

Suicide in Wales

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Definitions

Suicide

“intentionally killing oneself”

Self harm

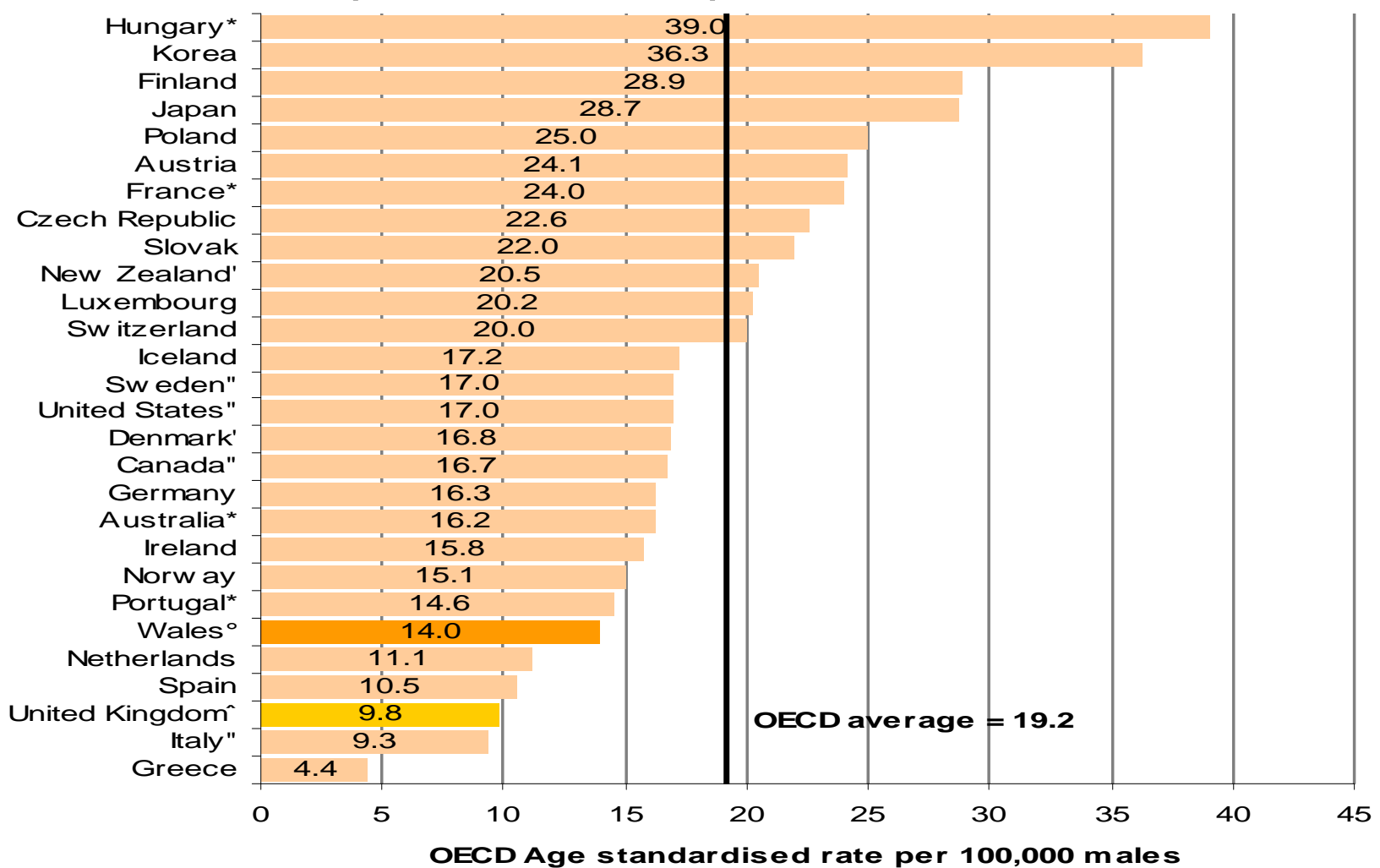
“intentional self-poisoning or self-injury, irrespective of the nature of motivation or degree of suicidal intent.”



Suicide: Coroner's verdict

“Suicide should never be presumed, but must always be based upon some evidence that the deceased intended to take his own life. On the other hand, once there is *sufficient* evidence, it is a matter for the coroner (or jury, if there is one) as to whether or not it was suicide...”

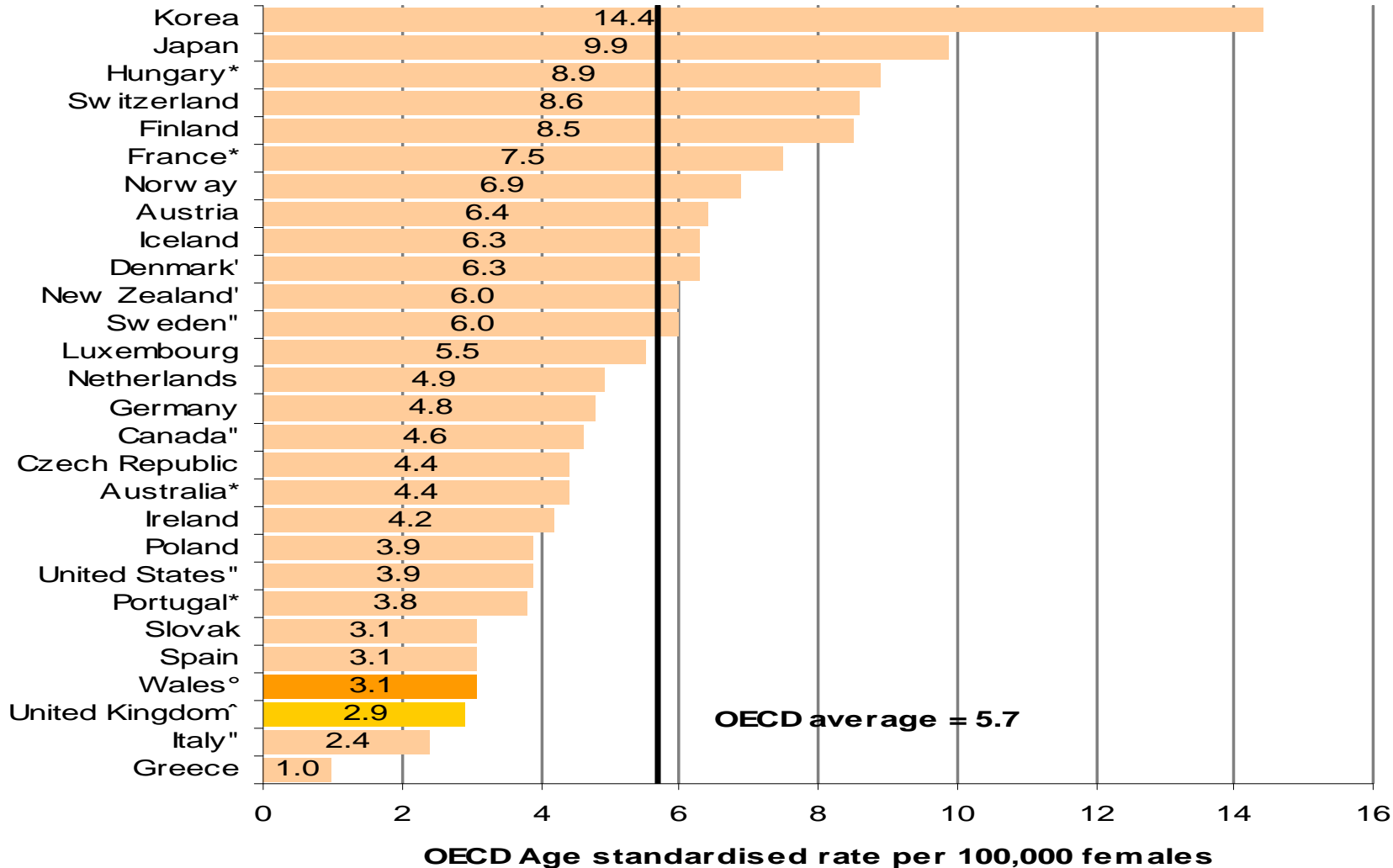




' 2001, " 2002, * 2003, °Wales rate calculated, ^Wales included in UK figures

NB: Suicide in this graph only includes deaths categorised as intentional self poisoning / self injury (X60-X84); unlike all other analyses of suicide in this report it does not include deaths where the intent is undetermined (Y10-Y34). Cultural variations in classification of intent may contribute to variation between countries.





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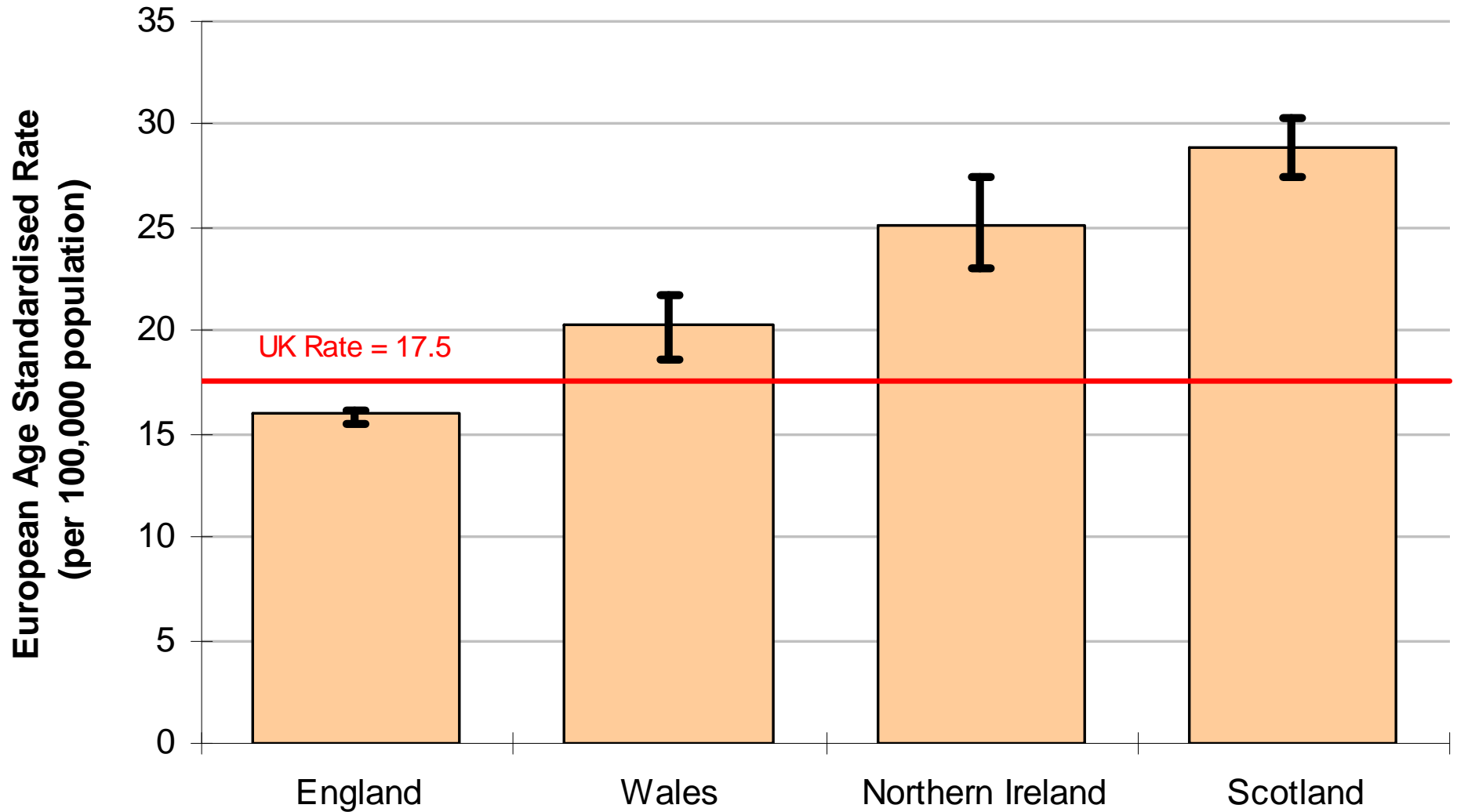


National Public Health
Service for Wales

Gwasanaeth Iechyd Cyhoeddus
Cenedlaethol Cymru

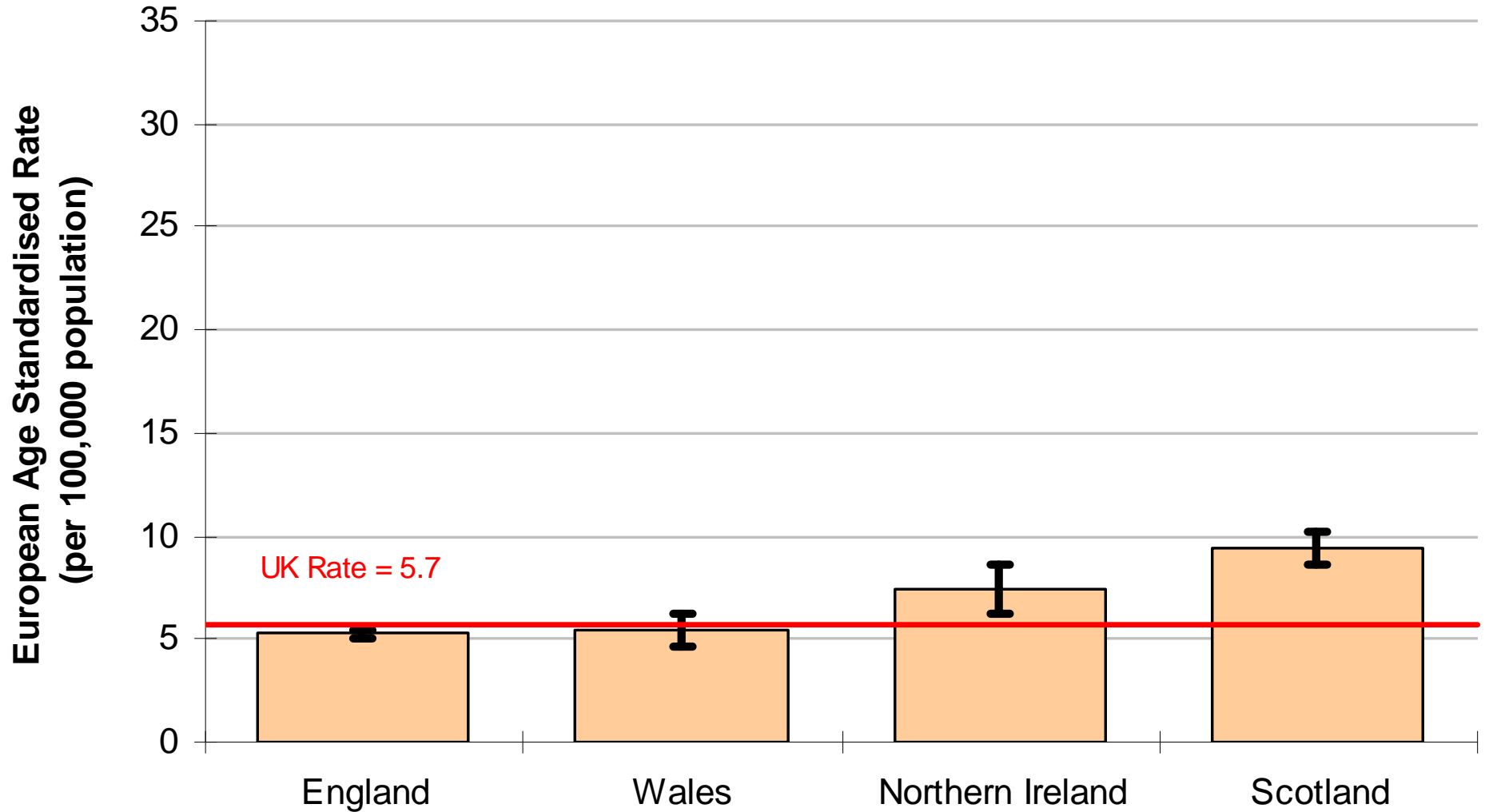
Male suicide rates, UK nations, 2004-2006

Data sources: ONS (VS), GROS (VE), NISRA (VS)



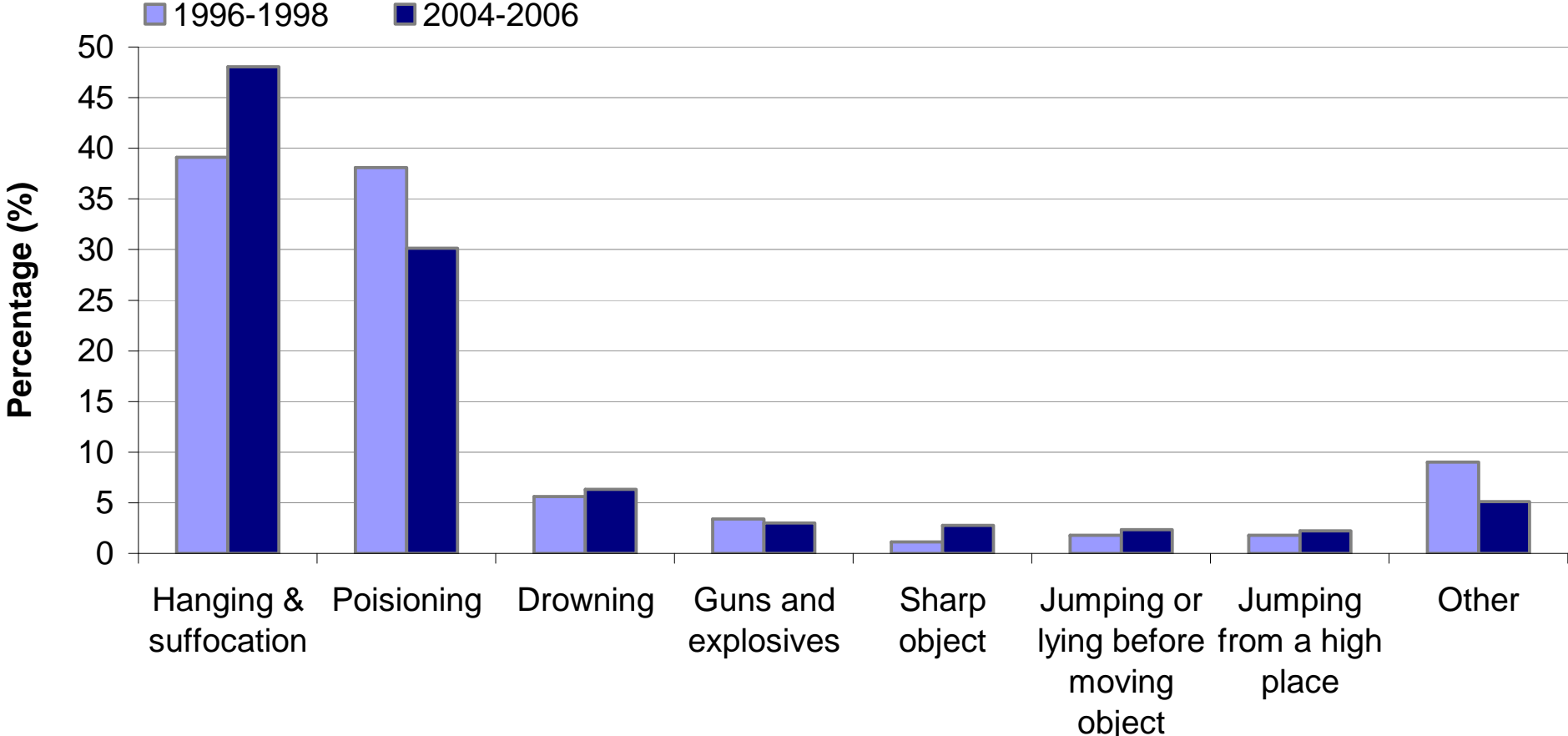
Female suicide rates, UK nations, 2004-2006

Data sources: ONS (VS); GROS (VE); NISRA (VS)



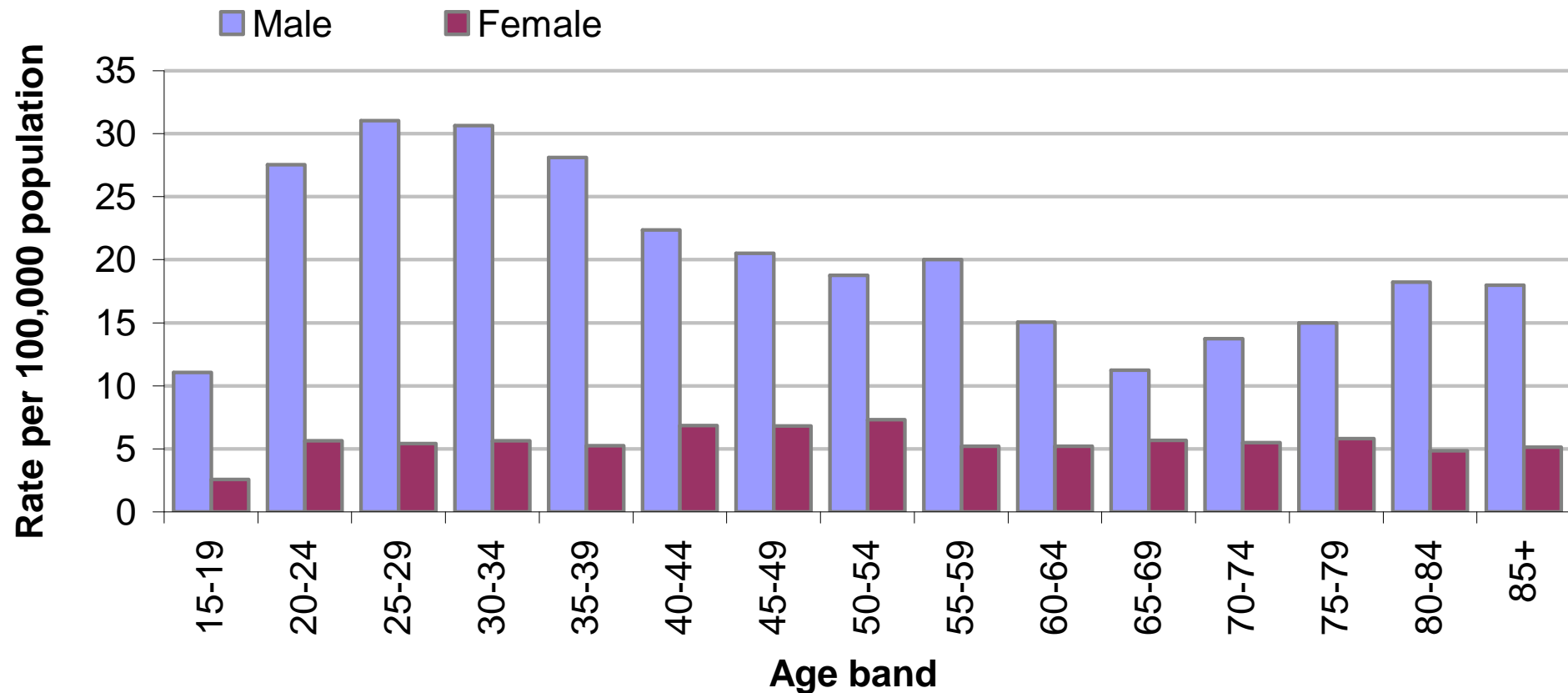
Proportion of suicides by method, Wales: 1996-1998 and 2004-2006

Data source: ONS (ADDE)



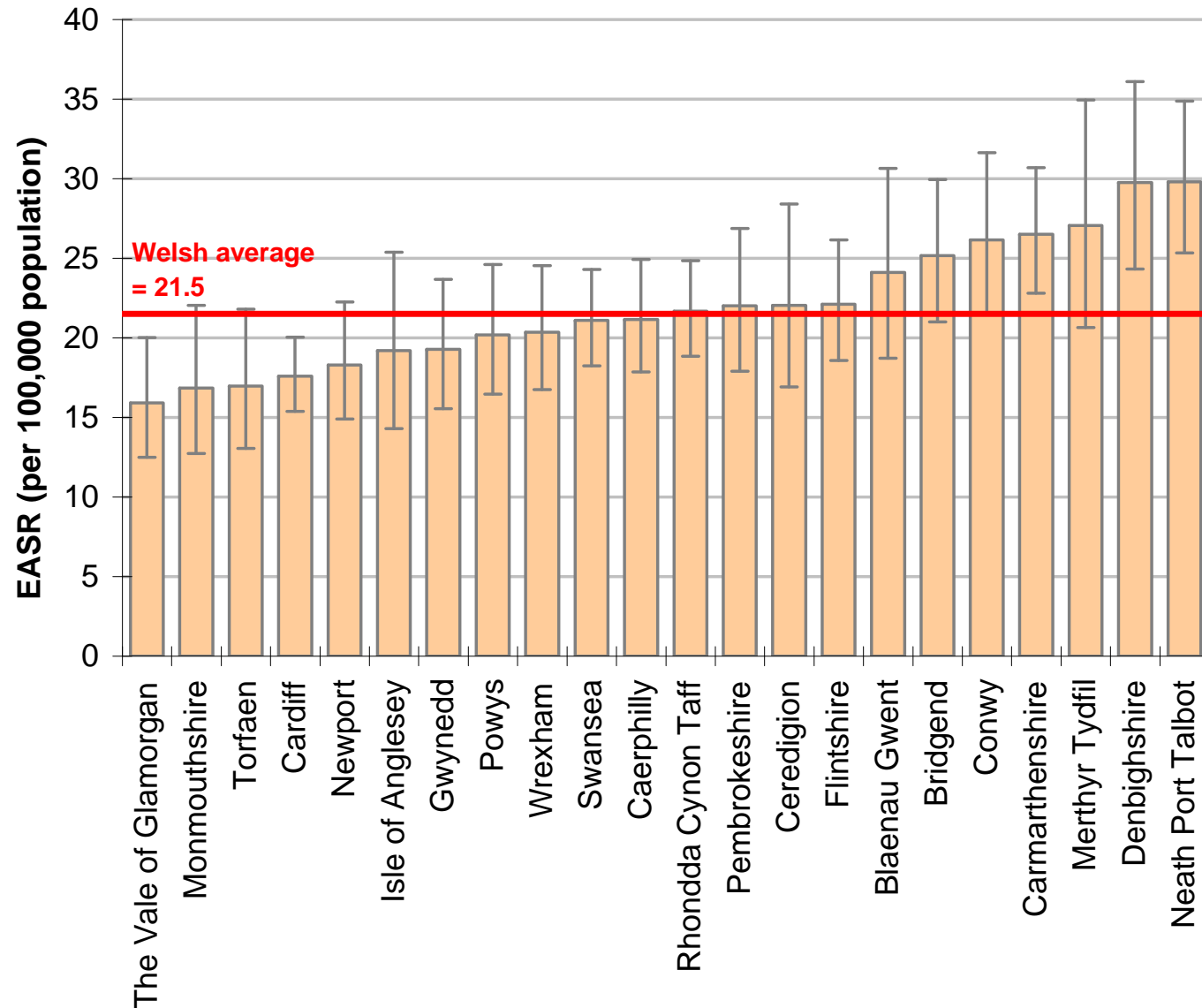
Age specific suicide rates by sex, Wales: 1996-2006

Data source: Annual District Deaths Extract, Mid year estimates (Office for National Statistics)



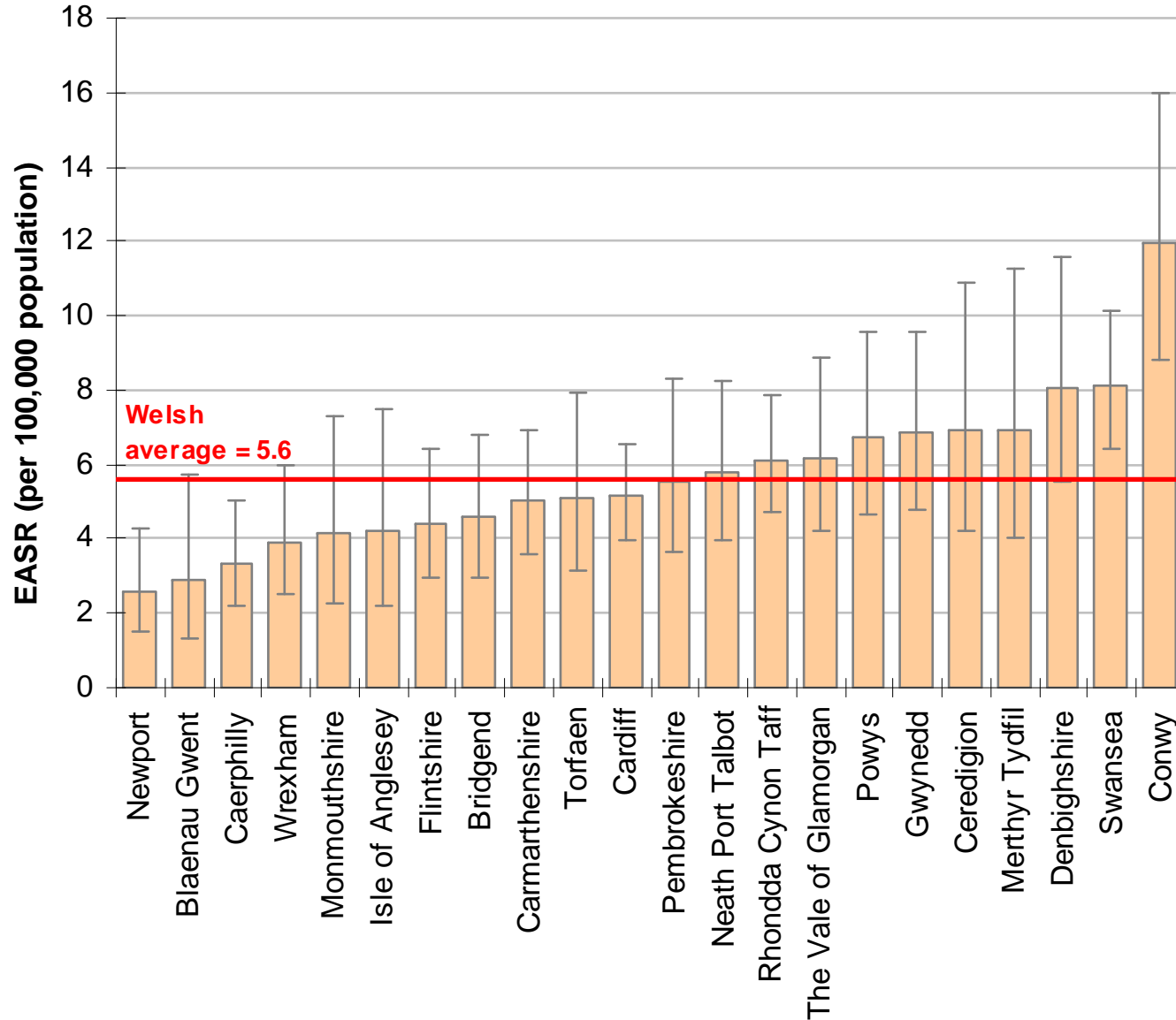
Suicide mortality rates, males, all ages (15 and over), Local Health Boards, 1996-2006

Data source: ONS (ADDE, MYE)



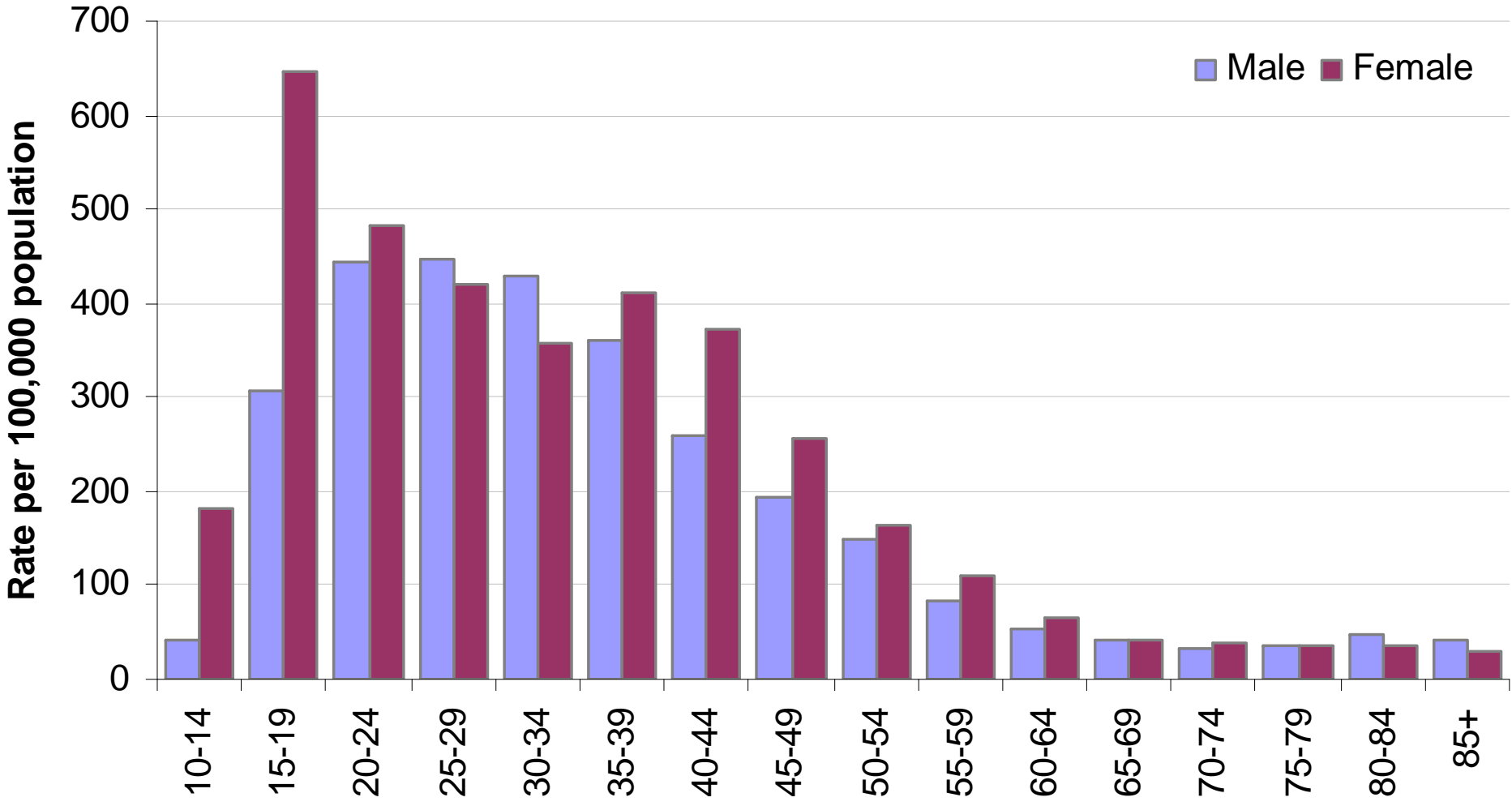
Suicide rates, females, all ages (15 and over), Local Health Boards, 1996-2006

Data source: ONS (ADDE, MYE)



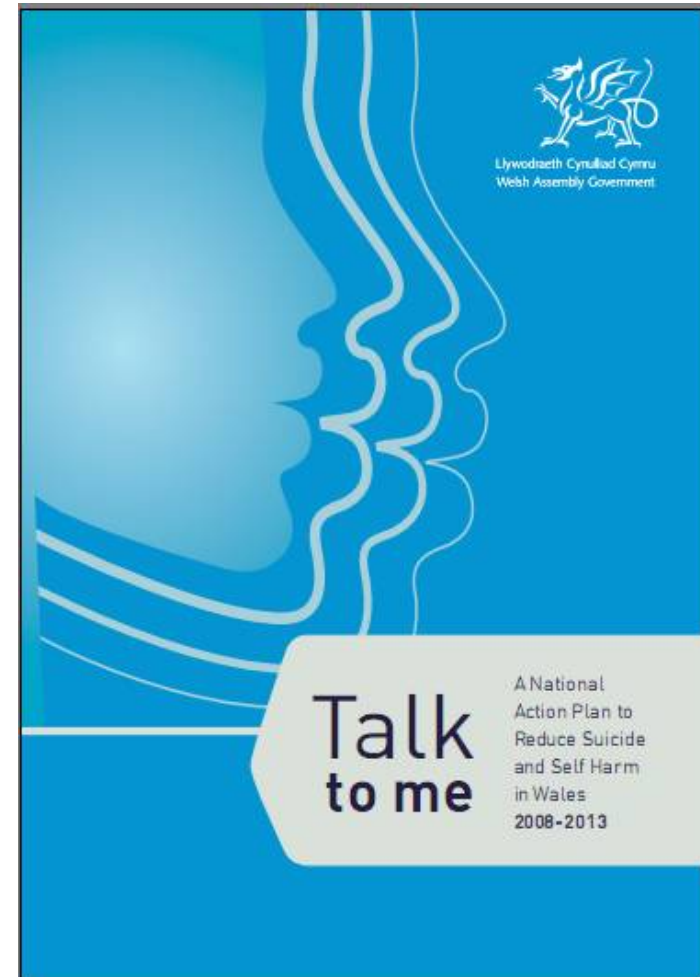
Self harm emergency admissions (continuous periods of hospital care)*, age specific rates by sex, Wales residents: 1999-2006

Data source: PEDW; ONS (MYE)



“Talk To Me”

The National Suicide and Self Harm Prevention Action Plan for Wales



Why An Action Plan

- 300 deaths per year as a result of suicide in Wales
- One in five deaths among men aged between 15 and 24 and almost one in ten deaths in women of that age
- Deaths by suicide represent over 70% more deaths in people of all ages than in RTAs



- Only 27% of people are known to mental health services in the year prior to death.
- 6000 admissions due to self harm are an under representation of actual self harm rate.
- Needs a broad community based approach.

Strategic Aim



To deliver co-ordinated action for improving the mental health and wellbeing of the population of Wales, promoting resilience within individuals and communities and thereby reducing the rate of suicide and self harm in Wales

Talk To Me: Strategic Objectives

Objective 1: Promote mental health and wellbeing

Objective 2: Deliver early intervention

Objective 3: Response to personal crisis

Objective 4: Manage the consequences of suicide and self harm

Objective 5: Promote learning and research and improve information on suicide and suicide prevention

Objective 6: Work with the media to ensure appropriate reporting on mental health and suicide

Objective 7: Restrict access to the means of suicide

The Principles of Effective Action

1. Raising public awareness by changing public attitudes and enhancing people's willingness to seek help.
2. Tackling social exclusion through practical intervention.
3. Ensuring that services respond to people who are in need at the point at which they request help.
4. Changing professionals' awareness and attitudes through training in order to improve their willingness to provide help at the point at which people request help.
5. Raising awareness and delivering training to professionals who provide services.
6. Promoting research and development into patterns of suicide and self



The poster is a vertical rectangular graphic with a light blue background. At the top left is the 'chooselife' logo with the tagline 'A national strategy and action plan to prevent suicide in Scotland'. At the top right is the 'LivingWorks' logo with the website 'www.livingworks.net'. The main text is arranged in a central area with a white background. It features the title 'Suicide prevention' in a large, bold, white font, followed by the subtitle 'It is your business' in a slightly smaller white font. Below this, it says 'Learn how you can help' and provides the website 'www.chooselife.net'. At the bottom, it mentions 'Applied Suicide Intervention Skills Training' and 'A two-day suicide first aid interactive workshop for community caregivers'. The poster also includes a small graphic of a sunflower and a small icon of a person with a plus sign.

chooselife
A national strategy and action plan
to prevent suicide in Scotland

LivingWorks
www.livingworks.net

Suicide prevention

It is your business

Learn how you can help

For national information about ASIST and other suicide prevention training:

www.chooselife.net

For training near you contact:

ASIST Applied Suicide Intervention Skills Training
A two-day suicide first aid interactive workshop for community caregivers

The Approach

- National Leadership
- Local Action
- Health Promotion focus
- Multi sectoral
- Reducing risk factors/increasing protective factors
- Building individual and community resilience

Early adopted initiatives



- Mind Cymru commencing the roll out of Mental Health First Aid .
- Mind Cymru piloting the roll out of Applied Suicide Intervention Skills Training (ASIST).
- Establishing the Welsh Mental Health Promotion Network through the Wales Centre for Health. This brings together, informs and equips a broad range of stakeholders to participate in improving the mental health and wellbeing of the people of Wales.
- Implementing the School-based Counselling Strategy in Wales
- Involving children and young people in decision making on matters that affect their lives
- Publication of *Working Together to Reduce Harm. The Substance Misuse Strategy for Wales 2008-2018*

Next Steps

- Consultation has concluded
- Briefing to the Minister on consultation outcome
- Subject to Ministerial approval develop final iteration of the action plan
- Implementation

**Open up
when you're
feeling down.**

**If you think you need
Breathing Space call**

0800 83 85 87

