

Decision Maker: HEALTH AND WELLBEING BOARD

Date: 18th April 2024

Decision Type: Non-Urgent Non-Executive Non-Key

Title: Bromley Suicide Audit, A Trend Analysis 2024

Contact Officer: Chloe Todd, Consultant in Public Health
Tel: 020 8313 4708 E-mail: Chloe.Todd@bromley.gov.uk

Chief Officer: Dr Nada Lemic, Director of Public Health

Ward: All

1. Reason for decision/report and options

1.1 To present the Bromley Suicide Audit, A Trend Analysis 2024 to the board.

2. RECOMMENDATION(S)

The Health and Wellbeing Board is asked:

2.1 To note the findings and recommendations from the Bromley Suicide Audit report

2.2 To agree to the refresh of the Bromley Suicide Prevention Plan and Action Plan taking regard to the findings and recommendations of the Bromley Suicide Audit 2024 and the National Suicide Prevention Strategy 2023

Impact on Vulnerable Adults and Children

1. Summary of Impact: Not applicable
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Transformation Policy

1. Policy Status: Not Applicable
 2. Making Bromley Even Better Priority (delete as appropriate):
 - (1) For children and young People to grow up, thrive and have the best life chances in families who flourish and are happy to call Bromley home.
 - (2) For adults and older people to enjoy fulfilled and successful lives in Bromley, ageing well, retaining independence and making choices.
 - (3) For people to make their homes in Bromley and for business, enterprise and the third sector to prosper.
 - (4) For residents to live responsibly and prosper in a safe, clean and green environment great for today and a sustainable future.
 - (5) To manage our resources well, providing value for money, and efficient and effective services for Bromley's residents.
- Not Applicable:
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Financial

1. Cost of proposal: Not Applicable:
 2. Ongoing costs: Not Applicable:
 3. Budget head/performance centre:
 4. Total current budget for this head: £
 5. Source of funding:
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Personnel

1. Number of staff (current and additional): Not Applicable
 2. If from existing staff resources, number of staff hours:
-

Legal

1. Legal Requirement: Not Applicable:
 2. Call-in: Not Applicable:
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Procurement

1. Summary of Procurement Implications: Not applicable
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Property

1. Summary of Property Implications: Not applicable
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Carbon Reduction and Social Value

1. Summary of Carbon Reduction/Sustainability Implications:
-

Customer Impact

1. Estimated number of users or customers (current and projected):
-

Ward Councillor Views

1. Have Ward Councillors been asked for comments? No
2. Summary of Ward Councillors comments:

2 COMMENTARY

2.1 The Bromley Suicide Prevention Steering Group meets regularly and are responsible for developing a Suicide Prevention Plan with an accompanying action plan. The current plan can be found at the following [link](#) and progress has been made on the action plan in relation to pathways, training, raising awareness and sharing of good practice.

2.2 The Bromley Suicide Prevention Plan 2019-2024 and the action plan are due for renewal and update, ready for publication in 2025.

2.3 In preparation for this the Public Health Intelligence Team have conducted a review and audit of the Suicide and Self Harm data for the borough.

2.4 The suicide and self-harm review / audit includes the following:

- Trends in suicide and self-harm rates
- The burden of suicide and self-harm in the borough
- Local mortality data related to suicides
- Demographic differences of suicide and intentional self-harm
- Methods used in suicide and intentional self-harm

2.5 The suicide and self-harm review / audit report is presented to the board at this meeting and the board are asked to note the findings and recommendations in the report.

2.6 Based on the findings of this audit, several conclusions can be drawn to enhance suicide prevention efforts:

- The number of suicides in Bromley fluctuates annually, with an average of approximately 21 suicides per year, emphasising the ongoing need for effective prevention strategies.
- Male individuals are disproportionately affected by suicide, with rates up to three times higher than females, while intentional self-harm rates are more prevalent among women and young people.
- Hanging, strangulation, or suffocation are the most common methods of suicide in Bromley, consistent with national trends, followed by poisoning, highlighting the importance of targeted intervention strategies.
- The proportion of hospital admissions for intentional self-harm is highest in girls aged 0 to 18 years.
- There has been a rise in intentional self-harm admissions among individuals from “Black” or “Other” ethnic backgrounds.
- Although fewer intentional self-harm admissions occur in older residents (aged 65 and over), research indicates they are at a significantly higher risk of subsequent suicide, necessitating tailored support services for this demographic.
- There is a notable association between deprivation and hospital admissions for intentional self-harm in Bromley, particularly evident in certain wards such as Penge and Cator and Cray Valley East.

2.7 The following opportunities for further development of action to prevent suicides in Bromley have been identified:

- Develop targeted interventions to address the specific needs of vulnerable populations, including older adults and adolescent girls who intentionally self-harm, focusing on early identification and support. This can be done by
 - establishing specialised support groups or counselling services and counselling services tailored to the needs of older adults who self-harm, providing them with a safe space to discuss their challenges and receive appropriate assistance.
- Implement school-based prevention programs focused on building resilience and coping skills among adolescent girls, equipping them with strategies to manage stress and emotional distress effectively.
- Strengthen collaboration between healthcare providers, social services, and community organisations to ensure a comprehensive approach to suicide prevention, with particular emphasis on addressing the underlying factors contributing to self-harm and suicidal behaviours.
- Implement community-based initiatives aimed at reducing stigma surrounding mental health and promoting help-seeking behaviours, particularly in areas with higher levels of deprivation. Encourage all members of the community to attend suicide prevention training sessions such as the Applied Suicide Intervention Skills Training (ASIST) hosted by PAPYRUS, a charitable organisation dedicated to preventing suicide and promoting positive mental health in young people.
- Enhance training programs for healthcare professionals and frontline workers to improve risk assessment and intervention strategies for individuals at risk of suicide or self-harm. This can be done by
- Offering specialised training workshops for primary care physicians and emergency room staff on suicide risk assessment and intervention techniques, incorporating evidence-based approaches such as the Columbia-Suicide Severity Rating Scale (C-SSRS) to improve accuracy and consistency in screening.
- Increase access to mental health services and crisis support resources, particularly in areas identified as having higher rates of intentional self-harm, to provide timely assistance and intervention to those in need.
 - For example, establishing outreach clinics or mobile mental health units in underserved areas of Bromley, would provide convenient access to counselling services and crisis intervention for individuals who may face barriers to accessing traditional healthcare settings.
- Review the Bromley Suicide Prevention Action Plan and action plan to reflect on the findings from this audit in the context of the Suicide prevention strategy published in 2023.
- Maximise the opportunities for sharing knowledge, intelligence and learning around effective suicide prevention strategies across the SEL STP ICS
- Continue to undertake an audit of suicides in Bromley at regular intervals to gather detailed knowledge about the epidemiology and risk factors of those taking their own life in the local population. A review of coroners' records should also be included in future audits.
- Explore wider sources of data on self-harm available at a national and local level to add insight to the hospital admissions data already available.
- Refresh the Bromley Suicide Prevention plan to reflect findings from this report and the new National Suicide Prevention Strategy published in 2023.
- Maximise the opportunities for sharing knowledge, intelligence and learning around effective suicide prevention strategies across the SEL ICS.

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- Explore wider sources of data on self-harm available at a national and local level to add insight to the hospital admissions data already available.

2.8 The board are also asked to agree to the refresh of the Bromley Suicide Prevention Plan and Action Plan taking regard to the findings and recommendations of the Bromley Suicide Audit 2024 and the National Suicide Prevention Strategy 2023

3 IMPACT ON VULNERABLE ADULTS AND CHILDREN

Not applicable

4 TRANSFORMATION/POLICY IMPLICATIONS

Not applicable

5 FINANCIAL IMPLICATIONS

Not applicable

6 PERSONNEL IMPLICATIONS

Not applicable

7 LEGAL IMPLICATIONS

Not applicable

8 PROCUREMENT IMPLICATIONS

Not applicable

9 PROPERTY IMPLICATIONS

Not applicable

10 CARBON REDUCTION/SOCIAL VALUE IMPLICATIONS

Not applicable

12 CUSTOMER IMPACT

Not applicable

13 WARD COUNCILLOR VIEWS

Non-Applicable Headings:	[List any of headings 4 to 13 that do not apply.]
Background Documents: (Access via Contact Officer)	Not applicable