

Report for: Adults, Health and Communities Scrutiny Panel, 18th September 2023

Title: Haringey Suicide Prevention update

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Ward(s) affected: All

Report for Key / Non-Key Decision: Non-Key Decision

1. Describe the issue under consideration

- 1.1. Suicide prevention is a significant public health priority. Every year, 703,000 people¹ take their life globally and for each completed suicide, there are more than 25 attempts with many others seriously considering suicide². Every death by suicide is a tragic loss of life with widespread and long-lasting ramifications. Both completed suicides and attempts, can have devastating effects on families, friends, colleagues, first responders and communities. It is estimated 135 people are affected by each suicide, resulting in 108 million annually impacted. More broadly, the additional economic cost to society is inconsiderable, approximated at £1.6 million per death including intangible costs (loss of life to the individual and the pain and suffering of relatives), as well as lost output (both waged and unwaged), police time and funerals³.
- 1.2. Suicides are, however, preventable. Approaches to care have seen a recent shift upstream to multi-disciplinary collaboration and a focus on timely, evidence-based intervention. These serve the wider society and improvements in collective health, which not only address suicidal behaviour before it occurs but upskills populations to create mentally healthy individuals and resilient communities.
- 1.3. Challenges in suicide prevention efforts include mental health service budget constraints, stigma surrounding poor mental health, barriers accessing services in addition to long waiting lists and prioritised provision⁴. Research shows 40% of attempts do not present to hospitals with fewer known to services, highlighting considerable unmet need⁵.
- 1.4. Recent concerns over rising suicide rates imputable to COVID-19 remain unfounded yet record high food, energy, fuel and living costs see nearly half of Londoners struggling to make ends meet^{6,7}. Historically, London has the lowest suicide rate of any England region in 10 of the 11 previous years. Nevertheless, there is no room for complacency. Approximately 10 people a week take their life in London which is 10 too many⁸. London's ambition to become a zero-suicide city is an aspiration set by the Mayor of London, Sadiq Khan.

¹ <https://www.who.int/news-room/fact-sheets/detail/suicide>

² <https://www.who.int/news-room/events/detail/2022/09/10/default-calendar/world-suicide-prevention-day-2022#:~:text=Every%2045%20seconds%20someone%20takes,prof.oundly%20impacted%20by%20suicidal%20behaviour.>

³ Knapp M, McDaid D, Parsonage M (editors) (in press) Mental health promotion and mental illness prevention: The economic case, PSSRU, London School of Economics and Political Science

⁴ https://www.tuc.org.uk/sites/default/files/MentalHealthFundingReport2_0.pdf

⁵ <https://www.cambridge.org/core/journals/psychological-medicine/article/abs/nonrepresentation-at-hospital-following-a-suicide-attempt-a-national-survey/AC0BE1DB18837128174A4A68604A2616>

⁶ <https://www.samirians.org/about-samirians/research-policy/suicide-facts-and-figures/latest-suicide-data>

⁷ <https://www.london.gov.uk/press-releases/mayoral/cost-of-living-crisis-deepens-for-thousands>

⁸ <https://thrivekn.co.uk/campaigns/zerosuicidekn/>

Table 1: Suicide prevention actions achieved over the last 12 months, extracted from the most recent action plan.

Action	Update
<p>Disseminate Haringey's suspected suicide data quarterly.</p>	<p>Haringey Council Public Health extracts suspected suicide data from London's Real Time Suspected Suicide Surveillance (RTSSS) database. These are presented quarterly at each HSPG Meeting. This intelligence facilitates monitoring of crisis events such as the pandemic or the Turkey/Syria earthquake in real time at borough level. It enables the strengthening of comprehensive responsive and preventative strategies in a multisectoral public health approach.</p> <p>A recent notification of the suicide of a public figure made responsive action possible including timely briefings, reminders of sensitive reporting and outreach to the affected community.</p>
<p>Deliver Core Conversation training to two cohorts.</p>	<p>Core Conversations is a pan-London initiative to equip those having wellbeing conversations with adults. This training is lively and interactive using forum theatre to experiment with approaches and techniques. It offers a space for delegates to reflect on their own styles and learn from each other in a safe environment.</p> <p>Three facilitators from Connected Communities, Food Bank, Haringey Council Public Health have been trained to deliver this training. Two sessions (14 June and 3 July 2023) have been held with VCS organisations, community champions and Haringey Council Staff. Demand for the training was high and feedback was overwhelmingly positive.</p> <p>This low-level general training speaks to the many factors contributing to poor mental health and complements suicide specific, Zero Suicide Alliance training. All HSPG Members undertake and promote the 20-minute suicide awareness training which develops confidence in helping someone considering suicide. More than 350,000 Londoners have accessed suicide prevention training since its launch in 2019*.</p> <p>More information on mental health training can be found on Haringey's Resource Hub: www.haringey.gov.uk/mh-resource-hub</p> <p><small>*Borough figures are not available for this training.</small></p>
<p>Retender the North Central London Support-after-Suicide Service.</p>	<p>Amparo (England's largest postvention service provider) commences a 5-year contract on 1st October 2023, supporting 80 beneficiaries annually across the 5 North Central London boroughs of Camden, Islington, Haringey, Barnet and Enfield.</p> <p>Contact with the Support-after-Suicide Service is made within 24 hours, assigning a consistent Suicide Liaison Worker. Post assessment, Support Plans are created, delivering culturally competent and trauma informed support including translation and interpretation needs.</p> <p>Unlimited 121 practical and advocacy support is available, (rather than time-limited models) to flex with changing needs for example, offering intensive contact at points of crisis (2022/23: average 27 weeks in service). Support includes assistance with police investigation, coroner's inquests, clean-up, funeral arrangements, media attention, wills, who to inform about the death, childcare and eldercare options and more. This is in addition to Group Support and Drop-in Sessions.</p> <p>Amparo also collaborates with Councils on Community Response Plans, identifying and responding to clusters.</p>

<p>Create a Gambling Network</p>	<p>The inaugural Gambling Network meeting was held in May 2023. The in-person network aims to collectively reduce harms linked to gambling.</p> <p>It is estimated over 28,000 Haringey residents are harmed by gambling which include debt, homelessness, unemployment, poor mental health, crime, family breakdown, and suicide.</p> <p>A holistic approach to harm reduction is required and reflected in the attendees which included Gambling Harm and VCS organisations, and Haringey Council's Violence Against Women and Girls and Mental Health Team. The second meeting is scheduled for September 2023.</p>
<p>Incorporate Suicide and self-harm questions when assessing Gambling Harms in Haringey Council's Children's Services.</p>	<p>Public Health's Gambling and Mental Health Teams have inserted gambling and mental health questions into the initial assessment when a young person or adult* presents at Haringey Council's Children and Young People's Service . A standard question is asked to all residents and forms the beginning of a flow diagram which assesses gambling harms and mental health concerns associated with problem gambling including but not limited to, suicide. Wording of the questions is sensitive and direct as per Zero Suicide Alliance guidance.</p> <p>Responses are captured on the internal Liquid Logic database. Recommended follow-up and referral steps are outlined in addition to signposting to local assets, pathways and training.</p> <p>This intervention to go live on Liquid Logic on 2nd October 2023. There are plans to replicate this in the Adult's service.</p> <p>*Those accessing CYP Services include: young people aged 16+, adults and families through a variety of referral routes requiring a multitude of support needs e.g. SEND needs, debt, divorce, mental health.</p>
<p>Deliver Gambling Harms training.</p>	<p>Gambling Harms training equips professionals to better understand the harms caused by gambling. Delivered by Gamcare and Haringey Public Health, it educates on how to identify, intervene, and refer residents negatively impacted by gambling, a high suicide risk group. Numerous sessions have been delivered throughout 2023 via MSTeams.</p> <p>Delivered already:</p> <ul style="list-style-type: none"> • 1 for Cllrs • 1 for Cabinet Members • 6 for local public & VCS sector • 1 for Olive Morris Court • 1 primary care staff <p>Upcoming sessions include:</p> <ul style="list-style-type: none"> • 2 for schools (parent & Designated Safeguarding Lead) • 1 for Mulberry Junction • 3 for children's services • 1 for Mind in Haringey

<p>To deliver suicide-specific training to Haringey's professionals and community members (aged 16+).</p>	<p>Barnet, Enfield and Haringey Mental Health Trust commissioned £22k worth of suicide-specific training (half-day SP-OT and 2-day ASSIST Training). It was delivered by PAPYRUS (the Prevention of Young Suicide) and ran from April to October 2022. Introductory and applied suicide prevention skills enabled delegates to recognise and act on signs that someone is having thoughts of suicide. Training was well attended and received good feedback. PAPYRUS reported the development of relationships with key stakeholders, organisations and charities working with young people across the 3 boroughs. They continue to offer 30-minute awareness training in Haringey to increase awareness of PAPYRUS, referral routes and their 24hour free helpline.</p> <p>More information on PAPYRUS and their training: SP-EAK: https://www.papyrus-uk.org/sp-eak/ ASSIST: https://www.papyrus-uk.org/assist/ SP-ARK: https://www.papyrus-uk.org/sp-ark/</p>
<p>Suicide Prevention training for Higher and Further Education staff.</p>	<p>350 higher and further education staff from 80 London colleges and universities across London were trained in a Thrive LDN funded project. This project aimed to equip staff and institutions with knowledge and skills to better understand and prevent suicide, developing safeguarding procedures for vulnerable students. College staff and 4 members from Haringey Sixth Form attended the training programme which ran from April 2022 - March 2023. An evaluation of the city-wide project can be found here: https://thrivedn.co.uk/wp-content/uploads/2023/07/PAPYRUS-Suicide-Prevention-Training-Higher-and-Further-Education-Institutions-Report-2022-23.pdf</p>
<p>Haringey to host its second Great Mental Health Day</p>	<p>On Friday 27 January 2023, Haringey hosted its second Great Mental Health Day to get residents talking about mental health, destigmatise asking for help and raise awareness of the great support available in the borough.</p> <p>The Great Mental Health Day campaign originated in Haringey as part of the wider Great Mental Health programme. It has grown to become a London-wide initiative facilitated regionally by Thrive LDN, now involving all London boroughs as well as a broad range of partners from NHS to grassroot organisations. This year's theme celebrated the power of community kindness.</p> <p>To mark the day, Haringey announced free activities across the borough, from fêtes to webinars, walks to workshops. In excess of 42 Great Mental Health Day events were held across Haringey, more than doubling from its first year. Over 656 Haringey residents interacted with the physical and virtual activities, an 81% increase on last year.</p> <p>This complemented the hundreds of wellbeing events simultaneously held in other London boroughs as part of the city-wide celebration. Online initiatives catered to the digital space, directing residents to digital and app-based support as well as sharing lived experience of mental health across a variety of social media platforms.</p> <p>Plans are underway for Great Mental Health Day 2024.</p>
<p>Review Substance Misuse induction process and create entry pack for new recruits.</p>	<p>Haringey's Substance Misuse Team in Public Health have created an Induction pack for new Substance Misuse and Housing recruits. This educates on Haringey's dynamic drug, alcohol and mental health service pathways as well as available resources to improve signposting.</p>

<p>Deliver Harm Reduction training.</p>	<p>The Grove Drug Service delivers Harm Reduction Training to Haringey's Housing and drug/alcohol services. Course content includes drug awareness, overdose prevention and naloxone administration. The training offered is to expand into additional substances and further engage LGBTQ+ populations. A partnership with London Friends seeks to make services more LGBTQ+ inclusive and cover topics pertinent to this population including Chemsex.</p>
<p>Host Recovery Pride 2023.</p>	<p>Organised by people in recovery and supporting organisations, Recovery Pride is a symbol of hope to recovering addicts and a celebration of Haringey's services. Held in late September, the event seeks to challenge discrimination and educate on treatment. Substance misuse services alongside wellness activities, mental health support, lived experience, connection activities and art exhibits seek to reduce stigma of using services and being in recovery. On the day, quiet spaces for reflection and a memorial book will be available to remember those impacted to drugs and alcohol.</p> <p>Recovery Pride: 10am-4pm on 29th September at The Grove, 9 Bruce Grove, Tottenham, London N17 6RA.</p>
<p>Commission a Black Men's Project.</p>	<p>A community-led Black Men's project is currently being commissioned for Haringey residents. Set to launch before Christmas 2023, the preventative programme seeks to support 80 men lead better lives and build a community to keep people well. 4 12-week cycles offer peer support and mentorship on a number of co-designed topics including family dynamics, finance, healthy relationships, racism and grief, bereavement and loss.</p>
<p>Work with men's suicide charities</p>	<p>James' Place (opened 2022 - London-wide charity for men 18+ with active suicidal crisis) have provided short term talking therapy in-person covering Haringey within their remit. They have been working with Haringey Crisis Team and other NHS/community networks within Haringey in an effort to establish professional referral partnerships. Regularly attend the HSPG meetings and input on strategy discussion.</p>
<p>Reducing harms to CYP</p>	<p>Open Door is a service offering Young People aged 12-25, evidence-based talking therapies .They have a core service operating in community settings that are non-stigmatising- based both in Crouch End and in Tottenham.</p> <p>They have a variety of ongoing partnerships:</p> <ul style="list-style-type: none"> - NHS Tavistock First Step service and the Haringey Young Adult Service – to provide therapy to care leavers - VCS mentoring service, Sister System- to provide therapy to girls and young women who are care experienced - VCS organisation Markfield, to provide therapy and parent work to support autistic yp pre, during and post diagnosis - Leading provider of Inequalities funding- aiming to tackle mental health inequalities for cyp in Haringey. They work on this with Tottenham hotspurs foundation and Deep Black (charity providing support for emotional wellbeing in schools) - Ongoing providing a day a week of therapy at the Haringey Autism Hub with 16-25 year olds - School counselling service in a local secondary school in Tottenham- Mulberry Woodside. - Attendance at the Haringey suicide prevention group <p>They are also conducting ongoing research into psychotherapy through an Randomised Control Trial in partnership with University College London.</p> <p>They also offer NHS funded training posts which are ongoing for CAMHS services.</p>

<p>Protect women and children (VAWG)</p>	<p>The Domestic abuse, stalking, harassment and honour abuse based checklist (DASH RIC) is the sector wide risk assessment tool for Domestic Abuse (with additional sheets/questions for Honour Based Abuse and stalking and harassment), completed with victim/survivors. This has been developed by specialist VAWG services and will become the standard in Haringey and wider. These include Hearthstone, Nia, Galop, Solace, IMECE locally in Haringey, as well as the police as standard, and also by other DASH trained multi-agency professionals. Within this there are specific questions about depression/suicidal thoughts and MH problems.</p> <p>Hearthstone (Haringey's in-house Domestic Abuse service) commissioned a 4 year contract for counselling services for victim/survivors. In this, 40 Hearthstone clients per year can access a counselling assessment, 6 sessions of counselling support, and a final exit session including any onward referrals. This contract completes in September and the service will be reprocurd.</p> <p>IRIS Training is offered to 25 of Haringey's 33 GP practices. The link between domestic abuse and suicidality is explored within this IRIS training as well as ongoing updates.</p> <p>LGBTQ people have an increased risk of self-harm and suicide. Haringey commission a specialist Independent Domestic Violence Advocate, provided by Galop.</p> <p>Where domestic abuse is fatal, either through homicide or suicide, Advocacy After Fatal Domestic Abuse (AAFDA) can support the families. This is leading practice for those involved in a Domestic Homicide Review (DHR) process. DHRs should be completed from domestic homicides and suicides that result from domestic abuse.</p>
<p>Reduce harm with respect to railways</p>	<p>Samaritans engage specifically with the rail industry. They offer Managing Suicidal Contacts course and Trauma Support Courses to all rail colleagues who work in customer focused/people roles.</p> <p>In addition, they have been working to train journalists who report on suicides, so they can learn the importance of reporting on suicides responsibly, especially on the rail. We also offer this training to train operating companies and their comms teams so they know how to talk to journalists who might be asking for a comment and so they can learn about responsible reporting.</p> <p>They also offer a programme to go into schools to offer support to friends and the school when there a rail-related young person's suicide. In addition, dedicated volunteers talk to schools in general about mental health.</p> <p>They are also planning to bring their Small Talk Saves Lives roadshow (with a Samaritans branded trailer) to bring together organisations that provide a broad range of support including well-being and mental health, to provide information, guidance and support to local residents.</p>
<p>Support for construction workers</p>	<p>Mind in Haringey attends the construction partnership meetings on a quarterly basis and signposts to the Haringey wellbeing network and other services which can support construction workers with their mental health and wellbeing</p>

2. Suicide Data

2.1. Suicide rates in England show a continued decline since the post-war peak in the early 1960s⁹. An overall decrease in registered suicide numbers between 2015-2021 in North Central London boroughs is seen in the line graph below.

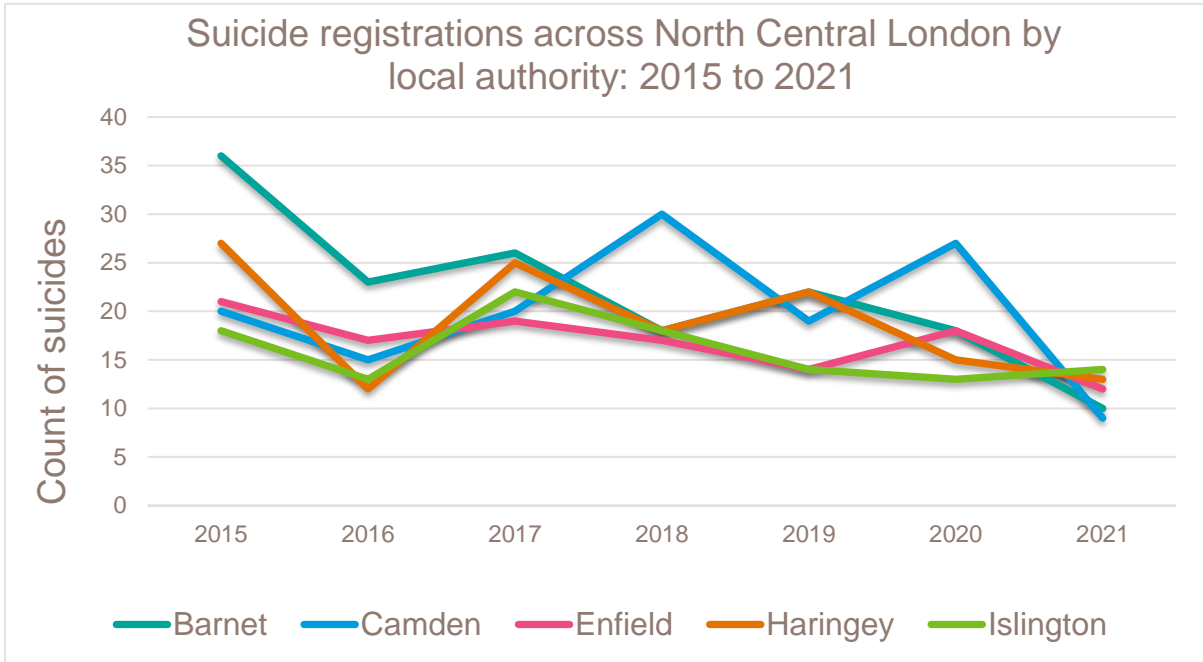


Figure 1: Number of suicides in North Central London boroughs, registered between 2015 and 2021.

2.2. In 2019-2021, 50 people were confirmed to have died by suicide in Haringey¹⁰. A standardised suicide rate of 7.2 per 100,000 people places Haringey 18th out the 32 London boroughs, in-line with the London region (7.2) and below the England rate of 10.4 per 100,000. Although 50 deaths over 2 years represent a personal tragedy with potentially devastating consequences, statistically speaking these are small numbers.

Borough	Total count of suicides for 2019-2021	Rate per 100,000, 2019-21
Barnet	50	4.8
Enfield	44	5.3
Haringey	50	7.2
Islington	41	7.9
Camden	55	8.9

Table 2: Total count and suicide rates per 100,000 in North Central London boroughs, registered between 2019 and 2021.

2.3. Aggregation determines male residents were 3 times more likely to die by suicide despite being less likely, compared to women, to experience suicidal thoughts and to attempt suicide¹¹. Regardless of gender, the highest proportion of suicides are in the 25-44 age bracket, collectively accounting for 54% of all suspected suicides in Haringey.

2.4. The majority of Haringey's suicides are recorded as White North European followed by White South European and residents with Black heritage, reflective of borough ethnicity data. By far the most common method of suicide is 'Hanging', following national trends and subsequently translating to place of death, predominantly occurring at the home address.

⁹ Haringey suicide report
¹⁰ <https://www.ons.gov.uk/peoplepopulationandcommunity/birthsdeathsandmarriages/deaths/datasets/suicidesbylocalauthority>
¹¹ https://media.samaritans.org/documents/ResearchBriefingGenderSuicide_2021_v7.pdf

- 2.5. Whilst nobody is immune to suicidal ideation, risk factors for poor mental health have been identified as ‘characteristics, variables, or hazards that make it more likely an individual will develop a mental health disorder’¹². The majority of those that took their life lived in the east of the borough which exhibit high concentrations of risk factors such as socio-economic deprivation, substance abuse, unemployment and homelessness¹³.
- 2.6. Local Authority Public Health, statutory partners and Voluntary and Community Sector (VCS) organisations strive to lessen the risk of suicidal behaviour by addressing factors at the individual (e.g., bereavement), family (e.g., poor quality parent-child relationships), community (e.g., lack of connectedness to people or institutions), and societal levels (e.g. inequalities in access to opportunities and services) of the social ecology¹⁴. These efforts attempt to reduce Haringey’s suicide incidence cost, calculated at £80 million for the period between 2019-2021¹⁵.

3. Haringey’s Suicide Prevention assets

- 3.1. Prevention is vital in ensuring few reach a point of crisis, supporting Haringey’s population to keep mentally well.
- 3.2. To coordinate local action planning and strengthen joint working, Haringey hosts a Suicide Prevention Group (HSPG). This inter-agency partnership shapes community-based prevention planning and implementation. Broad membership includes children services, Metropolitan Police, Barnet Enfield Haringey Mental Health Trust, British Transport Police and local charities. Here, intelligence is appropriately shared across agencies to reduce deaths from suicide and support those affected.
- 3.3. Suicide prevention actions are guided by local need as well as the National Prevention Strategy, Office for Health Improvement and Disparities (OHID) and National Institute for Health and Care Excellence (NICE) guidelines. Haringey’s Action Plan is annually updated with borough priority areas identified by HSPG members.
- 3.4. The Suicide Prevention 2023-24 Action Plan and 2023-28 local Strategy is currently being refreshed, awaiting national guidance, anticipated shortly. Concurrently, £10 million grant funding is to be released for VCS organisations in England across 2023-24 to 2024-25 to meet increased demand, developing innovative preventative services for those at-risk of suicide.

4. Recommendations

- 4.1. Adults, Health and Communities Scrutiny Panel notes progress on Suicide Prevention in Haringey through multiagency working.

5. Reasons for decision

N/A

6. Contribution to strategic outcomes

- [Corporate Delivery Plan for 2023-2024](#)
- [The Haringey Deal](#)
- [NHS Long Term Plan, 2019](#)
- [A Cross-government suicide prevention workplan, 2019](#)
- [The NHS five year forward view for mental health, 2016](#)
- [Preventing suicide in England: A cross-government outcomes strategy to save lives, 2012](#)

7. Statutory Officers comments (Chief Finance Officer (including procurement), Assistant Director of Corporate Governance, Equalities)

¹² Werner and Smith, 1992; Garnezy, 1983 - <https://www.ncbi.nlm.nih.gov/books/NBK236306/>

¹³ https://www.haringey.gov.uk/sites/haringey.gov.uk/files/drugs_haringey_sia.pdf

¹⁴ https://www.cdc.gov/violenceprevention/pdf/asap_suicide_issue2-a.pdf

¹⁵ https://eprints.lse.ac.uk/39300/1/Mental_health_promotion_and_mental_illness_prevention%28author%29.pdf

7.1. Finance and Procurement

7.1.1 This is an update report for noting and as such there are no direct financial implications associated with this report.

7.2. Legal

7.2.1. This is an update report for noting and as such there are no recommendations for action that have a direct legal implication.

7.3. Equality

7.3.1. Haringey's Suicide Prevention Action Plan uses a multifaceted, multiagency approach to reduce suicide and support those affected. Its implementation proactively identifies and engages high-risk and marginalised communities to reduce inequity in Haringey's mental health support.

8. Use of Appendices

N/A

9. Local Government (Access to Information) Act 1985

N/A