Men at risk of Suicide Insight dissemination workshop
24th November
Leeds Town Hall

Public Health Leeds City Council
Welcome

- **Aim of this workshop** is to disseminate findings of the insight work in Leeds 12 and collectively agree what recommendations can be taken forward into localities
- Background and Context
- Dissemination presentation
- Sharing experiences
- Sharing future work targeting men at risk
Impact of Suicide

• Suicide is about people’s lives. Death by suicide means lost life, lost talent, a lost mother or father, brother or sister, son or daughter and a wound that does not easily heal in families and communities.

“Suicide does not end the chances of life getting worse, suicide eliminates the possibility of it ever getting better.”

Call to Action, The Samaritans 2011
Insight work ... how did we get here?
Headline findings

Of those who took their own life;
• 79% were male and predominantly White British
• 47% were in the 30-50 age group
• Highest number of recorded deaths was in; LS12 followed by LS11, LS14, LS15, LS8 and LS9 postcodes
• More deaths occurred towards the end of the week
• 60% died by hanging /strangulation
• 75% died in their own home
• 76% had contact with primary care in the three months prior to death
Headline Findings

• 76% were single, divorced or separated
• 43% were living alone
• 40% had relationship problems
• 12% living with parents
• 35% were unemployed
• 10% were retired
• 7% were on long term sick leave
• 37% were known to be in contact or previously had contact with mental health services
Public Health England

The Chief Medical Officer’s report on Public Mental Health
PHE Reflections
November 2014

Guidance for developing a local suicide prevention action plan
Information for public health staff in local authorities
Suicide Action Plan for Leeds

Leeds Suicide Prevention Plan 2014 – 2016

Leeds is a city that values people’s mental wellbeing.

Our Ambition is for our communities and individuals to be confident, build on social capital and to be emotionally resilient at times of difficulties.

Signatories on behalf of the Strategic Suicide Prevention Group for Leeds

Publication Date January 2014

1. What is the action plan for Leeds?

This action plan aims to set out the direction and priorities for Suicide Prevention work in Leeds over the next two years. It is to guide developments and promote citywide investment matched to key areas of action shaped by;

- The National Mental Health Strategy “no health without mental health”
- The National Suicide Prevention Strategy Preventing Suicide in England - A cross-government outcomes strategy to save lives pdf
- It also encompasses local action recommended from The Future of Local Suicide Prevention Plans in England : A Report by the All Party Parliamentary Group on Suicide and Self-Harm report

This action plan also sets out local activity for partners across Leeds aimed at reducing suicide whilst raising awareness of the effects of suicide within our communities and city. It roughly matches the 6 areas for action set out in the national suicide prevention strategy which are as follows:
Insight work ... how did we get here?

The Suicide Prevention Group set up task groups to address findings of the Suicide Audit;

• Primary Care
• Support for people bereaved by suicide
• Communities in Leeds at risk
What resources support this work?

Targeted Training Community Links
0113 273 9675
Bursary places available for;

- **SafeTalk**
  Four basic steps to recognise if someone is having thoughts of suicide and connect them with resources that can help. Three-hour training

- **ASIST**
  (Applied Suicide Intervention Skills Training) two day course that aims to break down stereotypes and misinformation about suicide and gives participants an evidence-based approach to those at risk.

- **Mental Health First Aid/ Youth**
  Two-day course that teaches people how to recognise and respond appropriately to signs of mental ill health.
Public Health Resource Centre

How are you Feeling?
Information about mental wellbeing services in Leeds

Feel like you've had enough?

sunny
low
pressured
depressed
moderate
high
cloudy
cold
stormy
thundery
changeable
settled
fine
INSIGHT PROJECT

Joe Kent
Barca-Leeds
Aims of the Project

Why is the Male Suicide Rate so high in Armley?

Who are the men most at risk?

What can be done to tackle the problem?
Who and Why?

- Vulnerable men
- Aged 30 – 60
- Likely to be out of work
- Socially isolated, living alone
- High likelihood of substance/alcohol abuse
- Other health/mental health issues.

A higher proportion of vulnerable men living in LS12/13?
What's Going Wrong?

Armley and Wortley has the highest rate of male suicide in Leeds.

Healthy Living Network would like people to tell us their views on what problems men are facing in the area.

Then, with your help, we can try to do something about it.

Come to and talk to us at
The Dennison Hall Club
Pinfold Lane - off Town Street
Thurs 17th April at 6pm
Free Food provided.

If you would like to talk about this privately please contact Tim at Healthy Living Network on 07794478123
Consultations and Interviews

- 18 one to one interviews in total
  - 6 suicidal men
  - 6 families/witnesses

- Five Group Interviews with total of 35 individuals
  - New Wortley Residents Group (8 people)
  - Mental Health Service Users Training (7)
  - Positive Communications Group (7)
  - The Malt Shovel Pub (15)
  - Denizen Hall Club (3)
Melvyn

- Aged 56.
- History of Abuse as a child
- Has not worked for 14 years – currently on DLA.
- Mental Health Problems – depression and anxiety.
- Separated from wife and children. Now lives alone in high rise flat.
- Actively Suicidal. In contact with mental health services.
- Feels loneliness and isolation exacerbates his suicidal thoughts.
- Having someone to talk to helps.
Mike

- Aged 37.
- Never been in employment.
- Ongoing problems with drug addiction. Has served prison time in Armley on several occasions.
- Rents a room in a shared house.
- Often contemplates suicide.
- Feels financial problems are the main driver of suicide in the area.
- Does not feel GP's offer good support – only anti-depressants.
Agencies and Community Projects Consulted

- Local Community Centres
- Local Authority Housing Providers
- Health Agencies – GPs, Practice Managers & CCGs
- Barca Counselling and Addiction Services
- Stocks Hill Centre
- Dial House
- Leeds MIND
- Samaritans
- Armley Churches
- Touchstone
- Safer Leeds
- Community Links
- Oblong Resource Centre
Key Partners

- Local Authority Multi Storey Flats Project
- Tenancy Support Workers
- New Wortley Community Centre
- Dial House
“I’m 60 years old. I had a nervous breakdown 16 years ago, and I had a senior job position with a multimillion pound contract. I had the breakdown.

I spent 6 months doing nothing, and then picking up little work. My wife suffered with depression as well. I had a daughter who was a manic depressive, and was self harming. I felt I survived the best I could. I couldn’t get work, I created work, which was a disaster.

My wife died from a brain haemorrhage and my daughter died two years previously from centre pointe myelitis where the brain stems disintegrate.

At this point I feel totally fucking useless. I am no use to society in any way at all. As far as society is concerned I am better off dead. As David Cameron would indicate I am yet another useless bum who cannot be bothered to get off his arse and get a decent job. There are no jobs available to me, no one will take any notice of me, I am not relevant.”
Steven was born and raised in Leeds and is now 54 years old. He says he never knew his father and his mother died within hours of his birth.

Steven says he has self harmed most of his life, has abused solvents, drugs and alcohol and says he ‘could take my own life in a breath’.

Steven says he doesn’t have money to put on his electricity supply, or pay for laundry, or even buy enough food. He has debt and has sought assistance from CAB but still doesn’t know whether his rent is being paid, or when he will next get some money from the Benefit system, if at all.

Steven has had involvement with Mental Health services, as well as having a Housing Support Worker and is also involved with a City Centre Church.

Steven feels that human contact is vital to people who are feeling suicidal and he feels The Hub helps him a great deal. When it is closed, at weekends, Steven often doesn’t know what to do.
M was very fat as a child and started losing weight too fast after the doctors had given him a diet, plus he thinks some medication, but he is not sure.

The doctor told him he was depressed, even at that early age and M thought this was funny because his Mom had just died and his Dad was in prison. He said “tell me something I don’t know”.

M said something went wrong and he lost too much weight coupled with what was happening at home, he started to get suicidal feelings. He only told one friend about these things and no one else.

He thought his doctor was too busy to care and he was too young for help. M went to prison and started using the gym and his weight stabilised.

He said he feels happier in prison than in Armley because he can get more help and prison health care listen to him and they have people to help him with his head.
CRISIS CARDS

Can’t Go On?

When its all too much ....
When you can’t take it any more ....
When you feel all alone ....
When you want it all to end ....

TALK TO SOMEONE WHO WILL LISTEN
TALK TO SOMEONE WHO CAN HELP

Connect Helpline  Emotional Support and information for people in distress.
Open every day. 6pm - 10.30pm. Freephone 0808 8001212

Dial House A place of sanctuary and support for people in crisis.
Relax in a safe space and receive face to face support.
Open 6pm - 2am. Friday, Saturday, Sunday, Monday. 0113 260 9328

The Samaritans Support for anyone in distress.
24 hours a day. Seven days a week. 08457 90 90 90

2,000 Distributed
• Betting shops
• Pubs
• High Street
• Cafes
• Armley one stop shop
• Community & health centres
Positive Communication Group

Come and join at one of the following venues

New Wortley Community Centre, Tuesday 1pm -3.30pm, Wednesday 11am – 1 pm.

Healthy Living Network, Armley Park Court Thursday 10am – 12pm.

Bramley Community Centre – To be arranged

Do you feel isolated, alone or that you’re not being listened

Come and have a chat with a friendly group of people over a cuppa

TOPICS INCLUDE
Do you cope at home?
People being stereotyped
Or any subject close to your heart

We are planning to go to Beamish

We went to London and Parliament
Also THE DEEP in Hull

Come and meet Sally 07830002084 ann and Joy 07513427879 at New Wortley Community Centre.
Activities

} Established Steering Group of men from target group
} Planned positive activities
Need to Get Out?

FREE Daytime Activities
for Men aged 30 to 60

Fishing
Spend the day at a local fishing lake

Rugby
Come and watch The Rhinos!

Walking
Fancy a trek to a local beauty spot?

Woodwork
Learn Carpentry Skills

Gardening
Get your hands dirty and grow free food

BOOK YOUR PLACE NOW!
Ring Tim 07914661531  e-mail - tim.dawtry@hlneeds.org.uk
GARDENING

RUGBY
TRIPS OUT

MEN IN SHEDS
Men being recruited as volunteers for community groups

“The benefit of this project to me has been amazing. I have only been involved for a few weeks, however my mood and self-confidence has improved. Because of the project I have started volunteering and am doing MIDAS training.”
Follow on activities

- 4 men are on the BARCA Community Health Educator course
- 1 man took the BARCA volunteering course
- 1 man has secured employment
- 3 men took the Midas minibus driving qualification
- The group has organised its own activities outside of the structured project and went on a bowling night out.
Next – 6 months funding from Leeds Community Foundation

} Raise awareness
  ◦ Distribute crisis support cards, promote discussion, reduce stigma and inform people about services that can help

} Train People
  ◦ Asist / Safe Talk / Youth & Adult Mental Health first aid / Resilience training / Head Space for men

} Reduce loneliness and isolation:
  ◦ Target men living in Tower Blocks
  ◦ Men’s social network

} Promote and develop community based activities
LEEDS BAR-CA building a men's social network

BEDROOM TAX picking up single isolated men & gathering together support

JHON'S WEEALY URBAN WALKS

finish with a meal together
“The woods walk was brilliant. According to my doctor I’m only supposed to be able to walk a few hundred yards – but I kept going all afternoon. I had a really good day.”
Issues / learning

- Don’t be afraid to talk about the issue directly
- The Malt Shovel pub welcomed us
- Social isolation debilitating – social contact rescuing
- A high proportion of the interviews mention death of a parent / close relative
- It is better to give than receive (charity)
- It is easier for men to talk, or feel comfortable not talking, on a walk
- These people know stuff – about themselves and about the world
Coffee / Tea Break 15 mins
Working with Men

http://youtu.be/pvblJgyS_Os
Table Discussions – Locality Focus

• What’s already happening locally?
• What can be replicated and shared for our local communities?
• What can we commit to do as a result of the workshop?
• What action can you make when you leave today?
• What do we need support with?
Summary, Feedback and Close

What structures are there in place?
Very little new money but lots of potential assets?
How do we share the learning and be local advocates following on from the workshop?
What’s the commitment in the room?