

Suicide Prevention across Greater Glasgow and Clyde



Every Life Matters

In 2018, the Scottish Government published The National Suicide Prevention Action Plan: Every Life Matters. The new action plan was designed to continue the work from the 2013-2016 suicide prevention strategy.

The Scottish Government's vision, is of a Scotland where suicide is preventable; where help and support is available to anyone contemplating suicide and to those who have lost a loved one to suicide. **Suicide prevention is everyone's business.**

There is a commitment from NHS Greater Glasgow and Clyde (NHSGGC) to local action planning and delivery to prevent suicide, through the development of a Suicide Prevention Concordat and planning group structures where all suicide prevention developments and activity are co-ordinated.

To mark this year's Suicide Prevention Week, we are sharing a snapshot of some of the key Suicide Prevention progress and activity across NHSGGC over the last two years.



National

Greater Glasgow and Clyde colleagues and partners have been actively engaging in a wide range of suicide prevention developments being led at national level. This includes developing responses to the new Suicide Prevention Strategy, partners in creating the national guidance on responding to suicide clusters and part of the advisory group for the digital development strand of work.



Board

Concordat

In December 2020, our GGC Suicide Prevention Concordat was ratified. The Concordat was prepared before the onset of the COVID-19 pandemic, however, national policy and data tracking studies have reinforced the importance of suicide prevention activity across Greater Glasgow and Clyde. The Concordat set out a programme of prioritised actions with formal "buy-in" from Partnerships within the Board area.



Suicide Prevention Group

In 2018, NHSGGC relaunched its Suicide Prevention Forum that aims to find effective means of advancing policy and practice, and providing effective support to prevention efforts across all 6 Health and Social Care Partnerships. The group is chaired by Martin Culshaw NHSGGC Deputy Associate Medical Director. The National Suicide Prevention Action Plan underpins the work of the group. Along with a health board level, a centrally-led approach is adopted for public health developments and for clinical service development, including maintenance of clinical policies as well as development and implementation of the NHS Greater Glasgow and Clyde 5 Year Prevention and Early Intervention Mental Health Strategy with its focus on both prevention and crisis responses.



Youth and Young Adults Suicide Prevention Sub Group

Recent trend data for suicides in Scotland has strengthened the case for a focus on suicide prevention for young people. In late 2020, the NHS Greater Glasgow and Clyde Youth and Young Adults Suicide Prevention Sub Group was established. The group brings together partners from Education, Glasgow University Research, Health Improvement, Police Scotland, Psychological Services, Specialist Children's Services and a range of Third Sector organisations.



Training

Introduction to Suicide Prevention

In January 2020, Scotland's Association for Mental Health (SAMH) were awarded a contract to deliver mental health improvement training on behalf of NHSGGC. Due to COVID-19 all face to face training was suspended and the planned programme of delivery was halted. Recognising the need to address increasing stress levels as a result of the pandemic, SAMH moved to an online platform and continued to deliver a selection of mental health training courses including an "Introduction to Suicide Prevention". The course has been attended by 700 participants. Since March 2020 over 4000 staff and volunteers have accessed our SAMH training.



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Self-harm: An Introduction



Since April 2021 over 300 participants have attended our Self-harm: An Introduction Session. The session was developed as a result of the suspension of our face to face training course, What's the Harm: Self-harm Awareness and Skills, during the pandemic. Our NHSGGC Self-harm forum developed the one hour online session which is targeted at the wider public health work force with little or no knowledge of self-harm.

Self-harm Training for Trainers

Following a comprehensive process and a robust risk assessment adhering to COVID-19 guidelines, two What's the Harm Self-harm Awareness and Skills Training for Trainer courses were delivered face to face in November 2021 and March 2022. We welcomed 24 new trainers from across Education, Health Improvement, Social Work and Third Sector organisations to our Self-harm forum.



Living Works Suicide Prevention Training



With our contracted partners SAMH and others, we are working to bring back a range of face to face delivery of suicide prevention training from the Living Works suite, including Applied Suicide Intervention Training (ASIST) and SafeTalk, in line with evolving guidance on safe operation.

Policy Developments and Practice Developments

Our Youth and Young Adults Suicide Prevention Group carried out a snapshot exercise with 32 stakeholders. The aim was to gain a picture of youth suicide prevention supports, interventions, collaborative working, referral pathways and examples of good practice. A stakeholder event was held to help refine actions to be taken forward by group.

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Recommendations

The findings will shape actions to be taken forward by the NHSGGC Youth and Young Adults Suicide Prevention Sub Group. Consideration will be given to:



We are continuing to progress developments of patient safety policies and allied prevention initiatives to create safer therapeutic environments.

We have produced two resources, Self-harm and Suicide Prevention resources and supports, for the wider public health workforce, that brings together key information on training, useful resources, helplines, websites and keeping safe.

Click on images to download resources



"Despite the impact of the pandemic and all associated challenges, colleagues and partners across the Greater Glasgow and Clyde area continue to progress a broad suicide prevention agenda, connecting with hundreds of groups and organisations in the process - e.g. through training delivery, policy and practice developments and innovations in approach. The new national Suicide Prevention Strategy will give further impetus to our local approaches"

Dr Trevor Lakey, Health Improvement & Inequalities Manager - Mental Health, Alcohol and Drugs NHS Greater Glasgow and Clyde