profile across national media, achieving significant Facebook and Twitter 'shares'.

The profile of the campaign was enhanced by linking with other initiatives, including Luke Ambler's and Andy's Man Club's #ItsOkayToTalk campaign and Movember's film Suicide Notes Talk Too Late. Samaritans' live Facebook event about the campaign reached over 110,000 people. Collaborations such as these which add value to our members' activities will continue to be a key characteristic of our future public facing work.





Our Co-Chair, Brian Dow, being interviewed for World Suicide Prevention Day



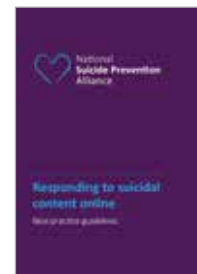
Providing the right support

Online directory of sources of help

We have updated and expanded our online directory of support and services in England. This is an ongoing commitment, which aims to ensure that everyone can gain access to a comprehensive and accurate resource listing existing provision.

Responding to suicidal content online

In recognition of the challenge and opportunity offered by websites and social media, we produced and promoted new guidance for online community moderators on **how to respond to suicidal content**. This is the only resource of its kind and continues to be disseminated.



Reducing access to means

New guidance for responding to suicides in public places

In 2016/17, Public Health England published guidance on **preventing suicides in public places**. NSPA has supported the dissemination of this important resource and encouraged the inclusion of this aspect of suicide prevention work to be incorporated into local plans.

Addressing emerging methods of suicide

As well as ongoing work on restricting access to harmful online content, we continue to support the work of the National Suicide Prevention Strategy Advisory Group (NSPSAG) on reducing access to emerging methods of suicide. In 2017/18, our ambition is to set up a shared position on how to maximise access to positive content and minimise access to harmful content in the online environment.



Reducing the impact of suicide

Strengthening Support after Suicide Partnership

Throughout 2016/17 we have worked with the Support After Suicide Partnership, helping to shape their strategic development with a representative on their Leadership Team. We have also contributed to the funding of a full-time project manager to deliver their agreed work plan. Further details about their priorities and achievements are outlined on pages 14 to 15.

New guidance for developing bereavement support services

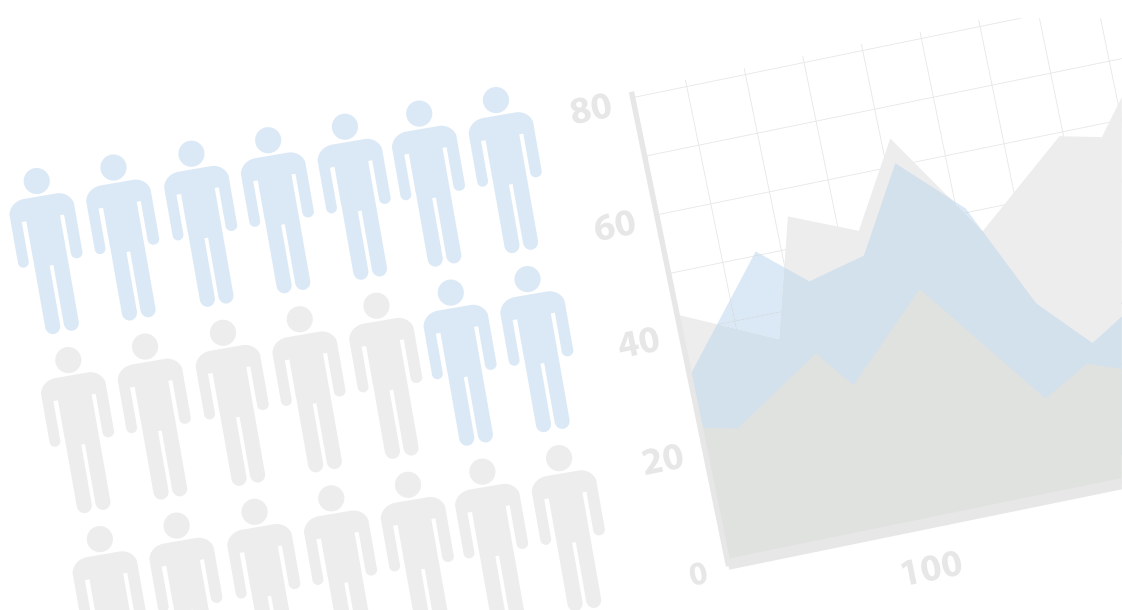
To help strengthen the capability of bereavement support services, as well as to set up greater consistency of provision, Public Health England funded the NSPA to produce **important resources** for local commissioners and providers. The resources develop further the suicide bereavement framework and pathway, which we initially produced with a Department of Health grant in 2015 to help provide the case for investment. Also, created in partnership with the specialist mental health research charity, McPin Foundation, we produced an **evaluation framework** to encourage greater robustness of data collection, monitoring and evaluation to enable more effective reviews and comparisons across service models and providers.



Improving data and evidence

Developing our knowledge hub

We are committed to creating a suicide prevention knowledge hub that provides a single, comprehensive and accurate source of resources, data and signposting. This year we have made great progress in its development in advance of it going live later in 2017. The online directory of support services across England has been updated and expanded and it is available on our website. We are in the process of developing a range of assets to support local suicide prevention activity, and as a result of the masterclasses (see section 7), we now have a clearer understanding of regional and local data collection practice, which we will use in the coming year to influence improvements in this area.



Building partnerships is at the heart of what the NSPA stands for and our commitment to collaboration spans across every aspect of our work.



Working together

Support for local authorities

Public Health England commissioned us to work with them to research, write and design **Local Suicide Prevention Planning**, a practice resource for local authorities and other organisations, and then deliver a series of training masterclasses. This important resource, along with those produced for bereavement support services, was launched in January 2017 as part of a package of mental health announcements made by the Prime Minister. The resource provides local authorities and others working to prevent suicide with a comprehensive guide on how to put together a local suicide prevention plan. It takes them through each element of the national strategy and what actions could be delivered locally.



Increasing knowledge, skills and confidence with training

Working with the Public Health England national team and regional centres, we organised and delivered a series of nine training masterclasses across the country to complement the suicide prevention planning and bereavement support guidance documents. The sessions were designed primarily for public health leads in local authorities, together with mental health leads from Clinical Commissioning Groups to build their knowledge and confidence around suicide prevention, promote uptake of the guidance and facilitate working in partnerships. Each session combined content about the national context with regional themed presentations. This provided an opportunity to showcase the good practice of some of our members, such as Listening Ear (see page 23) Outlook South West (see page 26) and Samaritans (see page 28). In total, over 600 people participated from every area of England and we received positive feedback about the format, content and delivery of the sessions.



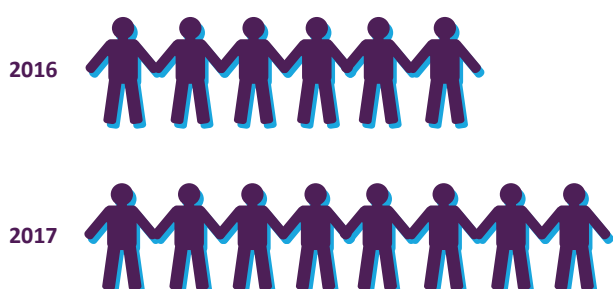
Attendees from the London MH Champions training

Membership continues to grow

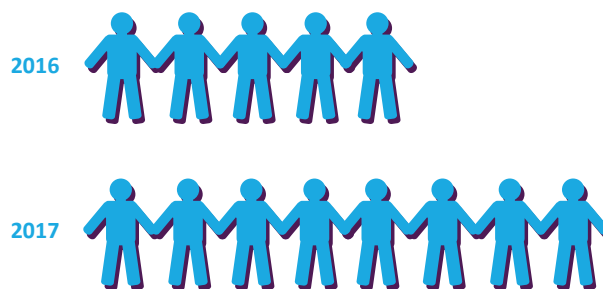
A strong and vibrant community of members is fundamental to our success and this year saw a 32% increase in membership to 83 organisations. Our supporter numbers also grew to 81, a rise of 72%.

It's particularly encouraging to see more local authorities joining us and we hope to see many more public and private sector organisations signing up.

Members



Supporters



Sharing expertise with key national bodies

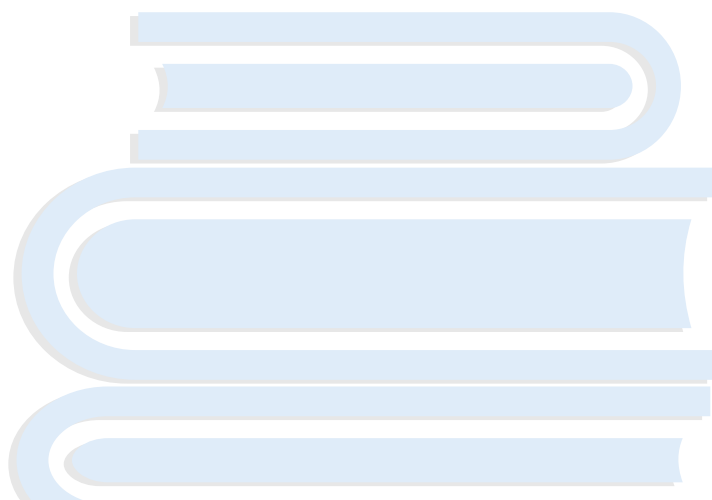
We are committed to contributing our experience and knowledge, and this year the NSPA was represented at meetings of the National Suicide Prevention Strategy Advisory Group (NSPSAG), Public Health England's Prevention Alliance for Mental Health and several regional forums. We submitted evidence to the 2016 Health Select Committee Inquiry into Suicide Prevention, as did many of our members, with several invited to provide oral evidence.

Establishing special interest groups within NSPA

For several key areas where we have a body of members focused on creating change, such as tackling the challenges and opportunities of the online environment, or developing and delivering high quality training, we have set up a governance process by which special interest groups can be set up. These groups continue to be a part of the NSPA, but they have their own dedicated leadership group to set priorities, a work plan and run meetings. Two of these have now been formed, the Support After Suicide Partnership, with further details provided on pages 14 to 15, and the Men and Suicide group which is at early stages of development.

NSPA conference

In February 2017, we held our third annual conference, which goes from strength to strength each year in terms of delegate numbers, breadth of the programme and calibre of speakers, and crucially, positive feedback. We welcomed over 200 attendees to discuss and debate Suicide prevention: the changing conversation, with representatives from local authorities, mental health trusts, clinical commissioning groups, criminal justice, as well as education, private and voluntary sectors. The Secretary of State for Health, Jeremy Hunt MP, provided a recorded video address and Norman Lamb MP gave a heartfelt address, and for the first time the Local Government Association and NHS England made presentations. In just a few years we have succeeded in establishing the conference as the national event for people interested in suicide prevention.





NSPA membership meetings

Our annual members meeting took place in London in July 2016. The event combined updates from the NSPA along with member-led discussion sessions. Our Steering Group elections were held and now comprises:

Elected members:

East Midlands Suicide Prevention Research, *Keith Waters*
 The Farming Community Network, *Karen Ellis/Glyn Evans*
 Grassroots Suicide Prevention, *Stella Comber*
 Harmless & The Tomorrow Project, *Caroline Harroe*
 Independent trainer, *Miranda Frost*
 Men's Minds Matter, *Dr Luke Sullivan*
 Network Rail, *Ian Stevens*
 PAPYRUS Prevention of Young Suicide, *Ged Flynn*
 Rethink Mental Illness, *Brian Dow (NSPA Co-Chair)*
 Royal College of Nursing, *Annessa Rehair*

Standing members:

Samaritans (as host), *Ruth Sutherland (NSPA Co-Chair)*
 Department of Health (as funder), *Andrew Herd*

Co-opted members:

Public Health England, *Helen Garnham*
 Support After Suicide Partnership, *Hamish Elvidge*

Website development and communications

It is vital that our website provides a useful, up-to-date, accessible means for our members and other interested organisations and individuals to be kept informed and to make connections. We have extended and improved the quality and quantity of content, which has included an expansion of our directory of support services across England and a dedicated news and events section. This has encouraged more and longer visits to the site.

Website improvements are an ongoing programme of work and to help identify future development needs we have launched a technical review of the site's functionality.

We have also produced nine e-newsletters for our members enabling them to keep up to date with developments across the sector, and providing examples of good practice and updates on members work.

Support after Suicide Partnership

In 2016, the Support after Suicide Partnership (SASP) became a special interest group within the NSPA. It acts as a coordinating national hub for organisations that support people who have been bereaved and affected by suicide.

There are 30 organisations working together towards SASP's vision, *Everyone bereaved or affected by suicide is offered timely and appropriate support*. SASP works to achieve this through research, advocacy, signposting, collaboration and innovative practice.



SASP's work in 2016-17

Developing a compelling case for change

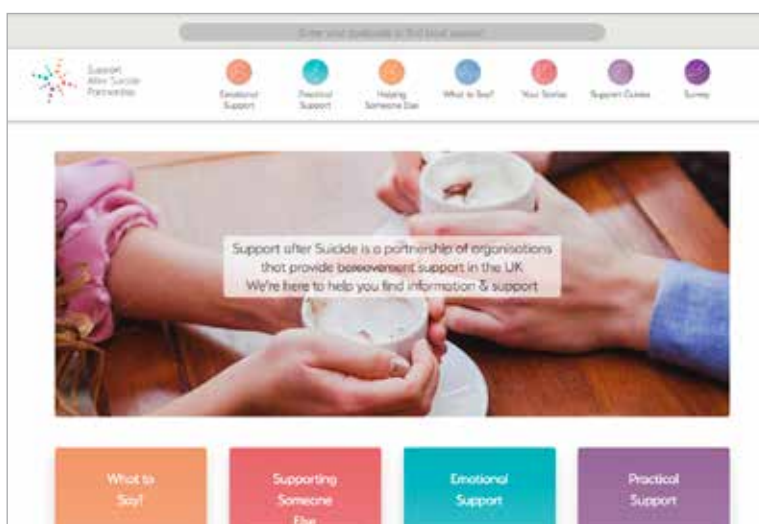
There were 4,820 suicides in England in 2015, and as many as 280,000 people bereaved or affected. With little formal support offered, SASP's priority is to develop a compelling case for change and influence national and local decision makers.

A key achievement this year was to submit a strong body of written and oral evidence to the 2016 Health Select Committee Enquiry into Suicide Prevention. The Committee have concluded: *"High quality support for individuals bereaved by suicide must be included in suicide prevention plans."*¹ This recommendation marks an important milestone in the journey towards local and national government putting proactive suicide bereavement support in place.

Establishing a compelling case for change will be strengthened in 2017/18 by the launch of the first ever national research into the impact of suicide on the UK public. The survey, conducted by the University of Manchester, is the largest study ever on this subject and it will provide evidence about what support is most valued and effective.

Improving support and access to suicide bereavement support

SASP has developed a strong new brand and rebuilt its website to create a hub of bereavement support. Since its launch in November 2016, the website has been visited nearly 10,000 times, signposting over 7,000 people to support. Support resources, including *Help is at Hand*, have been disseminated by a wide variety of organisations throughout the country, and SASP continues to work with a cross-section of organisations to make sure support is reaching those who need it the most.



supportaftersuicide.org.uk

¹ The Health Select Committees' Sixth Report of Session 2016–2017

Development of the SASP

This year has seen SASP welcome new organisations, bringing the partnership to over 35 organisations and supporters. In June 2016, it appointed its first full-time member of staff as the SASP Project Manager.

The leadership team and members held regular meetings, which provided a platform for new ideas and innovative working, welcomed guest speakers, facilitated networking and mobilised action.

SASP has secured funding until 2019 from CALM, The Matthew Elvidge Trust, and The James Wentworth-Stanley Memorial Trust, and received a further grant from NSPA in 2016/17. It was also awarded a grant to support a research project from the Monument Trust.

Engaging decision makers to implement change

To help strengthen its reach, SASP has developed relationships with the Local Government Association (LGA), the British Transport Police, Network Rail, Public Health England, the Royal College of Psychiatrists and the Royal College of General Practitioners.

It is also developing promising relationships with Co-op Funeral Care and the Society for Allied and Independent Funeral Directors (SAIF). Next year it intends to use the evidence from the research to build additional support from the public, private and voluntary sectors.

Looking ahead

A key priority for SASP is to work with local authorities, directly and through the LGA, to encourage 100% of local authorities to have appropriate suicide prevention plans which include suicide bereavement support.

SASP also wants to guarantee that everyone bereaved by suicide receives a copy of Help is at Hand, and it will continue to work tirelessly with its partners to make sure timely and appropriate support is given to families at the earliest opportunity.

SASP believes that small changes, such as being given a booklet of support or visiting an informed GP, can make an enormous difference.

Members

AMPARO/Listening Ear

CALM

Child Bereavement UK

Childhood Bereavement Network

DrugFAM

Facing the Future

Hector's House

If U Care Share

James' Place

Life After Suicide (L.A.S)

Maytree

NSPA

Outlook SouthWest

Oxford NHS / CalmZone

PAPYRUS Prevention of Young Suicide

Pete's Dragons

Public Health England

Samaritans

Suicide Bereaved Network

Suicide Bereavement UK

Survivors of Bereavement by Suicide (SoBS)

Sussex Community Development Association

The Alliance of Suicide Charities (TASC)

The Compassionate Friends

The James Wentworth-Stanley Memorial Fund









The Laura Centre

Winston's Wish

Looking ahead

Over the next 12 months we're determined to capitalise on, and extend, the momentum that has been felt by partners across the suicide prevention community. Our energy and resources will be focused on delivering the next steps of the priorities set out in the NSPA's strategic framework for 2016-19.

This will include to:

-  Continue to demonstrate our leadership, policy knowledge and practical experience by preparing responses to the reports published by the 2016 Health Select Committee Inquiry into Suicide Prevention, and the Government's fourth progress report of the cross-government outcomes strategy to save lives. We will also contribute to the NICE consultation on preventing suicides in the community and respond to the quarterly release of suicide data from the Office of National Statistics.
-  Reach out to the general public with a campaign about the simple actions that can save lives. Under the international theme of *"Take a minute, Change a life"*, we will galvanise action around World Suicide Prevention Day in September 2017, with products that can be used by our members to build understanding of suicide and how to prevent it.
-  Build on the successful collaboration with Public Health England that has seen us produce guidance and deliver masterclasses, and extend our regional and local networks to gain insights and offer support to local areas.
-  Ensure the NSPA's voice is heard at relevant national forums and meetings, including the National Suicide Prevention Strategy Advisory Group, Public Mental Health Alliance and Royal College of GPs Mental Health Group and develop improved links with NHS England and regional networks
-  Support the programmes of work of our two special interest groups: Support After Suicide Partnership and Men and Suicide, as well as the activity of our members and other key stakeholders. This will include the promotion of a significant survey exploring individuals' experiences of bereavement.
-  Extend the content and functionality of our one-stop shop website to include more resources and guidance to inform, update and connect our members and other stakeholders. We will also deliver regular updates across all areas of our work, such as help-seeking, online moderation, support after a suicide and access to means through our newsletter and blogs.
-  Grow the influence, attendance and sponsorship of our annual conference. This year the theme is 'Local Action, National Impact' and it will take place on 31 January 2018 at the Kia Oval.
-  Continue to extend our membership base and funding streams.



How you can get involved

We believe that everyone has a role to play in reducing the number of suicides and improving support for those affected by suicide. It requires collective and coordinated action from the widest range of organisations to have the greatest impact and save more lives. This is why we're always keen for more people to join us.

Members

Members benefit from belonging to an alliance where there is networking across the public, private and voluntary sectors, information and good practice is shared, and there are opportunities to identify and build initiatives with like-minded partners. We also encourage active involvement in setting the strategic direction and priorities for the alliance.

NSPA membership is free and we welcome all types of organisations. We ask our members to sign up to our Declaration and Membership Agreement, and set out their own action plan with details about current and intended suicide prevention work. There is no fee, but members are invited to make annual voluntary contributions, which can be financial or in-kind.

Supporters

We encourage individuals who want to be involved, including those whose lives have been personally touched by suicide and professionals working in this field, to become our supporters. By adding your voice, sharing your experience and taking action, you provide invaluable strength to our and our members work. Organisations who are not yet ready to become full members can also become supporters.



If you would like further information on becoming a member or supporter of the NSPA, please go to nspa.org.uk/home/get-involved or contact us via email info@nspa.org.uk

NSPA annual conference

Our fourth national suicide prevention conference *Local action, national impact* will be held on 31 January 2018 at The Kia Oval in London.

We expect the event to attract over 200 people interested in suicide prevention from across the country. The conference combines presentations, workshops and networking opportunities; we encourage you to join us for this important event.



Members of the NSPA at this year's annual conference

Highlights from our members

The strength of the NSPA is the breadth and depth of our membership that sees organisations from across the private, public and voluntary sectors share a commitment to reducing the number of suicides and improving support for those affected by suicide. As well as our collective work (see pages 7 to 11), our members have their own initiatives to advance suicide prevention. Here are some of our members' highlights.



Autistica

Tackling elevated suicide rates in autistic people

Autistica, the UK's national autism research charity, published a report in 2016 into premature death in autism, which highlighted for the first time the significantly increased risk of death from suicide among autistic people. The research shows that autistic people are at a nine times increased risk of taking their own life, with autistic women at even greater risk than autistic men.

Autistica ran a campaign among politicians and civil servants to increase awareness of this crisis, which has led to an increased focus on suicide in autism at national and local levels. It funded the first ever international summit on suicide and autism, bringing together autistic adults who had experienced suicidal thoughts or attempted suicide, those bereaved by suicide, researchers, coroners, funders and clinicians. The summit generated research recommendations and policy proposals, both of which will be taken forward by the charity in the coming year.

Autistica also invested in new research studies into suicide and mental health, including psychological autopsies of deaths by suicide to establish whether there was evidence of diagnosed or undiagnosed autism.

autistica.org.uk



British Transport Police

British Transport Police (BTP) joint health and policing teams extended

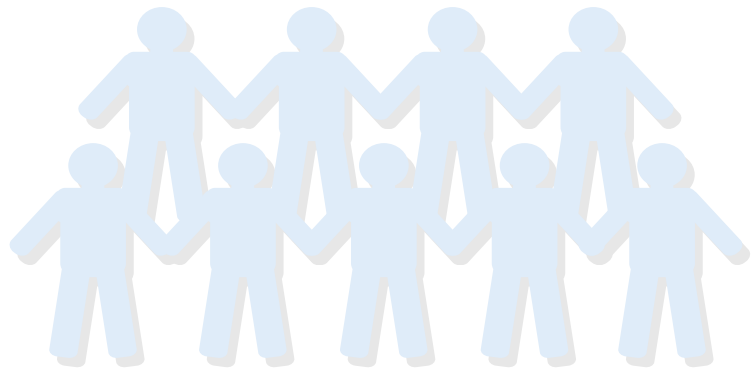
BTP operates two joint health and policing teams in Birmingham and London, with NHS psychiatric nurses working alongside BTP officers and staff. These teams case manage some 2,000 people who attend the railway in suicidal crisis every year to help them access relevant services and get them on the road to recovery.

In 2016/17 BTP enhanced this capability, with a foot patrol function for London. This involves a psychiatric nurse and a police officer (both in plain clothes) conducting directed patrols on the rail network, with the objective of identifying vulnerable people and those in crisis, and providing them with support. BTP also respond to calls involving those in suicidal circumstances to provide expertise and advice to operational officers. This small team has been highly effective, making sure that the right decisions are made to support the individual and protect them from harm, whilst avoiding inappropriate detentions under mental health legislation, which are both time consuming and demanding on health services. This joint health and policing approach to suicidal people has proved highly successful with only a small number of people (0.6%) going on to take their own lives following an intervention.

New suicide prevention and response guidance for the Police Service

BTP Chief Constable Paul Crowther is the National Police Chiefs' Council lead for suicide prevention and response, and 2016/17 was a very important year for the programme. Through collaboration with the College of Policing and a broad range of subject matter experts, Authorised Professional Practice has been published to guide police officers and staff in preventing suicide at both strategic and local level. This guidance sets the standard for the entire police service and fills what was a significant gap in police guidance and training.

btp.police.uk



CALM

CALM runners clocked up hundreds of royal miles to prevent male suicide

Last year, the Campaign Against Living Miserably (CALM) was chosen by the Duke of Cambridge to be part of Heads Together, a group of charities and companies supported by the Royal Foundation tasked with a collective goal to change the conversation around mental health. CALM was the only Heads Together partner organisation focusing specifically on male suicide and worked to highlight this issue among the wider public throughout the campaign. The involvement of high-profile ambassadors – such as Rio Ferdinand, Freddie Flintoff and CALM's patron Professor Green, who himself lost his father to suicide – helped to reach a huge audience.

The campaign culminated in a hive of activity around the 2017 Virgin Money London Marathon, in which 42 CALM runners – many of whom have been directly affected by male suicide – took part, clocking up exceptional numbers of miles, funds and, most importantly, new running buddies who continue to support each other through CALM. CALM's role within the Heads Together campaign not only helped to change the conversation on mental health, but also resulted in a historic level of attention for the charity, putting male suicide firmly on the map and paving the way for even more impact in the months to come.

thecalmzone.net



City of London Corporation

The Bridge Pilot – suicide prevention on London Bridge

As part of the City of London Corporations Suicide Prevention Strategy, the Bridge Pilot is a joint initiative between the City of London Corporation, City of London Police, the Metropolitan Police and Samaritans, which aims to reduce the number of suicides that occur from London Bridge. There were 52 calls for help from London Bridge in 2014. The number of suicide calls and incidents in 2016 will be monitored and compared to baseline figures from 2014 and 2015.

The initiative has been framed around a recognised approach to reducing suicide at public sites by signposting people to support services. Six signs with Samaritans' free phone number have been placed on London Bridge. In addition, Samaritans and City of London Corporation, with the help of East London Foundation Trust and City and Hackney Mind, have put together free training for frontline staff, local businesses and members of the public. The training encourages people to approach those at risk, and its size, length and content can be adapted for different audiences.

The trainer version of the training has been developed to maximise the reach. To date, 121 people have been trained over six sessions and a further 18 have been trained to be trainers. Over 5,000 leaflets have been handed out to the public during rush hour outlining how to recognise a person who may be at risk and how to approach them.

The pilot is being expanded to other bridges within the City of London. Signs have been fixed on Blackfriars Bridge and work continues to get the required planning permissions to put signs on Tower Bridge and Southwark Bridge. This work was profiled in the Local Government Association's report on mental health.

cityoflondon.gov.uk



Community Links

Suicide awareness training to carers and youth offending staff

In June 2016, Community Links Training was commissioned by Leeds City Council Public Health team to deliver safeTALK (half-day) training to residential staff and foster carers, youth offending service staff, staff from Adel Beck Secure Children's home and Wetherby Young Offenders Institution. In addition, Community Links was commissioned to provide one ASIST (two days) training session to 30 people.

143 people took part in the safeTALK training and 12 people participated in the ASIST training. The participants said that they found the training useful, feeding back that they felt a lot more confident about helping someone with suicidal thoughts after the training.

Community Links delivered 28% of all safeTALK sessions that took part in England in 2016/17, and as part of this, it provided training across the whole of the Yorkshire and Humber region. Working with organisations such as Leeds City Council, Rotherham Metropolitan Borough Council, Yorkshire Water and York City Council, it delivered suicide awareness and prevention training to 853 people.

In September 2017, Community Links will be adding a new course to its suicide prevention training portfolio. Suicide to Hope will provide a unique opportunity to improve helpers' preparation to provide effective suicide care. Clinicians and other professional helpers know that encountering suicide is a significant part of their work, yet many lack confidence and feel inadequately prepared.

commmlinks.co.uk



Connecting with People

Workplace mental health programme for the veterinary profession

The Royal College of Veterinary Surgeons (RCVS) set up its **Mind Matters initiative** in response to a growing awareness that mental health had become a significant issue within the veterinary profession. Sadly, UK veterinary surgeons are at least three times more likely to die from suicide than the general population. In collaboration with Connecting with People (CwP), RCVS has developed a one-day Mental Health for Managers Training Programme that promotes a supportive culture towards mental health and ensures sustainable improvements in wellbeing for everyone within veterinary teams.

Collaboration with Essex Partnership University NHS Foundation Trust (EPUT)

Connecting with People have provided suicide mitigation training for clinical staff at EPUT to improve their skills, governance and quality of clinical risk assessments and intervention practices based on CwP's **SAFETool** (Suicide Assessment Framework E-Tool). The Trust is currently examining how the SAFETool might be integrated into practice within existing electronic records systems. Two cohorts of senior practitioners have attended the Train-the-Trainer Suicide Mitigation Programme, enabling EPUT to develop a team of in-house trainers, fully equipped to deliver modules in Suicide Awareness, Suicide Response Part 1 and Part 2 throughout the Trust.

SystmOne templates for SAFETool Triage

A downloadable PDF version of the **SystmOne SAFETool Triage** (Suicide Assessment Framework E-Tool) is now available for practitioners who are unable to use the integrated system. The SAFETool guides practitioners to co-produce an appropriate safety plan with all patients, building the patient's own resilience and resourcefulness, equipping them should they ever become suicidal in the future. Practitioners are trained to use the SAFETool during bite-sized modules and build valuable knowledge and skills to ensure a compassionate approach. A template for EMIS, the most popular primary care software system, is also being developed.

connectingwithpeople.org



The Charlie Waller Memorial Trust

Wellbeing action plan booklet

The Charlie Waller Memorial Trust's (CWMT) **Wellbeing Action Plan** booklet aims to help young people to stay mentally well and to take appropriate action, if they start to feel less well. The easy to use, engaging and colourful booklet was co-created with a group of young people and it is based on a well-tested model, Wellness Recovery Action Planning. Since it was published in January 2017, CWMT has sent out more than 26,000 copies free of charge to schools and others working with young people.

E-learning package for university staff

For university students in distress, whether through depression, anxiety, homesickness or low self-esteem, the first point of contact is often with university staff such as porters, domestic staff, bar staff, security, academic tutors or maintenance staff. **CWMT's e-learning package** is designed to give non-specialist staff the skills, knowledge and confidence to offer this first line of support. Introduced by well-known TV presenter and CWMT patron Alexander Armstrong, the package consists of six, easy to follow 20-minute sessions, including: signs to look out for, key helping skills, knowing who else to involve and supporting students at risk or in crisis.

Webinar: Talking to students at risk of suicide

This is one of a series of webinars aimed at those working with young people, that gives practical advice on how to talk to students who may be experiencing suicidal thoughts.

cwmt.org.uk



Derbyshire County Council

Making suicide prevention everyone's business

The **Derbyshire Suicide Prevention Partnership Forum** identified a cluster of location related suicide incidents through real-time data monitoring and partner engagement. In response, a small, local suicide prevention partnership was set up, involving key partners such as British Transport Police (BTP), Network Rail, police, Public Health, the Mental Health Trust, community groups, the local school and Samaritans. The site was identified to have no regular worker presence, but plenty of commuters, several businesses nearby and many passers-by.

The partnership developed an action plan, which concentrates on crisis prevention and intervention, and aims to engage people, raise awareness, provide information, offer training and support. The action plan included visits to local businesses that were keen to help and agreed to display Samaritans and BTP resources, the provision of suicide prevention training targeted at local workers and residents, and a broader plan to make sure that the offer of mental health support is well known and accessible. The willingness of local partners, business owners and residents to make 'suicide everyone's business' means that the infrastructure of support for mental health and crisis related incidents is much stronger.

derbyshire.gov.uk





Derbyshire Healthcare NHS Foundation Trust

Mandatory training for all clinical staff

The Derbyshire Healthcare NHS Foundation Trust developed and launched its suicide prevention strategy in 2016 and continues to measure its impact through clinical data, service evaluation, research and audit. Connecting with People's Suicide Awareness and Responses Training was made mandatory for all clinical staff within the Trust. Nine Trust colleagues are now trained as trainers and delivering sessions. Six local GPs are collaborating with the Trust to deliver training to primary care. For World Suicide Prevention Day, the Trust worked with the local suicide forum and voluntary organisations to screen a video during a local football club fixture attended by 30,000 fans. There was also an opportunity to meet and talk with local suicide prevention people. An evaluation is underway and the results will be used to inform further activities.

derbyshirehealthcareft.nhs.uk



Grassroots Suicide Prevention

Reducing male suicide in East Sussex

Grassroots is working with the Public Health team at East Sussex County Council to undertake an innovative programme of work to reduce the high level of suicide in men in East Sussex. The project, which started in June 2016, is working to develop a locally focussed programme of work that targets men and raises the profile of men's mental health, suicide and suicide prevention in East Sussex. This will be achieved through an innovative media campaign, community action and provision of free suicide prevention training.

The one year project seeks to reduce the stigma of help-seeking amongst men, increase public understanding of the risk of suicide in men, improve awareness of available services and resources, upskill services in suicide prevention, and promote partnership working and capacity for peer support.



East Midlands Academic Health Science Network

East Midlands Suicide Research Network (EM-SRN) meeting

In December 2016, the EM-SRN hosted a successful meeting with talks from Public Health England, Norfolk Children's Services, Institute of Mental Health and the Collaboration for Leadership in Applied Health Research and Care East Midlands. Participants heard about the latest research findings and developments in the monitoring of suicide data, child suicide, assessment, screening and decision making around suicidal ideation, remotely delivered problem solving therapy for people who repeat self-harm, and impulsivity and self-harm in young people.

The network was also fortunate to be joined by Professors Belinda Carpenter and Gordon Tait from Queensland University of Technology to hear about their work on coronial practice, suicide rates and definitions of capacity.

emahsn.org.uk

Urban art project and the Stay Alive app

Grassroots' urban art project engages young people creatively to promote suicide prevention in their communities, whilst creating on-street adverts for Grassroots' mobile phone app **Stay Alive**, and promoting messages to reduce male suicide. Funding for the project came from the Mental Wellbeing Innovation Fund at Brighton and Hove City Council and NHS Brighton and Hove. This year saw the addition of a mural on a large electricity box at Brighton Station, targeting commuters at risk of suicide by promoting the Stay Alive app at the station, and acting as a positive landmark for the city. With the help of this and ongoing promotion, the Stay Alive app has now reached an impressive 29,000 downloads. The app will get an upgrade soon, with new features and a design refresh. The upgraded app will be relaunched on World Suicide Prevention Day, 10 September 2017.

prevent-suicide.org.uk



The Jacob Abraham Foundation

Free suicide first aid training for 150 people

In its first year as a registered charity, the Jacob Abraham Foundation trained 150 local people in a suicide first aid one-day course that covers suicide prevention and intervention skills. The training is provided to members of the local community free of charge, through an accredited provider, Suicide London. The charity's local work and reputation has spread quickly and the Jacob Abraham Foundation was featured in a national *ITV news documentary* that helped to raise awareness of the large number of suicides in Wales. In particular, the Jacob Abraham Foundation is spreading awareness of the link between certain recreational drug use in young adults and suicide. Vaughan Gething, the Welsh Assembly Member for Health spoke about the issue and the charity to help raise awareness.

Free one-to-one wellbeing and mindfulness service for people at risk of suicide

Through word of mouth, fundraising events and an education campaign in the schools, colleges and businesses of south Wales, the Jacob Abraham Foundation has advertised a one-to-one wellbeing and mindfulness service provided to vulnerable and suicidal people. The service includes eight sessions free of charge and has been used to provide assistance to numerous people, including a bereavement service. The charity is based in a local community centre that is used for the one to one sessions and walk-in information. It has received several glowing testimonials and has reinforced the message to choose life.

jacobsfoundation.org.uk



Listening Ear

AMPARO (suicide liaison service) memorial and reflection service

The first AMPARO memorial and reflection service was held at Liverpool Cathedral on 13 June 2017. The service was well attended by people affected by suicide and local services, and generated media interest. Richard Brown, CEO of Listening Ear, was interviewed for Radio Merseyside by Tony Snell. The event was an overwhelming success, with many families bereaved by suicide attending the service who had not previously accessed any services. These families were subsequently referred to Survivors of Bereavement by Suicide and other local support groups.

Ongoing work with the Champs Public Health Collaborative

AMPARO is working closely with Champs Public Health Collaborative to roll out Gatekeeper Suicide Prevention Training to community organisations and frontline staff in Cheshire and Merseyside. The aim is to provide suicide awareness training for free to a wide audience, ensuring suicide safer communities.

listening-ear.co.uk





The Men's Health Forum

Research into the language men use in talking about their mental health

The Men's Health Forum published the report *In Our Own Words* in 2017. It explored the language that men use when talking about mental health. The research drew information from a rapid literature review, eight focus groups and behaviour driven data from GoogleAds used to engage site visitors. The learning from these data sets provided insights into how services, including Men's Health Forum's own **Beat Stress** project might reach out to men more effectively, highlighting differences in language used between ages, public and private settings, and understandings of wellbeing.

Success for text-chat centred online mental health service for men

The Beat Stress multi-layered digital service, operated from May 2016 to May 2017, reached more than 32,000 people with information and guidance on mental health matters.

The service offer was built around an email and instant messaging service connecting visitors with mental health professionals who could offer a 'listening ear' and signpost to relevant services. It also offered website content, a 'lookup' service to find relevant local services, and an information guide *Beat Stress, Feel Better* purchasable or viewable from the website. Over 350 people took the opportunity to hold instant messaging chats with professionals and more than 500 people sent emails, indicating significant need for such services. The service was evaluated by the McPin Foundation highlighting key points of learning relating to the reason people made use of the service and language patterns service staff used to build understanding and direct to support.

At present, the Men's Health Forum is not in a position to continue this service, but it is continuing to search for funding from various sources.

menshealthforum.org.uk



Mind

Mind launches Planning for recovery – leaving hospital after a mental health crisis

When you come out of hospital after a mental health crisis, you need the right care and support to help you recover and put your life back together. People are especially vulnerable during the first few days – evidence shows that people are most at risk on day three and Mind's recent survey found that people who were not followed up within the first week were twice as likely to attempt suicide.

Planning for recovery is Mind's new booklet aimed at anyone leaving hospital after a mental health crisis, to help them take part in their own discharge and care planning, think about what they need, know what to expect, and where to find further support.

The information is based in part on the NICE guidelines and the **Planning for recovery booklet** can be downloaded in English and Welsh language versions.

Crisis care campaign

Mind are campaigning to make sure everyone leaving hospital after a mental health crisis gets the right care and support, starting with a follow-up visit or call within 48 hours. 5,000 people signed Mind's letter to NICE asking them to change their guidelines so that everyone is followed up within 48 hours of leaving hospital after a mental health crisis. NICE has decided not to make any changes, which is disappointing, but Mind won't stop campaigning for better crisis care.

mind.org.uk



Network Rail

Life-saving interventions on rail network up 40% in one year

Suicide prevention measures put in place as part of the partnership between the rail industry, Samaritans and British Transport Police (BTP) are continuing to reduce deaths on the railway. Since April 2016, 1,593 potentially life-saving interventions have been carried out across Britain's rail network by rail staff, BTP, local police and members of the public, an increase of 40% on the previous year. At the same time, suicides and suspected suicides on the rail network have dropped from 253 to 237 since 1 April 2016, showing a steady decline in rail suicides for the second year in a row. This means that rail suicides have fallen by 18% in two years and 2016/17 represents the lowest yearly figure since 2010.

Rail companies, BTP and Samaritans are continuing to work in partnership to encourage more people to open up and talk about mental health issues and suicidal feelings. This year the partnership is marking the 15,000th member of rail staff trained in suicide prevention with one in six rail industry staff now more able to identify and support people who may be struggling to cope.

Launch of the 9 Point Plan

This year the rail industry has taken a significant step forward in working together to tackle suicide on the railway by launching guidance for creating a suicide prevention plan, known as the 9 Point Plan. The guidance, developed by the industry suicide prevention governance group, states clearly for the first time the contribution that each organisation can make to the prevention of suicide on the railway. While many organisations will already have suicide prevention plans in place, the purpose of the 9 Point Plan is to encourage consistency and transparency and to support the different parts of the industry to work together towards our common goals – to reduce suicide on the railway and support those traumatised by such events.

Together with the British Transport Police's Suicide Prevention Strategy From Crisis to Care, the nine points have also been adopted by the Department for Transport, as the minimum level of commitment train operators must give to the industry's suicide prevention programme as part of future franchise agreements.

networkrail.co.uk



Nightline Association

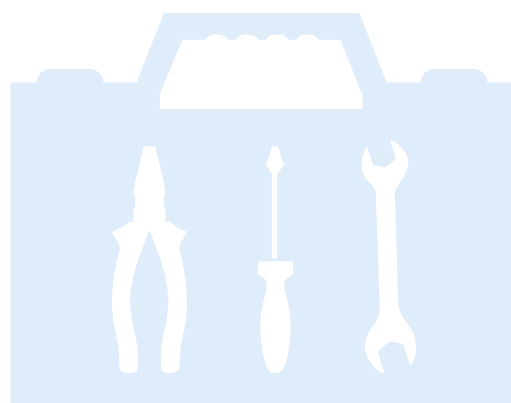
40 Nightlines at 105 institutions across the UK and Republic of Ireland

In the last three years, Nightline has extended its reach to another 300,000 students, which means that 1.8 million students now have access to one of the 40 Nightlines. With new Nightlines opening at a rate of approximately two per year, and existing Nightlines expanding, the service continues to cater for a growing number of students. 34 of the Nightlines are accredited through the Good Practice Guidelines quality assurance scheme and the rest of the eligible Nightlines are working towards this award.

90% of Nightlines now offer another method of contact in addition to telephone, eg instant messaging, email or drop in. To support the quality of Nightlines, Nightline Association delivered training to 437 volunteers last year, via seven regional one-day conferences, a two-day spring conference, away days and additional suicide awareness training delivered directly to Nightlines.

The promotion of Nightline Awareness Week in November 2016 expanded remarkably on social media, eg one post received 40,000 likes and reached 68,000 people. Individual Nightlines reported increased call volume of 200% during the week. All Nightline's work is done by its 2,500 volunteers working in the Nightline services and 85 volunteers in supporting roles within the Association, and with only one full-time member of staff.

nightline.ac.uk





Outlook South West

A grief education programme for people bereaved by suicide

As highlighted in the government's Third Progress Report on Preventing Suicide in England, published in January 2017, Cornwall and the Isles of Scilly's Suicide Liaison Service, delivered by Outlook South West and commissioned by NHS Kernow, has developed an eight-week Grief Education Programme for people who are six months post-bereavement (preferably post inquest) and not more than four or five years post-bereavement. The courses are designed for a maximum of eight participants and are delivered in two four-week blocks.

The aims of the programme, informed by World Health Organization guidelines, are for participants to develop personal and social resources that may contribute towards their resilience, to reduce feelings of isolation and stigma associated with suicide bereavement, to allow participants to develop an understanding of the grief process in a safe and supportive environment, and to learn strategies for managing grief and their own wellbeing amongst a group of individuals with a shared experience of being bereaved specifically by suicide. Starting with a pilot project in 2012, the programme has been further developed following research carried out in Australia and New Zealand by Anne Embury, the Service Lead, and supported by a Winston Churchill Memorial Trust Travel Fellowship.

outlooksw.co.uk



PAPYRUS Prevention of Young Suicide

Our work in 2016/17

PAPYRUS have called on the insurance industry to examine policy discrimination regarding suicide and have continued to urge the Lord Chancellor to take urgent action to change the use of the Criminal Standard of Proof for coroners' conclusions. In 2016, PAPYRUS trained over 2,000 people in Applied Suicide Intervention Skills Training, as well as holding countless awareness-raising sessions across the country.

2017 looks set to be a record year for PAPYRUS in terms of delivery, as it continues to work closely with communities across the UK to equip them with the skills necessary to intervene when a child or young person is at risk of suicide. Since the beginning of this year, PAPYRUS has seen an unprecedented increase (double the same period last year) in contacts to the PAPYRUS HOPELineUK support services from parents of younger teenagers and below, the youngest being just nine years old. A new PAPYRUS office has now opened in Oxford Street, London, which allows PAPYRUS to better support those already working hard across the region to represent PAPYRUS and its work.

Twenty years of preventing young suicide

In 2017, PAPYRUS celebrated its 20th birthday and in a series of events throughout the UK it has been recognising the contribution of its founding members, as well as the contributions of subsequent trustees, members, supporters and staff. PAPYRUS thanks everyone who has helped to build it into the progressive and passionate national charity it is today.

PAPYRUS was founded by a group of parents who had lost children to suicide, and it has always kept at the heart of what it does the experiences of those affected by young suicide. PAPYRUS will continue to work with others to extend its reach to children and young people and save more young lives.

papyrus-uk.org

PAPYRUS is 20 in 2017
20 years of preventing young suicide





Public Health
England

Public Health England

Two new support pathways

Public Health England (PHE) has played a leading role in driving system change and supporting the development of high quality local suicide prevention plans. This has included working with the NSPA to produce Local Suicide Prevention Planning Guidance and guidance for developing bereavement services. To bring these resources alive and provide further impetus and support, PHE worked with NSPA to hold a series of 9 masterclasses with each of its Centres in England, which reached over 600 people, including 121 of 152 local authorities. It also undertook a survey of whether local authorities have suicide prevention plans or have them in development. This information is available online and showed that as of December 2016, 95% of local authorities had plans, or plans to develop one.

PHE has also published research, commissioned from ONS on figures on suicides by occupation for deaths registered in England between 2011 and 2015. To support actions arising from this research it published two toolkits for employers in collaboration with Business in the Community and Samaritans which provide advice alongside real case studies on how to incorporate suicide prevention into an employer's workplace health and wellbeing strategy and practical and sensitive guidance to follow in the aftermath of an employee suicide.

gov.uk/government/collections/suicide-prevention-resources-and-guidance



Rethink Mental Illness

Improving wellbeing and avoidance of self-harm with the Gloucestershire Self Harm Helpline

Rethink Mental Illness runs a telephone support service for people from Gloucestershire affected by self-harm. It offers a safe, supportive, non-judgmental and informative space for people who self-harm, and their friends, families and carers. It focuses on helping people access support for themselves before an emergency intervention is needed. The service measures the wellbeing of those who use the helpline at the beginning and end of their contact, and the first quarter results for 2017 show that the helpline is making a positive impact on the callers' wellbeing.

In addition, 32 incidents of self-harm have been avoided because of the support that the helpline provides. Further information on the service can be found **here**.

Out of hours mental health support from Focuslines in Derbyshire and Leicestershire

Two Focuslines in Derbyshire and Leicestershire offer confidential emotional support and signposting information to adults affected by mental illness. The services support people experiencing mental health problems, their carers, friends and family, as well as professionals. In the year from April 2016 to March 2017, the services received over 100,000 calls. Based on information from callers themselves, the two Focuslines prevented 37 suicides and 132 instances of self-harm over the period. They also resulted in nearly 100 people not deeming it necessary to contact statutory services (999, 101, GP, 111) and reduced feelings of isolation, distress and despair of over 1500 people.

rethink.org



Samaritans

Influencing and campaigning

In 2016, Samaritans responded to more than 5.7 million calls for help by phone, email, SMS and face-to-face, and reached more than 590,000 people through work in communities. The charity trained and supported Listeners in nearly all prisons across the UK and Republic of Ireland and continued to work with Network Rail and the rail industry, delivering training to more than 15,000 rail industry staff through its partnership. Samaritans also continued influencing work locally and nationally and had its views strongly reflected in the recommendations made by the Parliamentary Health Select Committee on Suicide Prevention. Its first ever campaign targeted towards local politicians, **Local Action Saves Lives**, reached councillors across England and Wales, urging them to prioritise suicide prevention and put in place effective suicide prevention plans. And through its media guidelines work, Samaritans advised on over 30 programmes and news pieces covering the topics of suicide and self-harm, and delivered 20 training sessions to news and production teams, reaching hundreds of editors and writers.

Investing in new research

Samaritans commissioned eight leading social scientists to review and extend the existing body of knowledge around socioeconomic disadvantage and suicidal behaviour to develop a better understanding of the key factors that increase the risk of suicide in certain groups. The report, **Dying from Inequality**, shows how unemployment, unmanageable debt and job insecurity can increase the risk of suicidal behaviour. Samaritans also completed ground-breaking research into **suicide and the online environment**, which provides unique insights into why people use the internet when they are feeling suicidal, its impact and what we can do to make the online environment 'safer'. Samaritans worked in partnership with Dr Lucy Biddle at University of Bristol in this study, the results of which were launched at Twitter's London office and work continues with Bristol University to translate the findings into action.

samaritans.org



STORM Skills Training CIC

STORM Skills Training having an impact across the community

STORM® Skills Training is a not for profit social business with a long history of providing skills-based training. Originating from a small project within the University of Manchester in the mid-1990's, **STORM®** has grown and evolved into a successful, independent social business with an international reputation.

This year it has successfully trained over 130 people on its **Skills Training courses** and an additional 120 through its awareness raising, bespoke and educational workshops. Almost 20% of these individuals have received workshops through pro-bono and subsidised opportunities offered through its Community Engagement Programme, a commitment to reinvesting back into the community and expanding its social impact.

The training rolled out in 2016-17 included 40 new STORM® facilitators within organisations across the UK and Australia, including NHS Trusts, ambulance and youth mental health services, who now provide suicide prevention and self-harm mitigation skills training within their organisations. This builds on the 270 facilitators trained in the past five years and the estimated 5,000+ facilitators trained over the life of STORM®. STORM®'s work continues to expand and grow the impact of its skills training across communities.

600 engaged in conversations about suicide

This year STORM® Skills Training partnered with a range of organisations within the Greater Manchester area including the University of Manchester, 42nd Street, Newall Green High School, the Gaddum Centre, 6 Degrees and Cheshire Police. Together they delivered five free events for around 600 frontline staff working with vulnerable people. Topics covered included young people, suicide, self-harm, personality disorder, depression and working with trans young people.

Version 4 of STORM® Skills Training course will launch in early 2018.

stormskillstraining.com



The Tomorrow Project

The Tomorrow Project is a leading specialist suicide prevention and bereavement service, endorsed by Public Health England, that operates across Nottinghamshire. It was set up in 2012 in response to a local suicide cluster. Two specific pathways are now being piloted by East Midlands Academic Health Scientific Network and delivered by The Tomorrow Project's Suicide Crisis Support Officer (SCSO) and Suicide Bereavement Support Officer (SBSO). The Tomorrow Project launched in September 2016 and it will run through to March 2018; a business case for re-commissioning is being developed.

The first pathway is a crisis response to children, young people and adults at risk of suicide. Referrals are accepted from professionals or by individuals themselves, by any means including via telephone, email or social media, and they are responded to within one working day. Staff ensure that the person receives short-term support and is placed within appropriate services, paying particular care to those not eligible for existing crisis support (secondary care). The SCSO is responsible for ensuring the support for the individual is coordinated.

The second pathway is a response offered to those bereaved by suicide, or death by act of self-harm, as their needs are typically not met by current service provision. Staff are informed by a completed SD1 form and this triggers a response from our SBSO who ensures that the bereaved is contacted within 72 hours (or less) of the death, and receives a copy of Help is at Hand. There is an immediate assessment of need, a safety plan and risk assessment is undertaken, face-to-face support is provided by the SBSO, support is offered through the inquest process, a follow-up assessment is established and referrals are made to a range of services according to need (such as financial, health, employment).

At present both pathways are successfully delivering outcomes and The Tomorrow Project is able to observe the needs of the bereaved and those in crisis. A full statistical analysis will be conducted within the next six months.

tomorrowproject.org.uk



Warwickshire County Council

Work in 2016-17

Warwickshire County Council's (WCC) Public Health department has developed a **suicide prevention strategy**, which was informed by an audit of coroner's records. The strategy is being delivered by a multi-agency group, which has representation from mental health, the community sector, emergency services, the council and people with lived experience. WCC Public Health, are also Board members for the **It Takes Balls to Talk** (ITBTT) campaign, which is a public awareness campaign that has been developed to encourage people, particularly men, to talk about how they feel, reaching them through sporting venues. ITBTT is a partnership campaign, led by Coventry and Warwickshire Mind, and Coventry and Warwickshire Partnership Trust who provide secondary care mental health services in the county.

WCC has also collaborated with Connecting with People to deliver suicide prevention training to over 100 GPs in Warwickshire, with further sessions planned for throughout the year which are being opened up to other GP Practice staff including nurses. All members of the multi-agency group are due to receiving the training. WCC have enhanced the ITBTT campaign by supporting one of its Board members to become a Connecting with People trainer, so that she can train sporting teams and community workers locally.

publichealth.warwickshire.gov.uk

Financial review

NSPA has had a successful year, continuing to build its income from different sources. We exceeded our income target and would like to thank everyone that has contributed considerable time, energy and funding towards the Alliance. Below is a summary of our income and expenditure for 2016/17.

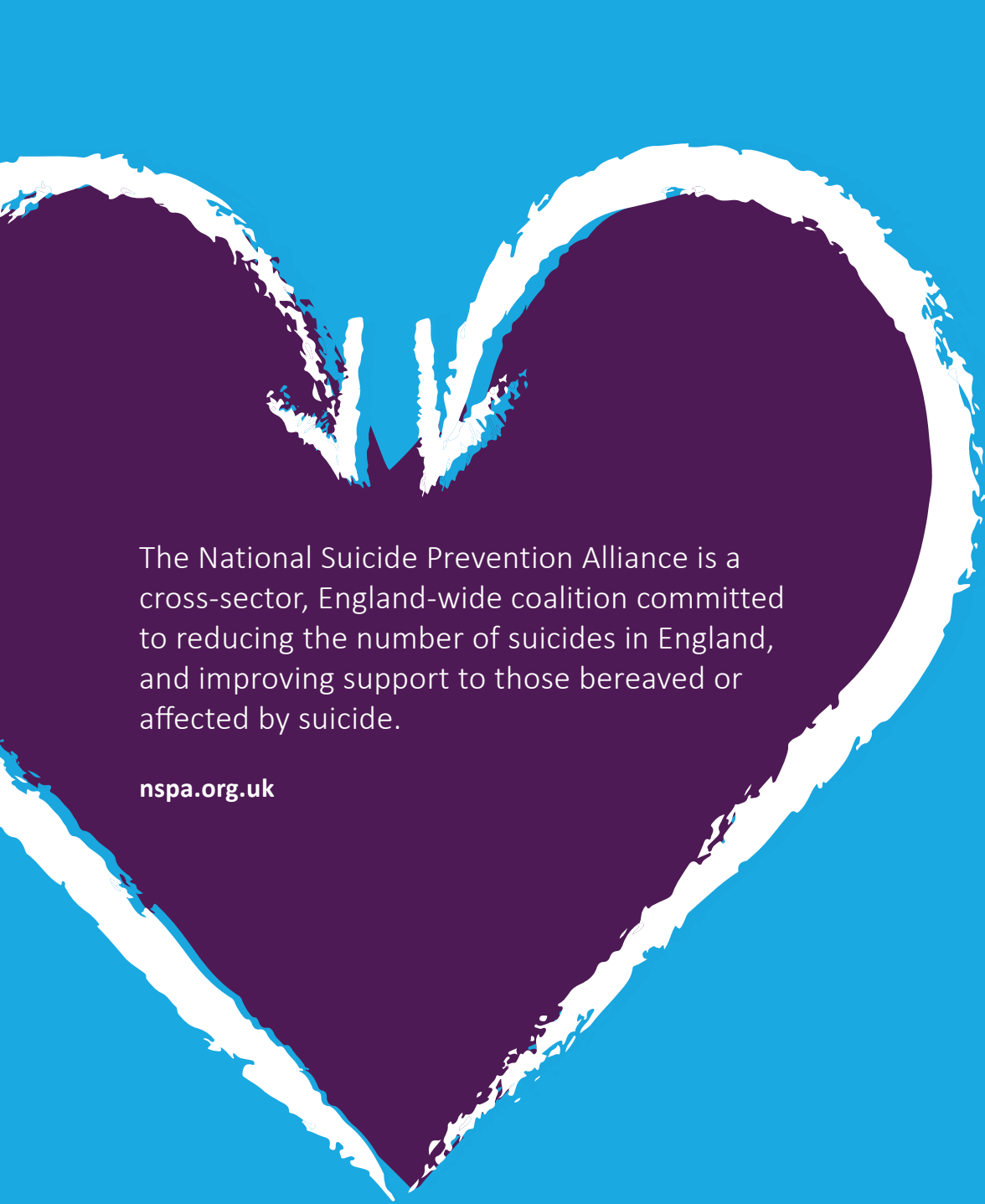
	2016/17 breakdown (£)	2016/17 totals (£)
Income		
Department of Health grant		60,000
<i>Samaritans contribution</i>	45,754	
<i>Network Rail</i>	15,000	
Total member contributions		60,754
Conference income		12,712
Public Health England contract		27,219
Income b/f from previous year		27,704
Total income		188,389
Expenditure		
<i>Suicide prevention masterclass</i>	21,441	
<i>Bereavement support</i>	8,000	
Total projects		29,441
Conference		18,012
Member engagement and publication		4,302
NSPA secretariat and member support costs ¹		109,159
Total Expenditure		160,914
Surplus/(Deficit)		27,475

We are incredibly grateful to the Department of Health for its continued support and to Samaritans for hosting the secretariat and providing considerable financial and in-kind support.

Members' financial and in-kind contributions are essential to the work of the NSPA. We simply wouldn't have been able to achieve some of the things we have this year without the generous contributions of our members, providing in-kind support through meeting rooms, expertise and time of colleagues and sharing contacts and networks.

With special thanks to our member, Network Rail, for its contribution of £15,000 to the NSPA conference 2017, and for Public Health England's collaboration with NSPA around local suicide prevention planning.

¹ The NSPA secretariat has two full time staff members, with additional staff time provided by Samaritans



The National Suicide Prevention Alliance is a cross-sector, England-wide coalition committed to reducing the number of suicides in England, and improving support to those bereaved or affected by suicide.

nspa.org.uk