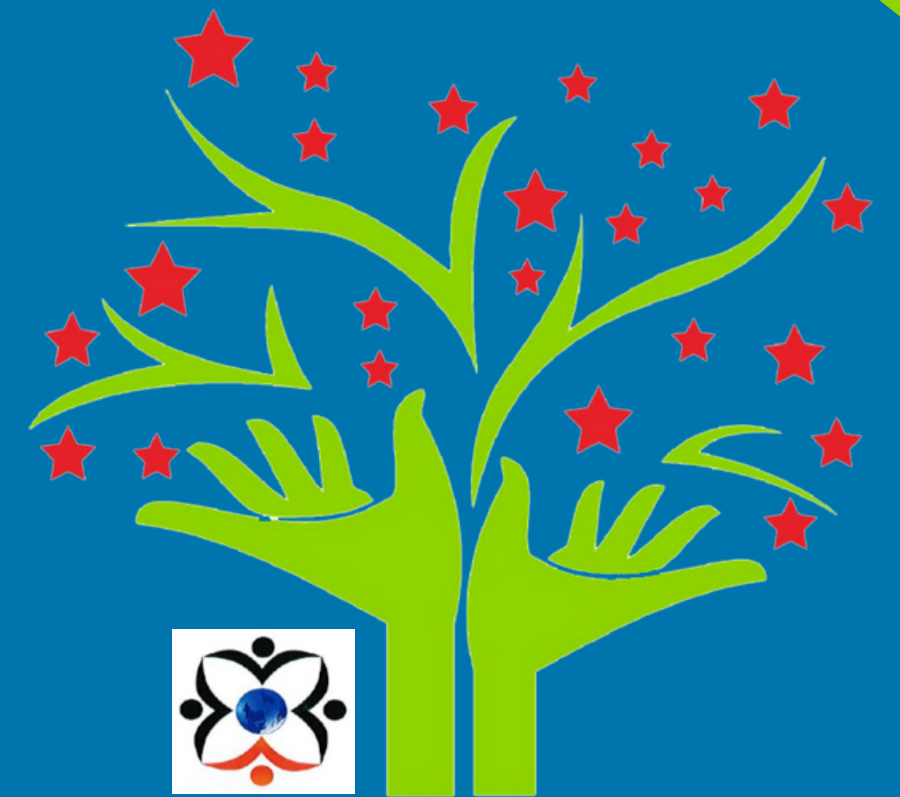


Barnet World Mental Health Day

SUICIDE PREVENTION
10TH OCTOBER 2019



Barnet Wellbeing Service



Welcome

JOHN TRUONG
Wellbeing Hub Manager



Samaritans

LIZ MANTLE

Deputy Director at North London Samaritans

CCG & LBB Public Health

DR LOUISE MILLER

GP Lead for Mental Health

SARAH PERRIN

Head of Commissioning, Mental Health and Dementia

SEHER KAYIKCI

Senior Health Improvement Specialist

Wellbeing & Suicide Prevention

JOHN TRUONG

Wellbeing Hub Manager

NAHIDA SYED

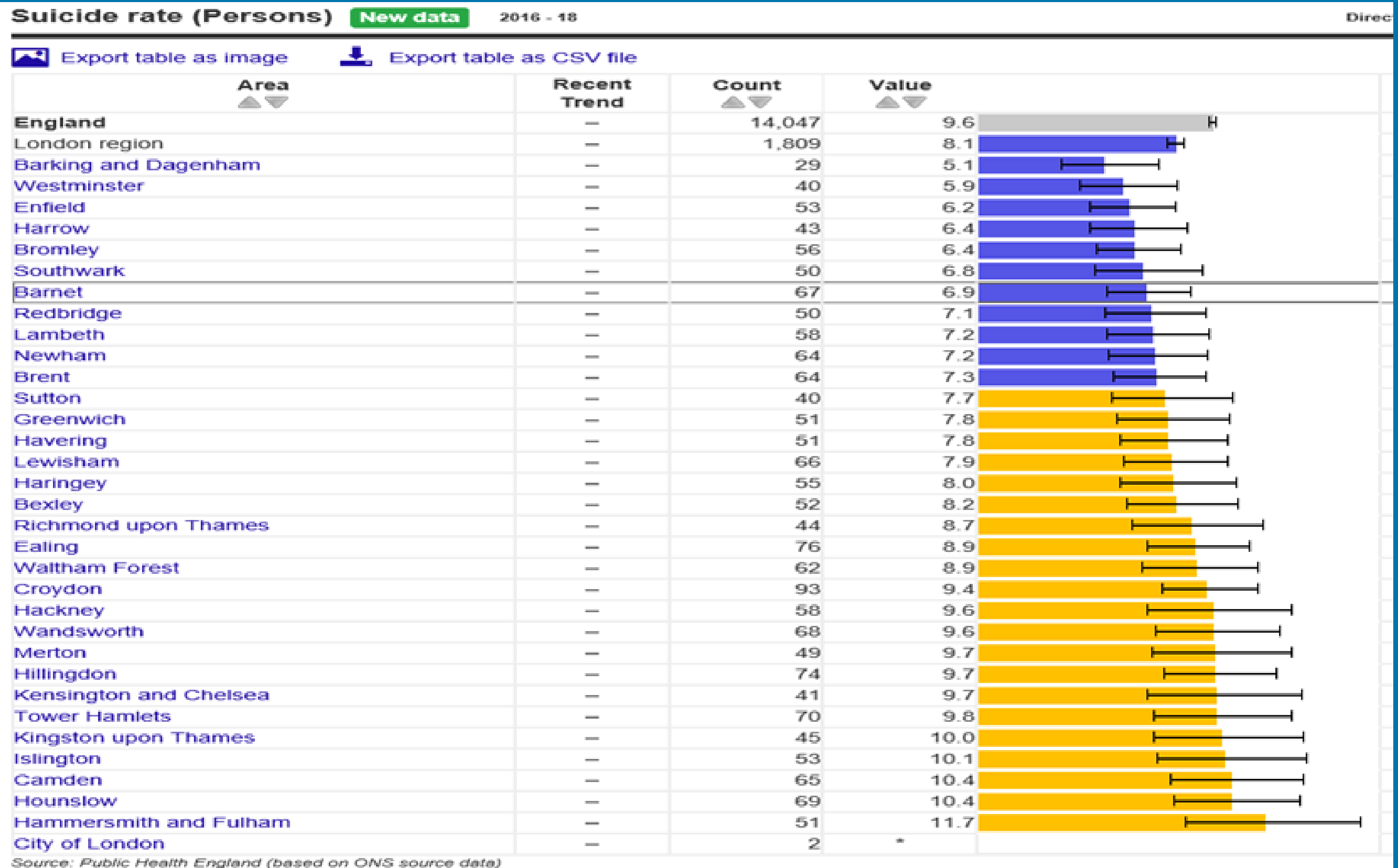
Wellbeing Navigator

Public Health: Zero Suicide Alliance Training

SEHER KAYIKCI

Senior Health Improvement Specialist

Suicide Rate in London 2016 -2018



Number of suicides by North Central London Boroughs 2010 to 2018

Area	2018	2017	2016	2015	2014	2013	2012	2011	2010
Camden	30	20	15	20	23	18	12	18	14
Haringey	18	25	12	27	31	15	28	21	22
Islington	18	22	13	18	16	27	12	13	28
Barnet	18	26	23	36	32	16	20	22	29
Enfield	17	19	17	21	13	22	15	14	18

What are we doing to prevent deaths from suicide?

- Suicide is preventable
- Preventing suicide requires a collaborative action
- Multi-agency Suicide Prevention Partnership
- Review data and produce action plan each year
- Thrive LDN information sharing hub
- Procurement of the North Central London Support
- After Suicide service
- Working with schools to implement suicide prevention plans and policies

...continued

- Safety planning at the point of discharge
- Building good practice in primary care
- Engagement with "at risk" groups
 - i. Men (35-54)
 - ii. Eastern Europeans
 - iii. LGBTQ
 - iv. People with Autism
- Campaigning to help break the stigma of talking about suicide and suicide bereavement
- Promoting Zero Suicide Alliance Training



Zero Suicide Alliance

Got 20 minutes?

Learn **life-saving skills** today

#ZeroSuicideLDN



Save a life...

Take the training

#ZeroSuicideLDN



The aims of the training are to enable people to:

- Identify when someone is presenting with suicidal thoughts/behaviour
- Be able to speak out in a supportive manner
- Empower them to signpost the individual to the correct services and support

<https://www.thriveldn.co.uk/campaigns/zerosuicideldn/>
<https://www.zerosuicidealliance.com/training/>

I've taken the
TRAINING

#ZeroSuicideLDN

www.thriveldn.co.uk/zerosuicideldn

Thrive LDN
Towards Happier, Healthier Lives



**Zero
Suicide
Alliance** | Because
ONE life lost
is ONE too many



Barnet Crisis Team

SONIA BARNABE
Crisis Team Manager

Activity

COMMUNITY LINE DANCING



The Network: Adult Social Care

DEBORAH NEVILLE
MICHELLE MORAIS



Break & Refreshments

Middlesex University

DR LISA MANZANO
Professor of Psychology



Wellbeing Cafe Ambassadors

OUR STORY

Deputy Mayor of Barnet

MR LACHYA GURUNG

& MRS SHOVA GURUNG

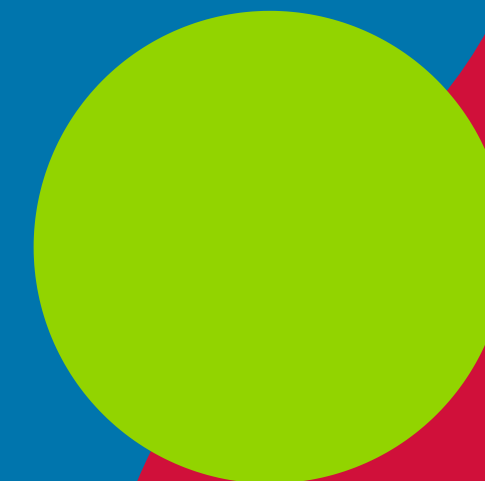


Thank you

SEHER KAYIKCI

Senior Health Improvement Specialist

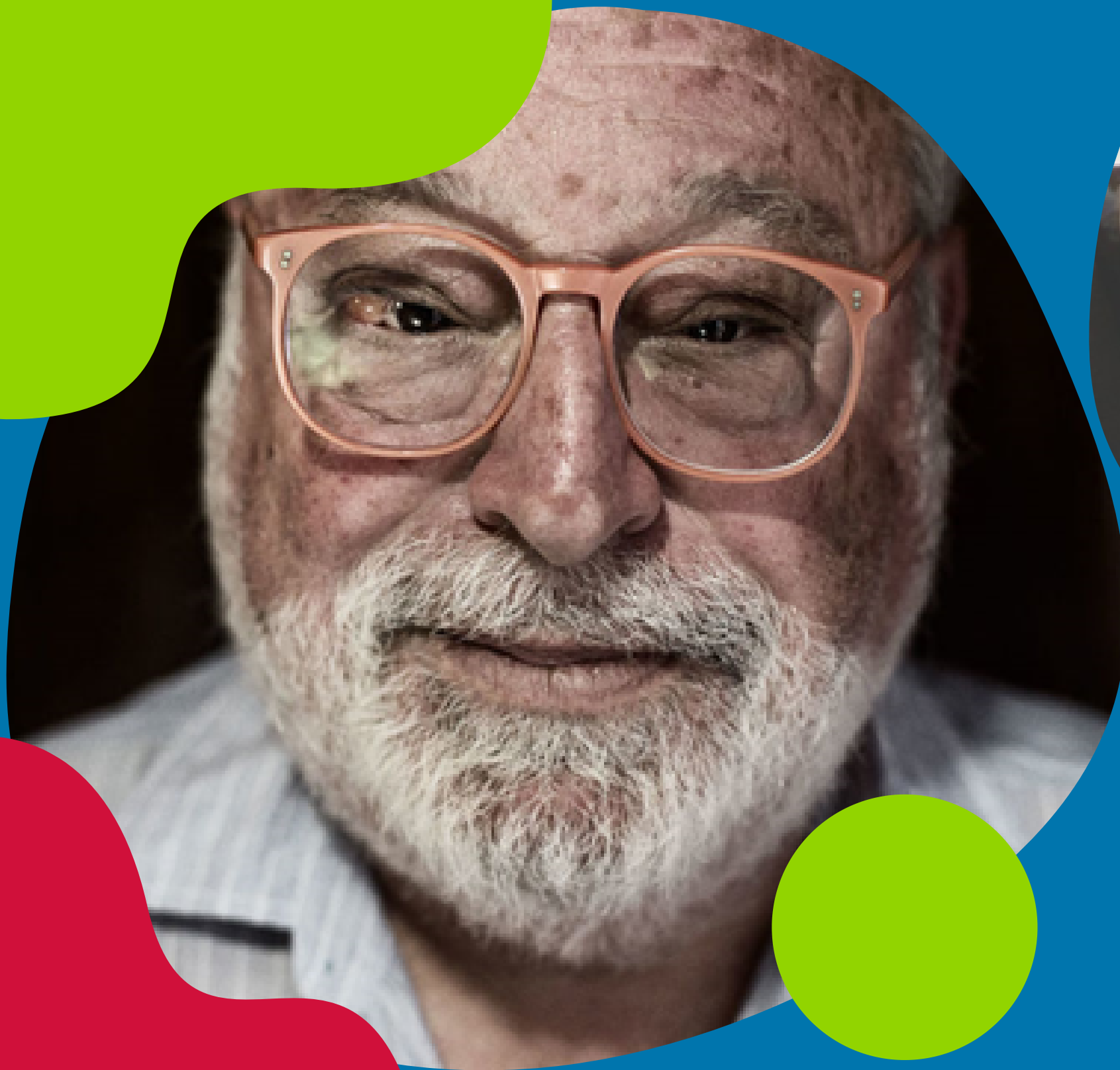
Lunch



High Functioning Autism & Suicide

CHRISTINE LESMES
Barnet Mencap





Autism & Suicidality

- Autism affects 1% of the UK population, around 700,000 people in the UK
- People with autism die over 16 years earlier than non-autistic people
- People with autism and learning disabilities die over 30 years before non-autistic people
- 70% of people with autism have a mental health condition such as anxiety or depression and at least 40% have a dual diagnosis

Autism & Suicidality

- Adults with autism and no learning disabilities have a nine times increased risk compared to typical population of committing suicide (personal tragedies, public crisis)
- According to a study (Hirvikoski et al. 2015) epilepsy and suicide are the leading causes of early death in autism. Between 20% and 40% of people with autism also have epilepsy
- Autistic adults make up 7.3%-15% of suicidal populations (Kato et al. 2013; Ryden et al. 2008)
- Do typical suicide prevention measures work for autistic people?
Less likely to use helplines, communication challenges

SCREENING

TRAINING



**UNDERSTANDING
AUTISM & COPING
STRATEGIES**

WORKSHOPS

MENTORING

**SOCIALS &
EVENTS**

**INFORMATION,
ADVICE,
SUPPORT,
SIGNPOSTING**

**ADULTS
LIVING IN
LB BARNET**

project.support@barnetmencap.org.uk T. 02083493842



Presentation

JOHN HOOTON

Chief Executive Officer of
London Borough of Barnet



Dance Aerobics

ANNALISA CELLINI

Better Gym



British Transport Police

PHILLPA SMITH

Jen Fidai

Raffle Draw





Closing Remarks



Laughter Yoga

ST. GEORGE'S MEDICAL PRACTICE
Health Champions