

West Lothian Suicide Prevention Action Plan 2020-2023



**WEST LOTHIAN MENTAL WELLBEING
AND SUICIDE PREVENTION GROUP**

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Sources of Support and Advice

If you or someone you know experiences mental ill-health – or if you or someone else is feeling suicidal – support and advice is available from the following sources:

- Local General Practitioner (GP) / Primary Care Practices
- NHS24 – free 24 hours on shortcode 111
- Breathing Space – free on 0800 83 85 87 6pm to 2am Monday to Thursday; and 6pm Friday through the weekend to 6am Monday
www.breathingspace.scot
- Samaritans – free 24 hours on shortcode 116 123. <http://www.samaritans.org/your-community/samaritans-work-scotland>
- Childline – free on shortcode 0800 1111

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“Treating people with dignity
goes a long way”

Public consultation response – 10/09/2020 – 25/10/2020

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West Lothian Suicide Prevention Action Plan 2019-2023

In 2018 the Scottish Government published 'Every Life Matters', a national suicide prevention strategy.

Scotland's Vision

The vision of the plan is detailed as follows:

Scotland where suicide is preventable; where help and support is available to anyone contemplating suicide and to those who have lost a loved one to suicide. Suicide prevention is everyone's business.

National Strategic Aims

The vision is supported by 5 key strategic aims:

- people at risk of suicide feel able to ask for help, and have access to skilled staff and well-coordinated support;
- people affected by suicide are not alone;
- suicide is no longer stigmatised;
- we provide better support to those bereaved by suicide; and
- Through learning and improvement, we minimise the risk of suicide by delivering better services and building stronger, more connected communities.



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National Actions

Ensuring that West Lothian share the national vision to raise awareness of suicide prevention, mental wellbeing and mental health training will support our goal to success in reducing stigma, starting conversations and reducing the number of completed studies. The Knowledge and Skills Framework for Mental Health and Wellbeing demonstrates the key domains that we will build into our action plan.



Suicide prevention forms a key part of revised mental health and wellbeing training in a framework from universal awareness raising to specialist training

(Scottish Government Suicide Prevention Leadership Group: Annual Report 2019. September 2019)

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The plan also detailed key actions that the Scottish government would take to support its vision and aims. The actions were detailed as follows:

1. The Scottish Government will set up and fund a National Suicide Prevention Leadership Group (NSPLG) by September 2018, reporting to Scottish Ministers – and also to COSLA on issues that sit within the competence of local government and integration authorities. This group will make recommendations on supporting the development and delivery of local prevention action plans backed by £3 million funding over the course of the current Parliament.
2. The Scottish Government will fund the creation and implementation of refreshed mental health and suicide prevention training by May 2019. The NSPLG will support delivery across public and private sectors and, as a first step, will require that alongside the physical health training NHS staff receive, they will now receive mental health and suicide prevention training.
3. The Scottish Government will work with the NSPLG and partners to encourage a coordinated approach to public awareness campaigns, which maximises impact.
4. With the NSPLG, the Scottish Government will ensure that timely and effective support for those affected by suicide is available across Scotland by working to develop a Scottish Crisis Care Agreement.
5. The NSPLG will use evidence on the effectiveness of differing models of crisis support to make recommendations to service providers and share best practice.
6. The NSPLG will work with partners to develop and support the delivery of innovations in digital technology that improve suicide prevention.
7. The NSPLG will identify and facilitate preventative actions targeted at risk groups.
8. The NSPLG will ensure that all of the actions of the Suicide Prevention Action Plan consider the needs of children and young people.
9. The Scottish Government will work closely with partners to ensure that data, evidence and guidance is used to maximise impact. Improvement methodology will support localities to better understand and minimise unwarranted variation in practice and outcomes.
10. The Scottish Government will work with the NSPLG and partners to develop appropriate reviews into all deaths by suicide, and ensure that the lessons from reviews are shared with NSPLG and partners and acted on

“This is a long term project because these issues are prevalent and will take time (generations) to shift”

Public consultation response – 10/09/2020 – 25/10/2020

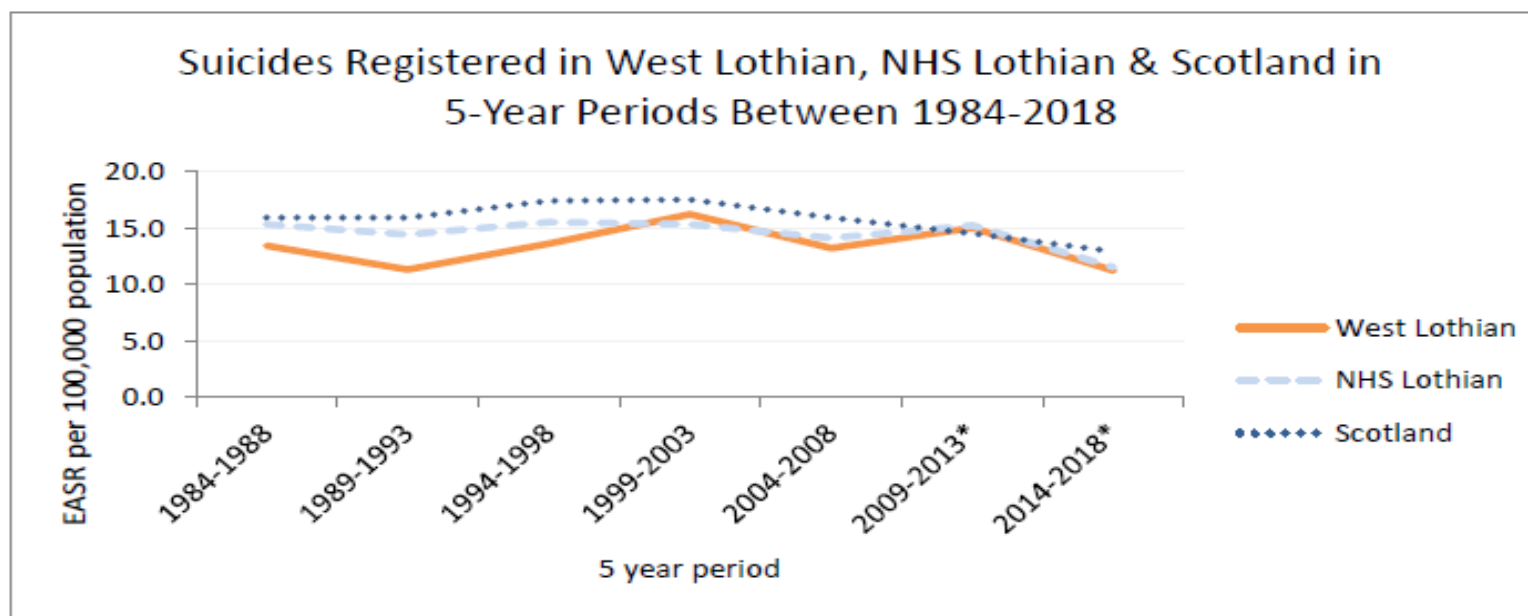
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Suicide in West Lothian

In West Lothian we also believe that every completed suicide is a tragedy. This a tragedy that requires a holistic and person centred approach to address to reduce the impact that suicide has on individuals, families and communities.

West Lothian has a lower rate of completed suicide than the other areas of NHS Lothian and the national average. Male deaths by suicide are almost three times higher than females, which is consistent with the NHS Lothian and Scottish average. The rate of suicide in West Lothian over the 35 year period below has been variable, most likely due to small numbers, but there has been an overall decline since the peak in 1999-2003, similar to the national trend.



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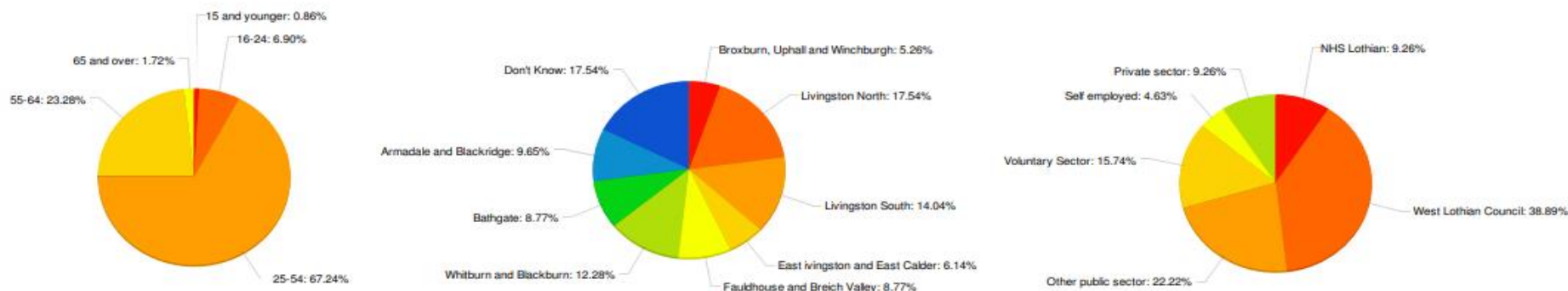
Consultation and Engagement.

By engaging with local communities and those that have used services, we will continually develop services and community based supports to ensure that they are able to live well. Ensuring the principals an of the National Standards for Community Engagement are followed closely when designing and updating the Wets Lothian Action plan, we will ensure that our communities are engaged in the activities and training programmes proposed.

By investing in local support services, ensuring colleagues are trained in suicide prevention and intervention and those in need of help can access support at the right time; we would fully expect to see a positive impact and support the prevention of suicide in the future. The West Lothian Suicide Prevention Lead will work closely with others across the partnership to deliver the actions that follow.

Public Consultation

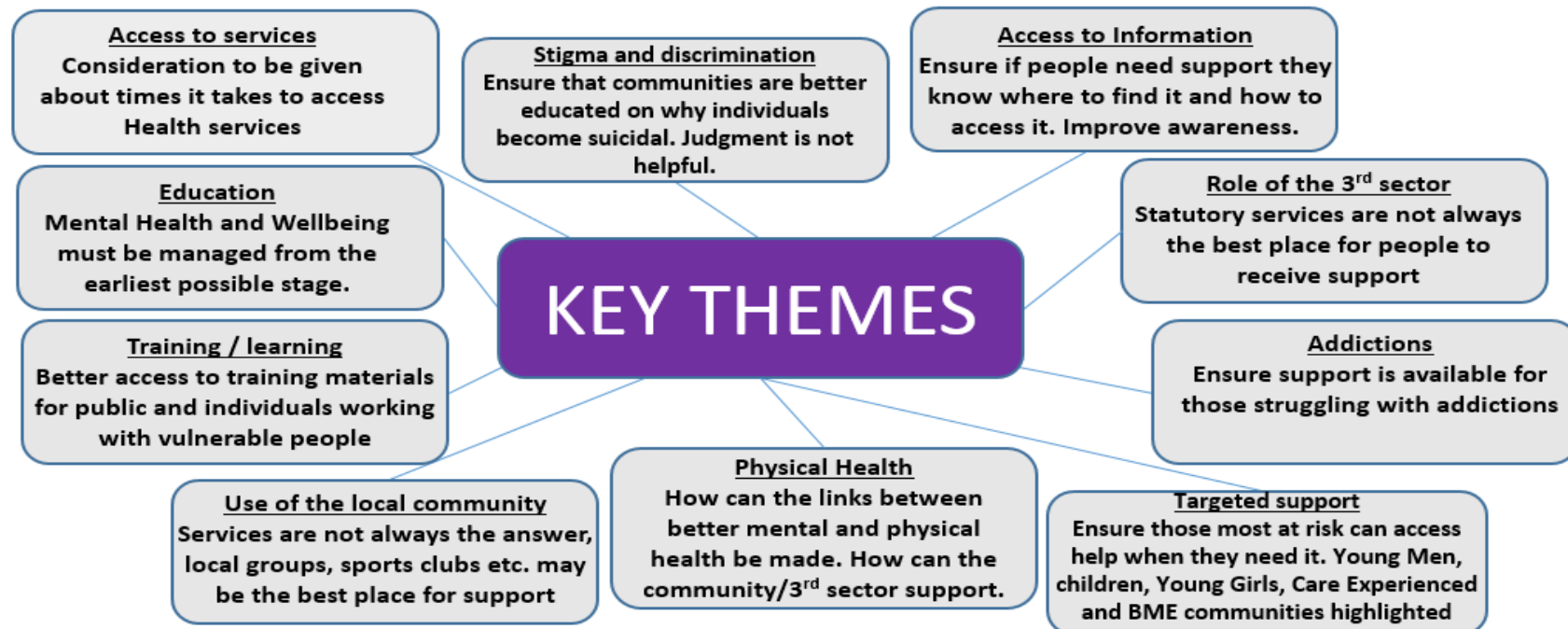
Between 10/09/2020 and 25/10/2020 a public consultation was available online for anyone to fill out to inform the West Lothian Mental Wellbeing and Suicide Prevention Group and support them to developing a local action plan. A total of 116 people completed the survey, demographic information can be seen below:



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A copy of the public consultation feedback can be found online [here](#). Alongside the public consultation online, the West Lothian Mental Health Advocacy project (MHAP) also supported individuals that they work with to complete the survey and ensure their voices were heard. A total of 13 individuals submitted feedback in this way. As a result a total of 129 responses have been recorded. A thematic analysis was carried out of all feedback and the following themes have been identified that have supported the development of the local action plan. Full details can be found on page 12 onwards.

There is also clearly an appetite to learn more about suicide prevention with 89.4% of the survey respondents stating they wish to progress this and 85% of respondents stating they wish find more about other forms of mental health and wellbeing training. 86.4% of respondents were also happy to receive this training online.



“Look at why death from suicide is seen as an adverse event and failure, yet death from cancer is not”

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West Lothian Action Plan

The West Lothian Mental Wellbeing and Suicide Prevention Group has produced an action plan to prevent Suicide. The plan will be reviewed within the stated timescales and an update will be given to the Health and Wellbeing Partnership Group twice per year or more frequently if requested.

Action	Review date	Relevance to Theme from public consultation	Relevance to Framework Domains	Other relevant work
Create a tiered approach to Mental Wellbeing support to allow the CPP to target training and identify gaps in provision across both the statutory and non-statutory sectors.	March 2021	<ul style="list-style-type: none"> - Access to services - Role of the 3rd sector - Targeted support for at risk groups 	1,3,5,6	
Create a training plan for West Lothian focusing mainly on the lower tiers for Mental Health, Wellbeing and the Suicide Prevention. Ensure this is accessible to community members and organisations as well as staff working directly with individuals experiencing poor mental health and/or suicidal thoughts.	March 2021	<ul style="list-style-type: none"> - Community response - Training and Learning 		
Community Planning Partners to work with SEE ME to develop a locally targeted suicide prevention campaign to reduce stigma and discrimination. The West Lothian Mental Wellbeing and suicide Prevention Group will lead this.	September 2021	<ul style="list-style-type: none"> - Stigma and Discrimination 	2,5	SEE ME local campaigns

Contribute to the ongoing development of WESTSPACE and support a West Lothian consultation on how individuals would like to access information on Mental health and Wellbeing service and suicide prevention.	June 2021	- Access to information	1,2,4,5	Westspace
Support the ongoing work of the Mental Health and ADP Commissioning Boards to develop services to best support those with poor mental health and Suicidal thoughts.	Ongoing	- Access to services - Addictions - Access to information	1-6	MH Plan ADP Plan
Use the findings from the SAMH charter on physical health and sport, amongst other key studies to provide evidence based recommendation to the CPP to promote the links between physical activities and improved mental health and wellbeing.	September 2021	- Physical Health and wellbeing	1,4,5,6	SAMH Mental Health and Sport Charter Whole Systems Approach Work stream
Support colleagues in Education to support children to develop skills to learn about looking after mental wellbeing. Continue to support the roll out of Mental Health training/learning for staff within West Lothian Schools.	Ongoing	- Education - Training and Learning	1-6	West Lothian Children's Services Plan Moving forward in learning