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National Context

- Based on 2021 data, Scotland had the second highest rate (13.7 per 100,000 population) of probable suicide deaths in the UK. The rate in Northern Ireland was slightly higher, at 14.3 and the Wales and England rates were lower, at 12.7 and 10.5 respectively.
- In Scotland, the age standardised mortality rate for 2022 is 13.9, which is very similar to the rate in 2021.
- In 2022, there were 762 deaths by probable suicide in Scotland. This is 9 (1.2%) more than 2021. The number of probable suicides increased in both 2018 and 2019; however, the number then fell again in 2020 and 2021.

National Demographics - 2022



- Across Scotland, the highest rate of suicide occurred in the 45-54 age group for males and females. The average age at death was 47.7 years
- Probable suicides in females rose by 18 to 206, while probable suicides in males decreased by 9 to 556. However, the rate of suicide mortality in males was 2.9 times as high as the rate for females. Rates have been consistently higher for males.
- The rate of suicide mortality in the most deprived areas of Scotland was 2.6 times higher than the least deprived areas. There is a difference of 1.8 times for all causes of death, which has been quite a stable figure since 2001.



Local Context

- NRS classified 38 deaths in Forth Valley as probable suicide. This is an 11.6% reduction from 43 deaths in 2021.

Area	2017	2018	2019	2020	2021	2022
Forth Valley	42	40	48	43	43	38
Scotland	680	784	833	805	753	762

- In 2022, the Forth Valley 5-year average rate of 14.1 sits just lower than the Scottish rate of 14.4.

Area	2014-18	2015-19	2016-20	2017-21	2018-22
Forth Valley	15.5	15.6	15.3	14.3	14.1
Scotland	13.2	13.6	14.1	14.1	14.4

Suicide Prevention Group



- Multi–agency partnership group brings together a range of individuals in positions to influence change to ensure discussions become actions which are then implemented, monitored and evaluated
 - Representation from: Health, Police Scotland, Scottish Fire and Rescue, CVS Falkirk, FDAMH, Education, CAMHS, ADP, Justice, Housing, Samaritans, Public Health Scotland.
- The key functions of the steering group are:
 - Gather, analyse and interpret data to understand the local context
 - Utilise this information to develop a local suicide prevention strategy & action plan
 - Co-ordinate the work of any working groups to ensure implementation of the action
 - Monitor progress and oversee monitoring and evaluation of the local action plan
 - Report progress to Community Planning Partnership



Suicide Prevention Activity

- Suicide Bereavement
- Workforce development and building capacity
- Public awareness and access to wellbeing resources
- Maintaining links with National Network
- Suicide Witness Support
- Supporting the development of the Forth Valley prevention plan
- Suicide Prevention Fund

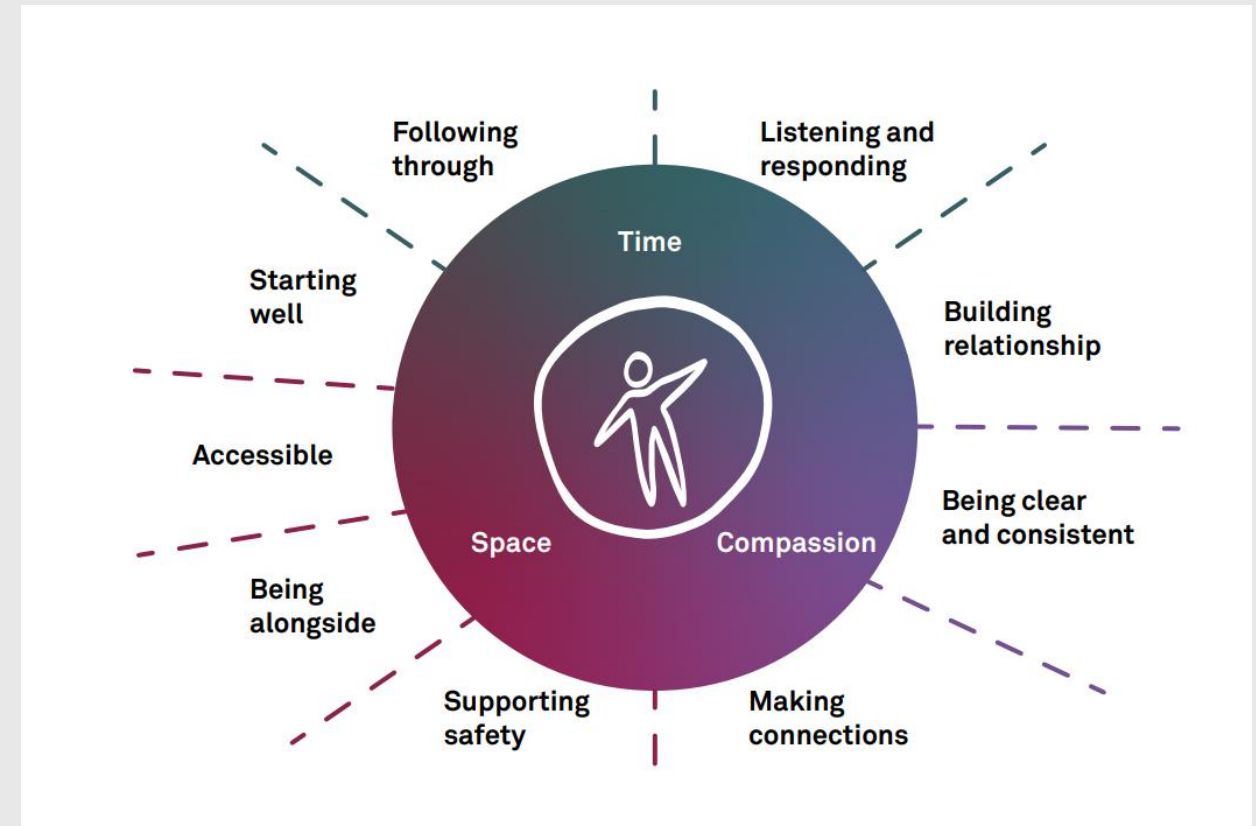
Learning and Development



[NHS Forth Valley – Training - Falkirk](#)

Time Space Compassion

- An approach, set of principles and supporting values
- Focus on people experience, human connection and relationships
- Shared language, resources to connect and take action together



Suicide Prevention Scotland



Creating Hope Together 2022-2023

Outcome 1 - The environment we live in promotes conditions which protect against suicide risk. [Samaritans]

Outcome 2: Our communities have a clear understanding of suicide, risk factors and its prevention. [SAMH]

Outcome 3: Everyone affected by suicide is able to access high quality, compassionate, appropriate and timely support – which promotes wellbeing and recovery [Penumbra / Change Mental Health]

Outcome 4: Our approach to suicide prevention is well planned and delivered, through close collaboration between national, local and sectoral partners. [Public Health Scotland]

Suicide 
Prevention
Scotland.

Suicide Prevention Scotland

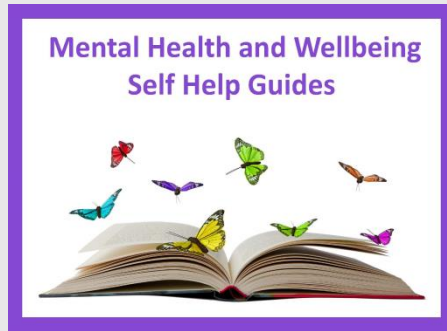
United to Prevent Suicide – FC United



- [Talking tactics: Brian Graham \(youtube.com\)](#)
- [Talking Tactics - with David Duke \(youtube.com\)](#)
- [The world's longest minute's applause - FC United \(youtube.com\)](#)
- [Tactics for talking about suicide \(youtube.com\)](#)



Resources to help you and others



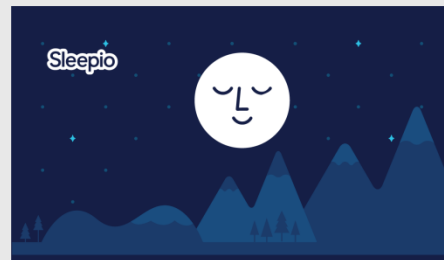
<http://nhsforthvalley.com/selfhelp>



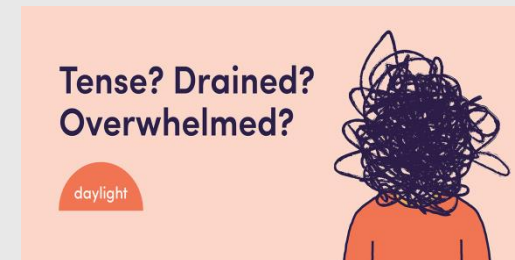
www.bookwhen.com/fvstress



wellbeing.silvercloudhealth.com/signup



www.sleepio.com/nhs



www.trydaylight.com/nhs

Where to find support

- Breathing Space: 0800 83 85 87
- Childline: 0800 11 11
- NHS 24 (Mental Health Hub): 111
- Samaritans: 116 123
- SHOUT: text FALKIRK to 85258
- FDAMH: 01324 671600
- Papyrus HOPELINE247: 0800 068 4141 Text: 88247

- Andy's Man Club:
www.andysmanclub.co.uk
- Cruse Scotland: 0808 802 6161
- Survivors of Bereavement by Suicide: 0300 111 5065
- Scottish Action for Mental Health (SAMH):
<https://www.samh.org.uk/>
- Penumbra:
<http://www.penumbra.org.uk>

Any Questions?



Thank you

Contact:

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CHANGE THE NARRATIVE

World Suicide Prevention Day
10 September

 **#StartTheConversation**



WSPD 2024



- Three-year theme for 2024- 2026
- Change the narrative to transform how we perceive this complex issue
- shifting from a culture of silence and stigma to one of openness, understanding and support”
- CALL TO ACTION for us ALL #StartTheConversation
- Every conversation no matter how small contributes to a more supportive and understanding society

Discussion: Planning local activities for WSPD

