

# National Suicide and Self Harm Prevention Programme (SSHP Cymru)

## Outputs 2020 – 2023/24

Spring of 2020, Welsh Government funded recruitment of a national coordinator, and three regional leads as a dedicated workforce to drive the implementation of the national suicide and self harm prevention strategy (2015-2020/22).

### Three key workstreams required particular focus:



postvention (support after suicide);



surveillance of suspected suicides deaths as they happen; and



workforce development and learning to increase awareness, knowledge and skills across sectors and communities



### Current status and review of developments in policy and evidence

A report on the National Advisory Group for suicide and self harm prevention in Wales.



The national workforce is now a permanent resource as the national suicide and self harm prevention Programme in the NHS Executive. A new national strategy is in development for 2024-34 and the national team will be key in supporting and facilitating the implementation of the new strategy.

## Postvention (support after suicide)



### Insights work with people living with bereavement by suicide in Wales

Establishment of a National Task and Finish/ Implementation Group to develop and oversee our response to people impacted by suicide.

### Draft National guidance on a Wales-wide systems response to those exposed, bereaved, or affected by deaths by suicide



Specification and support for the commissioning of a National Advisory and Liaison Service to act as an early and single point of contact (launched Q1/2024)



Digitisation of the **'Help is at Hand' Cymru** resource



Development of learning units on support after suicide, nationally accredited by **AGORED**



## Development of suspected suicide surveillance for Wales



Establishment of a National 'real-time suspected suicide surveillance' (RTSSS) Implementation Group



Establishment of links with other UK surveillance systems



Facilitated the engagement of Public Health Wales as the custodians of the data for Wales

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### Raising awareness, knowledge, and skills across Wales



Development and launch of a digital platform

Supporting suicide and self harm prevention activity across Wales. The **SSHP Cymru Digital HUB** provides access to training offers, information, and resources for front-line workers.



Support for the organisation of the National Advisory Group (NAG) for suicide and self harm prevention **National Conference** on 3rd March 2023 attended by over 250 people.



#### **National multi-agency training needs survey**

Aimed at those who frequently work with people affected by suicide and self harm.



**Collaboration with Skills for Health to develop a set of learning outcomes for undergraduates in health and social care across Wales.**



Development of an **on-line module in suicide awareness**, for a universal audience



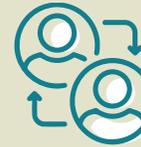
Design and delivery of workshops and webinars on specific work-streams or topics to support front-line workers



Funding a number of external training courses to the workforce across Wales



### Additional work



The suicide and self harm prevention team engaged with others to establish a better understanding of key areas of focus, to inform the development and implementation of the next 10-year suicide and self harm prevention strategy for Wales (2024-2034).



Support After Suicide Partnership

**Understanding the support needs of children and young people bereaved by the loss of someone close to them by suicide**

Engagement of Health and Care Research Council Wales.



School of Health and Social Care  
Yr Ysgol Iechyd a Gofal Cymdeithasol

Understanding current provision in Primary Care

In supporting them when responding to people who present with self harm and suicide in practice.

Working in collaboration with the School of Health and Social Care at Swansea University.



**Understanding the issues that are important to males who need help with their mental and emotional health and when in crisis**



Delivery of regional discovery workshops (led by men's groups for men); and the key learning points from the first annual RTSSS report.



Engagement of Bangor University Centre for Mental Health and Society to prepare a 'situational analysis'.