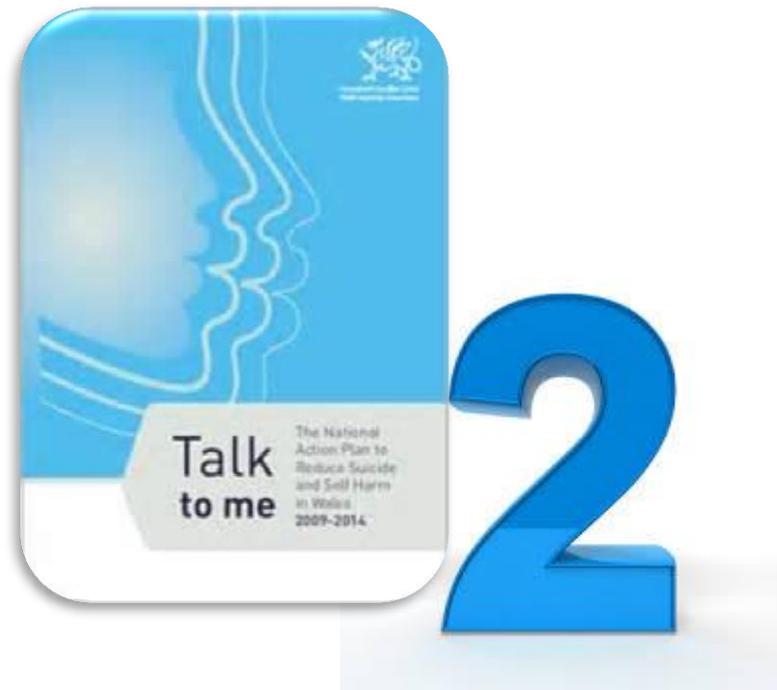


A New Suicide and Self harm Action Plan for Wales



Dr Ann John, Chair NAG

Outline

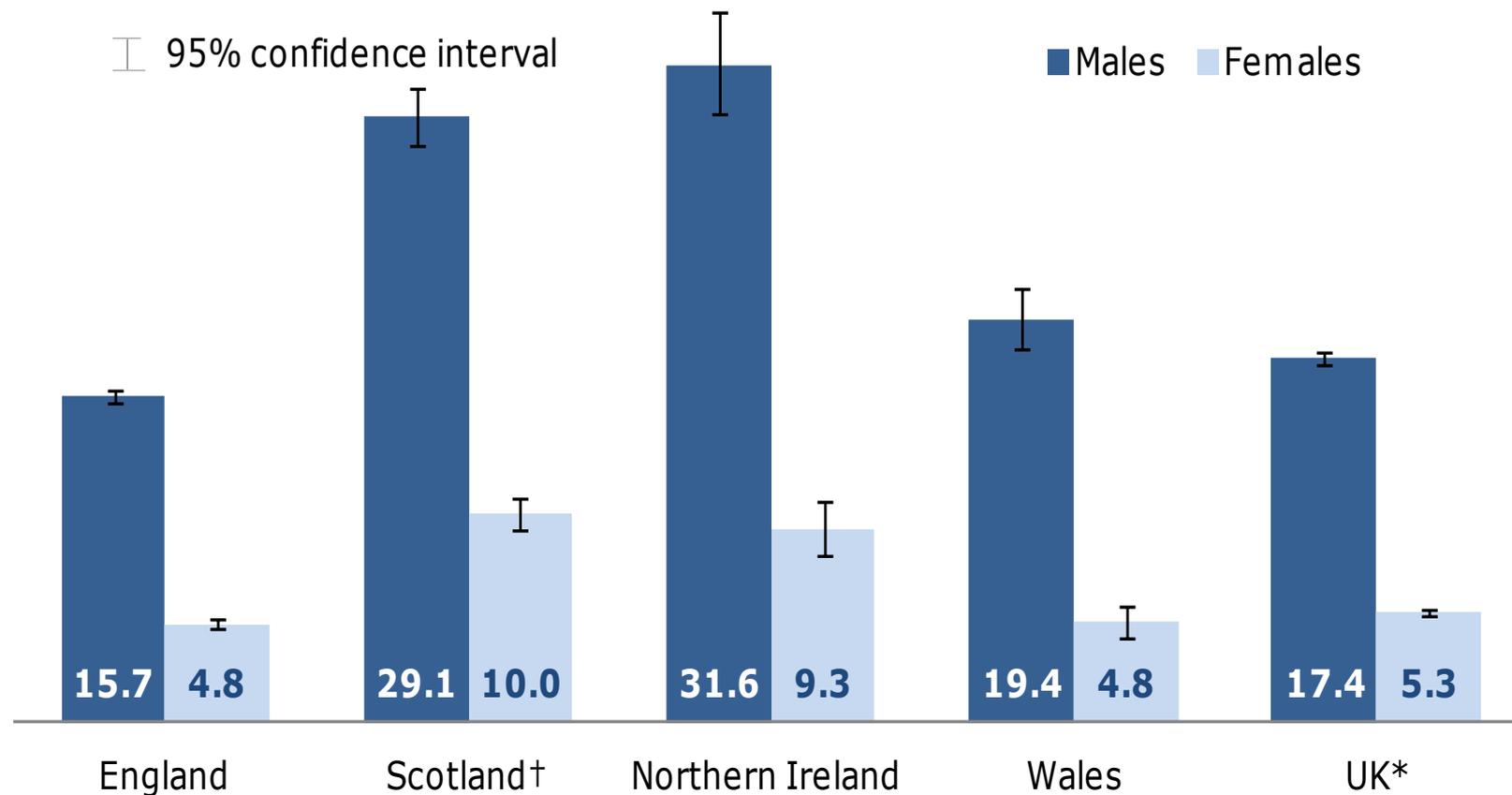
- Why we need a new one
- What is our approach
- Who are the Priority People
- Where are the Priority Places
- What are our objectives
- What are the actions
- How will we implement it

Why do we need a new one?

- Potentially preventable
- Important
- Self harm
- End of last plan
- TMH
- Other nations
- Trends

Suicides, European age-standardised rates (EASR) per 100,000, males and females aged 15+, UK Nations, 2009-2011

Produced by Public Health Wales Observatory, using data from ONS, GROS & NISRA

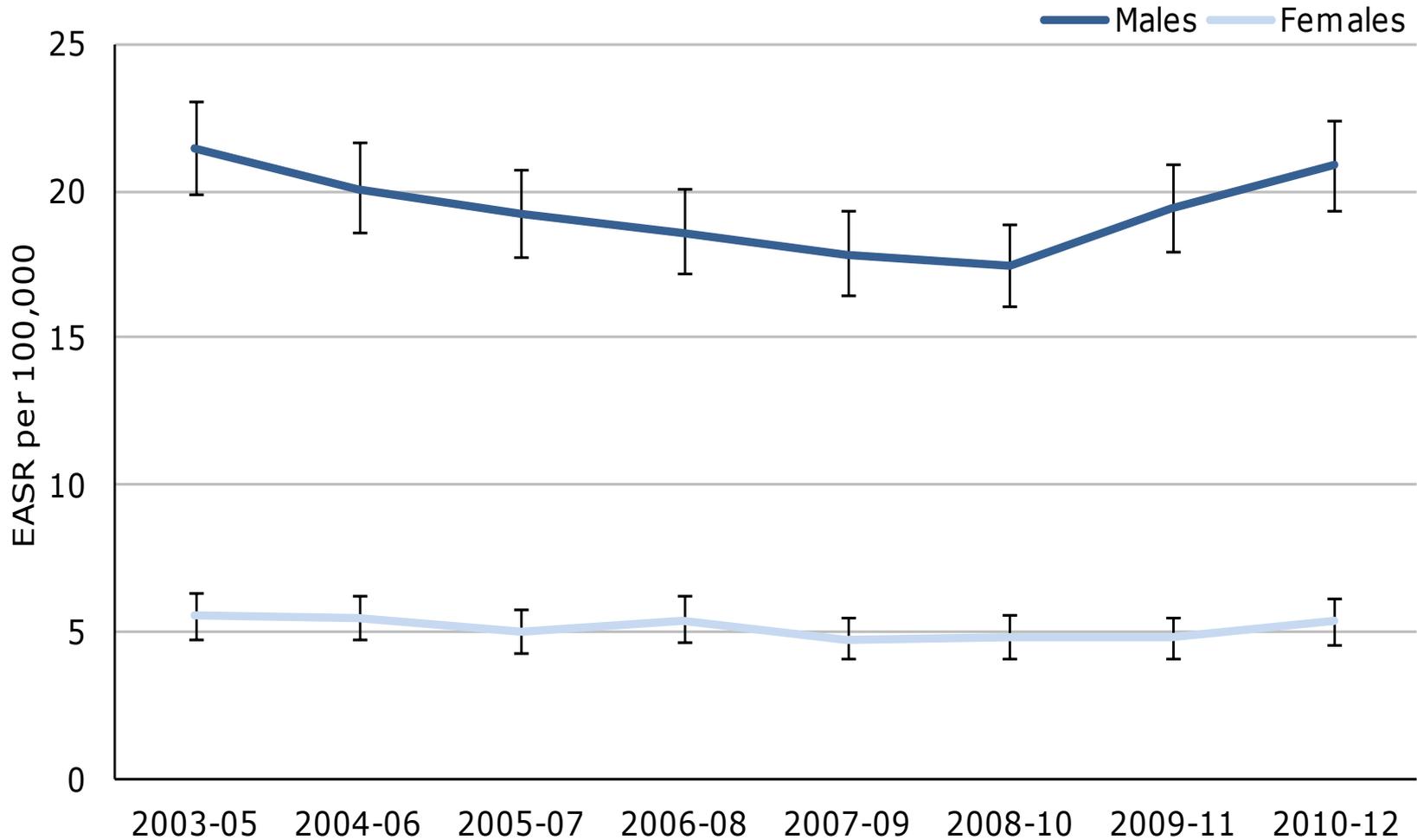


*UK is derived from the sum of England, Scotland, Northern Ireland and Wales and does not include deaths of non-residents

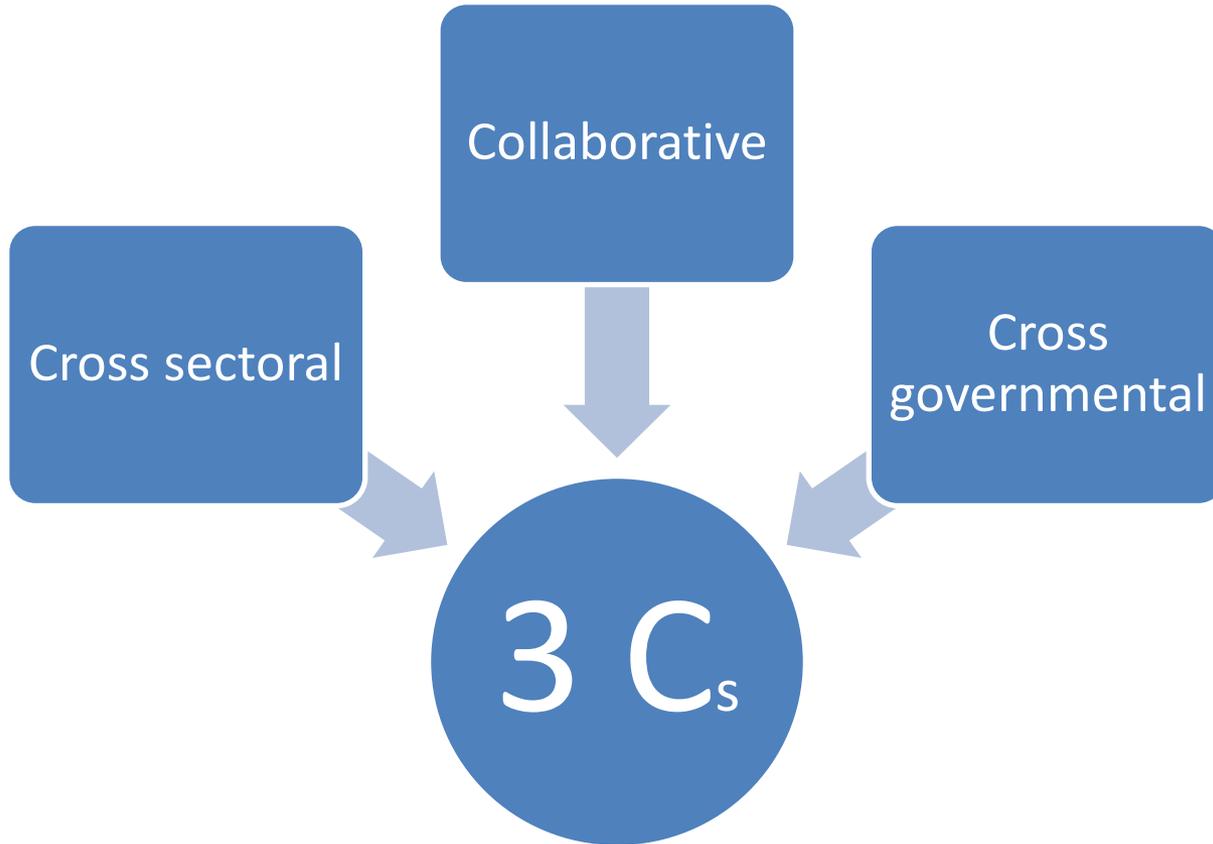
†Denominator used to calculate 2011 rate is based on 2010 MYEs as Scottish MYEs have not been revised to reflect Census 2011 populations

Suicides, 3-year rolling European age-standardised rate (EASR) per 100,000, males and females aged 15+, Wales, 2003-2012

Produced by Public Health Wales Observatory, using ADDE & MYE (ONS)



Our approach

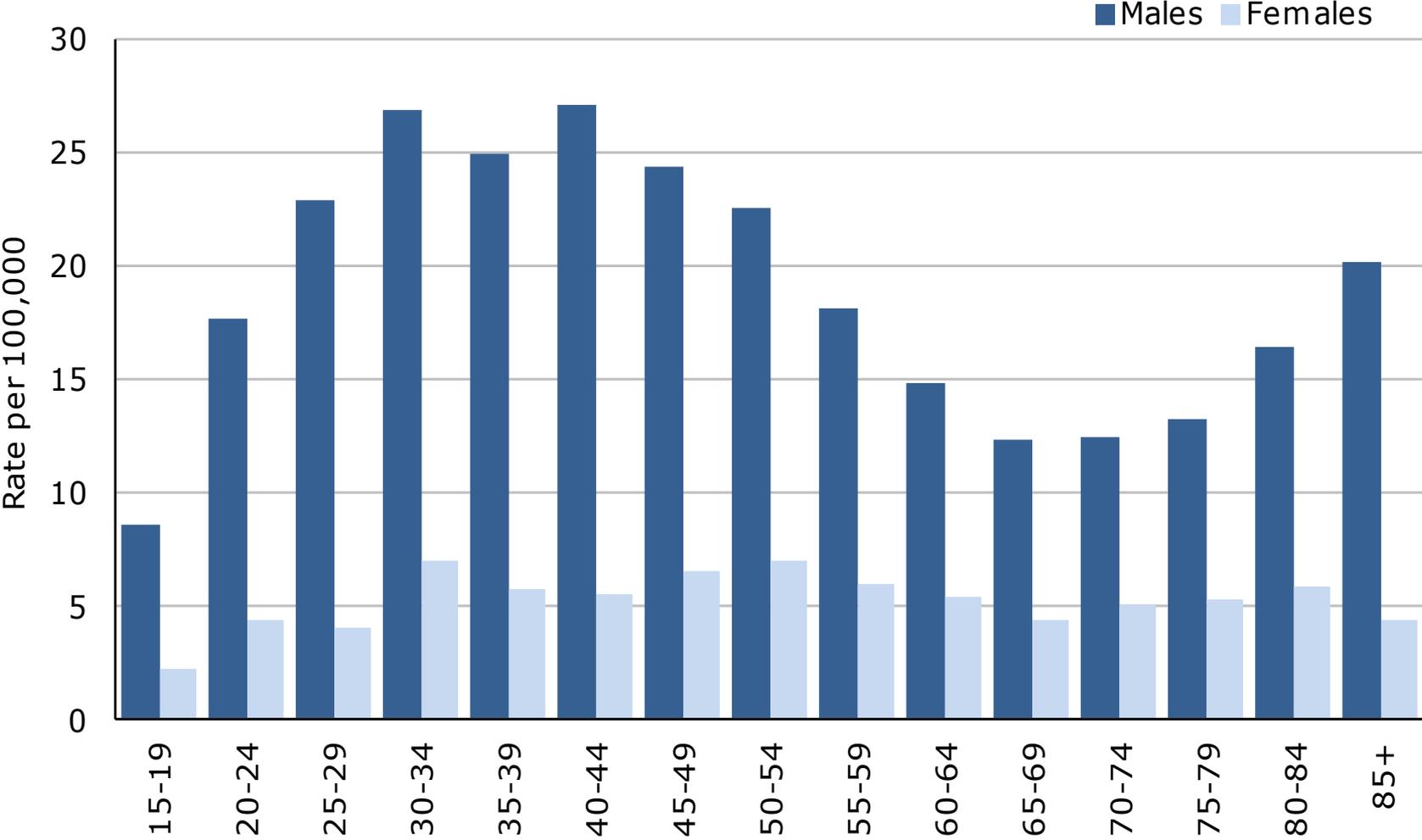


Our approach

- 3 C's
- Clear shared achievable objectives
- Priority people and places
- Priority actions
- Evidence base
- Tackles stigma, raises awareness
- Clear ownership
- Supports effective local action
- Encourages help seeking behaviour, self management and early intervention

Suicides, age-specific rate per 100,000, males and females aged 15+, Wales, 2003-2012

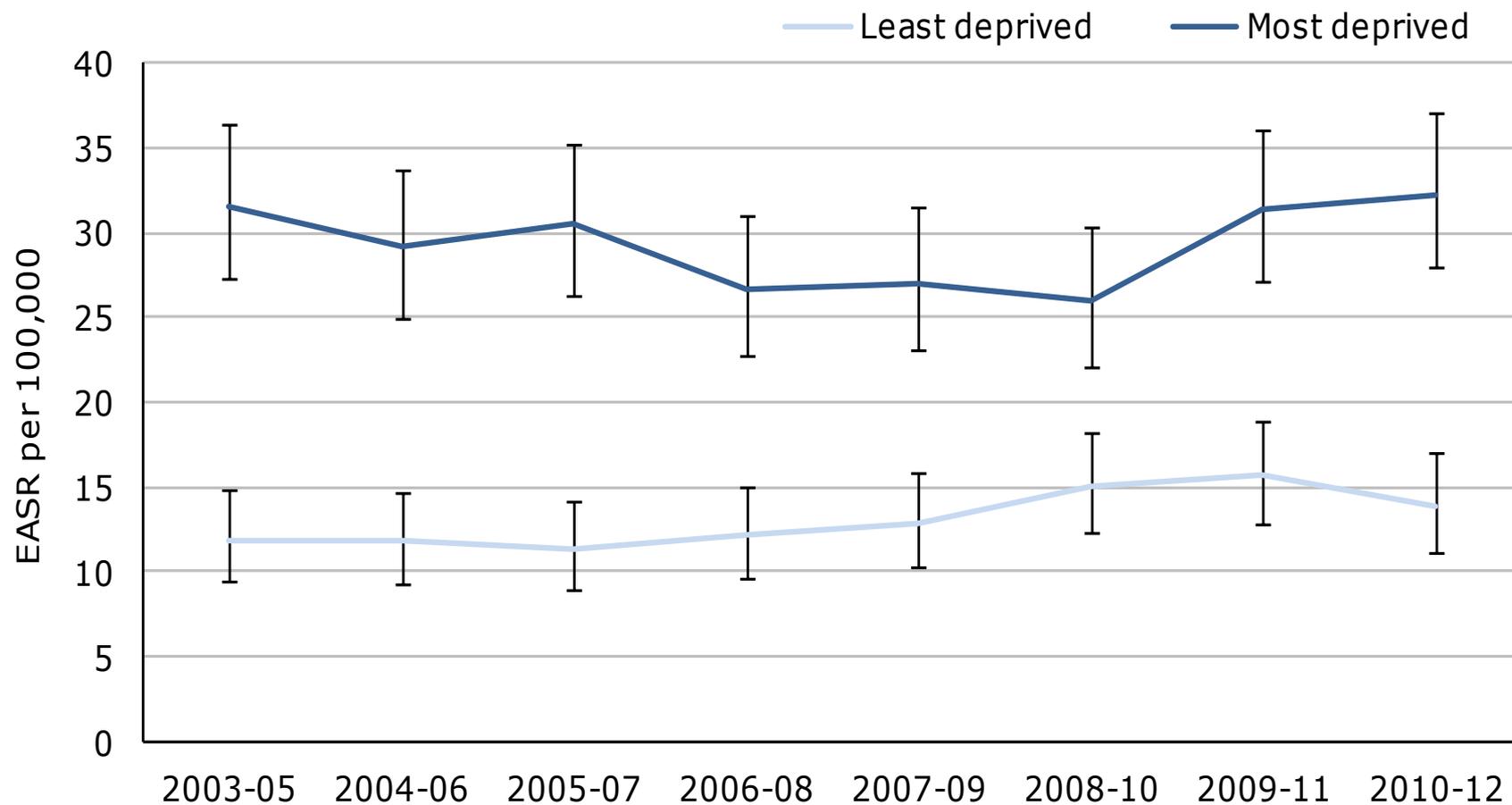
Produced by Public Health Wales Observatory, using ADDE & MYE (ONS)



Suicides, European age-standardised rate (EASR) per 100,000, by least and most deprived fifth (WIMD 2011), males aged 15+, Wales, 2003-2012

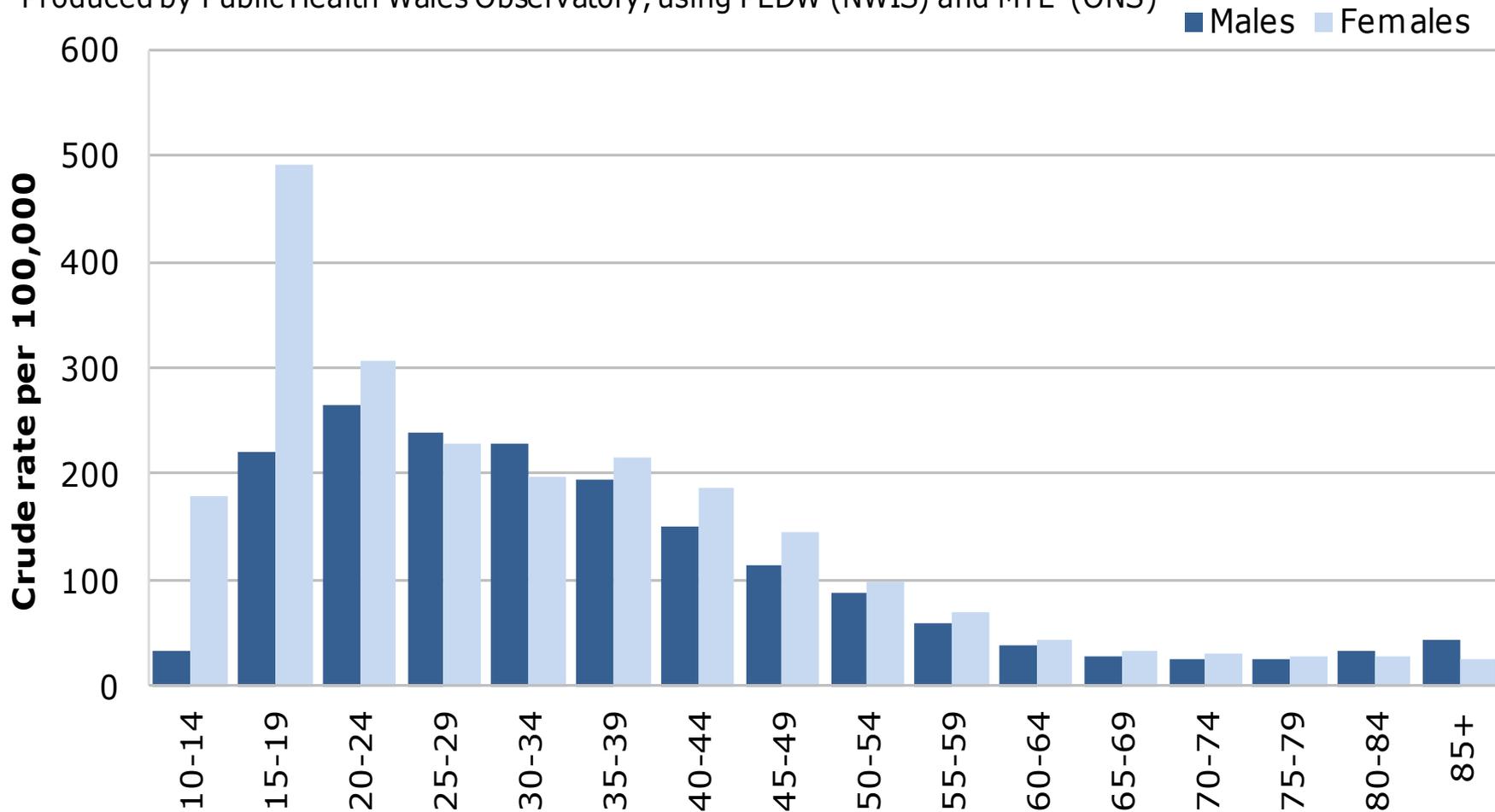
Produced by Public Health Wales Observatory, using ADDE & MYE (ONS), WIMD (WG)

┆ 95% confidence interval



Individual patients having an emergency hospital admission with any mention of self harm in the admitting episode*, rate per 100,000, by sex and quinary age band, persons aged 10+, Wales residents, 2001-2011

Produced by Public Health Wales Observatory, using PEDW (NWIS) and MYE (ONS)



*Patients are counted once in the entire period

Priority People

- Men in mid life
- Older people over 75 with depression and co-morbid physical illness
- Children and Young People NEET, vulnerabilities
- People in mental health services
- People with a history of self harm
- **First responders**

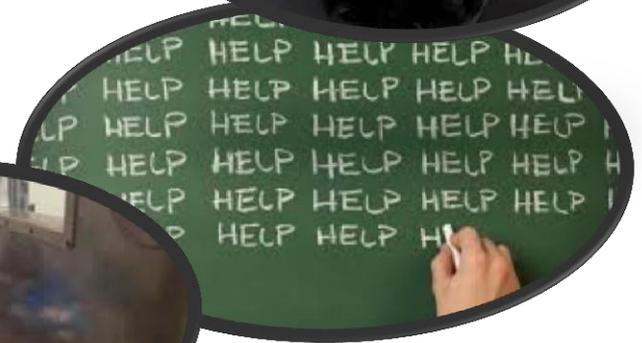
First Responders

- Police
- Welsh Ambulance
- Primary Care workers
- ED staff
- Fire fighters



Priority Places

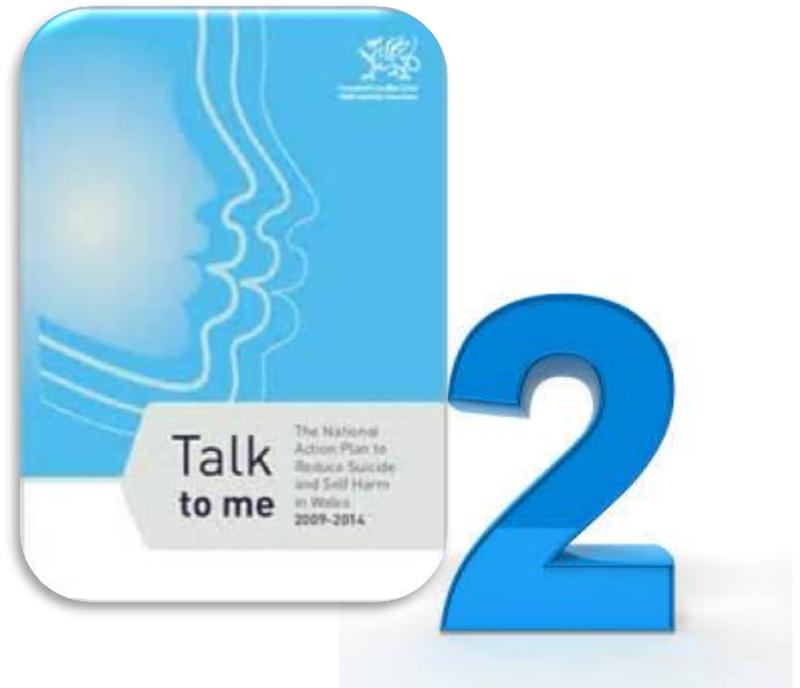
- **Schools**
- Psychiatric hospitals
- **Prisons**
- **Police custody suites**
- **Work places**
- **Further education establishments**
- Primary care facilities
- Emergency departments
- **Rural areas**
- Deprived areas



Strategic Objectives



- Awareness, knowledge and understanding
- Responses to personal crisis, early intervention and management suicide and self harm
- Information and support to those bereaved by suicide
- Support the media
- Reduce access to the means
- Learning and information systems



Locally & nationally

MAKING IT HAPPEN.....