

7 Minute Briefing

Mental Health and Suicide



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Background

ONS data shows that most suicides in North Lincolnshire are amongst working age men, with men aged 45-49 years old being at greatest risk. In the 12 years between 2007 and 2018 there were 163 registered deaths from suicide or undetermined injury in North Lincolnshire; of these 80% were men.

No differences are evident in North Lincolnshire in terms of rural or urban trends with roughly half of all suicides occurring amongst residents of Scunthorpe, and the other half amongst residents of North Lincolnshire's market towns and villages. However, rates are highest in the most deprived areas and lowest in the least deprived areas, with the wards of Crosby and Park, Ferry, Ashby, and Barton wards showing the highest rates.

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What to do?

If you are a professional working with an adult experiencing a mental health emergency, in the first instance contact the adults GP (out of hours contact 111). If you are already having care via a community mental health team, contact them directly.

If you, or the person you are concerned about are already being seen by NHS services, regardless of age, or you feel you need emergency treatment call the local number for your area:

- North Lincs Adult Mental Health Service - Access Team including Crisis Resolution Service. Tel: 0800 015 0211
- Crisis Contacts - Scunthorpe and District Mind Crisis
- Crisis Resolution/Home Treatment Team – 01724 382015
- Scunthorpe and District Mind - 01724 279 500
- Rape Crisis – 0808 802 9999 daily between 12 – 2.30pm and 7 – 9.30pm
- Samaritans – 116 123 / 01724 860 000 / 0845 790 90 90 (24 hours)
- Mental health support - NHS North Lincolnshire CCG

Outside office hours, call your local Crisis Resolution and Home Treatment (CRHT) Team on 01724 382015. The CRHT teams are available 24/7 and will offer you immediate telephone support to ensure that you feel safe to help you manage your distress. **If there is an immediate threat to life call 999.**

ASK YOURSELF, Am I informed?

Nationally, suicide is the biggest killer of men under 50 and the primary cause of premature death in young people. It is the leading cause of death in 10-19-year-olds, pregnant women and new mothers, and people in the criminal justice system. Approximately 28% of people who die by suicide have been in contact with mental health services. Those with a history of self-harm are at risk and around 1 in every 100 people who have previously self-harmed die by suicide within a year. (HM Government, 2017).

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Supporting someone who is suicidal

Humber, Coast and Vale which includes North East Lincolnshire, North Lincolnshire, East Riding, York, North Yorkshire and Hull - believe suicide is preventable. key sources of support. Includes guidance on:

- Recognising the signs
- Self-harm - Exploring causes / things that could help
- Listening / Language / Signposting

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Why it matters?

A recent rise in suicides locally and nationally highlighted the complexity of need, and requirement for effective communication when working with those at risk of suicide. Awareness of the services available to those experiencing a mental health crisis and their families, as well as increased awareness and understanding amongst supporting professionals of the available options will improve timely and appropriate responses to crises, as well as supporting early intervention where appropriate.

The talk Suicide campaign has been created by the Humber, Coast and Vale Health and Care Partnership to reduce the stigma around talking about suicide by raising awareness of free suicide prevention training available from the 'Zero Suicide Alliance'. You can take this online training course by accessing <https://talksuicide.co.uk>

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Supporting someone who is suicidal

There is an online zero suicide alliance training course that is available for free, which takes about 20 minutes to complete. This can be accessed via #talksuicide *See * Say * Signpost

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Questions you may need to consider

- Is mental health the only issue?
- Is there a dual diagnosis present relating to substance misuse?
- Is there another issue which may affect the adult cognitively or behaviorally such as autism or Asperger's?
- Is the person missing?
- For an adult to be classed as missing there has to generally be / and is a vulnerability factor.
- Contact Humberside Police to report a missing person.

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Further information

North Lincolnshire Safeguarding Adult Board – [webpage for professionals](#) (Useful documents and links).

Training on suicide prevention - #talksuicide [Suicide Prevention - Homepage](#) - #TalkSuicide Hull

Mind - Mental health problems – [an introduction](#)