



Providing suicide prevention, intervention and support for those in North East England.

# Who Are We?

Started as a campaign in 2005 after the loss of Daniel to suicide aged 19

Registered as a charity in 2011

Prevention, Intervention & Support After Suicide

Links with Durham Constabulary through CID27

Expansion & growth with increasing service demand

Emotional and Mental Health workshops to schools, football clubs and professionals.



“Postvention is Prevention.”

–Shneidman, 1972

#Not6

# Matthew's Story

[Click Here to Play Video](#)

<https://youtu.be/GEoASAxDckk>



# Suicides in the UK: 2015 Registrations

Deaths by suicide in the UK rose slightly from 6,122 in 2014 to 6,188 in 2015

This figure is likely to be much higher due to coroner conclusions.

# EARLY ALERT SYSTEM

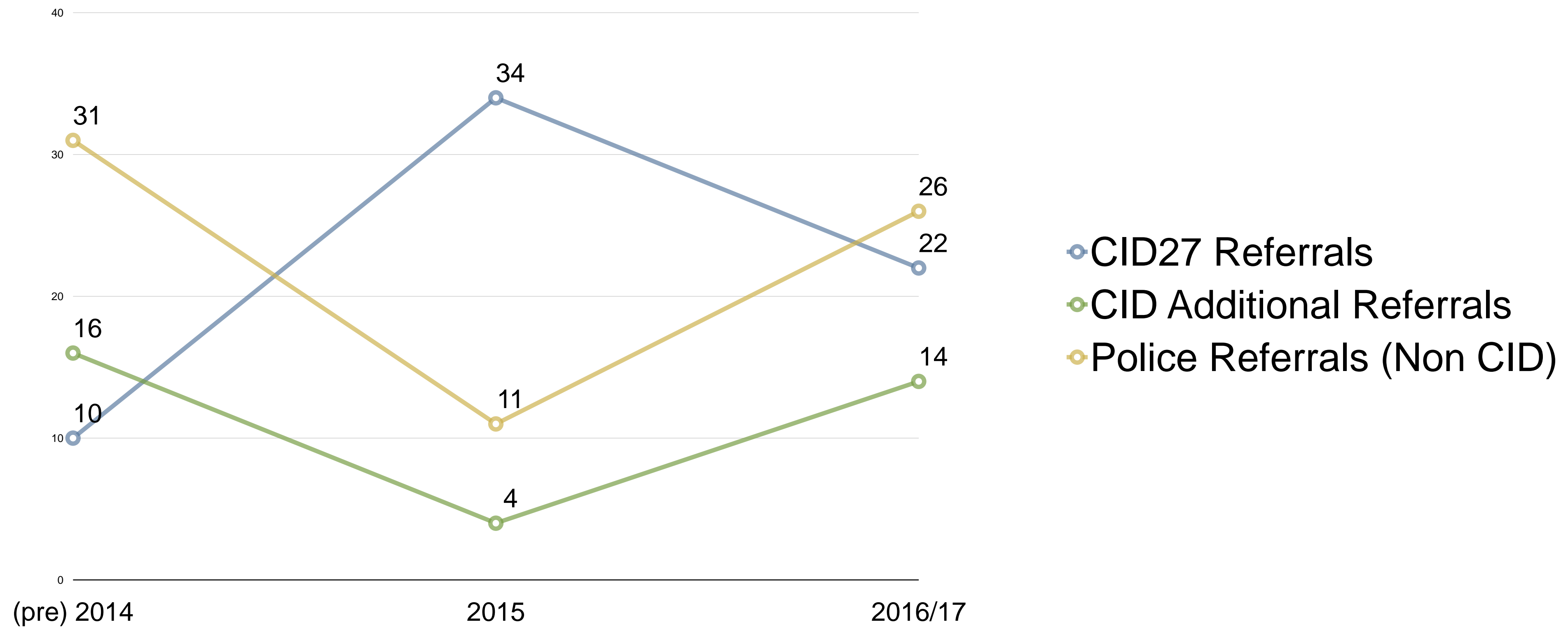
CID27

# CID27

1. Links with Durham Constabulary following a sudden or unexpected death
2. Final question asks if next of Kin would like to be put in touch with support services
3. If YES, information is provided to the North of England Commissioning Support Unit (NECS)
4. Information is passed onto Public Health and a referral is made to IUCSF
5. IUCSF will be in touch with the next of Kin within 48 hours (it's often within 30 mins of a referral being made!)



# CID27 Referrals



DURHAM CONSTABULARY

Report to Coroner of Death

Area No: .....
Occurring in ..... District

NOTICE OF DEATH
Time: ..... Date: ..... received by police
OFFICER REPORTING
Rank: ..... No: .....
Name: .....
Signed: ..... Date: .....

Once completed email all forms to: (1) Coroners Officers (internal)
and in the event of suicide cases to: (2) NECSU.durham-clinicalquality@nhs.net

DECEASED DETAILS
Gender: M [ ] F [ ]
Full Name: ..... Date of Birth: .....
Address: ..... Post code: ..... Age: .....
Place of Birth: ..... Marital Status: ..... Maiden Name: .....
Retired [ ] Non-retired [ ] Occupation: .....
Ethnicity: ..... Nationality: .....
Time, date and day of death: .....
Place of death: .....
Found by: ..... I.D. Band applied by: .....
Name of GP: ..... Date last seen by GP: .....
Address of GP: .....
Name of Doctor (Paramedic confirming death): .....
Funeral Director: .....
Burial/Cremation?: ..... if Cremation, where? .....
Removed to which hospital: ..... Registrar District: .....
Name of identification witness: .....
Telephone No: ..... Occupation: .....
SPOUSE/PARTNER/CIVIL PARTNER (even if deceased) Deceased: YES [ ] NO [ ]
Full Name: ..... Date of Birth: ..... Occupation: .....
Marital Status: ..... Maiden Name: .....
Relationship: .....
Telephone No / Contact details: .....
Next of Kin: (if different from spouse) or Family Details to which Coroners Officer may contact. Please specify, include contact number/details: .....

1. IDENTIFICATION

At: ..... on: ....., I identified the body of .....
As that of my ..... to PC .....
Who was lying .....

CIRCUMSTANCES SURROUNDING DEATH (Please give as much information as possible)

.....
.....
.....
.....
.....
.....

Body decomposed: YES [ ] NO [ ]

Current or past illnesses / Medication / Operations: .....

.....
.....
Current smoker: YES [ ] NO [ ] If YES how many/Day? .....
Previous smoker: YES [ ] NO [ ] If YES how long stopped? .....
Alcohol consumption/week? .....

3. HISTORY OF RECREATIONAL DRUG USE. If any

4. INDUSTRIAL DISEASE/CLAIMS (include Companies that they have worked for)

5 (a) IF POSSIBLE SUICIDE (consider method ie tablets, medicines, alcohol. Seize notes, mobile phones, ligatures)

5 (b) Has Next of Kin or Significant Other, given permission for contact details to be passed on to other services, so that support may be offered?

Next of Kin / Significant Other: ..... Contact details: phone/email: .....
Address: .....
Relationship to Deceased: ..... Signed: .....



- As of 12th June 2017 we have had our 900<sup>th</sup> referral to the Support After Suicide Service
- The statistics below are our referral totals from April 1st 2017 - 29th August 2017

Yearly Total Referrals April 2017/March 2018	
Funder	Count
Big Lottery	36
Durham CC	43
IUCSF	16
<b>Grand Total</b>	<b>95</b>

# Work at a National & International Level

We contributed to the Health Select Committee on Suicide Prevention and provided both written and oral evidence which was featured in the Recommendations to Government On Suicide Prevention in the March Report 2017.

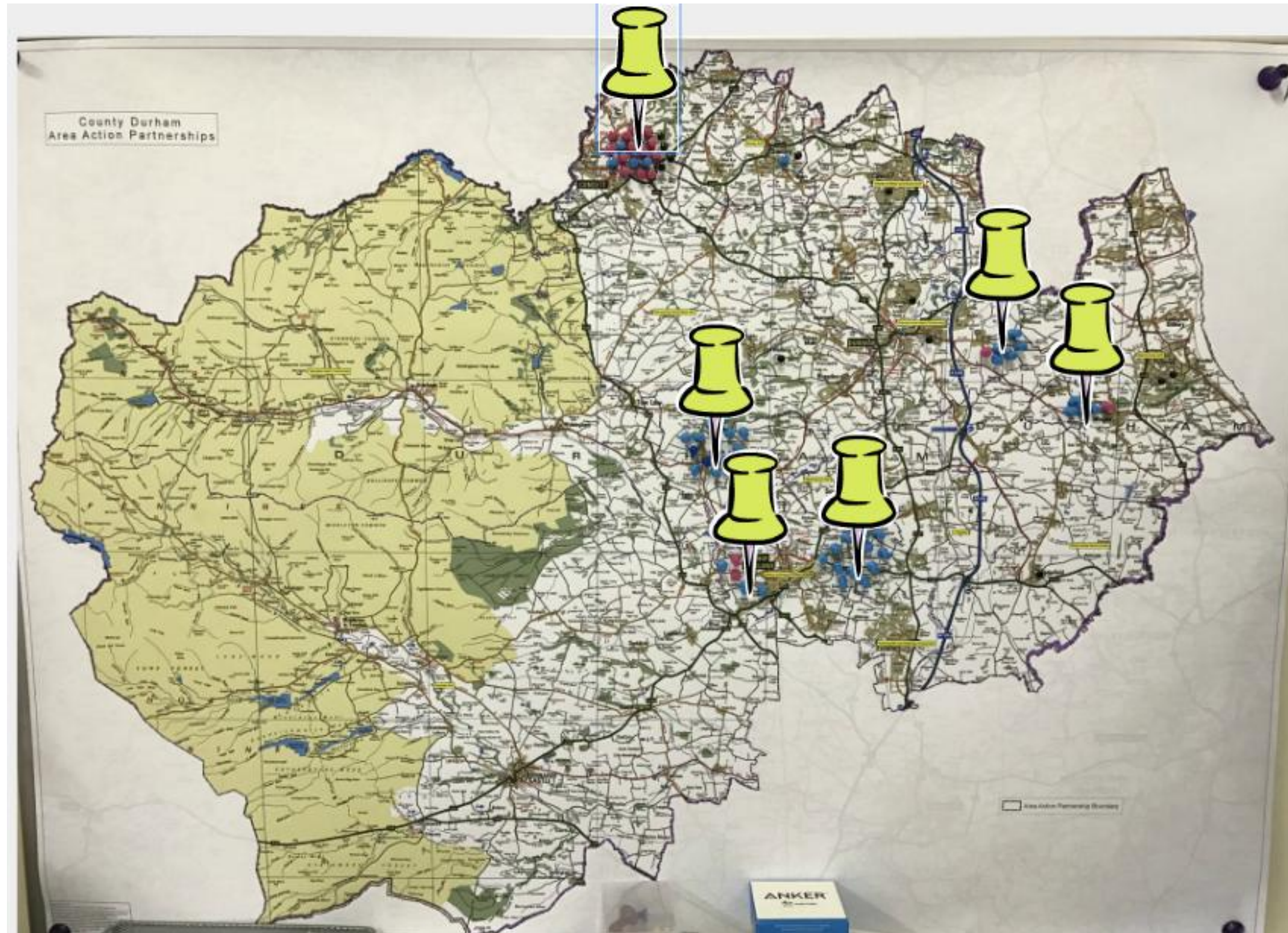
## **We are members of;**

- National Suicide Prevention Strategy Advisory Group
- APPG - All-Party Parliamentary Group on Suicide & Self-Harm Prevention
- SASP - Support After Suicide Partnership
- IASP - International Association for Suicide Prevention
- TASC - The Alliance of Suicide Prevention Charities
- Winston Churchill Fellow of 2016



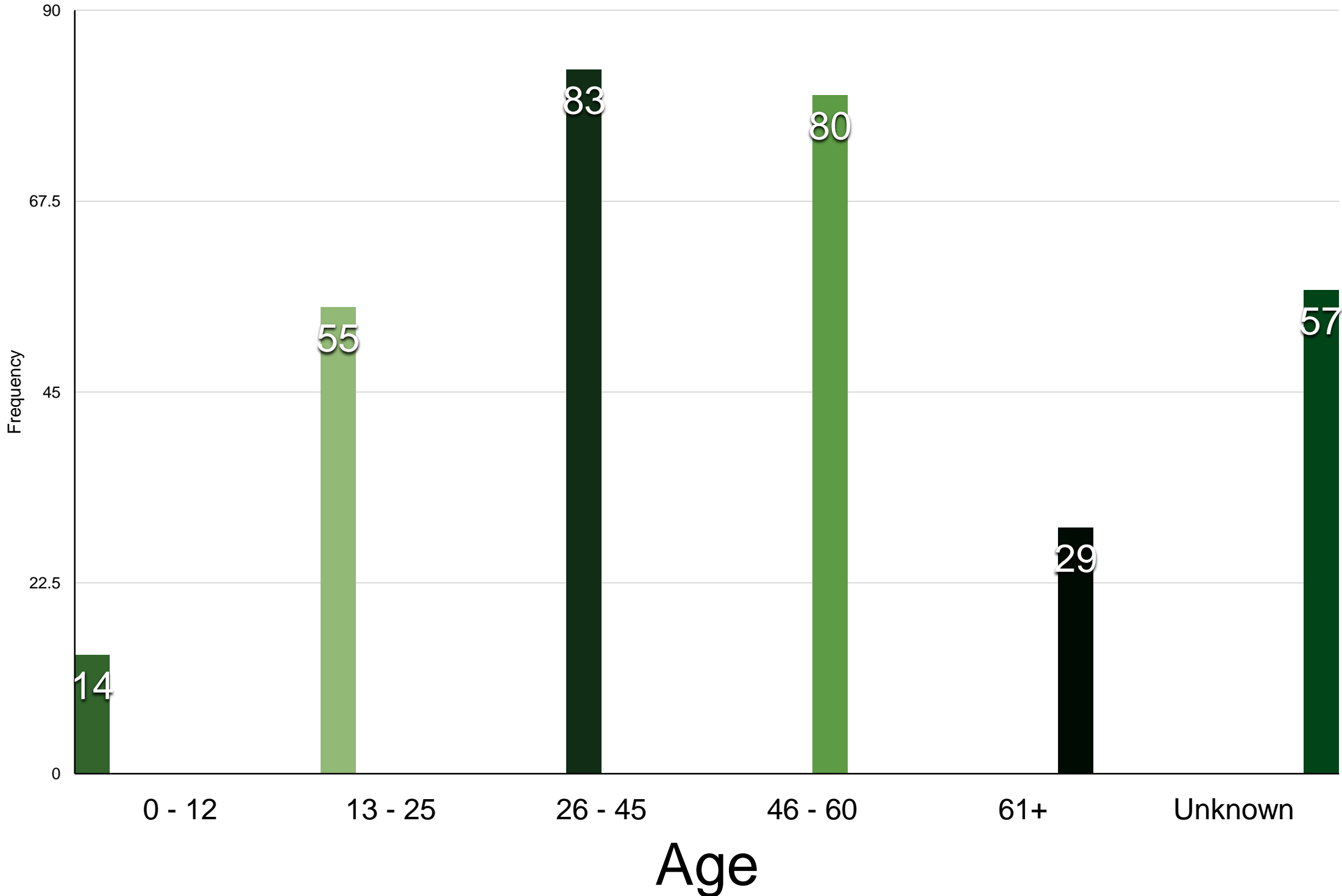
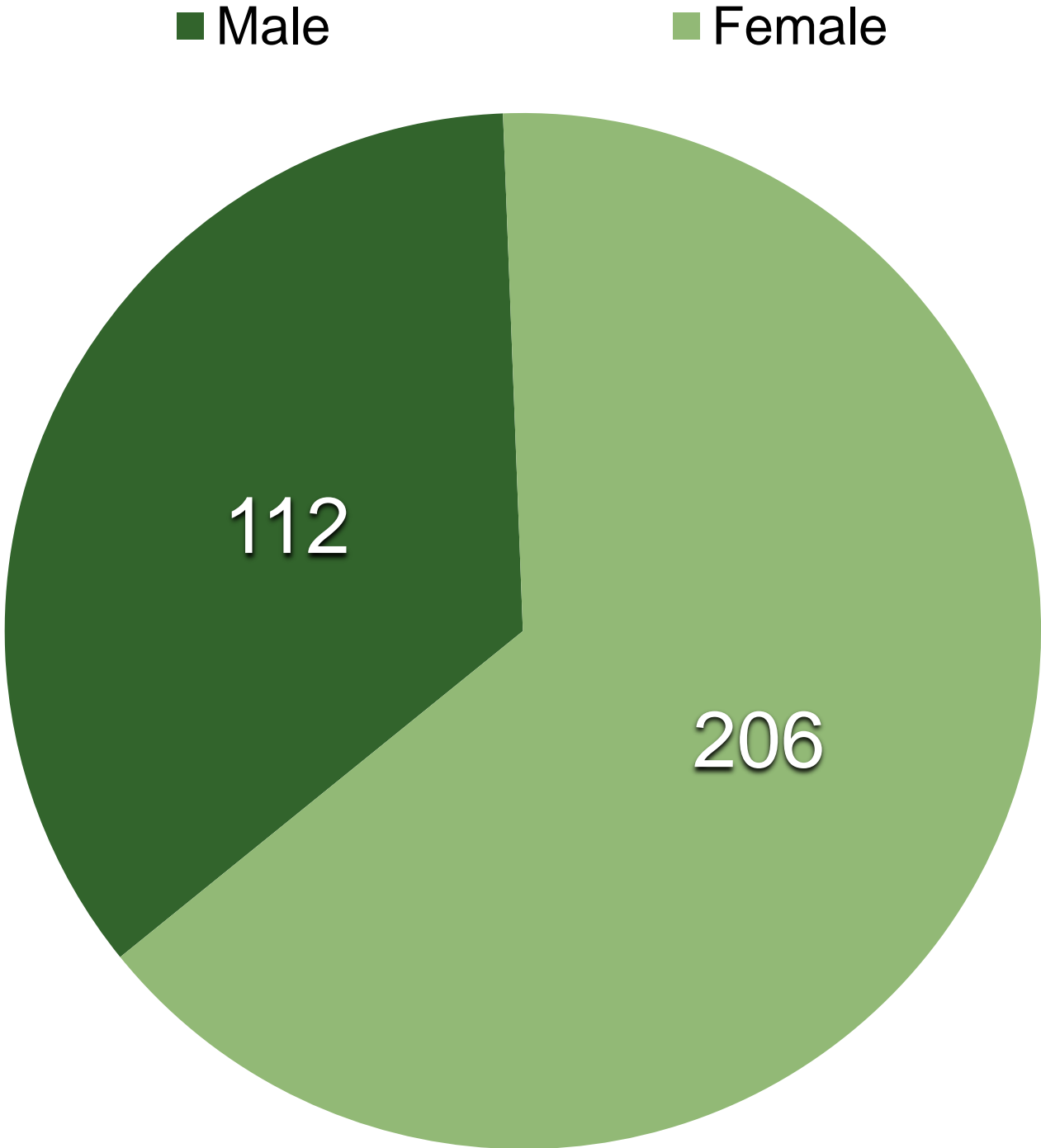
In terms of age, gender and socio-economic status, the group most at risk of suicide are men, in the lowest social class, in their mid-years. Men are three times more likely than women to end their own lives.

# Clusters & Contagion



# Service Inception Statistics (DCC)

Upto 31st March 2017

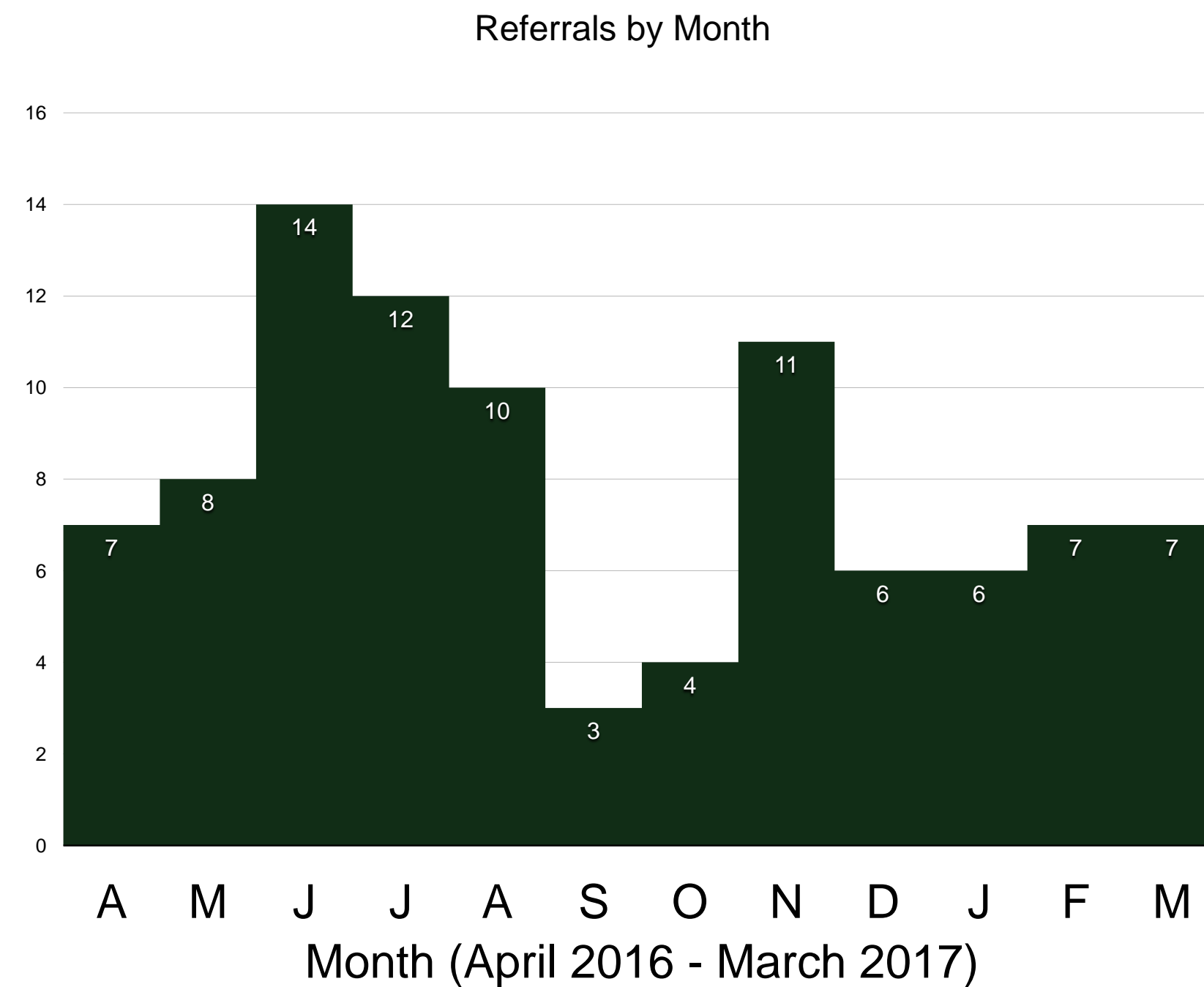
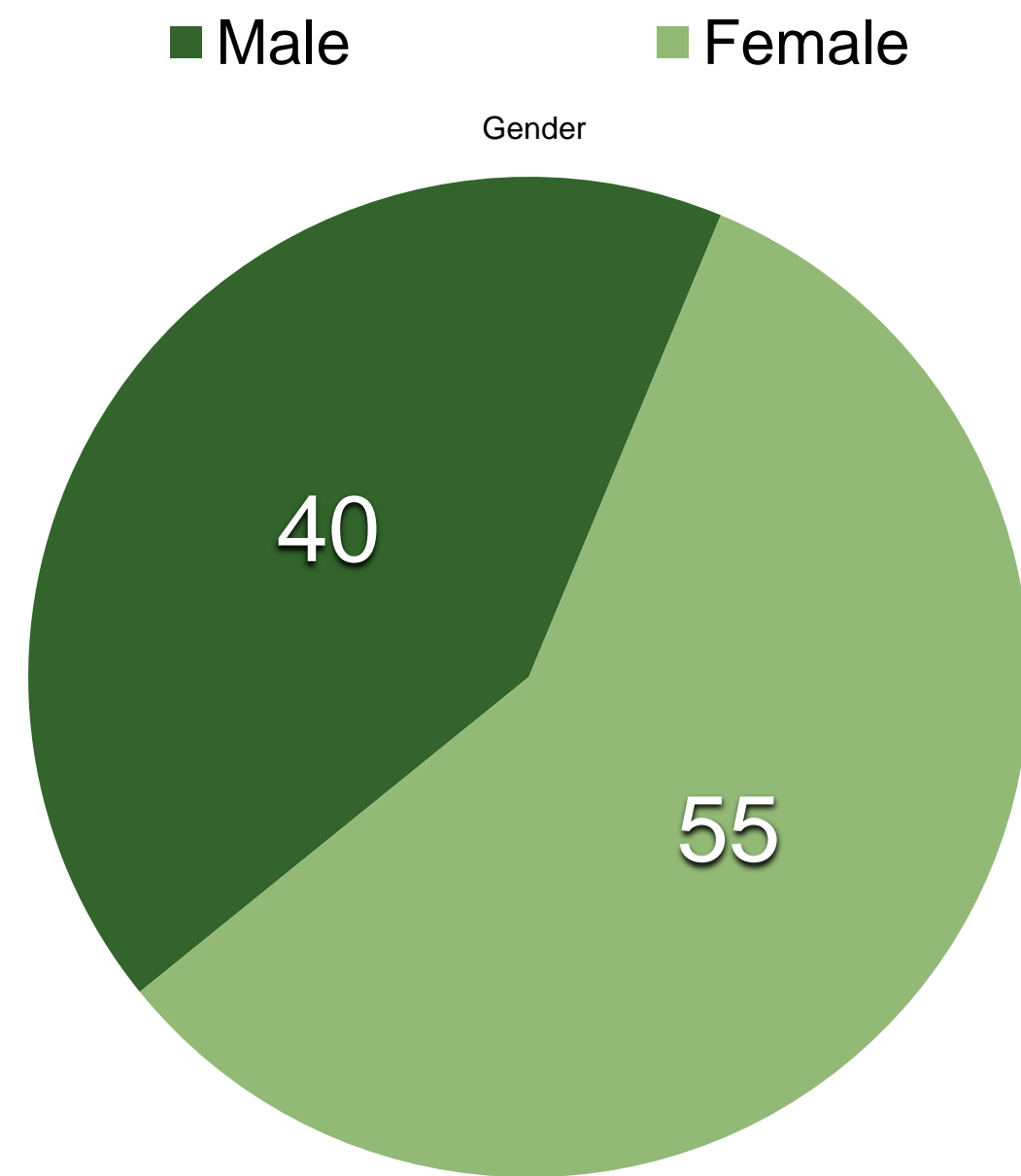


Support has been offered to 318 people in Durham County Council catchment area up to 30th April 2017 as a result of 202 deaths via suspected suicide.



# Service Users

1st April 2016 - 31st March 2017



During this period there have been a total of 95 new service users made as a result of 73 deaths via suspected suicide. The genders, monthly totals and referral pathways for service users are shown below.

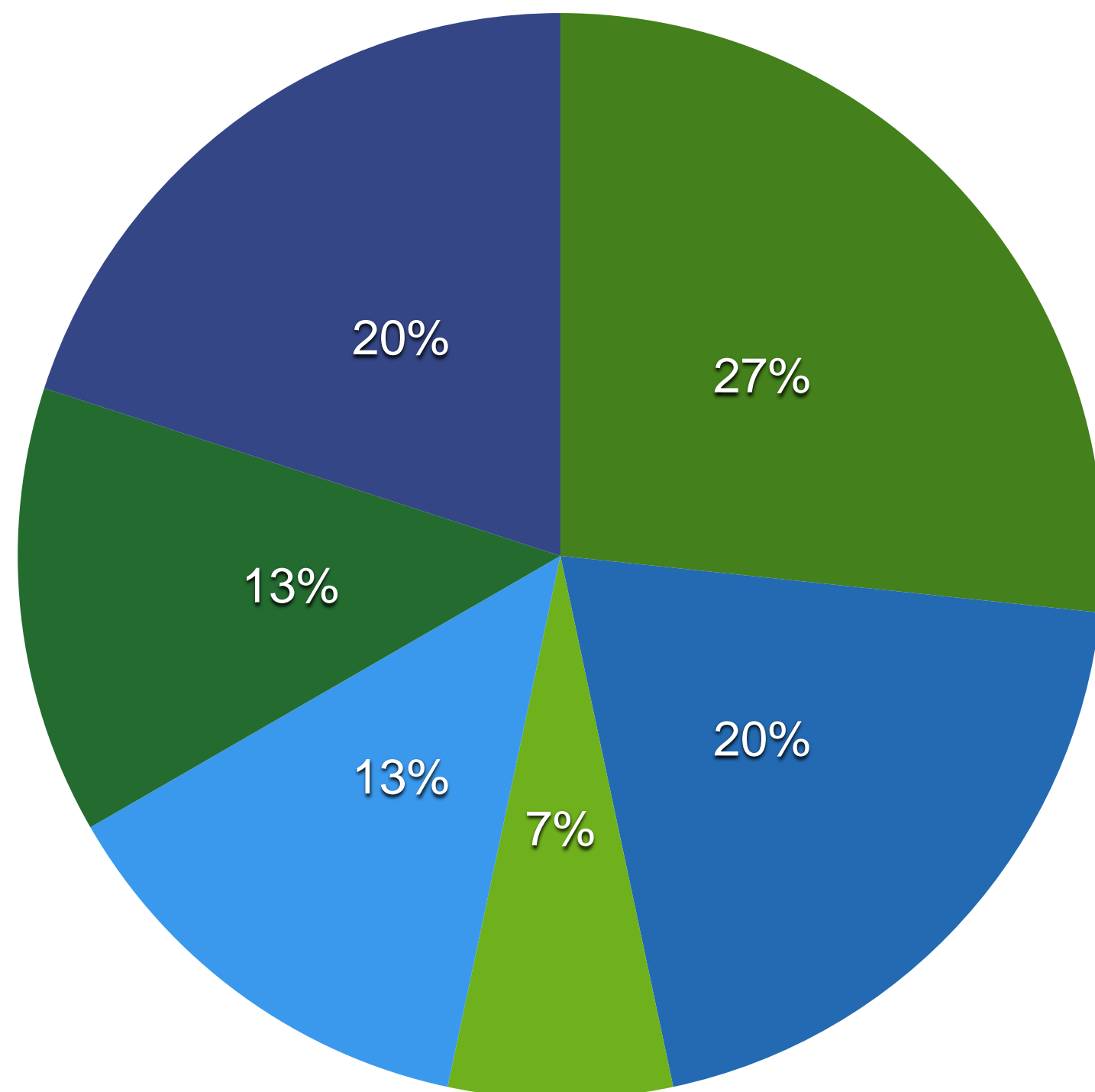


# Equality & Diversity

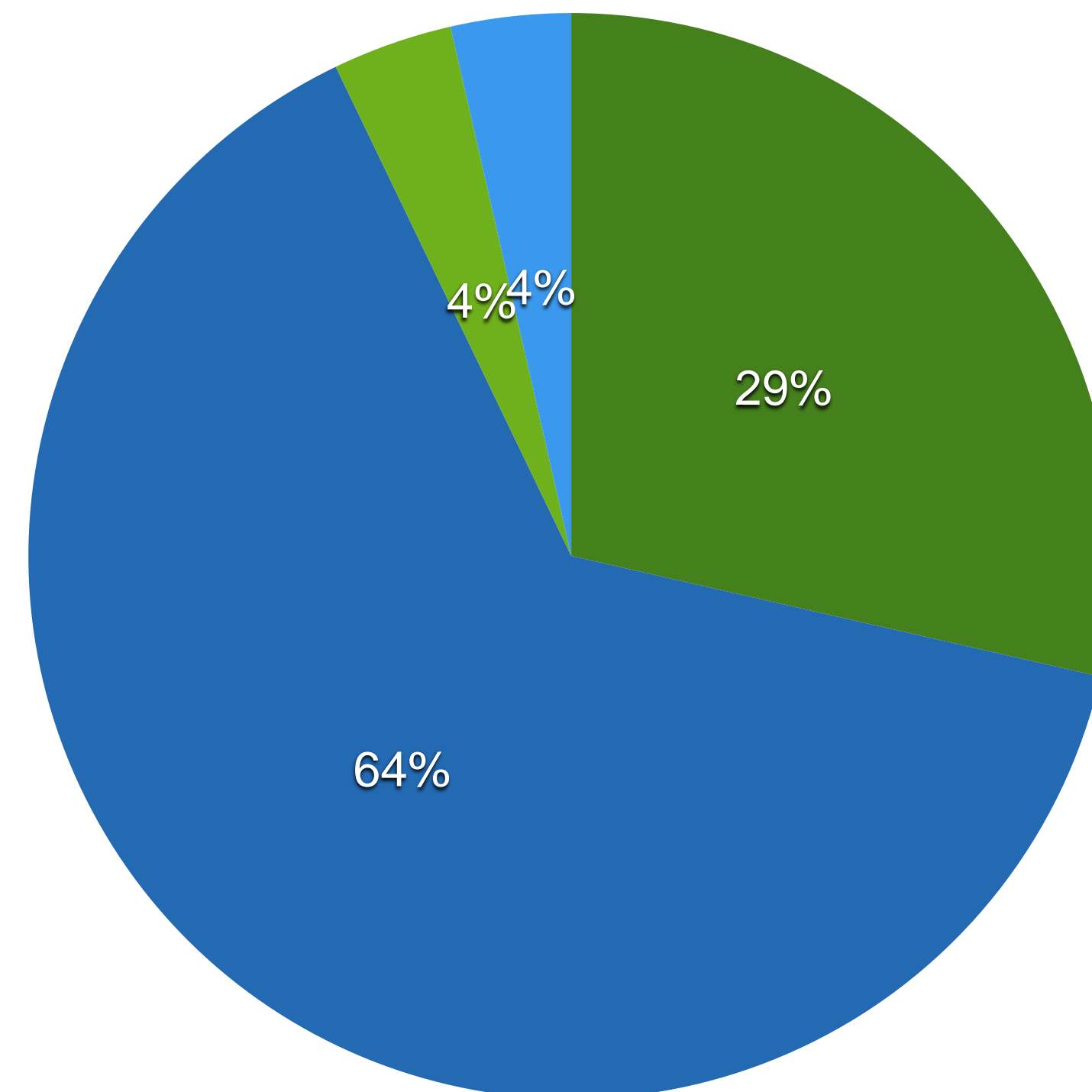
1st April 2016 - 31st March 2017

- Christian
- Atheist
- Agnostic
- English
- British / Mixed British
- Irish
- Other
- No religion
- Other
- Prefer not to say

Religious Beliefs



Ethnicities

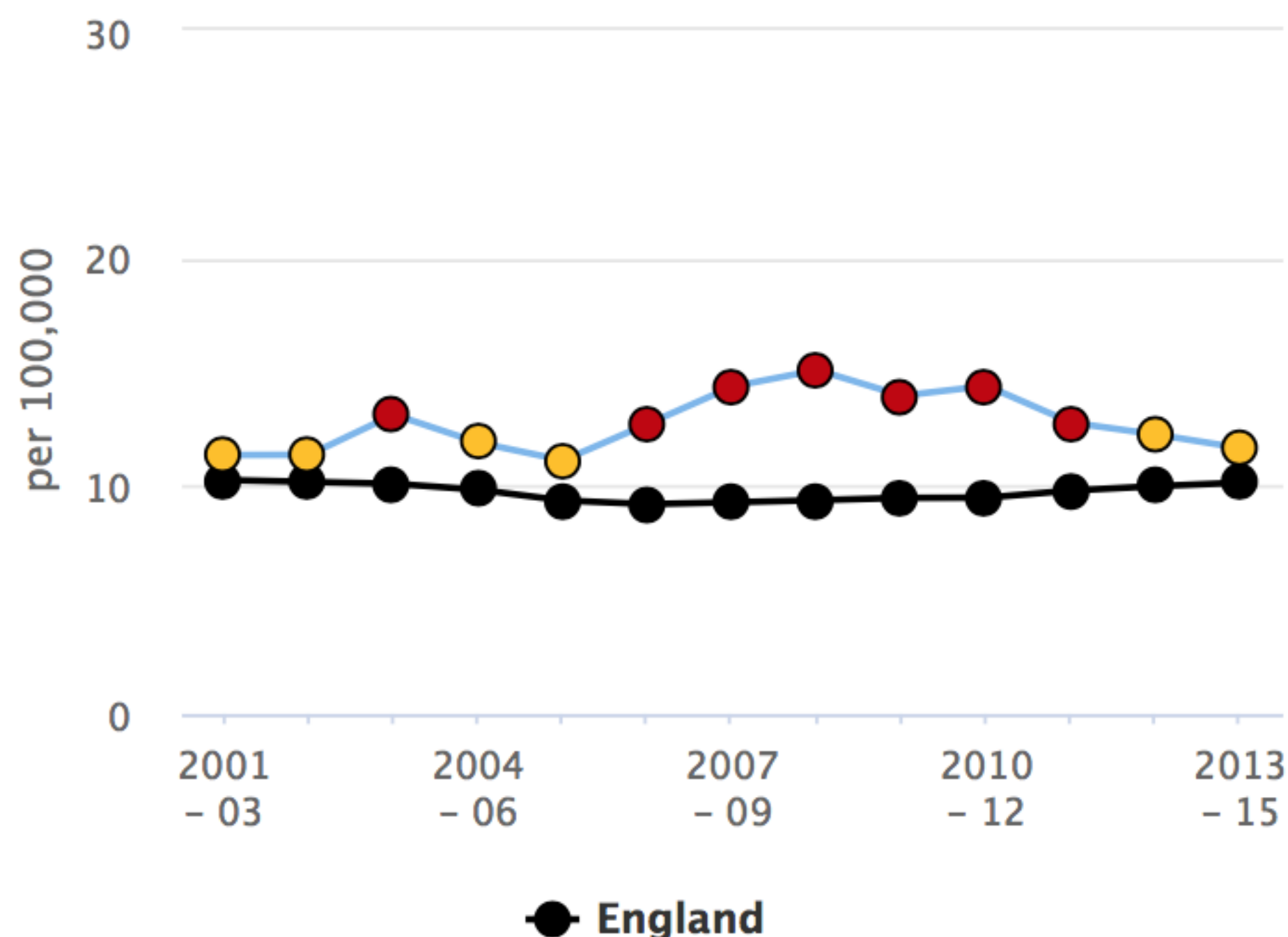


# NORTH TYNESIDE

# North Tyneside comparison to England

## 4.10 - Suicide rate (Persons) North Tyneside

Directly standardised rate - per 100,000



Recent trend: –

Period		Count	Value	Lower CI	Upper CI	North East England	England
2001 - 03	●	58	11.4	8.6	14.7	11.3	10.3
2002 - 04	●	59	11.4	8.6	14.7	12.0	10.2
2003 - 05	●	68	13.1	10.2	16.7	12.0	10.1
2004 - 06	●	62	11.9	9.1	15.3	11.3	9.8
2005 - 07	●	58	11.1	8.4	14.4	10.1	9.4
2006 - 08	●	68	12.7	9.9	16.1	9.9	9.2
2007 - 09	●	78	14.4	11.3	17.9	10.0	9.3
2008 - 10	●	82	15.1	12.0	18.7	10.2	9.4
2009 - 11	●	75	14.0	11.0	17.5	10.9	9.5
2010 - 12	●	77	14.4	11.3	18.0	11.0	9.5
2011 - 13	●	68	12.8	9.9	16.2	11.9	9.8
2012 - 14	●	65	12.3	9.4	15.6	12.3	10.0
2013 - 15	●	62	11.7	8.9	15.0	12.4	10.1

Source: Public Health England (based on ONS source data)

In North Tyneside there were 25 suicides in 2015

If we apply national costs per suicide to the local economy at a rate of £1.7m per completed suicide this would equate to a cost of £42.5 million in North Tyneside.

# North Tyneside comparison to North East

## 4.10 - Suicide rate (Persons) 2013 - 15

Directly standardised rate - per 100,000

Area	Value	Lower CI	Upper CI
England	10.1	10.0	10.3
North East region	12.4	11.5	13.2
Middlesbrough	17.4	13.2	22.6
County Durham	15.7	13.7	18.0
Darlington	14.2	10.1	19.5
Stockton-on-Tees	13.6	10.5	17.3
Northumberland	12.7	10.4	15.4
North Tyneside	11.7	8.9	15.0
Newcastle upon Tyne	11.5	9.1	14.3
Redcar and Cleveland	10.7	7.5	14.8
South Tyneside	10.2	7.3	13.9
Sunderland	10.0	7.9	12.6
Gateshead	8.7	6.3	11.6
Hartlepool	*	-	-

Source: Public Health England (based on ONS source data)

# THE NORTH EAST HAS THE HIGHEST SUICIDE RATE IN THE COUNTRY

– PUBLIC HEALTH 2013 - 2015

**4.10 - Suicide rate (Persons)** 2013 - 15

Directly standardised rate - per 100,000

Area	Value	Lower CI	Upper CI
England	10.1	10.0	10.3
North East region	12.4	11.5	13.2
North West region	11.3	10.9	11.8
South West region	11.0	10.5	11.6
Yorkshire and the Humbe...	10.7	10.2	11.3
West Midlands region	10.3	9.8	10.9
South East region	10.2	9.8	10.6
East Midlands region	9.9	9.4	10.5
East of England region	9.3	8.8	9.8
London region	8.6	8.2	9.0

Source: Public Health England (based on ONS source data)

# IF U CARE SHARE IN THE NORTH EAST



We randomly sampled 50 people  
who have accessed our support  
service

100% of respondents rated the support they have received from If U Care Share Foundation as either 'Very Good' (28%) or 'Excellent' (72%)

50% of respondents returned to work sooner than expected after traumatic loss and 85% of participants would access statutory services more frequently if If U Care Share had not provided support.

100% of respondents rated the support they have received from If U Care Share Foundation as either 'Very Good' (28%) or 'Excellent' (72%)

**WE'RE  
GOING**

**INSIDE**

**OUT**

**Worldwide Suicide  
Prevention Day**

**10th September**

**[www.ifucareshare.co.uk](http://www.ifucareshare.co.uk)**



Any Questions?