



Mental Health & Suicide Prevention in Cornwall and the Isles of Scilly

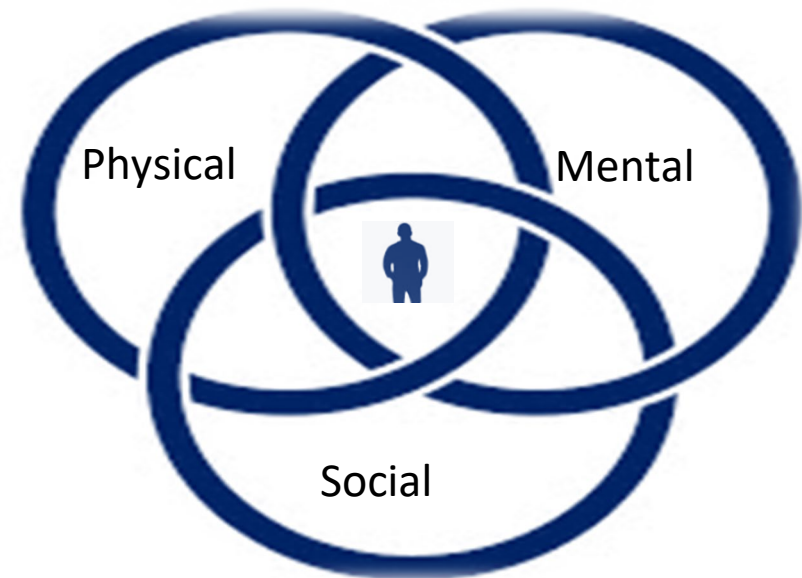
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 www.cornwall.gov.uk

What is Health?

Health is a state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity



World Health Organisation, 1948

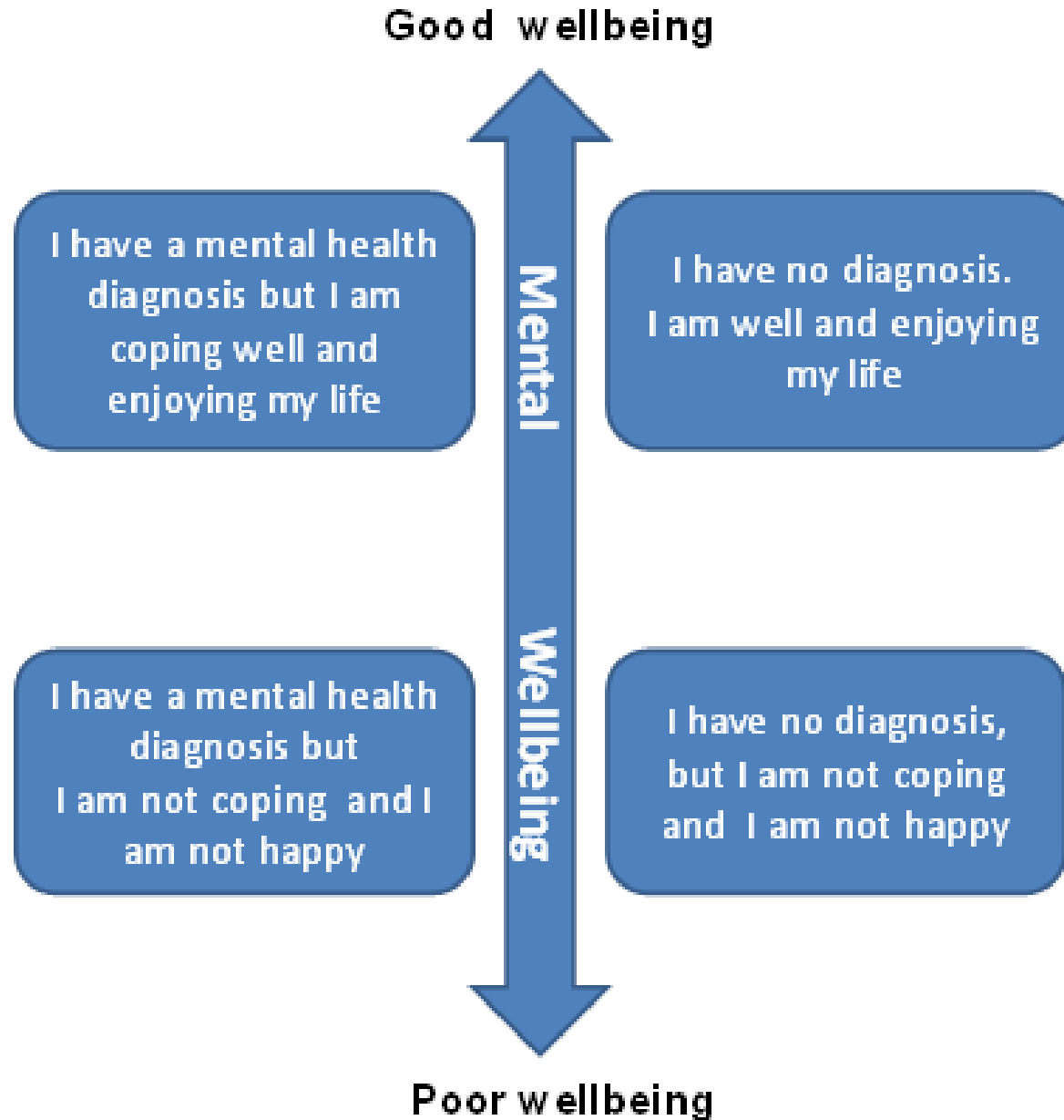


What is Mental Health?

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices.

Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Mental health is on a spectrum



5 Ways to Wellbeing

www.cornwall.gov.uk/health-and-social-care/mental-health/coronavirus-and-mental-wellbeing

Your mental health is like your physical health and we need to do things to keep it in good shape.

Everyone is getting used to living a bit differently during Coronavirus (COVID-19) and things changing often. We know you might have some worries about the virus, school, friends, home life, jobs or money.

You might feel frightened, irritable, or just unsettled. You may also feel like you have a lack of control, trouble sleeping or eating, or spend time checking symptoms or reading about coronavirus on the internet.

It's OK to not be OK, but make sure you get some help:

Five ways to wellbeing

- **Connect** with others
- **Be active** – even if it's just a 10 minute walk, we promise you'll feel better
- **Learn** something new, or learn to take a break for yourself
- **Giving** your time to help others is a great mood booster
- **Take notice** of your environment – list 5 things you can see/hear/smell/touch

Find out more www.cornwall.gov.uk/fiveways

For support for young people visit www.startnowcornwall.org.uk/fiveways or you can make your own wellbeing action plan and find ways to help you feel good www.startnowcornwall.org.uk/actionplan

Doing these daily or weekly will help you feel good

Support for Mental Health

The Cornwall and Isles of Scilly 24/7 Mental Health response line will help to direct people to the most appropriate source of support: 0800 038 5300

Z Card versions of this leaflet can be ordered from
phdesk@cornwall.gov.uk

If you want to talk or need help with your mental wellbeing, you can call or text

- The Cornwall and Isles of Scilly 24/7 NHS Mental Health response line (**0800 038 5300**)
- Call **116 123** for free to talk to Samaritans, or email: **jo@samaritans.org** for a reply within 24 hours
- Citizens Advice Cornwall (**03444 111 444**) for financial advice or simply text "ADVICE" for general queries or DEBT to **78866**

Children and young people can get additional support

- Text "YM" to **85258** to contact the Shout Crisis Text Line
- Your way live chat **www.your-way.org.uk/coronavirus**
- Kooth the online wellbeing community for young people **www.kooth.com**

Mental health support

- For guidance visit **www.cornwall.gov.uk/wellbeingguides** or email **phdesk@cornwall.gov.uk** for a hard copy (note the guide and your address)
- Or use our downloadable or interactive Safety Plans by visiting **www.cornwall.gov.uk/mentalhealth**; designed to help you with your mental health

Sleep

We all have evenings when we find it hard to fall asleep or we wake up in the night. You may also find this is happening more often during the coronavirus (COVID-19) outbreak.

Good-quality sleep makes a big difference to how we feel, mentally and physically. As we start to move back towards our routines, we'll need to start shifting our sleep patterns. For advice and support search "**every mind matters sleep**". For young people find more: **www.kernowccg.nhs.uk/sleeplessness**

Emotional Resilience for Parents and Carers

You're not alone, we're all under pressure and in this together. Together for Families has support, advice and ideas to help you help children and young people's mental health. **www.cornwall.gov.uk/covidresilience**



Active Listening – How are you?

How can **we** spread the message that it is good to talk?

Order copies of this Z Card from
phdesk@cornwall.gov.uk

Just asking... HOW ARE YOU REALLY FEELING? ... could save someone's life

Ask a friend how they are REALLY FEELING...
Don't just accept 'ok' or 'fine', probe deeper. It may take time for the person to be brave enough to say they're not ok.
And ask them the question more than once.
Let them know its ok to not be ok.

We talk about PHYSICAL health because we can SEE it...
It's ok to talk about MENTAL health even if you CAN'T SEE it.

Everyone has Mental HEALTH...
Sometimes It's good.
Sometimes It's not.

DON'T WORRY IF YOU'RE NOT SURE HOW TO BEGIN...
We've got some questions to help you start the conversation.
FIRST ask...

How are you REALLY feeling? Tell me more than OK or FINE.

"YOU can TALK to ME and I PROMISE I won't judge you."

"LOTS of people go through this sort of thing, getting HELP will make it EASIER."

"I hate to see you STRUGGLING on your own, have you SPOKEN to anyone else?"

Remember to ASK...
Ask the question... How are you really feeling?
Signpost... to professional help
Keep SAFE... if you're really worried, stay with them and keep them safe until help arrives.

BE READY TO LISTEN

GET HELP

Created by the Toward Zero Collaborative
VISIT... www.cornwall.gov.uk/howareyou

Wellbeing Apps



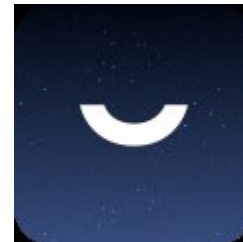
Calm Harm is an app designed to help people resist or manage the urge to self-harm.



Meditation has been shown to help people stress less, focus more and even sleep better. Headspace is meditation made simple.



Learn to relax, manage your worries and improve your wellbeing using simple breathing techniques and light exercises.



The Pzizz app helps you quickly calm your mind, fall asleep fast, stay asleep, and wake up refreshed.



Take control of your thoughts, feelings and behaviour with the My Possible Self app, to manage fear, anxiety and stress and tackle unhelpful thinking.



Elefriends is a supportive online community from the mental health charity Mind. Whether you're feeling good right now, or really low, it's a place to share experiences and listen to others.



Silvercloud

- SilverCloud is an online cognitive behavioural therapy (CBT) programme which allows you to complete therapy in your own time and at your own pace.
- It offers secure and immediate access to a range of mental health and wellbeing programmes which you work through, using your computer, tablet or mobile phone. The tried and tested modules within each programme consist of a range of interactive tools, activities and videos to help you identify and challenge negative thought and behavioural patterns.
- It has proven to have high improvement rates for depression, anxiety & stress.
- <https://www.cornwallft.nhs.uk/silvercloud>

MHEND Project

The Mental Health, Employment Need and Debt advice outreach project ('Mhend')

Advice and guidance for anyone experiencing problems with finances, debt, housing and mental wellbeing.

Mhend is a partnership between Pentreath Mental Health Advisers and Citizens Advice Cornwall (CAC) caseworkers. They can provide specialist financial, employment, housing and mental health support to vulnerable individuals adversely affected by Covid-19 across CloS.

Referrals via www.pentreath.co.uk

Mental Health Safety Plans

- A safety plan is a personalised tool that lists coping strategies, people and places that can help support wellbeing
- They can be used to guide someone when they are experiencing thoughts of suicide, to help them avoid a state of intense suicidal crisis
- Research tells us that they are one of the best tools to mitigate future suicidal behaviours



Why Do Safety Plans Work?

- A safety plan is an assets-based approach designed to focus on a person's strengths.
- Their unique abilities are identified and emphasised so they can draw on them when their mood dips or their suicidal thoughts become intense.



Paper, online, app



My reasons for living/hope are: For example, people, pets, hobbies, special interests, hopes and beliefs.

1. What are my warning signs that I'm heading for a suicidal/mental health crisis? For example, thoughts, behaviours or situations - Isolating myself, arguing with a loved one, feelings of hopelessness, sleeping excessively or being unable to sleep.

2. What works to help me cope with how I feel? For example, distraction or relaxation – exercise, watching TV/YouTube, breathing exercise.

3. Which people and places help to distract me from the way I feel? For example, friend (name and phone number), library, coffee shop, park: be specific about what and where.

4. Who can help me when I feel I'm in a crisis? For example, if I was to say how I feel, who would I want to help – mum/partner/friend: be specific and add numbers.

5. Which professionals and agencies can help me when I feel I'm in crisis? For example, any healthcare professionals involved in my care, Samaritans, crisis text or phone line: list names and numbers.

6. How can I make my environment safer. For example, give my medication/tablets to a friend for safekeeping, remove things I might use to harm myself from my home.

www.cornwall.gov.uk/health-and-social-care/mental-health/mental-health-safety-plans



Suicide in context

- Around 700 people are murdered in the UK every year
- Around 1,700 people are killed on UK roads every year
- Around 6,500 people die by suicide in the UK each year (1,500 women and 5,000 men)
- On average more than one person dies per week by suicide in Cornwall & IoS

Why is this a Public Health issue for Cornwall?

	England	South West	C&IoS
Suicide rate per 100,000 population (3 year average) all persons	10.1	11.3	12.7
Suicide rate per 100,000 population (3 year average) Males	15.5	17.6	20.1
Suicide rate per 100,000 population (3 year average) Females	4.9	5.4	5.9

62 deaths by suicide on average per year between 2017-2019
 Considered as 'preventable deaths' (Towards Zero Suicide)
 Prevention is part of developing mental wellbeing approach to health and care

What are we doing to prevent suicides?

- Real Time Surveillance System (RTSS): Coroner registration
- Timely **postvention** support - activities for people who have been bereaved by suicide, to support their recovery and to prevent adverse outcomes, including suicide and suicidal ideation.
- The ability to spot trends, patterns, clusters, anomalies through data collection and discussion at Suicide Surveillance Group
- Mental Health and Suicide Prevention Recovery Workstream
- Multi Agency Suicide Prevention Group – reviews Suicide Prevention Strategy and Work Plan and is an opportunity for services across CloS to work together on suicide prevention
- August 2020- Public Health England (PHE) National RTSS pilot

COVID 19 Impact

National Confidential Enquiry into Suicide and Self Harm in Mental Health (NCISH) examined the suicide figures established by “real-time surveillance” (RTS) systems in several parts of England, total population 9 million, comparing the months pre-lockdown (January-March 2020) to post-lockdown (April-August 2020). Cornwall figures were included.

The average number of suicides per month varied but there was no evidence of a rise post-lockdown. The post-lockdown figures were higher than in the equivalent period in 2019 but this should be understood in the context of rising suicide rates and improving RTS systems. Several important caveats apply, and these findings do not rule out higher figures in some areas or as a result of a future economic downturn.

<http://documents.manchester.ac.uk/display.aspx?DocID=51861>

Suicide Prevention Funding in England

- STP Suicide Prevention: The Cornwall and Isles of Scilly Sustainability and Transformation Partnership (STP), was awarded Wave 1 transformation funding from NHS England for local suicide prevention.
- This funding forms part of the commitment set out in the NHS Long Term Plan (2019) to reduce suicide rates and self-harm and will support local work on suicide prevention.
- Third and final year of this funding 2020/21

Suicide Prevention Funding in Cornwall

- **Suicide Safer Primary Care;** Improve the awareness of GPs of the risk of suicide in their patients and improve the support they provide to patients at risk, to reduce rates of suicide.
- **Improving Safety After Self-Harm;** 3-12 sessions of problem-solving, solution-focussed therapy to improve outcomes in people after self-harm, indicating improved mental health & social functioning.
- **Get Set to Go;** Structured 12-week physical exercise programme to improve physical and mental wellbeing of men with mental health issues.
- **Community Safety Planning;** Safety Plans are an evidence-based personalised, prioritised list of coping strategies and resources for reducing suicide risk. This project focused on encouraging **everyone** to create a plan, with support.



Suicide Prevention Innovation Fund

- The Multi Agency Suicide Prevention Steering Group elected to offer £80k to community organisations in Cornwall and the Isles of Scilly
- Communities were tasked with bidding for funding for projects with a particular focus on reducing suicide by middle aged men, by people in treatment services, and reducing self-harm within local communities.
- 46 applications were received, demonstrating the level of understanding and support for this important topic

Imagine If – Engineered Sound Project

- Using sound to help break up negative thought patterns and through community settings help to start the conversation, bringing people, organisations and communities together, helping to contribute to prevention or intervening to save a life.

Make it Better

- Smartphone photography meet ups are a great way to explore the 5 ways to wellbeing. 4 projects in different areas of the county, introducing people vulnerable to self-harm and suicide to smartphone photography, develop their knowing and understanding with a highly skilled and experienced practitioner.

Men Outside – Chaos Group

- Co-produced project aimed at men who are experiencing isolation and loneliness with the main focus being to prevent suicide and reduce the risk of self-harm. Social connection, company and camaraderie while deciding activities such as den building, bushcraft and simply sitting around a fire pit immersed in nature will form stable activities.

Man Down

- To reduce Suicides in Cornwall through helping adult men to talk about their struggles in a safe, non-judgmental environment at fortnightly meetings that are accessible, require no booking and are completely confidential. Up until the pandemic these were monthly. We want to increase these to two to three per month.

Penhaligon's Friends

- **Dads Packs;** a resource pack for widowed dads who have come for support for their children.
- **Leaflet/ Resource;** specific written resources and signposting leaflets for agencies that may be helpful for the men in families we support to access
- **Family Fun Day;** Family Fun events with a focus on what Dads may potentially feel more confident to engage in – eg. golf day, moorland walk, bowling.

Pathfinder Programme

Outdoor Learning programme covering all aspects of survival and wilderness experiences from; Shelter Building, Fire lighting, Foraging, Navigation, Mental and Physical resilience, Nordic Walking and much more. Also to offer the programme as days on the moors and overnight camping. Accessible to all abilities and ages from Primary school aged children to retired persons.

Towards Zero with young fathers in CloS

- Monthly staff training on mental ill health in young fathers, the impact of childhood trauma on mental health, suicide and self-harming behaviours.
- Actively identify individuals' protective factors and working to reduce risk factors through:
 - workshops with a specific suicide and self-harm focus, strategies for reducing self-harming behaviours; group sharing of healthy coping ideas; and information sharing about further support.

HOPE Programme

- HOPE is a six week programme to help people build confidence to self-manage their long-term health conditions that may lead to thoughts of suicide. This could include:
- Physical health such as pain relief. • Mental ill health issues such as anxiety, stress and depression. • People returning to work after a long absence. • Parents/carers of children with additional or complex needs.

SeaFit Fishermen's Project

Mental health and wellbeing of commercial fishermen, led by Fairwinds Mental Health Practitioner, experienced in delivering mental health support for fishermen and their families living in Cornish ports. The project targets a high risk population of men, with a focus on those who are middle aged or older, working in one of the most dangerous industries in the UK.

Valued Lives

Mobile crisis service in the form of a trailer and van capable of pulling the trailer, and storage facility. This will enable the service to navigate narrow roadways which our lorry cannot and provide a local outreach to support people to access our face to face groups and services. Takes mental health support into the heart of communities, improving accessibility and breaking down barriers and discrimination. It provides a flexible approach to targeting hotspots and hard to reach groups.

Farming Community Project

Mental health service to the Cornish farming community that includes engagement with the community. 1-1 sessions using a robust evidenced based assessment, risk assessment, safety planning and treatment using CBT and solution focussed therapy techniques. Outdoor walking therapy, meaning farmers can access therapy on their farmland through an outreach style. Telephone and/or digital platform for therapy delivery as required in line with need.

Live West

In-house suicide and self-harm awareness, training workshops and discussion groups for residents and customers of support projects in LiveWest in Cornwall.

LiveWest runs a number of supported accommodation services across Cornwall supporting young people, young parents, homeless families, people with mental health issues, people who have fled domestic abuse and people with complex needs including substance misuse and homelessness.

Training on Mental Health and Suicide Awareness/Prevention

- Applied Suicide Intervention Skills Training (ASIST)
- Suicide First Aid*
- Mental Health First Aid*
- Connect 5*
- Making Every Contact Count (MECC)*
- Mental Health Awareness/Stress Awareness/Developing Resilience/Exploring Mindfulness, meditation and sleep hygiene*



Healthy
Cornwall

* Denotes courses available via Zoom (as at January 2021)

www.healthycornwall.org.uk/professionals/training-courses



Suicide Prevention is everyone's business

- Awareness raising
- Destigmatising mental health/ill-health
- Training
- Communities
- Keep informed – Towards Zero newsletter (sign up by searching Towards Zero Cornwall)



Thank you / Meur ras

If you have any questions or comments
suicideprevention@cornwall.gov.uk