

**Title:** Torbay Suicide and Self-harm Prevention Action Plan Update  
**Wards Affected:** All

**To:** Health and Wellbeing Board      **On:** 8 September 2022

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### 1. Purpose

To receive an annual update of the Torbay Suicide and Self-Harm Prevention Action Plan.

### 2. Recommendation

Members are asked to endorse the updated action plan.

### 3. Supporting Information

This Torbay Suicide and Self-harm Prevention Action Plan is owned and monitored via the Torbay Mental Health and Suicide Prevention Alliance (statutory and CVSE membership), with a multi-agency sub-group formed to identify priorities for the year and to co-produce and monitor interventions in line with priorities. The annual plan seeks endorsement from the Torbay Health and Wellbeing Board.

Torbay also contributes to a wider Devon Suicide Prevention Strategy, a collaborative document produced and shared by Devon County Council, Plymouth City Council and Torbay Council: [Devon-wide Suicide Prevention Strategic Statement](#). This aligns to the Devon Integrated Care Partnership geographic area.

Suicide Prevention Plans are produced by each local authority area and are co-owned by a range of respective statutory and CVSE agencies. Plans are made available on each local authority's website and undergo annual review. Where appropriate, work is undertaken on a Devon-wide level to take advantage of economies of scale and maximise finite resource.

Last year's plan (2021-22), aimed for **no increase in Torbay's suicide rate from 19.0 per 100,000** over the course of the year. We are pleased to report that this was achieved with our **current rate of 18.8 per 100,000**. However, we should not become complacent, as our rate is still significantly higher than most areas in the country and this is combined with an economic position that currently challenges the most vulnerable individuals in our society.

The following infographic highlights our achievements over the last financial year.

What did we achieve last financial year			
Saw <b>no increase</b> in the suicide rate from the previous year		Saw <b>no inpatient suicides</b> in Devon and Torbay mental health settings	
Created a <b>resilient</b> and more sustainable <b>mental health offer</b> within the <b>Torbay Community Helpline</b>		<b>Trained 4 local trainers</b> to deliver online and face-to-face <b>Community Suicide Awareness and Emotional Resilience training</b>	
<b>Supported 139 people with their mental health</b> via the Torbay Community Helpline over a 7-month period.  <b>13 callers had suicidal thoughts or intent.</b>		Saw <b>reductions in self-harming thoughts, frequency and intensity and improved happiness</b> in <u>the majority of</u> young people who engaged with the <b>school based self-harm prevention pilot.</b>	
<b>Awarded £50,000 to 20 local CVSE groups for creative suicide prevention activity</b>		<b>Commissioned qualitative research into self-harm</b> in Torbay from local academics <b>with lived experience.</b>	

The Torbay and Devon-wide priorities for 2022/23 are outlined below.

### 3.1 Torbay specific priorities for action this year include:

1. Reduce social isolation and loneliness

2. Promote a 'culture of curiosity' both publicly and professionally
3. Address system gaps for people with severe mental illness (in partnership with the Community Mental Health Framework redesign)
4. Tackle high frequency locations
5. Support research and data collection [NEW PRIORITY]
6. Tackle basic needs first [NEW PRIORITY]
7. Tailor approaches to improving mental health in children and young people [NEW PRIORITY]

### **3.2 Devon-wide priorities for action include:**

1. Devon-wide real-time suicide surveillance
2. Devon-wide suicide prevention training (for public, professionals and primary care)
3. Devon-wide media and communications programme
4. Devon & Torbay – Embedding National Confidential inquiry into Suicide and Safety in Mental Health '10 ways to improve patient safety' in acute and community mental health provision
5. Devon-wide online mental health and wellbeing support (adults) [NEW PRIORITY]

3.3 Further detail is presented in the action plan document attached at Appendix

## **4. Relationship to Joint Strategic Needs Assessment**

4.1 Priorities of the JSNA are reflected in the strategy.

## **5. Relationship to Joint Health and Wellbeing Strategy**

5.1 Mental health is a priority area in the Joint Health and Wellbeing Strategy 2022-26.

## **6. Implications for future iterations of the Joint Strategic Needs Assessment and/or Joint Health and Wellbeing Strategy**

6.1 None currently.

## **Appendices**