

*Executive Summary:*

*"A Snapshot of Youth Suicide Prevention Across NHSGG&C"*

## Background and Policy Context

The National Suicide Prevention Action Plan (Every Life Matters) set out ten actions, one being that the plan considers the needs of children and young people (Action 8). There is a commitment from NHS Greater Glasgow and Clyde (NHSGGC) to local action planning and delivery to prevent suicide, through the development of a Suicide Prevention Concordat and the establishment of a Youth and Young Adults Suicide prevention group, a sub group of the NHSGGC Suicide Prevention Group.



In late 2020, the Youth and Young Adults Suicide Prevention Sub Group was established, a multidisciplinary collective of partners from Education, Glasgow University Research, Health Improvement, Police Scotland, Psychological Services, Specialist Children's Services and Third Sector.

## Methodology

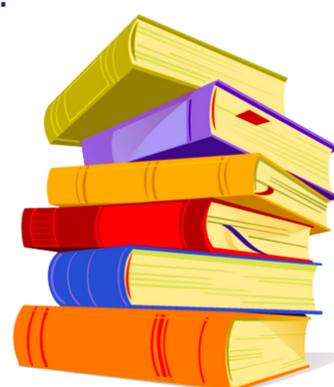
To gain a picture of current youth suicide prevention supports, interventions, collaborative working, referral pathways and examples of good practice across Greater Glasgow and Clyde, a mixed method approach was adopted using a review of the literature and completion of an online survey with stakeholders across five Health and Social Care Partnerships\*. Work commenced in March 2021 and was completed in May 2021.



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Stakeholders completed a snapshot survey. The overall sample included a broad spectrum of partners from Public, Statutory and Third Sector, all with a remit for young people and mental health. The survey explored various themes including service provision and eligibility, data intelligence, workforce development, collaborative working and referral pathways. It also highlighted that collectively the 32 stakeholders, have connections with over 100 partner organisations to support the youth prevention suicide agenda.

The literature review was undertaken by NHSGGC Library Services which examined research looking at general and specific risk factors for youth and young adult suicide in developed countries in the past fifteen years.



\*West Dunbartonshire were carrying out their own child and young person mental health needs assessment at the time of the snapshot exercise\*

***"We envisage a Scotland where suicide is preventable; where help and support is available to anyone contemplating suicide and to those who have lost a loved one to suicide. Suicide prevention is everyone's business"***



# Key Findings

Suicide is a complex issue. It is rarely the outcome of one single factor but a combination of various risk factors which are often interlinked and impacting at the same time. Key findings have been themed and include:

## 1 Data Intelligence

- Stakeholders reported the increase in need for mental health support for young people, young adults and their families. Many reported an increase in the numbers of young people presenting in mental distress and there is a broad consensus that higher levels of suicidality will persist or worsen for as long as the pandemic and associated socio-economic pressures continue.

## 2 Referral Pathways

- Stakeholders expressed frustration at the lack of access to appropriate mental health supports and waiting times often being cited as a barrier to accessing support.

## 3 Workforce Development

- Applied Suicide Intervention Skills Training, SafeTALK, Scottish Mental Health First Aid (Young People), What's the Harm – Self Harm Awareness and Skills Training and general mental health awareness were all identified as staff training needs.

## 4 Collaborative working

- Stakeholders felt that clinical interventions are not always required, but rather more robust collaborative working between formal mental health services and the Third Sector to help meet the needs of the young person.
- Co-production with young people and their families must be at the heart of the development of key suicide prevention messages
- Emerging examples of good practice around digital approaches to youth mental health and peer to peer support

# Recommendations

The findings will shape actions to be taken forward by the NHSGGC Youth and Young Adults Suicide Prevention Sub Group. Consideration will be given to:

The development of data intelligence gathering systems and processes

A small test of change work to strengthen and enhance collaborative working between Statutory and Third sector services to meet local need

A collaborative and co-ordinated GGC staff training and capacity building model

A small test of change work to improve service provision taking into account service user feedback to overcome barriers

Using social media platforms to develop and share suicide prevention messages co-produced with young people, young adults and their families

Opportunities for further research to inform future suicide prevention work