

Our vision

To make suicide prevention everyone's business by raising awareness, working with others and most importantly by listening.

Strategic priorities

Our priorities have been written after extensive consultation with stakeholders and are influenced by both the national and regional strategy developed with Public Health Derbyshire. Our seven key strategic priorities have been developed, reviewed and rewritten on the basis of feedback gained and shared locally, nationally and internationally. Our priorities are:

1. Reduce the risk of suicide in key high-risk groups
2. Tailor approaches to improve mental health in specific groups
3. Reduce access to the means of suicide
4. Provide better information and support to those bereaved or affected by suicide
5. Support the media in delivering sensitive approaches to suicide and suicidal behaviour
6. Support research, data collection and monitoring
7. Build the resilience of local communities to prevent and respond to suicides.

What can I do to help prevent suicides in Derbyshire?

- Attend suicide prevention training
- Proactively listen and respond to people
- Spread the message – this is not just something you deal with at work
- 'Make every contact count' – it may not always be a patient it may be a member of their family
- This is not just for clinical staff – everyone needs to be aware – suicide prevention is everyone's business.

Top 10 priorities for 2016 – 2018

1. Develop a strategic approach to self-harm across all areas of the Trust
2. Support frontline workers with suicide prevention training
3. Offer suicide prevention safety planning and means restriction to individuals experiencing suicidal thoughts
4. Increase identification of and relationship between physical health conditions amongst individuals with depression and other long-term mental health needs
5. Exchange information about high-risk locations and methods in Derbyshire with DSPPF and wider groups.
6. Reduce access to means in healthcare and other settings, especially opportunities for hanging and strangulation
7. Promote staff education and awareness of importance of supporting those bereaved by suicide including staff
8. Use opportunities like World Suicide Prevention Day (WSPD) to build community resilience
9. Use communications approaches to promote support available to those in distress and those concerned about an individual e.g. WSPD
10. Staff stigma – staff to feel able and supported to be open about their own mental health and wellbeing.

Our Core Care Standards

People who use the services of the Trust have the right and expectation to the following core care standards:

- **Keeping yourself and others safe:** We will help you and others to be as safe as you can be
- **Assessment:** We will find out with you what your needs are
- **Care planning:** You will have a clear care plan
- **Review:** We will check that things are working for you
- **Co-ordination:** Your care will be co-ordinated
- **Discharge and transfer:** We will make sure your transfer or discharge works well
- **Families and carers:** We will work with families and carers
- **Involvement and choice:** You will be involved as much as you want and are able to be

Outcomes

In implementing this strategy we'll contribute to the wider Trust strategy:

For service receivers

- Better and easier access to services
- Better access to appropriately trained staff
- A feeling that you are listened to
- Helpful services that are joined-up: "I tell my story once"
- Better access to information.

For staff

- Appropriate training to ensure they have the right skills
- Feel supported and can access help when required
- Links to other organisations, providing a joined-up service
- Better access to information.

Measurement of success by 2021

- Reduction in number of suicides by 10% from 2016/17 level (national target)
- 90% of staff have received appropriate training
- Improved feedback on suicide prevention care
- Increased positive media coverage measured by communication analytics
- We will reduce access to 'means' e.g. annual ligature audit.