

Forth Valley Suicide Prevention Action Plan

Stacey McIntosh

Strategic Prevention Coordinator

Public Health





The Forth Valley Vision

It is our vision in Forth Valley to reduce the number of suicides and the harm caused by these events, while tackling the inequalities that contribute them. To achieve this, we need to take a multi-agency approach to supporting our communities to become more compassionate, resilient, and safe, as well as providing education about the risk factors relating to suicide. Our aim is for every child, young person or adult who is or has been affected by suicide to have access to the help and support they need.

The Action Plan

- 4 high level priorities:
 - *Build a whole system approach that will address the determinants of health which result in the highest risk of suicide.*
 - *Develop Forth Valley's awareness of and response to suicide or those who have suicidal thoughts.*
 - *Provide high quality, compassionate and timely support to those affected by suicide or suicidal thoughts, to promote recovery and wellbeing.*
 - *Utilise and improve data and evidence locally to drive improvements in health and social care support and responses to people experiencing thoughts of suicide.*

Current Status & Next Steps

- The plan is in development
- Based on multi-agency workshops
- Supported by multi-agency working group

- Confirming governance structure
- Agreeing plan for further engagement
- Refining actions
- Identifying who is responsible for delivery

Draft Actions

- Produce a quarterly Forth Valley Suicide Prevention Brief to share with wider networks, detailing ongoing or completed work locally and nationally, lived and living experience stories and sign posting.
- Explore gaps in information relating to frequent presentation and suicide attempts, improving multi-agency information sharing.
- Influence and encourage areas to support Suicide Prevention training.
- Develop resources for different languages and cultures by working with the wider community and building culturally sensitive information.
- Explore opportunities for targeted anti-stigma work.

Draft Actions Cont.

- Work with partners and individuals with lived experience to develop and share stories of hope and recovery.
- Raise awareness of the Time, Space, Compassion approach within communities and professionals, including statutory and non statutory services, through local media channels, using lived experience examples.
- Promote and encourage the appropriate level of training for trauma informed practice and suicide prevention (eg. Ask Tell Respond, ASIST etc).
- Build on existing Lived and Living Experience groups to create a network across Forth Valley.

Feedback and Discussion

- What is already happening?
- What needs to be amended?
- What is missing?
- Who might be able to support delivery of these actions?

