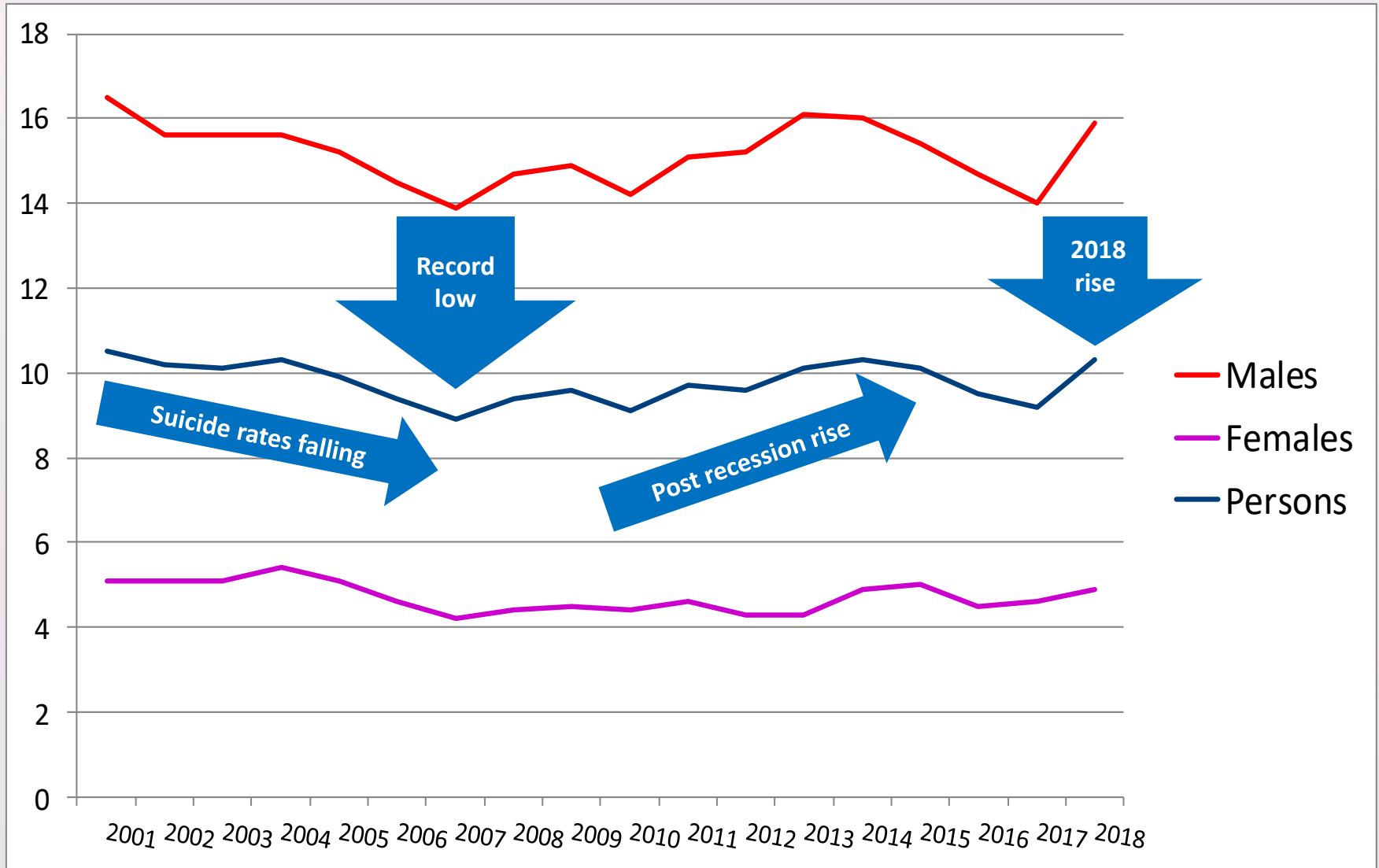


**Suicide prevention: from community to
clinician
NSPA 2020**

**Professor Louis Appleby
Chair, National Suicide Prevention Strategy
Group**

Suicide rate has varied over time





The standard of proof has been **lowered** from **criminal** to **civil** standard

It was **beyond reasonable doubt** but now **balance of probabilities**

thebmj

BMJ 2019;366:k745 doi: 10.1136/bmj.k745 (Published 29 July 2019)

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EDITORIALS

New standard of proof for suicide at inquests in England and Wales

Suicide can now be concluded on "balance of probabilities"

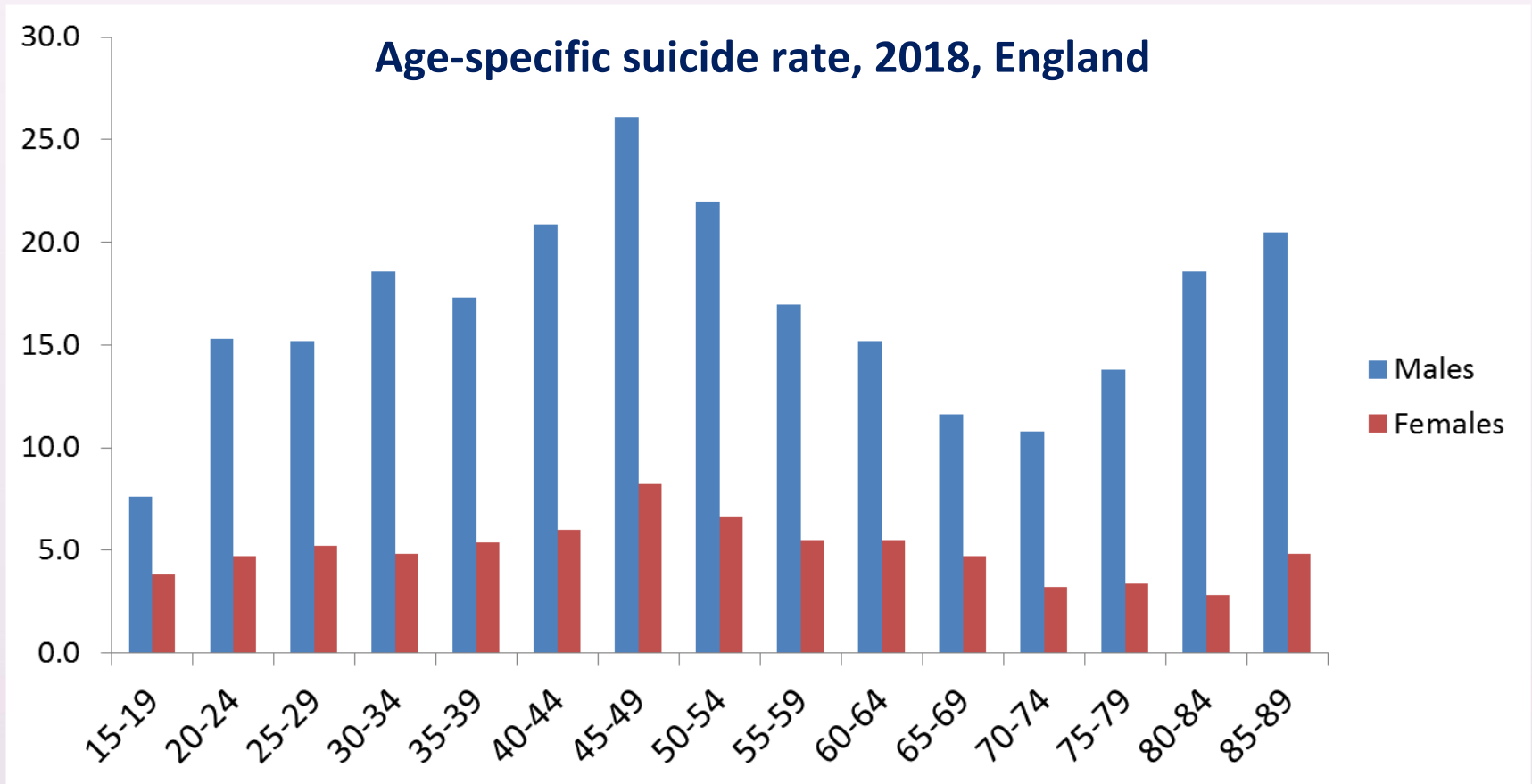
Louis Appleby *professor of psychiatry*¹, Pauline Turnbull *project director*¹, Nav Kapur *professor of psychiatry and population health*^{1,2}, David Gunnell *professor of epidemiology*³, Keith Hawton *professor of psychiatry*⁴

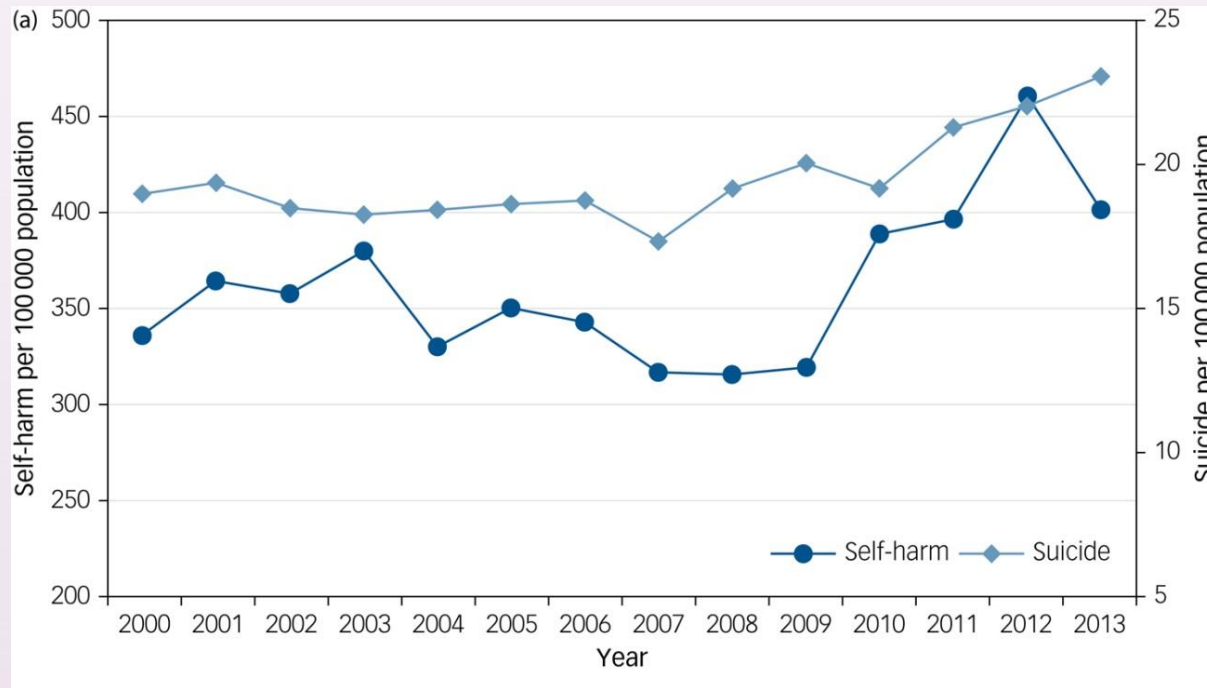
¹National Confidential Inquiry into Suicide and Safety in Mental Health (NCISH), Centre for Mental Health and Safety, School of Health Sciences, University of Manchester, Manchester, UK; ²Greater Manchester Mental Health NHS Foundation Trust, Manchester, UK; ³Centre for Academic Mental Health, Bristol Medical School, University of Bristol, Bristol, UK; ⁴Centre for Suicide Research, Department of Psychiatry, University of Oxford, UK

Percentage change in the number of suicides per quarter



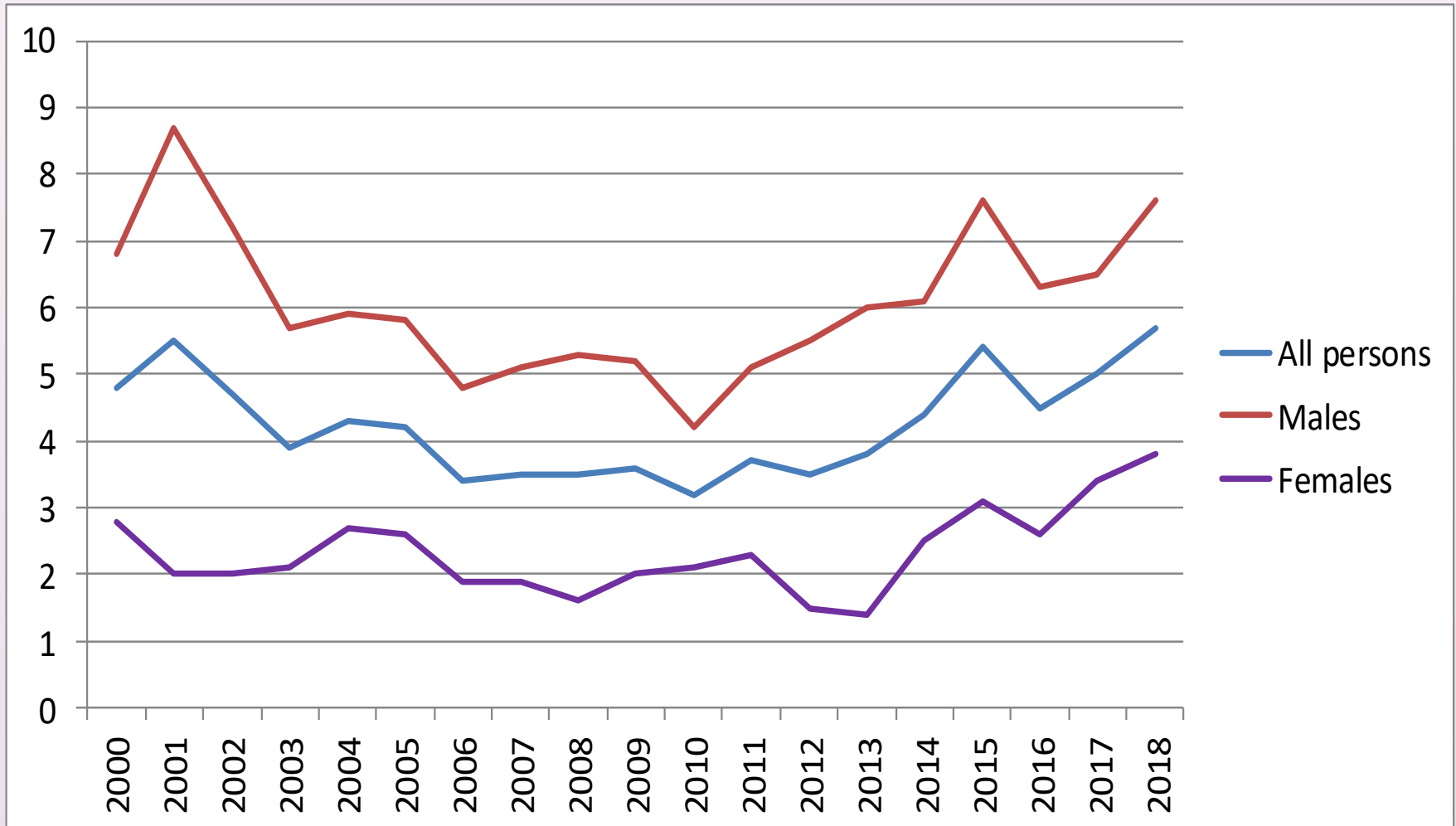
Gender differences



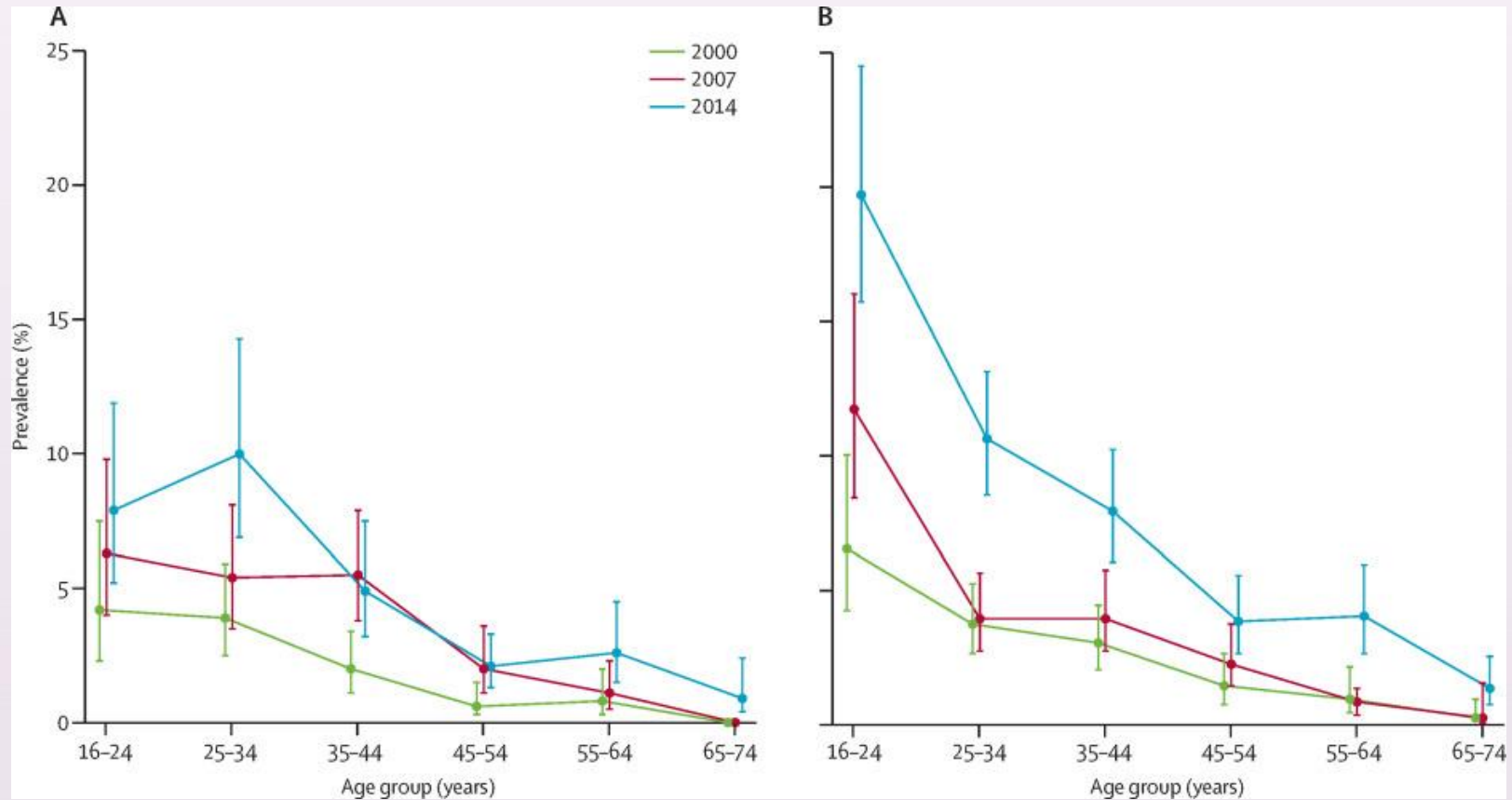


- Rise in self-harm linked to rise in suicide
- Self-harm rise linked to economic factors and alcohol

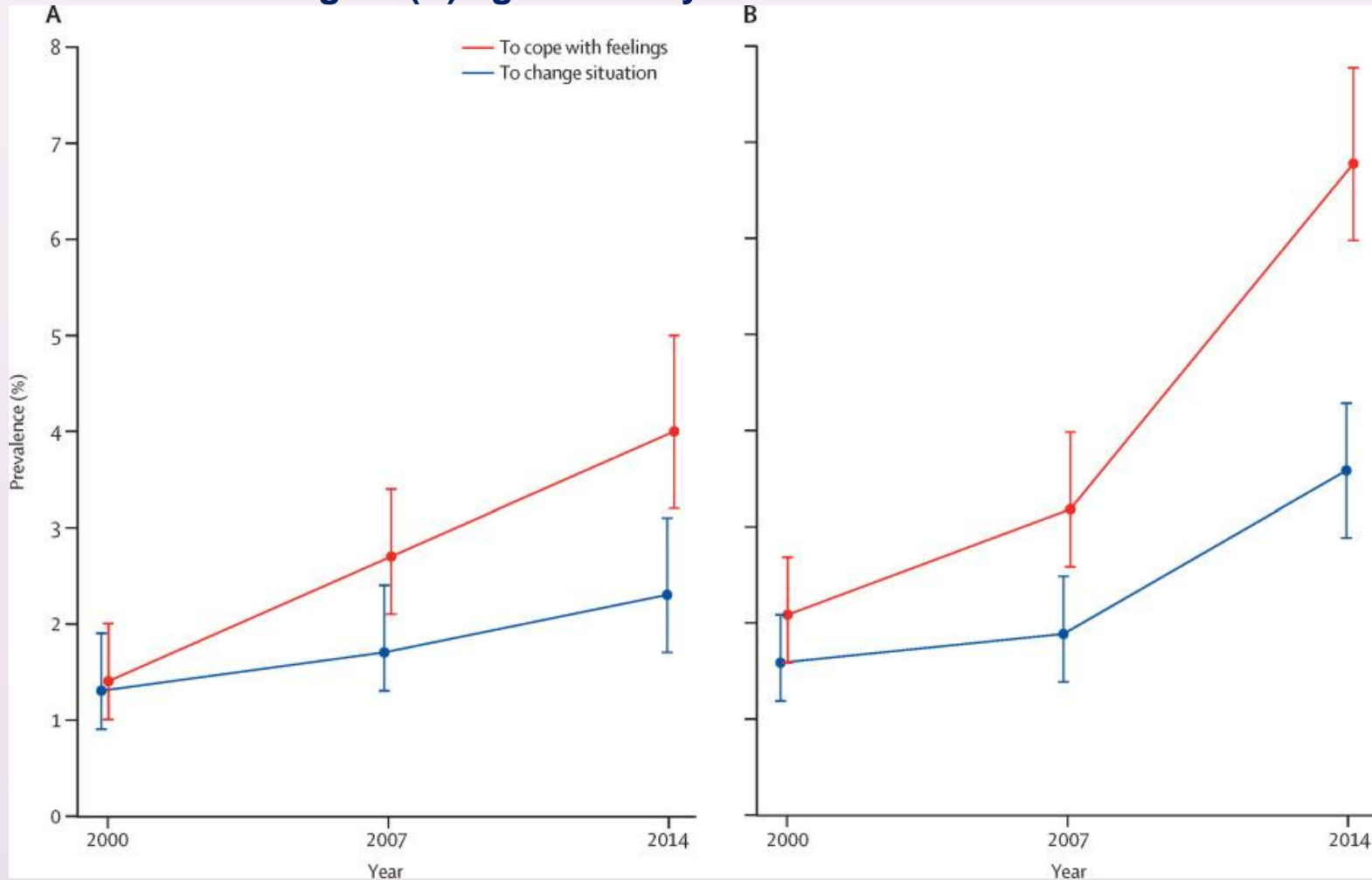
Suicide rates in 15-19 year olds, 2000-2018



Prevalence of non-suicidal self-harm in men and boys (A) and women and girls (B), by age group



Reasons for non-suicidal self-harm among men and boys (A) and women and girls (B) aged 16–74 years



In-patient suicide



40%

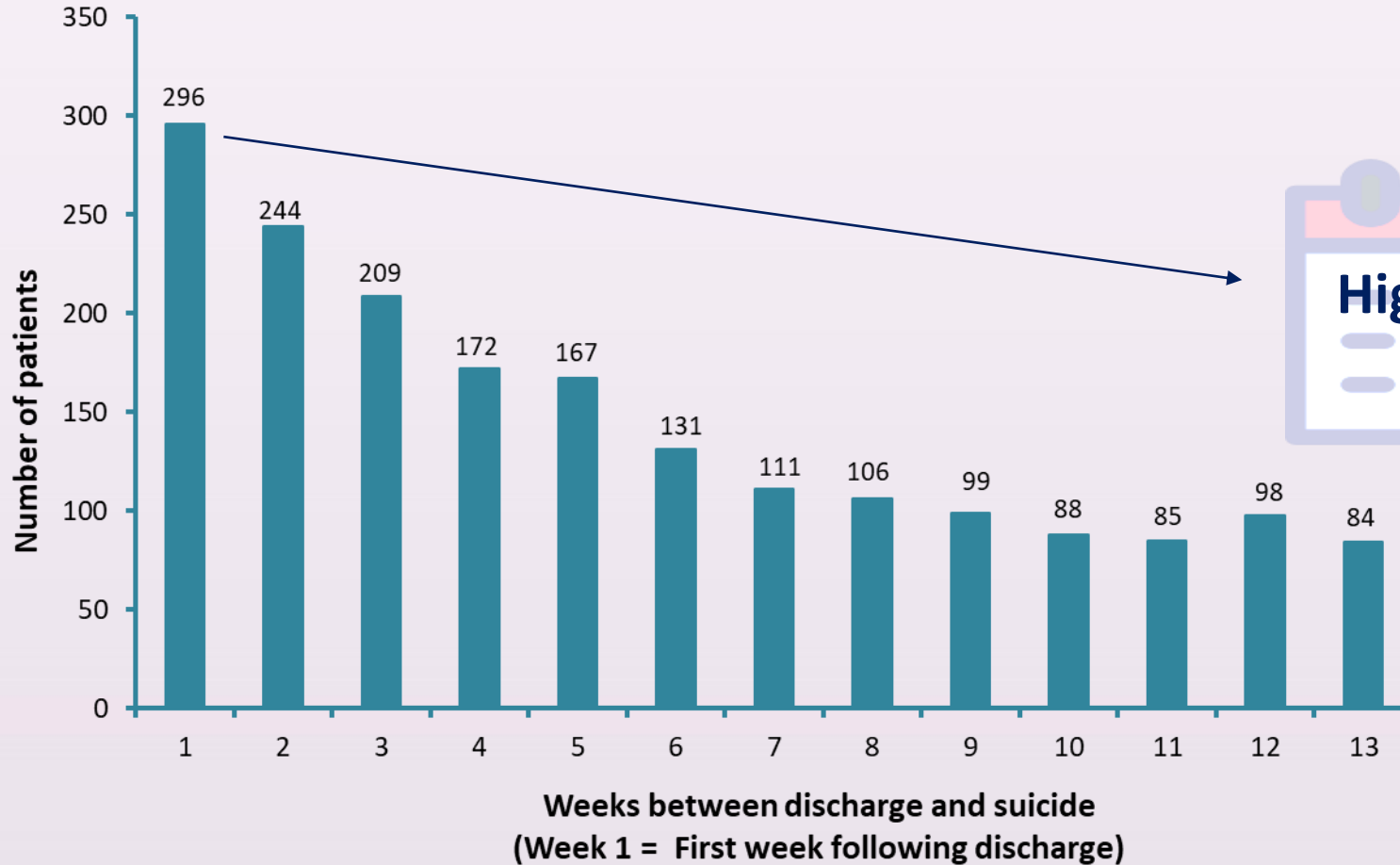


2007-2017

32% on ward

52% on agreed leave

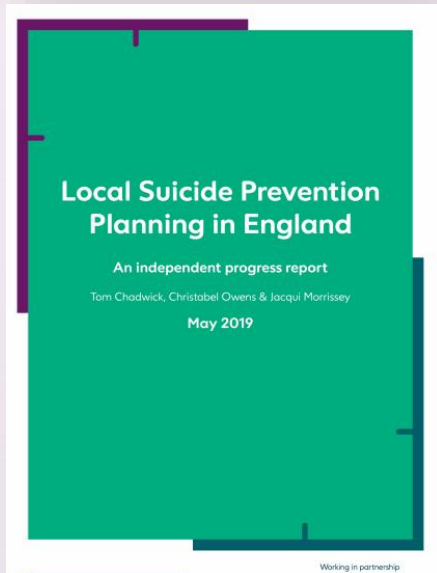
16% off ward



The New Programme

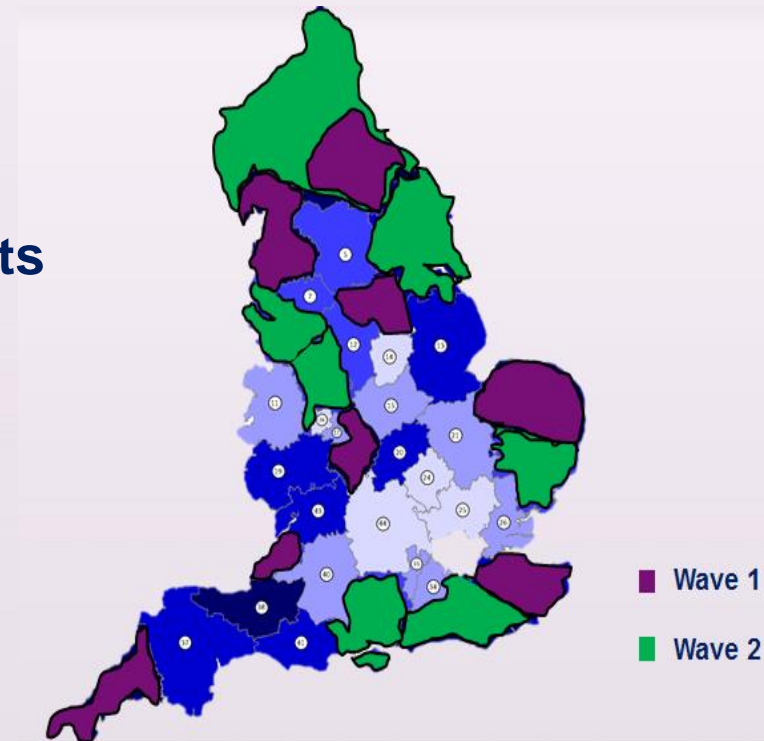


STPs with higher suicide rates
Local authority suicide prevention plans
Zero suicide plans for in-patient care
STP mental health plans



3 priority areas:

- **Mental health patients**
- **Self-harm**
- **Middle-aged men**



Men, sport and pubs



STATE OF MIND SPORT IS A CHARITY THAT HARNESSSES THE POWER OF SPORT TO PROMOTE POSITIVE MENTAL HEALTH AMONG OUR SPORTSMEN AND WOMEN, FANS AND WIDER COMMUNITIES, AND ULTIMATELY TO PREVENT SUICIDE.

WE RAISE AWARENESS OF THE ISSUES SURROUNDING MENTAL HEALTH AND WELL BEING AND DELIVER EDUCATION ON THE SUBJECT TO ALL LEVELS OF SPORT, BUSINESS, EDUCATION AND COMMUNITY GROUPS.





WE SIGNPOST INDIVIDUALS TO WHERE THEY CAN RECEIVE CARE AND SUPPORT IN THEIR AREA.

FIRST ESTABLISHED IN UK SUPER LEAGUE IN 2011, STATE OF MIND SPORT IS NOW A MUCH-LOVED NATIONAL CHARITY AND INTERNATIONAL MOVEMENT DELIVERING ITS MESSAGE ACROSS RUGBY LEAGUE, RUGBY UNION, MULTIPLE OTHER SPORTS, AGE GROUPS AND TERRITORIES.

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News story

Suicide bereavement support to be made available across England

Personalised bereavement support will be available on the NHS in England to care for people after a relative or friend's suicide.

Published 27 October 2019

From: [Department of Health and Social Care](#)



People who have lost someone close to them due to suicide will benefit from