

# Suicide and Self Harm Prevention in Wales

Plan-on-a-Page 2020-2022

working collaboratively across disciplinary, sector and geographical boundaries, to reduce the risk of suicide and self harm, in the context of COVID-19

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| <b>1 Data and evidence</b>   | <b>5 Responding to crisis</b>  |
| We will design and establish a national <b>Real-time Suicide Surveillance System (RTSS)</b> , sharing data on suspected suicides as they occur to monitor trends and inform prevention   | We will endeavour to better understand 'help seeking' behaviour, including how people search for help on-line or via digital means, and how people can be better connected to where they can find the help they need   |
| We will conduct evidence reviews and engage academic partners so that we continuously work to the evolving evidence base and conduct our own local research and evaluation to inform practice  | We will work with colleagues in Emergency Departments (EDs) eg: liaison psychiatry teams, to continue to improve how we respond to people who present with self-harm and suicidal ideation   |
| We will analyse local service data and other data sources to better understand local needs and provision, taking steps to improve data quality to be better informed   | We will work with first responders, and participate in the Crisis Care Concordat work streams, to ensure a response to suicide and self harm is embedded in provision  |
| <b>2 Focusing our resources on groups known to be at heightened risk</b>   | <b>6 A proactive response for those bereaved by suicide</b>  |
| We will continue to explore and develop opportunities for people to seek and find help for particular groups, such as <b>middle-aged men</b> , who may not identify with or access mental health or other statutory or traditional services, and <b>people over 65</b> who are isolated, depressed or unwell | We will work in partnership with voluntary and statutory agencies to conduct a listening exercise to <b>capture and present the bereavement journeys of those who have been impacted by a death by suicide</b> , and identify the opportunities for the proactive offer of support |
| We will seek to influence the development of a more coherent and appropriate response to <b>people who self harm</b> across Wales, who are often young people  | We will engage those agencies and services who interface with the bereaved and ensure that they are skilled and equipped to provide the <b>right support at the right time</b>   |
| We will strengthen links with other work streams eg: substance use, gambling, housing and homelessness, to identify opportunities for intervention   | We will evaluate <a href="#">Help is at Hand</a> , and review other similar resources to find ways to make information available to different groups in the most accessible way, including digitally   |
| <b>3 Reducing access to means</b>  | <b>7 Building workforce skills and confidence</b>  |
| We will look to the evidence and local data on possible links between occupation, and other factors that could provide access to means to inform intervention  | We will work with front-line staff across sectors, to understand their training and development needs and inform action to increase confidence and capability  |
| We will identify key sites and work with planning and transport authorities, and third sector agencies, to inform timely intervention and promote accessible support systems for those at risk   | We will work with Health Education and Improvement Wales (HEIW), who are focusing on the <a href="#">Mental Health Workforce</a> , to develop readily accessible tools that provide bite-size access to learning around self harm and suicide                                      |
| <b>4 Service development</b>   | <b>8 Providing systems leadership and accountability frameworks</b>  |
| Through the Welsh Government small grants process we will continue to <b>stimulate local innovative projects</b> that respond to the needs of priority groups in the regions, and that pilot new and emerging approaches   | We will encourage a <b>whole systems approach</b> to suicide and self harm prevention, highlighting links and inter-dependencies across government strategic and policy ambitions, and linking with our counterparts in the other UK nations                                       |
| We will identify where support is needed to <b>implement NICE and other quality guidance</b> , for <a href="#">suicide</a> , and <a href="#">self-harm</a> prevention and management   | We will continue to service and support the <b>multi-agency regional suicide and self harm forums</b> , support local action plans, and report progress to the National Advisory Group (NAG) and Welsh Government  |