



7-minute briefings: Mental Health Crisis and Suicide Prevention

Background

In 2019, the Office of National Statistics reported a total of 5,691 deaths by suicide in England and Wales at a rate of 11.0 per 100,000 population. The average suicide rate between 2017 and 2019 per 100,000 population was 9.1 in Nottinghamshire, compared to the England average of 10.1. This related to 199 deaths by suicide (2017-2019). Data indicates that the highest rate of suicide occurs in the 35-64 age group, and those more at risk are adults who self-harm; adults in the poorest socio-economic groups; adults coming out of the prison justice system, and students.

Why it matters

A recent [Safeguarding Adults Review](#) highlighted the complexity of need, and requirement for effective communication when working with those at risk of suicide. Awareness of the services available to those experiencing a mental health crisis and their families, as well as increased awareness and understanding amongst supporting professionals of the available options will improve timely and appropriate responses to crises, as well as supporting early intervention where appropriate.



Suicide Prevention Strategy

Nottingham & Nottinghamshire Suicide Prevention Strategy Group is a multi-agency partnership responsible for developing and overseeing delivery of the local suicide prevention strategy and action plan which covers the period 2019-2023. The priorities of this strategy are to identify early those in groups at risk of suicide, and ensure they have access to evidence-based interventions; collect and review suicide and self-harm data in a timely manner, using it to inform local practice; ensure the availability of prompt bereavement support for those affected by suicide; provide effective training for frontline staff to recognise and respond to suicide risks, integrating current research into practice; and to foster close engagement with media personnel to ensure that suicide and suicidal behaviour are reported with sensible, sensitive approaches.



Nottinghamshire Police Street Triage Team (STT)

Nottinghamshire police operate a street triage team responding to police incidents where a mental health crisis is indicated, such as missing persons; public disorder; prevention or detection of crime, or; immediate threat to life and limb requiring a 999 response. The 2 street triage cars operate across Nottinghamshire and are manned by a community psychiatric nurse (CPN) crewed with a police officer in a marked response vehicle. The CPN is able to complete an Initial Mental Health Assessment and advise on police use of detention under s136 of the Mental Health Act, as well as access the RIO system for information gathering.

STT Objectives

The objectives of the street triage team are to reduce the number of inappropriate detentions in hospital or custody; reduce repeat calls for the same incidents; support reduction in demand; and reduce deaths in custody. Street triage review approximately 700-800 incidents per month and provide on-scene assessments between 100-200 times a month, with outcomes ranging from information sharing, signposting, connecting with MH services, tactical advice and on-scene mental health assessments. This has reduced the number of s136 detentions taken to custody as the initial place of safety to zero.

Questions to consider

Is mental health the only issue?
Is there a dual diagnosis present relating to substance misuse?
Is there another issue which may affect the adult cognitively or behaviourally such as autism or Asperger's?

Is the person missing? [Nottinghamshire Police Missing from Home Team](#) consists of two Sergeants and 16 staff members that work on the investigation and safeguarding of missing individuals. The team operates 7 days a week, 365 days a year. For an adult to be classed as missing there has to generally be and is a vulnerability factor.

Am I informed?
[NSAB Procedures](#)
[Care Act Statutory Guidance](#)
[Mental Health Act Code of Practice](#)
[Mental Capacity Act Code of Practice](#)
[Nottingham Mental Health Helpline | Turning Point \(turning-point.co.uk\)](#)
[Nottinghamshire Crisis Sanctuaries](#)

What to do

If you are a professional working with an adult experiencing a mental health emergency, in the first instance contact the adult's GP (out of hours contact 111). If you are already having care via a community mental health team, contact them directly. If you, or the person you are concerned about are already being seen by NHS services, regardless of age, or you feel you need emergency treatment during office hours call the local number for your area:

- South Nottinghamshire (Broxtowe, Gedling, Rushcliffe, Hucknall area): **0300 123 2901**
- Mansfield and Ashfield: **0115 956 0860**
- Bassetlaw: **0300 123 1804** (7.30am – 9pm) or **0115 956 0860** (9pm – 7.30am)
- Newark and Sherwood: **0300 3000 131**

Outside office hours, you should call your local [Crisis Resolution and Home Treatment \(CRHT\) Team](#). The CRHT teams are available 24/7 and will be able to offer you immediate telephone support and reassurance to ensure that you feel safe and to help you manage your distress.

Nottinghamshire Healthcare NHS Foundation Trust also launched a mental health crisis line for local people in crisis. The crisis line number is **0808 196 3779** and is available to anyone in mental health crisis at anytime, anywhere across Nottingham and Nottinghamshire.

If there is an emergency or immediate threat to life call **999**.

Supporting someone who is suicidal

Nottingham and Nottinghamshire Suicide Prevention Steering Group have produced a [Suicide Prevention Guidance document](#) to help anyone supporting people in Nottingham City or Nottinghamshire County to feel more confident to talk to someone about suicide and details of key sources of support. Includes guidance on:

- Recognising the signs
- Self-harm in context of
- Exploring causes and things that could help
- Listening
- Language