



Slido questions and answers from Suicide Prevention Network Conference 31st January 2020

Question	Answer
<p>Can the info available to support schools which was mentioned in the CYP be shared with voluntary dealing with CYP.</p>	<p>Spot the Signs & Emotional Wellbeing is a fully-funded programme offering training and workshops to children and young people (CYP), CYP's parents/carers and professionals working with CYP.</p> <p>The programme provides psychoeducation, emotional resilience and signposting support to empower young people and the adults around them to feel confident enough to manage their mental and emotional health.</p> <p>https://www.hertsmindnetwork.org/spot-the-signs-and-emotional-wellbeing</p>
<p>Is the training on offer free for voluntary organisations?</p>	<p>Spot the Signs and Save a Life Suicide Prevention Campaign provides fully funded one-day training course for voluntary and public sector employees/volunteers working with adults in Hertfordshire</p> <p>https://www.hpft.nhs.uk/information-and-resources/spot-the-signs/training/</p> <p>We are currently reviewing all training available in Hertfordshire to ensure it is quality assured. There will be more information about what is available on the website later this year from the training steering group's work.</p>
<p>What language should we use when talking about suicide?</p>	<p>Consider use of the language carefully to minimise distress to bereaved family members and friends. Avoid the term 'commit suicide'; use 'take one's own life' instead.</p> <p>Refer to the Samaritans media guidelines on the reporting of suicide for other suggestions: https://www.samaritans.org/about-samaritans/media-guidelines/best-practice-suicide-reporting-tips/</p> <p>We have also developed Hertfordshire's sensitive reporting charter based off Samaritans Guidance.</p> <p>https://www.suicidepreventionherts.org.uk/media/suicide-prevention-sensitive-reporting-charter.pdf</p>
<p>What percentage of people who self-harm go on to try to take their own life or do take their own life?</p>	<p>Based off the 2018 Hertfordshire Suicide Audit, 14% people who died by suicide had a history of self-harm recorded. 22% (5 suicides) for women and 11% (8 suicides) for men. Of those who self-harmed, almost half (46%, 6 suicides) had reportedly done so on more than one occasion.</p> <p>https://www.hertshealthevidence.org/documents/thematic/suicideaudit2018-hertfordshire-briefing-2019-09.pdf</p>
<p>Are suicide figures only from 'sudden death', or do we know about people who just give up and often starve to death and leave no 'note'?</p>	<p>When a death is reported, the coroner first carries out enquiries to see if they can find the cause of death quickly. If the cause of death is unknown or the death was violent or unnatural, the coroner needs to hold an inquest where evidence is collected to establish a cause of death. Here the death will be classified and if it is a suicide, it will be included in the suicide audit and be added to the figures. Guide to coroners services</p> <p>ONS Defines suicide as 'All deaths from intentional self-harm for persons aged 10 and over, and deaths caused by injury or poisoning where the intent was undetermined for those aged 15 and over.' Office of National Statistics</p>
<p>Is 'Help at Hand' always in written format?</p>	<p>Help is at Hand can be viewed online</p> <p>https://supportaftersuicide.org.uk/support-guides/help-is-at-hand/</p>



<p>Is there any data being collated for children Under 10?</p>	<p>ONS Defines suicide as ‘All deaths from intentional self-harm for persons aged 10 and over, and deaths caused by injury or poisoning where the intent was undetermined for those aged 15 and over.’ Office of National Statistics</p>
<p>How long is the process for the Kite Mark?</p>	<p>You can get more information on the kitemark if you are a school or college by emailing SchoolMHTraining@hertfordshire.gov.uk.</p> <p>The process will depend on how long it takes for the school to complete the self-review; once this is completed, it is submitted to a multi-agency panel who will review it and decide if the kitemark can be awarded. This panel sits every 6 weeks. If they do not get awarded the kitemark, they will receive feedback from the panel on what they need to do to meet the kitemark criteria. They can then re-submit their self-review. This can be done as many times as necessary until they meet all the required criteria.</p>
<p>Of the 95 Hertfordshire deaths from suicide in 2018, how many had sought mental health support before suicide?</p>	<p>Over a quarter (28%, 27 suicides) of people who died by suicide were known to a mental health service at the time of death, with similar proportions for men (29%) and women (26%). Of these 27 suicides, 23 were known to Hertfordshire Partnership University NHS Foundation Trust.</p>
<p>We collect data about people who have taken their own life. Should we be collecting information about those who have attempted suicide so that we better understand the drivers?</p>	<p>There is a need to explore what data is collected and available on attempted suicides across partner organisations. This will be picked up within the Data steering group remit, though the focus has been on suicide data.</p> <p>BTP collate data on those who are considering/attempted suicide on the railways and are looking at how we can share and use this with others better.</p>
<p>Is there a plan specifically to look at young people with SEN. Self-harm is a huge issue with these CYP?</p>	<p>Hertfordshire successfully bid for mental health support teams in schools. We are one of two areas proactively testing a team for special schools. This work will run over the next 2 years and there will additional support over this time. Recommendations for all special schools across the country will be developed as part of this work.</p>
<p>Is there more information available to support teams in social housing to identify people at risk of suicide?</p>	<p>Our website has a range of resources and guidance on to provide support https://www.suicidepreventionherts.org.uk/Suicide-prevention-resources-and-support-services.aspx</p>
<p>Do you have think it is appropriate to have mini module on self harm in existing suicide prevention trainings such as our spot the signs campaign?</p>	<p>The Training Steering Group are reviewing the training needs across the county. Currently self-harm training and suicide prevention training are run separately, with self-harm highlighted as a risk factor in the suicide prevention training.</p>
<p>Should suicide deaths have a FLO (family liaison officer) Provided by the police in line with child deaths and fatal accidents?</p>	<p>We are currently reviewing bereavement services across the county to ensure that families receive the support they need. Currently Hertfordshire does not have plans for the FLO role, but this may change in the future.</p>



Suicide Prevention
Network