



Working Together to Prevent Suicide



16 January 2020



Suicide Prevention Summit

Monday 13 January 2020

10:00 - 15:00

Conference Hall, Bristol City Hall, BS1 5TR

Suicide Prevention in the Bristol Universities

Alison Golden – University of Bristol
Jess Winkler – UWE Bristol

Suicide rates in students

Figure 2: Rate per 100,000 of higher education student suicides by year, deaths registered in England and Wales,

between the 12 months ending July 2001 and the 12 months ending July 2017^{1,2,3,4,5}

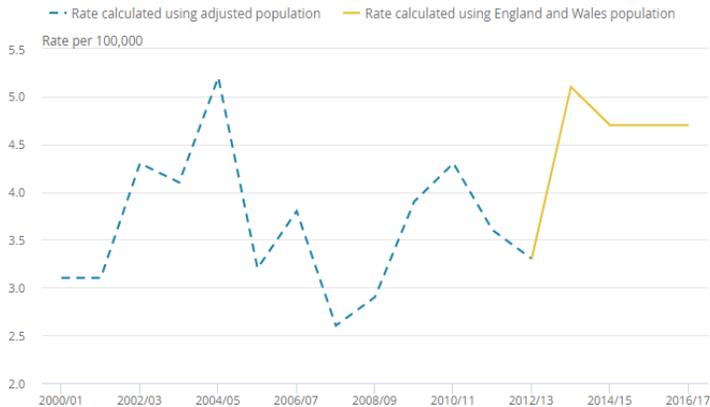
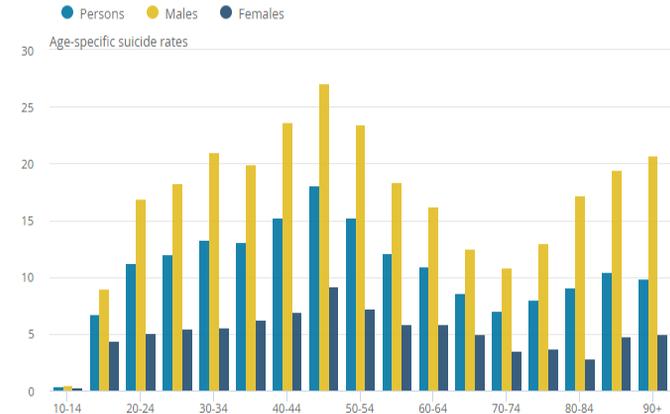


Figure 6: Highest suicide rates seen among those aged 45 to 49 for both males and females

Age-specific suicide rates by sex and five-year age groups, UK, registered in 2018



- ☺ People in education and employment are two to three times less likely to die by suicide than those not
 - ☺ A high level of educational attainment decreases an individual's risk of suicide
 - ☺ (Bristol) Good local job opportunities
 - ☺ Relatively strong social protection
 - ☺ Support services

 - ☹ Young people, particularly women, are more likely to experience mental illness than previous generations
 - ☹ Population drugs including alcohol consumption
 - ☹ Unsafe media reporting of suicide
 - ☹ Adverse life experiences especially in childhood (Widening Participation)
 - ☹ Unmanageable debt/financial strain
 - ☹ Austerity measures/Cuts in mental healthcare spending
 - ☹ Economic recession/poor active labour market programmes?
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Prevention:

- ✓ Creating an environment that promotes social connectedness and supports development of like skills and emotional resilience
- ✓ Reducing access to means
- ✓ Gather and use information about student in order to respond to individual needs

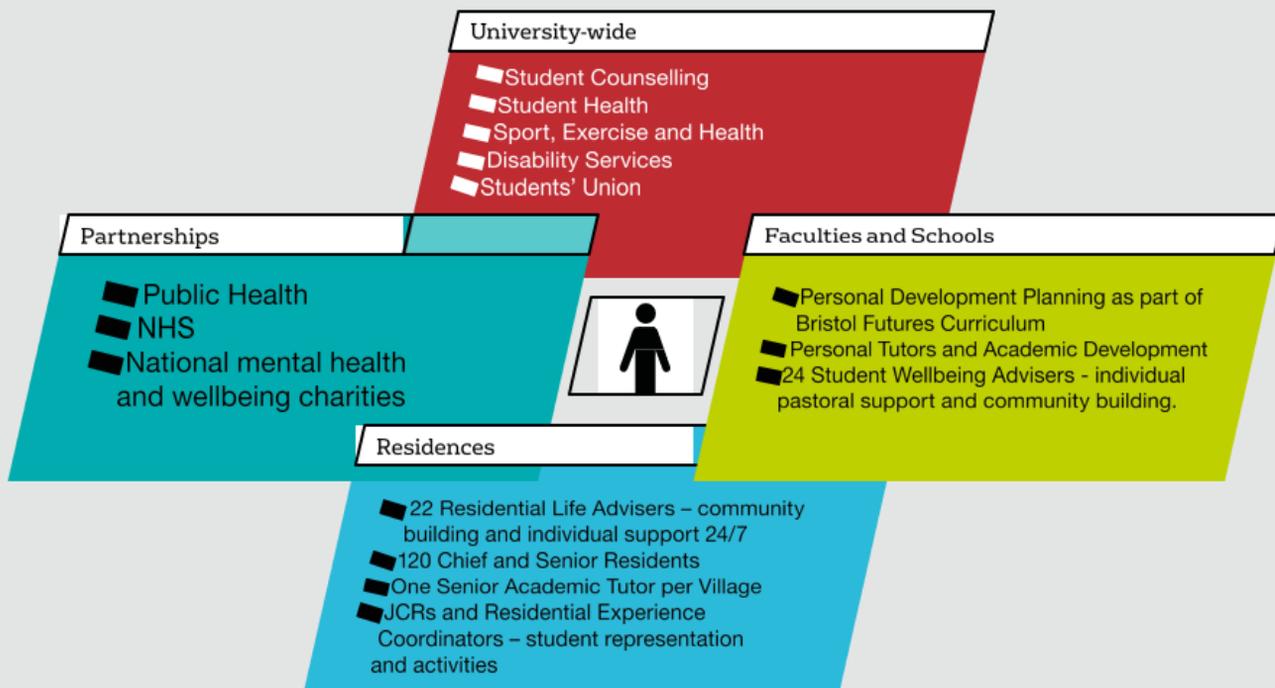
Intervention:

- ✓ Promoting and encouraging help-seeking behaviour
- ✓ Identifying and responding to a student in distress
- ✓ Developing a care pathway for students in distress

Postvention:

- ✓ Responding to a suicide in the University setting
 - ✓ Managing press and social media
 - ✓ Identifying and responding to suicide clusters
 - ✓ Learning from deaths and serious suicide attempts
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University of Bristol's whole-institution model for pastoral care





- Student Counselling
- Students' Health
- Disability Services
- Sport Exercise and Health
- Bristol SU
- Report and Support
- Suicide Prevention and Response

Residential Life Service

- Transition to independent living
- Inclusive community building
- Residential life programme (SEH/Bristol SU)
- Life skills development
- Additional support needs





Student Wellbeing Service

- Transition to study in HE
- Inclusive community building
- Wellbeing self-management
- Personal Tutoring / PDP
- Peer led support
- Additional support needs



- VC's Taskforce
- UUK Framework Review
- Staff and student strategy development
- Strategy Action Plans
- Annual Report to Board
- Transition to business as usual

Wellbeing Access

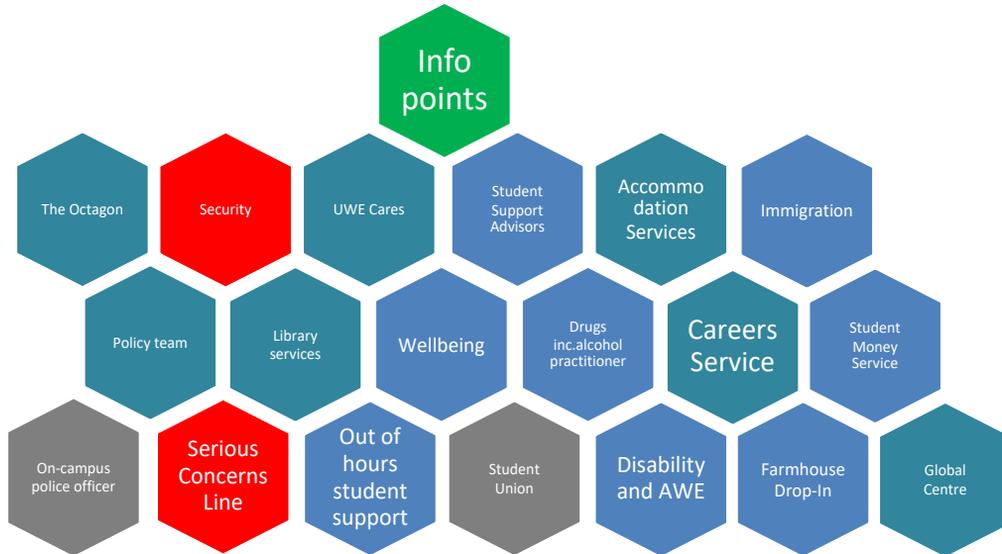
- Phone, email and online form
- Improving access, integration and consistency
- Easier for students and staff
- 6000+ students supported by RLS and SWS
- Proactive, personalised support
- Student Services staff working together
 - Building relationships
 - Harmonising practice
 - Assessing and allocating cases
 - Managing risk

UWE's approach to safeguarding



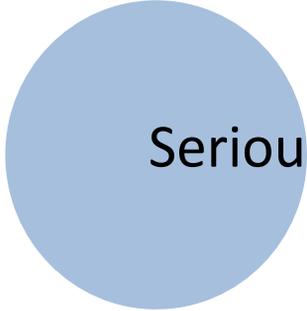
- Safeguarding steering group chaired by Pro Vice-Chancellor (Student Experience)
- Clear policy
- Clear internal and external online information
- Training for all staff

UWE student provision – what is there?

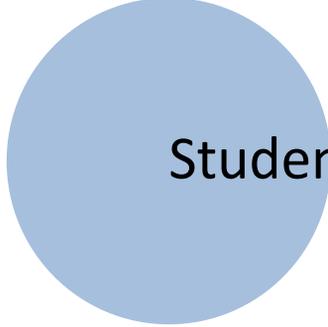


- ✓ The line takes calls from third parties and UWE staff
- ✓ [Student Concern Referral Guide](#) to help staff decide whether to report concerns
- ✓ Concerns are recorded by an administrator
- ✓ Concerns are triaged according to risk
- ✓ Coordinated response



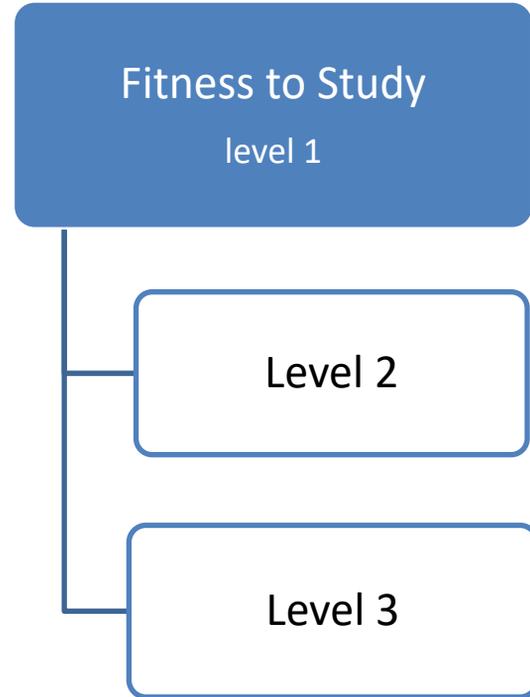
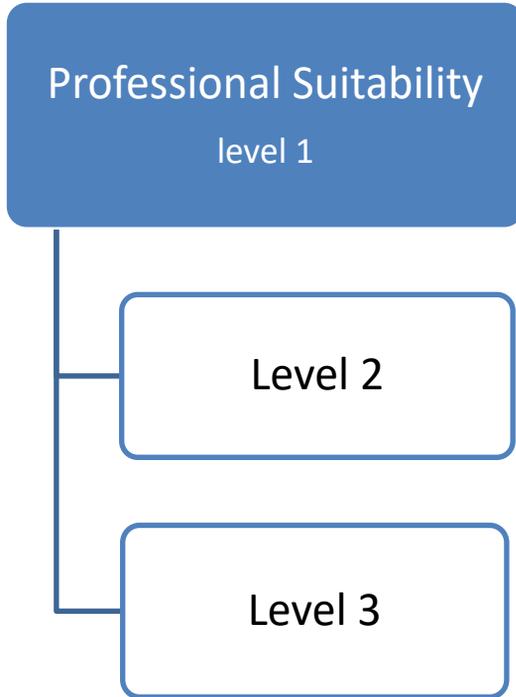


Serious Concerns secure site



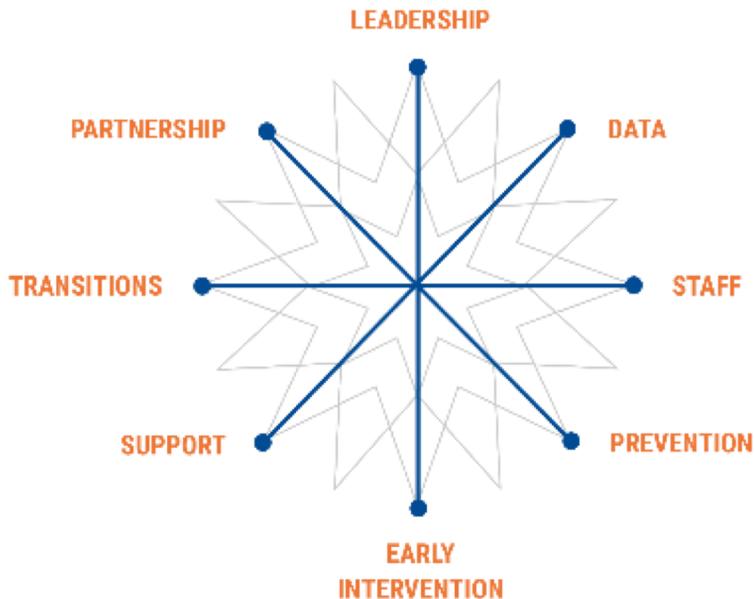
Students of Concern meeting

Our tool to address concerns

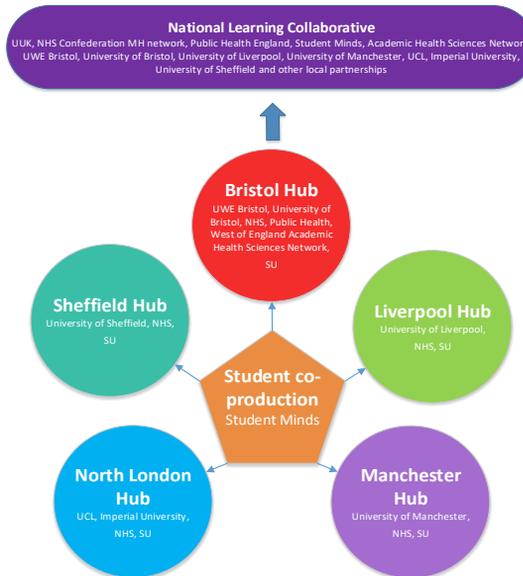


- ✓ Joint PHE audit - Suicide Prevention and Response
- ✓ Information sharing
- ✓ Student Mental Health Partnership project
- ✓ Joint work in related areas (anti sexual violence, drugs including alcohol harm reduction)
- ✓ Ongoing links with Bath Spa and University of Bath re safeguarding issues

UUK Strategy Framework



Student Mental Health Partnership project



BRISTOL SU



The Bristol Hub will be bringing together professionals from the University of Bristol, University of the West of England and staff from NHS primary and secondary mental health services to focus on solving operational issues such as liaison and collaboration between services, referral pathways and sharing knowledge and research to co-create a better understanding of the local students needs.

Bristol Hub's top five priorities include:

1. **Information sharing** – improved understanding of HE/NHS support available and how they work together
2. **Pathways and infrastructure** – creating a bespoke student referral and care pathway
3. **Language and culture** – establishing common language around risk and referrals
4. **Research** – around student's experience of care pathways and consistency with NHS and referral data
5. **Student engagement** – creation of a student experience forum