

# Suicide is everyone's business

Lincoln Community development project

Assessment 1

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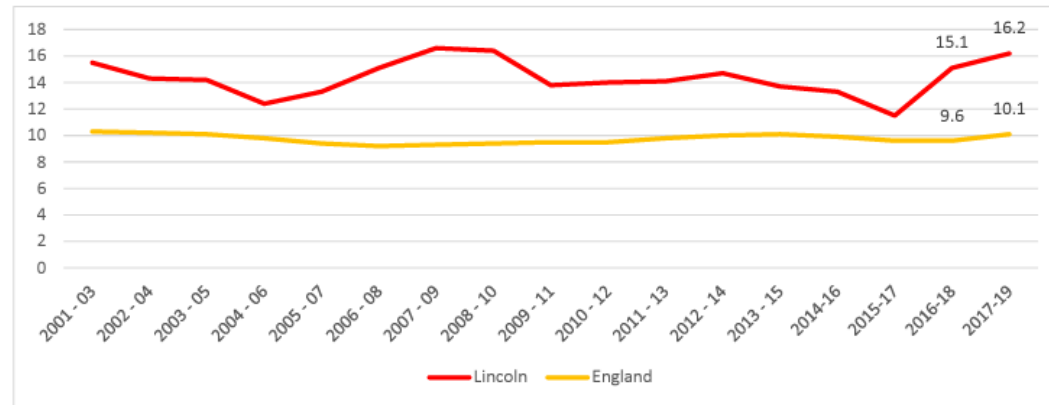
Module code: BMHP 6022

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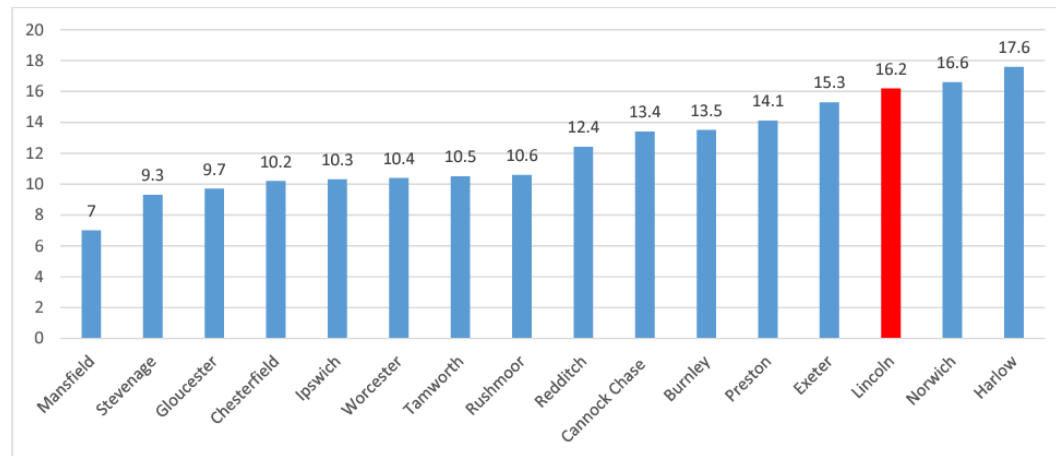
Date: 28/11/2022

- The city of Lincoln is part of the Lincolnshire county , which is the second largest county in England.
- Lincoln is located in the East Midlands and according to the ONS in 2020 it had a population of 1000049 people.
- The city of Lincoln covers an area of 36 square kilometers. According to the last census of 2011, the population of Lincoln is divided into:
  - ✓ 95.5%- White
  - ✓ 4.5% - consists of Asians, Africans and other minorities.
- The most spoken language is English, but other languages are also spoken including Polish, Latvian, Lithuanian and Romanian.
- Religion:
  - ✓ 68% Christian.
  - ✓ 0,4 Muslim
  - ✓ 30,7 not affiliated with a religion
  - ✓ 0.9 other
- (ONS, 2022)

**SUICIDE RATE PER 100,000 PEOPLE (LINCOLN VS ENGLAND) 2017-19**



**SUICIDE RATE PER 100,000 (LINCOLN VS NEAREST NEIGHBOURS) 2017-19**



## Aim :

This project aims to develop a community program aimed to prevent and reduce self-harm and suicide among people in Lincoln borough

Objective : Reducing factors that increase the risk of suicide attempts and improve factors that lead to resilience.

## Risk groups :

History of mental health problems and depression ,history of self-harm ,physical ill-health,.(Colburn, 2017).

special educational needs, etc.

## Risk factors :

Deprivation or homelessness ,alcohol misuse , financial issues, unemployment, substance misuse , loneliness and social isolation , Mental health issues , etc (Bilsen, 2018)

Lincoln increase suicide rate from 15.1 / 100,000 in 2016-18 to 16.2 / 100,000 in 2017-19

Lincoln have the 3rd highest suicide rate in England

Source: lincoln-city-profile-2021-2022-health

## Suicide is everybody's business

Suicide is not a simple problem affecting all social levels, so it must be treated very seriously. Unfortunately, even if we live in the 20th century, certain categories of people are still treated differently from others, being exposed to social, physical and psychological risk factors that can lead to actions such as self-harm or even suicide.

The first step in preventing and reducing suicide cases is to identify vulnerable groups and risk factors that can lead to self-harm and suicide.

Preventing and reducing the number of suicide requires good co-ordination between local government authorities, primary care, the health and care system, the police, criminal justice service, voluntary organizations, educational institutions and people in the community (Gov.uk, 2020).

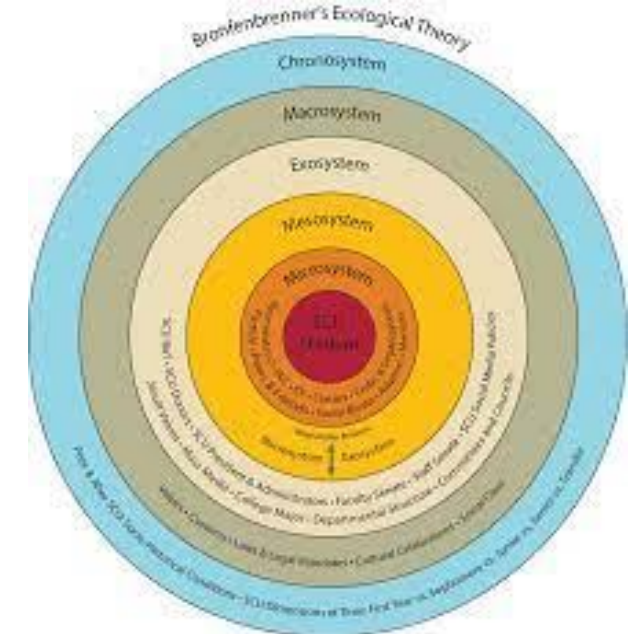
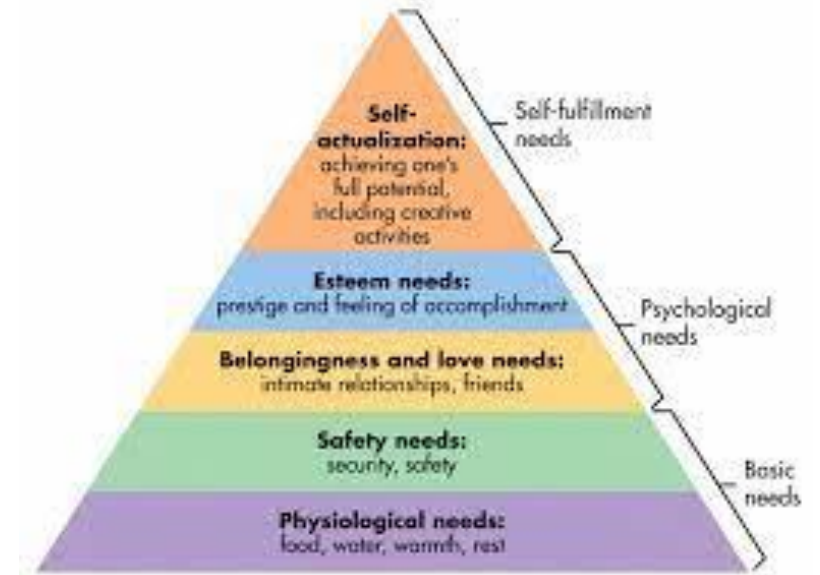
The church plays a crucial role in some communities, being able to offer support to vulnerable people as well as to those who have lost loved ones due to suicide also can help people to fight against stigma

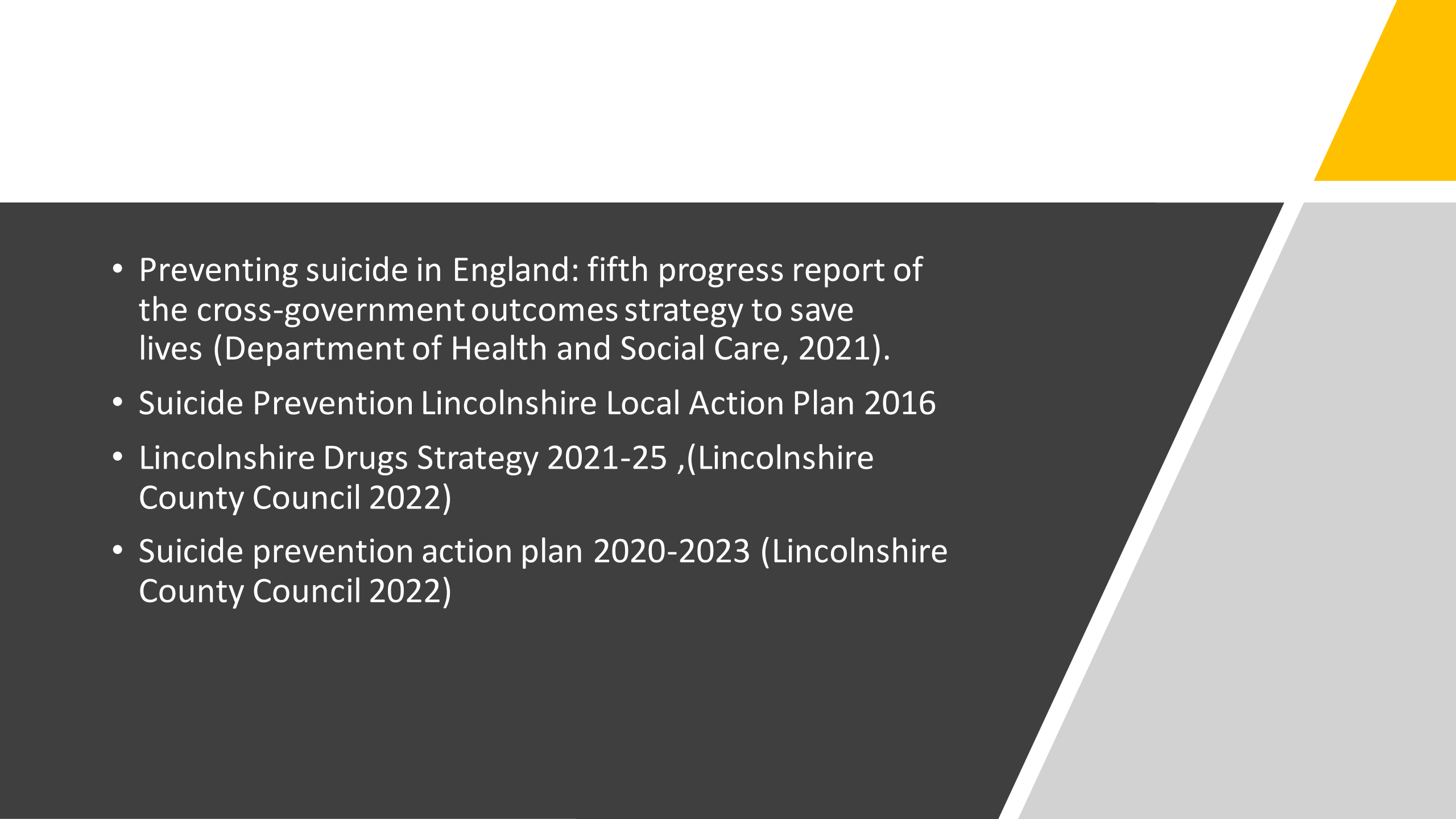


## The Suicide Prevention Strategy

- Reduce suicide risks among vulnerable groups.
- Improving the relationship between specialists and people with mental health.
- Staff training for intervention in cases of suicide attempts and self-harm
- Reducing access to means of suicide for those with a history of suicide.
- Collection of information in as real a time as possible and monitoring of people from groups with a high risk of suicide.
- Community involvement through various cultural and educational activities to reduce risk factors
- Supporting the mass media in informing and educating the population.(HMG / DH, 2012)
- Nowadays, technology can have a beneficial influence in preventing and reducing suicide cases. Some technologies can detect depression or suicidal intent by the sound of voices according to Researchers at Worcester Polytechnic Institute in Worcester. Jaspr Health's app is also a digital platform designed to help people who have attempted suicide. Platforms like Facebook and Instagram as well have programs to detect words and images that can indicate a possible suicide attempt and can contact the police (Collins, 2022).

- Behind the suicide attempts we can find both Maslow's hierarchy of needs theory and Bronfenbrenner's Ecological Systems Theory. According to Maslow's theory, people must fulfil certain needs to move to a new level. The lack of fundamental elements of existence, poverty, lack of houses can be risk factors. Insecurity together with stigma and isolation are also risk factors
- As for Bronfenbrenner's Ecological Systems Theory, any break in one or more of the five systems can lead over time to the appearance of risk factors that can lead to self-harm and even suicide (Guy-Evans, 2022)



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- Preventing suicide in England: fifth progress report of the cross-government outcomes strategy to save lives (Department of Health and Social Care, 2021).
  - Suicide Prevention Lincolnshire Local Action Plan 2016
  - Lincolnshire Drugs Strategy 2021-25 ,(Lincolnshire County Council 2022)
  - Suicide prevention action plan 2020-2023 (Lincolnshire County Council 2022)

## Conclusion

- Self-harm or suicide attempts can have different causes. They can be of a social, physical or psychological nature.
- Every individual must be treated with respect regardless of ethnicity, gender, political and religious orientation or age.
- For the prevention of self-harm and suicides, collaboration between government institutions, individuals and communities is mandatory
- The involvement of the mass media in the process of preventing and reducing suicides
- Suicide is everyone's business



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