

<b>AGENDA ITEM No. 9</b>
--------------------------



<b>Meeting of East Renfrewshire Health and Social Care Partnership</b>	Integration Joint Board
<b>Held on</b>	27 March 2024
<b>Agenda Item</b>	9
<b>Title</b>	East Renfrewshire Suicide Prevention Strategy and Action Plan 2024- 2027
<p><b>Summary</b></p> <p>Presentation of East Renfrewshire Suicide Prevention Strategy and Action Plan 2024-2027.</p> <p>Following the publication of the national Suicide Prevention Strategy and Action Plan 2022-2032 “Creating Hope Together”, national requirements for local authority areas to develop and implement their own local strategy and action plan were initiated.</p> <p>Local consultation was completed in Autumn 2022 to both promote Creating Hope Together and consult on local priorities for East Renfrewshire communities in relation to mental health and wellbeing and suicide prevention.</p> <p>This report presents the outcome of local consultation and data analysis via our local suicide prevention principle, priorities and action plan.</p>	
<b>Presented by</b>	Tom Kelly, Head of Adult Service: Learning Disability and Recovery Services
<p><b>Action Required</b></p> <p>The Integration Joint Board is asked to approve the East Renfrewshire Suicide Prevention Strategy and Action Plan 2024-2027.</p>	
<p><b>Directions</b></p> <p><input checked="" type="checkbox"/> No Directions Required</p> <p><input type="checkbox"/> Directions to East Renfrewshire Council (ERC)</p> <p><input type="checkbox"/> Directions to NHS Greater Glasgow and Clyde (NHSGGC)</p> <p><input type="checkbox"/> Directions to both ERC and NHSGGC</p>	<p><b>Implications</b></p> <p><input type="checkbox"/> Finance <input type="checkbox"/> Risk</p> <p><input type="checkbox"/> Policy <input type="checkbox"/> Legal</p> <p><input checked="" type="checkbox"/> Workforce <input type="checkbox"/> Infrastructure</p> <p><input checked="" type="checkbox"/> Equalities <input checked="" type="checkbox"/> Fairer Scotland Duty</p>

**EAST RENFREWSHIRE INTEGRATION JOINT BOARD**

**27 March 2024**

**Report by Chief Officer**

**East Renfrewshire Suicide Prevention Strategy and Action Plan 2024-2027**

**PURPOSE OF REPORT**

1. The purpose of this report is to present the East Renfrewshire Suicide Prevention Strategy and Action Plan 2024-2027 to Integration Joint Board members for approval.

**RECOMMENDATION**

2. The Integration Joint Board is asked to approve the East Renfrewshire Suicide Prevention Strategy and Action Plan 2024-2027.

**BACKGROUND**

3. East Renfrewshire Suicide Prevention Strategy and Action Plan 2024 - 2027 has been developed following the publication of the national strategy and action plan "Creating Hope Together"; a joint strategy between Scottish Government and COSLA. This national strategy leads the way for development of local strategies and action plans across all local authority areas in Scotland. Locally our strategy and action has been developed following analysis of both local, board wide and national evidence based data including reviews of local Sudden Adverse Events (SAER). This data alongside engagement and consultation with partners, stakeholders and community members has provided insight and evidence into the local priorities and needs for East Renfrewshire in relation to suicide prevention activity and action. Data collation, analysis and evaluation alongside community engagement are integral to this plan both now and for future planning.

**REPORT**

4. The delivery of this strategy and action plan is integral to our role as a Health and Social Care Partnership (HSCP), supporting local individuals and communities as well as the wider NHS Greater Glasgow and Clyde (NHSGGC) board and national outcomes. This is East Renfrewshire's first suicide prevention strategy in ten years and is the first strategy to jointly support mental health and wellbeing, self-harm and suicide prevention across East Renfrewshire.
5. This strategy and action plan will reinstate longer term planning approaches to support our suicide prevention work. With this in mind our local plan will be guided by local data, continued monitoring and evaluation and will follow an all age, all stage approach.
6. East Renfrewshire has the lowest number of deaths by suicide across Scotland, although this is positive, every death is a tragedy and reminder of the work to be done to support

suicide prevention. Local analysis of suicide deaths over the five year period from 2018 to 2022, highlights males to be an at risk group with 80% of the individuals who died over this period being male. Adults, specifically older adults aged 55-75 years are shown in local data to be an at risk group. Locally, there is no consistent trends in relation to the Scottish Index of Multiple Deprivation (SIMD) of those who have died, highlighting poor mental health and suicide can impact all individuals regardless of SIMD status.

7. The long term vision for this strategy is: **Good Mental Health and Wellbeing for All**. We aim to achieve via our principle of **Collaboration** and main priorities including:
  - Development of Suicide Prevention Network
  - Education
  - Communications
  - Community Development / Lived Experience
  - Data Collection / Analysis
8. As mentioned above, the principle of collaboration and partnership working will be key in driving this work forward. Our HSCP Community Mental Health Team and Alcohol and Drugs Recovery Services supported 1,842 local residents during the period April 2022 to March 2023. Our local services provide quality care and support for those in need and whom may be at increased risk of suicide. This being said, local data highlights that only one third of individuals who have died by suicide have been known to services and therefore confirms our principle of collaboration and partnership working. The need for a community wide approach is critical in relation to awareness raising, training and capacity building.
9. The East Renfrewshire Suicide Prevention strategy and action plan will also align closely with the NHSGGC Mental Health Strategy 2023-2028 and supports the same principles and priorities such as partnership working, workforce education and prevention focus. Locally we will continue to work in partnership with NHSGGC and wider partners to achieve the best outcomes for East Renfrewshire residents and communities. As we aim to increase community access and support while embracing significant financial challenges we require improved collaboration and partnership working to allow us to deliver quality services while improving health and wellbeing across East Renfrewshire.
10. Progress reports on the strategy and action plan will be provided on a six monthly and annual basis to IJB, Cabinet, Community Planning and HSCP SMT amongst others.

## CONSULTATION AND PARTNERSHIP WORKING

11. Following the launch of “Creating Hope Together”, East Renfrewshire hosted two suicide prevention consultation workshops where 60 staff and partners engaged on local priorities in relation to mental health and wellbeing and suicide prevention. The workshops were facilitated by the HSCP Recovery service and national partner, Scottish Action for Mental Health (SAMH). Partners attended from a variety of organisations including social work, education, police, Carer’s Centre and RAMH as well as some lived experience members.

12. It is acknowledged that ongoing data analysis and consultation is required through the course of this plan to ensure local voices are heard and local need met. Consultation events have continued over the last few months with RAMH Recovery group, young people via Education and plans are in place to consult with local veterans in the coming months. Data will continually be analysed from multiply partners such Public Health Scotland, NHSGGC, British Transport Police as well as local services such as employment and mental health services to allow trends to be monitored.
13. Locally a multi-disciplinary suicide prevention network has been established with 35 members who meet on a bi monthly basis to discuss local development and progress. Following the agreement of the five priority areas, three sub groups with multi-disciplinary partners were established to lead and deliver on the following areas:
  - Education / Training
  - Communication Planning
  - Community Development

## **IMPLICATIONS OF THE PROPOSALS**

### Finance

14. There are no financial implications to the Suicide Prevention Strategy and Action Plan. The actions and outcomes will be achieved in collaboration between partners across East Renfrewshire utilising existing resources. Nationally the Scottish Government committed to doubling their funding for Suicide Prevention to £2.8 million; it is understood discussions are ongoing in relation to the distribution of funding.

### Workforce

15. Workforce development and training has been highlighted as a priority area.

### Equalities and Fairer Scotland Duty

16. An Equalities, Fairness and Rights Impact Assessment (EFRIA) was undertaken as part of the strategy development. This process found that the strategy seeks to have a positive impact across all population groups who may be at risk of suicide or poor mental health while recognising those groups at increased risk (e.g. due to socio-economic deprivation, other health conditions, age or gender). Some targeted initiatives will be required to support the health and wellbeing of at risk groups and ensure projects take into account the needs of equalities groups.
17. There are no policy, legal, infrastructure or risk implications associated with this strategy.

## **DIRECTIONS**

18. There are no directions arising from this report.

## CONCLUSIONS

19. The purpose of the East Renfrewshire Suicide Prevention Strategy and Action Plan 2024-27 is to set out our vision and strategic priorities for the reduction of deaths by suicide across East Renfrewshire, improving the mental health and wellbeing of residents and communities and creating a suicide safe area with well-informed staff and communities.
20. The strategy will support HSCP strategic objectives as well as NHSGGC policy and national priorities and will include a robust approach to monitor delivery and measuring outcomes and impacts.
21. The principle of collaboration and partnership working amongst multiple, cross agency partners will allow action and outcomes to be achieved with no financial funding; critical to improving health and wellbeing and reducing inequalities in health across East Renfrewshire in the current financial climate.
22. Following approval, the Strategy and Action Plan will be published and widely promoted and shared across HSCP, Council and wider partners in East Renfrewshire. A bi-annual and annual report will be produced to share progress and mark outcomes against the action plan.

## RECOMMENDATIONS

23. The Integration Joint Board is asked to approve the East Renfrewshire Suicide Prevention Strategy and Action Plan 2024-2027.

## REPORT AUTHOR AND PERSON TO CONTACT

Claire Blair, Health Improvement Lead - Mental Health and Recovery  
[claire.blair@eastrenfrewshire.gov.uk](mailto:claire.blair@eastrenfrewshire.gov.uk) ; 0771783287

Chief Officer, IJB: Julie Murray

5 March 2024

## BACKGROUND PAPERS

Creating Hope Together- National Suicide Prevention Strategy 2022-2032

<https://www.gov.scot/binaries/content/documents/govscot/publications/strategy-plan/2022/09/creating-hope-together-scotlands-suicide-prevention-strategy-2022-2032/documents/creating-hope-together-scotlands-suicide-prevention-strategy-2022-2032/creating-hope-together-scotlands-suicide-prevention-strategy-2022-2032/govscot%3Adocument/creating-hope-together-scotlands-suicide-prevention-strategy-2022-2032.pdf>

Creating Hope Together Suicide Prevention Action Plan 2022-2025

<https://www.gov.scot/publications/creating-hope-together-scotlands-suicide-prevention-action-plan-2022-2025/>

Equality, Fairness and Rights Impact Assessment (EFRIA) March 2024

<https://www.eastrenfrewshire.gov.uk/article/6446/Suicide-Prevention-Strategy-Equality-Fairness-and-Rights-Impact-Assessment>

BLANK PAGE



# East Renfrewshire

## Suicide Prevention Strategy & Action Plan

### 2024 - 2027

Creating a Suicide Safe East Renfrewshire, free of stigma through awareness raising, education and community based partnership working.

Creating Hope Together Across East Renfrewshire

Some of the content in this strategy may have an emotional impact on you. Support is always available; please see below some sources of support.

**Mind to Mind**

If you're feeling anxious, stressed or low, or having problems sleeping or dealing with grief, find out how you can improve your mental wellbeing by hearing what others have found helpful by visiting <https://www.nhsinform.scot/mind-to-mind/>

**Breathing Space**

Breathing Space is Scotland's free, confidential listening service for individuals over 16 experiencing symptoms of low mood, depression or anxiety. You can contact them on **0800 83 85 87** Monday to Thursday from 6pm to 2am and 24 hours a day at weekends (from 6pm Friday to 6am Monday).

**Samaritans**

Samaritans provide confidential, non-judgemental emotional support 24/7 for people who are experiencing feelings of distress or despair. You can contact Samaritans free by phoning **116 123** or emailing [jo@samaritans.org](mailto:jo@samaritans.org)

**NHS 24 Mental Health Hub**

NHS 24 mental health services are available to everyone in Scotland. The services available include listening, offering advice and guiding you to further help if required. The Mental Health Hub is open 24/7 and you can contact them on **111**.



## Introduction

The last few years have been unprecedented times with the Covid-19 pandemic, and much of our work over the last few years has been in response to the local impact. Adapting our communications and training delivery to more online formats, supporting partner organisations, raising awareness of the variety of support available for mental health while acknowledging the impact that Covid-19 has had on the wellbeing of our communities. As we move away from our reactive response initiated by Covid, we aim to reinstate longer term planning approaches to support our suicide prevention work. With this in mind, our action plan will be guided by local data, local consultation and continued monitoring and evaluation, while being supported by NHS Greater Glasgow and Clyde (NHSGGC) and national partners such as Public Health Scotland and COSLA.

Three years on the Covid pandemic is over, however the impact on mental health and wellbeing will be long lasting and it should be noted that the current socio-economic issues and the cost of living crisis is exacerbating many of the risk factors that we know contribute to poor mental health and suicidal thoughts.

**East Renfrewshire Suicide Prevention Strategy and Action Plan 2024-2027**, has been developed following the publication of the national strategy and action plan “**Creating Hope Together**”- a joint strategy between Scottish Government and COSLA. This national strategy leads the way for development of local strategies and action plans across all local authority areas in Scotland. Locally our strategy and action plan has been developed following analysis of both local, board-wide and national evidence-based data including reviews of local Sudden Adverse Events (SAER). This data alongside engagement and consultation with partners, stakeholders and community members has provided insight and evidence into the local priorities and needs for East Renfrewshire in relation to suicide prevention activity and action. Data collation, analysis and evaluation alongside community engagement are integral to this plan, both now and for future planning. Therefore, it is acknowledged we have more to do to understand local need and will continue to seek an ongoing dialogue throughout the course of this plan.

## East Renfrewshire Profile:

Understanding, analysing and mapping the changes, needs and priorities of our communities will be an integral part of this strategy and our ongoing planning. The information below highlights some of the key factors in the East Renfrewshire Community Profile:

### **Population**

- East Renfrewshire has a population of 96,060 which consists of 52% female, 48% male.
- Adults make up 79% of the population – 20% being older adults who are 65 years and over.

- East Renfrewshire population has grown faster than predicted and faster than the Scottish average as a whole. As more houses are built, more families move into the area and the demand on services is continually increasing.

#### Locality

- East Renfrewshire has two locality areas: Barrhead and Eastwood. Seventy five percent of residents live within the Eastwood locality.
- East Renfrewshire has 7 data zones out of 122 in the most deprived 20% of Scotland. 5,352 individuals live in these data zones.

#### Education

- East Renfrewshire has nineteen Early learning Centres, 24 primary schools, 7 secondary schools and 1 Additional Support Needs school.
- The demand for education services increases as more families move into the area and the number of children and young people increases.

#### Faith

- East Renfrewshire is one of the most ethnically and cultural diverse areas in Scotland with significant Muslim and Jewish communities.

#### Economy

- 74% of residents are economically active.
- 83% of residents own their own home and 69% have their own car.

#### Health

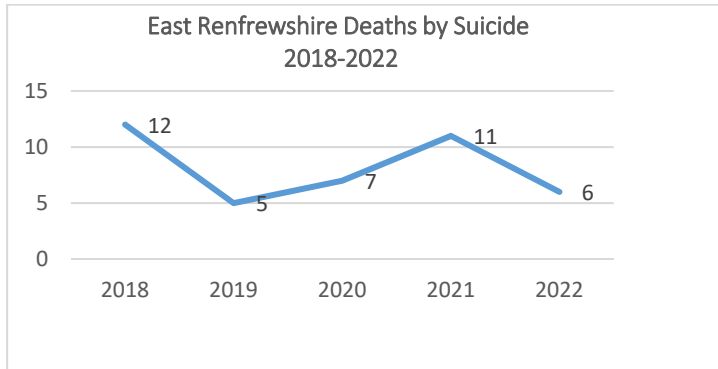
East Renfrewshire has the highest life expectancy in Scotland for women at 84 years and the fourth highest for males at 80 years.

### East Renfrewshire Suicide Death Data

East Renfrewshire has the lowest number of deaths by suicide across Scotland. Although this is positive, every death is a tragedy and a reminder of the work to be done to support suicide prevention and enable individuals to maintain and develop positive mental health and wellbeing.

Over the five year period from 2018 to 2022, there were forty one suicides across East Renfrewshire (see annual breakdown in graph one). We know that from the forty one individuals who died over this five year period, eighty percent were male. This local data reflects national data which highlights the rate of male suicide mortality to be 2.9 times as high as that for females. This is also reflective of evidence based data which informs us that males are less likely to attend their GP to seek support. Historically, suicide deaths amongst females in East Renfrewshire have always been low/no deaths, however during the past few years, these numbers have increased. Data from Public Health Scotland has also highlighted an increase in the age range of individuals dying by suicide, specifically males aged 55–75 years, which is also reflected in local data. The impact in terms of deprivation varies locally with no consistent trends, highlighting poor mental health and suicide can impact all areas and populations regardless of socio-economic status. Locally, we will continue to monitor this data closely and update the action plan as and when required to reflect changes in local need.

**Graph 1: East Renfrewshire Annual Deaths by Suicide 2018- 2022**

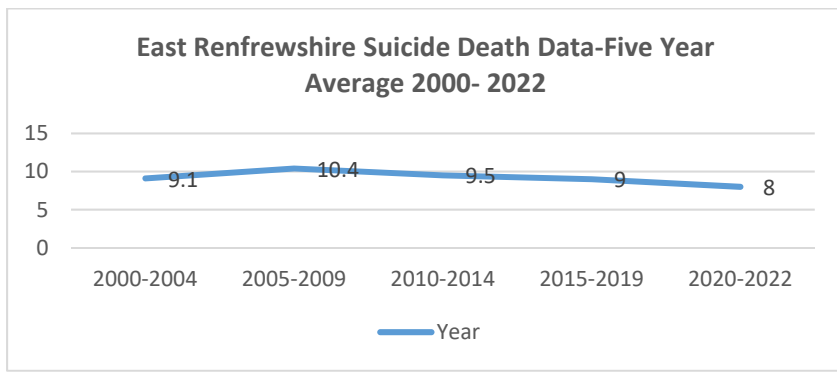


Source \*(NRS) National Records Scotland

**East Renfrewshire Deaths by Suicide-: Five year Average 2000-2022**

Graph two below displays the East Renfrewshire death data in five year averages over a twenty year period from 2000- 2022, our most current data. Analysis of the data over five year periods shows following an increase in the period 2000/2004- 2005/2009 deaths by suicide have consistently reduced. Please note the suicide death data for 2020-2022 is for a three year average as the data for 2023 had not yet been published.

**Graph 2: East Renfrewshire Deaths by Suicide – 5 year average 2000- 2022**



### National Strategy: *Creating Hope Together*

The Scottish Government and COSLA published a joint ten year suicide prevention strategy and three year action plan “**Creating Hope Together**” in September 2022. The national strategy has four priority outcomes: **Environment, Communities, Support and Collaboration**, locally we will aim to meet these outcomes within our local action plan, see breakdown of national outcomes below:

### National Outcomes

- 1.) Environment:** The environment we live in promotes conditions, which protect against suicide risk – this includes our psychological, social, cultural, economic and physical environment.
- 2.) Communities :** Our communities have a clear understanding of suicide, risk factors and its prevention – so that people and organisations are more able to respond in helpful and informed ways when they, or others, need support.
- 3.) Support:** Everyone affected by suicide is able to access high quality, compassionate, appropriate and timely **support** – which promotes wellbeing and recovery. This applies to all children, young people and adults who experience suicidal thoughts and behaviour, anyone who cares for them, and anyone affected by suicide in other ways.
- 4.) Collaboration:** Our approach to suicide prevention is well-planned and delivered, through close collaboration between national, local and sectoral partners. Our work is designed with lived experience insight, practice, data, research and intelligence. We improve our approach through regular monitoring, evaluation and review.

### East Renfrewshire Long Term Vision: Good Mental Health and Wellbeing for All

Our vision for this action plan and beyond is to:

1. Reduce the number of suicide deaths in East Renfrewshire.
2. Support the mental health and wellbeing of East Renfrewshire residents at every age and stage of life.
3. Improve partnership working with communities to tackle the inequalities that contribute to poor mental health and suicide.

### East Renfrewshire Suicide Prevention: Principle and Priorities

Following consultation, the Suicide Prevention Working Group have identified **Collaboration** as the main principle with five priority areas for the action plan. Our plan advocates suicide prevention as everyone’s business and is therefore a partnership role, which requires awareness, support and contribution by all. Partners and organisations jointly take ownership for the delivery of the plan, involving local communities and individuals with lived experience at all stages where possible.

### East Renfrewshire Priority Areas

- 1.) Establish Local Suicide Prevention Network
- 2.) Education / Training
- 3.) Communications
- 4.) Community Development / Lived Experience
- 5.) Data Collection / Analysis

Our initial priority is to establish a multi-disciplinary suicide prevention working group alongside three sub-groups that will lead on three of our priority areas: **Education**, **Communication** and **Lived Experience**. These sub-groups will focus on priority actions and will feed into the main suicide prevention-working group and action plan.

### Lived Experience

Following the launch of the national strategy, local workshops were delivered involving staff, partners and community members from across East Renfrewshire to consult on local needs, priorities, services and future planning. Lived Experience involvement and community outreach will be an integral part of this plan and engagement and consultation will be continually sought, analysed and evaluated to aid our action plan delivery. Recent consultation has included five RAMH Recovery Groups and focus groups with young people in education. Consultation with local veterans is planned for the coming months. Locally, we will utilise our local partners such as Voluntary Action East Renfrewshire, RAMH and Barrhead Housing Association to build relationships and engage with and support communities.

### NHSGGC Partnership

This action plan will focus on suicide prevention via promotion and improvement of mental health and wellbeing and associated determinants. The action plan will align with national, board wide and local plans such as:

- NHSGGC Mental Health strategy
- Scottish Government Mental Health & Wellbeing strategy
- National Self-Harm strategy
- East Renfrewshire HSCP Strategic Plan (2022-2025)
- East Renfrewshire Children's Plan

The East Renfrewshire Suicide Prevention strategy and action plan aligns closely with the *NHS Greater Glasgow and Clyde Mental Health Strategy - 2023-2028*, and supports the same principles and priorities such as:

- Partnership working and collaboration to create whole systems approach

- Prevention Focused
- Lived Experience – Co Production
- Inequalities Focus
- Workforce Education/ Capacity Building

Locally we will continue to work in partnership with NHSGGC and wider partners to achieve the best outcomes for East Renfrewshire residents and communities. As we aim to increase community access and support while embracing significant financial challenges we require improved collaboration and partnership working to allow us to deliver quality services while improving health and wellbeing across East Renfrewshire.

#### Age and Stage Approach

This strategy and action plan will support an all age and stage approach, with a range of activity to target individuals at different ages and stages of their lives, from early years to older adults. The Suicide Prevention working group will also aim to target individuals and groups at increased risk of suicide. At-risk groups, although not exhaustive, include: men, people who have previously self-harmed, people with mental illness, those in the criminal justice system, veterans, individuals who identify as LGBTQ+ and people bereaved by suicide.

#### Finance and Resources

The actions and outcomes will be achieved through collaboration between partners across East Renfrewshire utilising existing resources as well as collaboration across HSCPs on areas such as training.

#### Governance

Local leadership and accountability for this action plan sits with the local Suicide Prevention Lead, Suicide Prevention Working group, Mental Health and Planning Recovery Planning Group as well as support from NHSGGC, Public Health Scotland, Scottish Government and COSLA. Accountability for suicide prevention as stated within the new national action plan sits with Chief Officers for Public Protection in line with public protection guidance. Annual reports on the action plan will be delivered to the Integration Joint Board, Chief Officer's Public Protection Group and East Renfrewshire Community Planning Partnership Board.

### East Renfrewshire Suicide Prevention Action Plan 2024- 2027

Priority Area	Outcomes	Area of Actions
<b>1: Establish Local Suicide Prevention Network</b>	<ul style="list-style-type: none"> <li>• Establish local Suicide Prevention network to develop and lead on East Renfrewshire local suicide prevention plan: 2024 - 2027.</li> <li>• Improve partnership working across multi sectors to create a whole systems approach to support East Renfrewshire local suicide prevention work.</li> <li>• Establish three sub groups with cross sectoral partners to collaborate and coordinate actions over three priority actions :               <ul style="list-style-type: none"> <li>◦ Training / Education</li> <li>◦ Communications</li> <li>◦ Community Development / Lived Experience</li> </ul> </li> </ul>	<p>Establish a local Suicide Prevention working group with cross sector partners to allow better collaboration and co-ordination of suicide prevention activity and move to a whole systems working model.</p> <p>Through collaboration and joint working with cross sector partners representing the Suicide Prevention working group – explore, develop and increase partnership-working opportunities.</p> <p>Establish sub group with staff / partners from across East Renfrewshire who have specialist skills / knowledge and expertise to support priority areas and outcomes.</p> <p>Review local network representation for both the working group and sub groups on an annual basis to ensure staff with specialist knowledge and skills have opportunity to support the network.</p>
<b>2: Training / Education</b>	<ul style="list-style-type: none"> <li>• Establish Suicide Prevention Training / Education sub group.</li> <li>• Development of Suicide Prevention Training calendar by Suicide Prevention training sub group.</li> <li>• Our staff, partners and communities have a clear understanding of suicide, risk factors and prevention.</li> <li>• Our staff, partners and communities are confident to provide a compassionate and timely response.</li> </ul>	<p>Source representatives with knowledge and expertise in education and training to establish active training sub group.</p> <p>Mapping, scoping and development of Suicide Prevention training calendar which provides training / education opportunities for individuals at all stages of life and with varying skill level.</p> <p>Develop a tailored and targeted learning approach to achieve the greatest system-wide impact.</p> <p>We will raise awareness of suicide prevention and offer learning opportunities and training to a wide audience, including community members.</p>

	<ul style="list-style-type: none"> <li>• Increase confidence of staff, partners and communities in responding to suicidal behaviour and risk.</li> <li>• Provide Education to children and young people via curricular activity which promotes positive mental health, resilience building and coping strategies</li> <li>• Promote local Veteran health and wellbeing supports and resources.</li> <li>• Strengthen partnership working opportunities with national partners such as Scottish Association for Mental Health (SAMH), Samaritans and See Me.</li> <li>• Increase suicide awareness and supports for vulnerable / target groups.</li> </ul>	<p>Develop public awareness of actions to reduce suicide via public awareness training at informed level.</p> <p>Promote and raise awareness of curricular and community early years, primary and secondary wellbeing programmes.</p> <p>Develop Partnership working with HSCP and NHSGG&amp;C Veteran Support Officer to promote and develop local health and wellbeing supports / opportunities for local veterans.</p> <p>Develop partnership working opportunities with national partners to increase collaboration and local opportunities for training and awareness raising.</p> <p>Through training and partnership working with HSCP Trauma Coordinator we will aim to provide a trauma informed approach to suicide prevention.</p>
<p><b>3: Communications</b></p>	<ul style="list-style-type: none"> <li>• Establish Suicide Prevention Communications sub group.</li> <li>• Improve and establish regular and consistent local communications/campaigns promoting health and wellbeing resources and supports.</li> <li>• Promote and increase awareness of suicide and mental health activity and resources to support and reduce stigma.</li> <li>• Create compassionate / trauma informed communities.</li> <li>• Improve targeted campaigning via social media and marketing.</li> </ul>	<p>Source representatives with knowledge and expertise in education and training across HSCP to establish active training sub group.</p> <p>Mapping to create Suicide Prevention Directory of local, board wide and national resources.</p> <p>Develop annual communications plan, including priority campaigns such as Suicide Prevention week. This will ensure local campaigns are coordinated national campaigns to maximise reach and impact.</p> <p>Create local communications and campaigns that are consistent and clear, supporting a primary prevention approach. Promoting sources of support for people both in crisis and for promoting good mental health and wellbeing.</p>



	<ul style="list-style-type: none"> <li>• Improve variations of communication methods and in different formats.</li> <li>• Increase community engagement and local promotion of services and supports directly with communities.</li> </ul>	<p>Through our communications and social media work, promoting information, resources and activities that are universally available.</p> <p>Promotion of suicide bereavement supports- local and national</p> <p>Share national updates widely across partners and communities such as new strategies, resources and opportunities.</p> <p>Provide easy-read/ pictorial supports on suicide and suicide prevention to assist with communication needs.</p> <p>Collaborate with local organisations supporting vulnerable/ target groups to increase awareness and knowledge on local and national supports for mental health, suicide prevention and wider determinants.</p>
<p><b>4: Community Development/ Lived Experience</b></p>	<ul style="list-style-type: none"> <li>• Establish Suicide Prevention Community Development / Lived Experienced sub group.</li> <li>• Improve our partnership working and engagement across East Renfrewshire in relation to the programme of work for Mental Health Improvement and Suicide Prevention.</li> <li>• Improve engagement and partnerships working with individuals who have lived experience.</li> <li>• Reduce stigma associated with mental health / suicide.</li> <li>• Promote and improve social prescribing across East Renfrewshire.</li> <li>• Develop mentally healthy communities and environments across East Renfrewshire.</li> </ul>	<p>Source representatives with knowledge and expertise in community development / lived experience to establish active sub group.</p> <p>Identify opportunities to work in partnership and advocate for a Public Mental Health approach that include Mental Health in All Policies.</p> <p>Increase engagement and partnership working with partners and communities across East Renfrewshire, utilising third sector link to reach communities.</p> <p>Develop a local network of suicide prevention champions, Including individuals with lived experience where possible.</p> <p>Increase / normalise conversations/ support on mental health as we do physical health through education and increased visibility of mental health services and supports amongst communities.</p> <p>Engage and involve partners and communities to promote “bottom up”, social prescribing approaches via increased community engagement and consultation.</p>

	<ul style="list-style-type: none"> <li>Partnership working with national lived experience panel to support development of local lived experience networks / support.</li> </ul>	<p>Support partners and communities to access funding and support to create / provide health and wellbeing prevention activity.</p>
<p><b>5: Data Collection / Analysis</b></p>	<ul style="list-style-type: none"> <li>Complete annual reviews of Sudden Adverse Event Reviews (SAER)</li> <li>Improve our prevention activity and planning through regular monitoring, evaluation and review.</li> <li>Monitor data and trends related to suicide, self-harm both nationally and locally, and liaise with national, regional and local contacts.</li> <li>Provide regular reports to aid current and future priorities and planning.</li> <li>Improve Learning about suicidal behaviour from the National Academic Advisory Group.</li> <li>Explore Data Sharing Agreement with Police Scotland</li> <li>Improve evaluation and learning from local and national best practice.</li> </ul>	<p>Complete annual local analysis of Sudden Adverse Event Reviews (SAER) to support local planning and learning from best practice.</p> <p>Collate data related to both mental health and the wider determinants of health in East Renfrewshire to monitor and identify trends, to support our future planning and adjust actions accordingly.</p> <p>Map local trends to aid planning and future prevention activity.</p> <p>Create quarterly and annual data reports on suicide deaths using data provided by Public Health Scotland, Police Scotland and British Transport Police.</p> <p>Create local annual report in line with National Records Scotland annual Suicide Death Publications.</p> <p>Provide bi annual and annual updates to Mental Health &amp; Recovery group (Steering group), DMT and IJB on progress of the local action plan and priority areas.</p> <p>Link with the National Academic Advisory Group increase understanding the connection between suicide and mental health and wellbeing; risk and protective factors; and, effective interventions for reducing suicide – including for specific groups.</p> <p>Partnership working to develop local data sharing agreement with Police Scotland to support collection, analyses, management and sharing of data.</p>

	<ul style="list-style-type: none"> <li>• Improve use of data, using an all age and stage approach.</li> </ul>	<p>Complete local consultation and evaluation of services / supports and link with the national lived experience Panel and the Youth Advisory Group – to support the design, delivery, communications and evaluation across our work.</p> <p>Bring together data sources on suicide to inform our priorities, actions and public information. This will include routine data, suicide reviews, more timely data, Scottish Suicide Information Database (ScotSID), and management / evaluation data.</p> <p>Collate and analyse data relating to children and young people’s needs from CAMHS, Healthier Minds, Schools, Police and Social work.</p> <p>Link with the National Mental Health Research Advisory Group for new research / evidence based data to support local planning and action.</p>
--	---	--

#### References

- Suicide Prevention Strategy 2022-2032 (Creating Hope Together), Published September 2022: Scottish Government & COSLA : [Creating Hope Together 2022- 2032](#)
- Mental Health & Wellbeing Strategy, Published June 2023: Scottish Government : [Mental health and wellbeing strategy 2023](#)
- Self-Harm Strategy, Published November 2023: Scottish Government : [Scotland’s Self Harm Strategy 2024-2027](#)
- East Renfrewshire Children Services Plan, 2023 :[Childrens Services Plan 2020 to 2023.pdf \(eastrenfrewshire.gov.uk\)](#)
- Probable Suicides, Published September 2022 : National Records Scotland( NRS):[National Records Scotland: NRS 2022 Suicide Death Data](#)
- Planning for the Future of East Renfrewshire, Updated May 2022 : [Planning for the future.pdf \(eastrenfrewshire.gov.uk\)](#)
- A refresh of the Strategy for Mental Health Services in NHSGG&C,2023-2028 : [NHSGGC 5Y MH Strategy Refresh 2023-2028.pdf](#)

BLANK PAGE